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How to decrease stress and increase male sperms count in homeopathy and natural methods (Ayurveda / Lifestyle / Diet)

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ABSTRACT

In this review article the author argues that homeopathy and Ayurveda remedies can reduce stress and solved male infertility based on sperm count, hormone values and general health. The drugs were prescribed on the basis of the overall symptomatic situation. The variables 'sperm density', 'percentage of sperm with good progressive motility' and 'density of sperm with good propulsive motility' improved. The remedies are good help on reproductive system in male and female.

Keywords: Stress, Sperm's, Homeopathy.

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Introduction

The everyday meaning of "stress" is being under too much pressure, usually from work or other commitments. It can have psychological and physical symptoms such as poor sleep, irritability and feeling anxious. The effects of stress are insidious. It takes a toll on your physical, emotional and relationship health, probably more than you realize. Here are five ways of stress can impact of decrease on sperm's in life.

Having low sperm count means that you have lower odds of fertilizing your partner's egg. While it is true that it only takes one sperm to fertilize the egg, you really need a significant number of sperm to make it successfully through the obstacle course that is the female reproductive system.

Causes of Oligospermia (Low Sperm Count

)Sperm production is complex and requires normal functioning of the testicles (testes) as well as the hypothalamus and pituitary glands — organs in your brain that produce hormones that trigger sperm production. Once sperm are produced in the testicles, delicate tubes transport them until they mix with semen and are ejaculated out of the penis. Problems with any of these systems can affect sperm production. In addition, a number of issues can cause abnormal sperm shape (morphology) or movement (motility). Often the cause of low sperm count isn't ever identified.

Medical causesLow sperm count can be caused by a number of health issues and medical treatments. Some of these include:

- **Varicocele.** A varicocele is a swelling of the veins that drain the testicle. This may prevent normal cooling of the testicle, leading to reduced sperm count and fewer moving sperm.
- **Infection.** Some infections can interfere with sperm production and sperm health or can cause scarring that blocks the passage of sperm. These include some sexually transmitted diseases (STDs), including

chlamydia and gonorrhea; inflammation of the prostate (prostatitis); inflamed testicles due to mumps (mumps orchitis); and other infections of the urinary tract or reproductive organs.

- **Retrograde ejaculation.** This occurs when semen enters the bladder during orgasm instead of emerging out of the tip of the penis. Various health conditions can cause retrograde ejaculation, including diabetes, multiple sclerosis, spinal injuries, and surgery of the bladder, prostate or urethra. Retrograde ejaculation can also be caused by certain medications — particularly medications for enlarged prostate, such as terazosin (Hytrin), tamsulosin (Flomax) and alfuzosin (Uroxatral).
- **Lack of ejaculation.** Some men with spinal cord injuries or certain diseases can't ejaculate semen, even though they still produce sperm.
- **Antibodies that attack sperm.** Anti-sperm antibodies are immune system cells that mistakenly identify sperm as harmful invaders and attempt to eliminate them. This is especially common in men who've had a vasectomy.
- **Tumors.** Cancers and nonmalignant tumors can affect the male reproductive organs directly, or can affect the glands that release hormones related to reproduction (such as the pituitary gland). In some cases, surgery to treat tumors can affect male fertility.
- **Undescended testicles.** In some males, during fetal development one or both testicles fail to descend from the abdomen into the sac that usually contains the testicles (scrotum).
- **Hormone imbalances.** Infertility can result from disorders of the testicles themselves or an abnormality affecting the glands in the brain that produce testosterone and other hormones that control the testicles (the hypothalamus or pituitary glands). Low testosterone (male hypogonadism) and

other hormonal problems have a number of possible underlying causes.

- **Sperm duct defects.** The tubes that carry sperm can be damaged by illness or injury. Some men are born with a blockage in the part of the testicle that stores sperm (epididymis) or a blockage of one of the tubes that carry sperm out of the testicles (vas deferens). Men with cystic fibrosis and some other inherited conditions may be born without sperm ducts altogether.
- **Chromosome defects.** Inherited disorders such as Klinefelter's syndrome — in which a male is born with two X chromosomes and one Y chromosome instead of one X and one Y — cause abnormal development of the male reproductive organs.
- **Problems with sexual intercourse.** These can include trouble keeping or maintaining an erection sufficient for sex (erectile dysfunction), premature ejaculation, painful intercourse, or psychological or relationship problems that interfere with sex.
- **Celiac disease.** A digestive disorder caused by sensitivity to gluten, celiac disease can cause male infertility. Fertility may improve after adopting a gluten-free diet.
- **Certain medications.** Testosterone replacement therapy, long-term anabolic steroid use, cancer medications (chemotherapy), certain antibiotics, some ulcer medications and certain other medications can impair sperm production and decrease male fertility.

Environmental causes Overexposure to certain environmental elements such as heat, toxins and chemicals can reduce sperm production or sperm function. Specific causes include:

- **Pesticides.** Some men exposed to pesticides such as ethylene dibromide and organophosphates have lowered sperm counts. Pesticide exposure has also been linked to testicular cancer. Most studies

have been done on men who work in agriculture or live in agricultural areas.

- **Heavy metal exposure.** Exposure to lead or other heavy metals also may cause infertility.
- **Exposure to radiation or X-rays.** Exposure to radiation can reduce sperm production. It can take several years for sperm production to return to normal. With high doses of radiation, sperm production can be permanently reduced.
- **Overheating the testicles.** Frequent use of saunas or hot tubs may temporarily lower your sperm count. Sitting for long periods or wearing tight clothing also may increase the temperature in your scrotum and reduce sperm production.
- **Prolonged bicycling.** Prolonged bicycling is another possible cause of reduced fertility due to overheating the testicles. In some cases, bicycle seat pressure on the area behind the testicles (perineum) can cause numbness in the penis and erectile dysfunction.

Health, lifestyle and other causes Some other causes of low sperm count include:

- **Illegal drug use.** Anabolic steroids taken to stimulate muscle strength and growth can cause the testicles to shrink and sperm production to decrease. Use of cocaine or marijuana may temporarily reduce the number and quality of your sperm as well.
- **Alcohol abuse.** Heavy drinking can lower testosterone levels, cause erectile dysfunction and decrease sperm production. Liver disease caused by excessive drinking may also cause fertility problems.
- **Tobacco smoking.** Men who smoke may have a lower sperm count than do those who don't smoke. Secondhand smoke also may affect male fertility.
- **Emotional stress.** Stress may interfere with certain hormones needed to produce sperm. Your sperm count may be affected if you experience severe or prolonged

emotional stress. A problem with fertility itself can sometimes become long term and discouraging, producing stress.

- **Vitamin deficiency.** Deficiencies in nutrients such as vitamin C, selenium, zinc and folate may contribute to decreased sperm production and male infertility.
- **Weight.** Obesity can cause hormone changes that reduce male fertility. Men who are underweight also may have reduced fertility.
- **Incomplete sperm collection.** Lower than normal sperm counts can result from testing a sperm sample that was taken too soon after your last ejaculation; was taken too soon after an illness or stressful event; or didn't contain all of the semen you ejaculated because some was spilled during collection. For this reason, results are generally based on several samples taken over a period of time.

Lifestyle Changes to Improve Low Sperm Count

Boost your sperm count by making changes to things you do on a daily basis. Some are easier to accomplish than others but all have the potential to improve your sperm count and all other aspects of male fertility. What you do and eat on a daily basis is directly related to your overall fertility.

Exercise Regularly – If you are a couch potato, your fertility can suffer. exercise helps balance your hormones (yes, men have fertility related hormones, too) and help improve your sperm count (and other aspects of your sperm too!).

Quit Smoking and Drinking Alcohol – You already know that smoking and drinking alcohol isn't good for your overall health. Smoking increases your risk of heart disease, stroke, cancer and a multiple of other diseases. In addition to the well known health risks, smoking drinking alcohol can also cause a decreased sperm count and overall sperm health. Low count and low sperm quality make it more

difficult for your sperm to fertilize your partner's egg.

Check Your Medications – Anabolic steroids (not good news body builders out there), antibiotics and certain medications used to control conditions like high blood pressure, ADHD and antidepressants can reduce your fertility.

De-Stress – Extreme and long term stress can cause the hormones required for healthy sperm production to become unbalanced. Balance your mind and your body will go in the direction of balance as well.

Eating for improved sperm health

Focus on eating foods that ensure your body has the right amount of sperm friendly nutrients. The nutrients below help improve sperm count and overall male fertility. To receive the biggest nutritional and sperm count friendly benefits, you should stick with organic, grass fed, and wild caught food whenever possible. It should be easy to increase your daily intake of these sperm friendly foods. Adding a fertility supplement might give you the added nutrient boost that you need to improve your count. These supplements mention below table they are...

Homeopathy drugs for stress control and increase on sperm's:

Homeopathy for treatment of male infertility - The well known remedies are:

- Medorrhinum- is used to treat impotence.
- Sepia 6c - is used to improve low sex drive in men.
- Agn castus - is helpful if problems with impotence develop after a period of intense sexual activity for many years. Men who need agnuscastus are normally very anxious about their health and loss of sexual abilities.
- Calcarea 30c - helps to increase sperm count.
- Lycopodium - helps with erection problems especially for men who worry a lot and have lack of self-confidence.

- Anac orien : Dual personality – Lacking self confidence with severe depression associated with impaired memory.
- Arg nit: Very Apprehensive – > from the first night of marriage, fearful and nervous, “Erection fails when coition attempted”.
- Caladium: Excellent for smokers & Tobacco chewers. Increases the sperm count rapidly, in smokers.
- Conium: Testicular injury Hydrocele, Varicocele, orchitis effects of suppressed sexual appetite.
- Acid phos: Excellently giving results in Oligo-asthenospermia Increases the motility of sperms. Increases the Acrosomal Activity of the Sperm Infertility.
- Titanium: Too early ejaculation.
- Tribu terrest: A very good medicine for patient at mid 40’s having a partial impotence caused by overindulgence of advancing age.
- Tinospora cardifolia (2X): Proved its great value in ANTI-SPERM, ANTI BODY positive cases.
- Orchitinum : AZOOSPERMIA

Nutrient Recommended for Sperm Health	Foods To Eat
Vitamin C	Bell Peppers (All colors), Guavas, Dark Leafy Green Vegetables (Kale and Spinach for example), Kiwifruit, Broccoli, Strawberries, Tomatoes, Peas, Papaya, Chili Peppers, Cauliflower, Brussel Sprouts, Mango
Zinc	Beef, Shrimp, Spinach, Flax Seeds, Pumpkin Seeds, Oysters, Lima Beans, Kidney Beans, Egg Yolks, Turkey, Salmon, Dark Chocolate, Beef Liver
Arginine	Turkey, Chicken, Pork Loin, Pumpkin Seeds, Peanuts, Dairy, Chick Peas, Lentils, All Types of Seafood
L-Carnitine	Beef, Pork, Whole Milk
Essential Fatty Acids	Salmon, Herring, Mackerel, Flax Seeds, Almonds, Walnuts, Eggs, Dark Green Vegetables
Chromium	Whole Grains, Broccoli, Potatoes, Raw Tomatoes, Green Beans, Barley, Oats
Selenium	Tuna, Shrimp, Sardines, Turkey, Chicken, Lamb, Beef, Brazil Nuts, Eggs, Spinach
Folic Acid	Dark Leafy Greens, Broccoli, Citrus Fruits, Beans, Peas, Lentils, Brussel Sprouts, Sunflower Seeds, Peanuts
Copper	Sunflower Seeds, Lentils, Almonds, Dark Chocolate, Mushrooms, Beef Liver, Oysters
Coenzyme Q10 (CoQ10)	Beef, Chicken, Salmon, Herring, Tuna, Soybean Oil, Canola Oil
Antioxidants	Goji Berries, Dark Chocolate, Kidney Beans, Berries, Pinto Beans, Sweet Cherries, Apples, Red or Purple Grapes, Sweet Potatoes

Ayurveda for treatment of infertility

- American Ginseng root (*Panaxquinquefolius*) American Ginseng may support a healthy sex drive, erectile dysfunction and enhance sexual performance in men. It strengthens the HPA (hypothalamus-pituitary-adrenal) axis, aiding hormonal balance, stress management and immune function.
- Ashwagandha root (*Withaniasomnifera*) Traditionally used to improve sex drive and low sperm count, Ashwagandha supports endocrine system function for overall hormonal balance.
- Epimedium, also known as horny goat weed (*Epimediumgrandiflorum*) Epimedium is known as an aphrodisiac, increasing sexual desire and performance. The active ingredient Icarin has been shown to increase nitric oxide in turn nitric oxide increases circulation to the extremities. It has been shown useful in aiding a sustained erection.
- Fo-ti, also known as HoShou Wu or He Shou Wu, root (*Polygonummultiflorum*) Fo Ti has been traditionally used for men who have low libido, low sperm count, erectile dysfunction and poor sperm motility. This root supports fertility longevity.
- Ginkgo leaves (*Ginkgo biloba*) Ginkgo is the #1 remedy for erectile dysfunction. It increases circulation to the reproductive organs and is high in antioxidants, shown to be important for sperm health.
- Goji berry, dried fruit (*Lyciumbarbarum, L.chinense*) Goji berries have been shown to protect sperm from hyperthermia (overheating), helping to preserve and improve sperm quantity and quality through its high antioxidant content. Goji berries support hormonal balance through improved liver function support and they are extremely nutritious.
- Maca root (*Lepidiummeyerii*) Regular consumption of maca has been shown to increase libido, seminal volume and sperm count per ejaculate, and improve sperm motility. Maca is a wonderful superfood which can be taken in capsules or added to fertility smoothies in powder form.
- Saw Palmetto berries (*Serenoarepens*) Saw Palmetto has been traditionally used to improve prostate health, impotence, testicular atrophy and low libido.
- Schisandra fruit and seed (*Schisandrachinensis*) One of the most supportive and protective herbs for liver health, (important for hormone balance) Schisandra has been shown to support immunity, and endocrine and nervous system function. Studies have also shown it may help to increase sperm count. This berry helps the body to adapt to stress, making it useful for stress related infertility as well.
- Tribulus, aerial parts and fruit (*Tribulusterrestris*) Tribulus has been shown to be effective in aiding sex hormone production, increasing luteinizing hormone (LH), DHEA and testosterone production in men. This makes Tribulus useful for erectile dysfunction, low sperm count and poor sperm health related to hormonal imbalance.
- Yohimbe bark (*Pausinystalayohimbe*) The bark of this tree supports healthy circulation to the male reproductive organs making it useful for erectile dysfunction. Yohimbe has been shown to help men sustain an erection and may help to make an erection firmer. The increased circulation to the reproductive organs has also been shown to increase libido.

Discussion:

Robert N. Clarke et al.(1999)indicated that the significant decline in semen quality of male IVF patients at egg retrieval and demonstrates an inverse relationship between semen quality and specific aspects of psychological stress.

Gerhard I and Wallis E (2002) studied that the improvement in sperm count through homeopathic therapy is comparable to the improvement achieved by conventional therapy, so that individualized-homeopathic treatment may be considered a useful alternative to conventional treatment of subfertile men.

Collodel G et al.(2008)suggested that the stress also seem to include meiotic and structural alterations in sperm cells. The spermatogenic process was improved after a cycle of CRM therapy indicating that stress is an additional risk factor for idiopathic infertility.

Nagendra Singh Chauhan et al.(2014)studied that the herbs and their active molecule with claims for improvement of sexual behaviour. A number of herbal drugs have been validated for their effect on sexual behavior and fertility and can therefore serve as basis for the identification of new chemical leads useful in sexual and erectile dysfunction.

Teresa Janevic (2014) asked that the Stress has long been identified as having an influence on health. Our research suggests that men's reproductive health may also be affected by their social environment.

Patel A¹, Sharma PS (2016) suggested that the psychiatric morbidity and coping difficulties associated with it.The stress is both a common experience and at times a clinical condition associated with deteriorating mental and physical health in men seeking fertility treatments.

Jared M. Bieniek and Kirk C. Lo(2016) explain that the similarly seen little transformation, groups are exploring the use of testicular sperm for couples with elevated sperm DNA fragmentation and either planned or previously failed IVF/ICSI.

Oberoi Avneet et al.(2016) asked that the Infertility has increased tremendously in the past decade and this is due to the result of a combination of social, environmental, psychological, and nutritional factors, Ayurveda addresses the internal balances and external influences contributing to the problem by building the Ojas, improving the overall health of the individual, stimulating the hypothalamus and pituitary glands thereby indirectly inducing the ovaries to ripen and release eggs it important to consider alternative approaches such as, homeopathy, assisted reproductive technologies.

Abhishek kasana and Hom DI(2017)asked that the homoeopathy medicine helps in case of Male infertility. Well selected homeopathic medicine increase sperm count and also helps to overcome various complications related with male infertility.

ZeinabDabbous and Stephen LAtkin (2018)suggested that the Hyperprolactinaemia, both directly and indirectly, has a negative effect on sperm production, and its detection and management in men seeking fertility is mandatory.

Conclusion:

Homeopathy medicine and Natural methods are Ayurveda & Lifestyle and Diet helps in case of Male infertility. Well selected homeopathic and Ayurveda medicine increase sperm count and also helps to overcome various complications related with male infertility. Various Homeopathic and Ayurveda medicines which can be given to you based on your symptoms. Homeopathy and Ayurveda treatment for Male infertility must be tailored for you so as to provide you deep pathological cure.

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