



MALE INFERTILITY AND HOMOEOPATHIC MANAGEMENT -A REVIEW

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ABSTRACT

The World Health Organization estimates 9 percentage of couple worldwide struggles with fertility issues and the male factor contributes 50 percentage of the issues. 1. Male infertility is caused by history of injury, infection, addiction (smoking, alcohol), environmental causes and psychological issues. 2 Infertility is a disease of the male or female reproductive system defined by the failure to achieve a pregnancy after 12 months or more of regular unprotected sexual intercourse. 3 In India the crude birth rate has gone down from 36.7 birth per thousand population to 18.9 birth per thousand population during 2015-2020. The report projects that the rate will reduce by 18 by the year 2025-2030. 4 Male infertility is determined through proper screening of both male and female partner. The main objective of the review is to see the efficacy of homeopathic medicine in infertility.

KEYWORDS : Male infertility, causes of male infertility, symptoms of male infertility, management of male infertility.

INTRODUCTION:

Male infertility is any health issue in a man that lower the chances of making his female partner getting pregnant.⁵ Male infertility is determined when a couple fails to achieve pregnancy after 12 month of unprotected sexual intercourse and through proper screening of both male and female.⁶ The WHO estimates that 9 percentage of couples worldwide struggles with fertility issues and that male factor contributes to 50 percentage of the issues. Male fertility is an complex process.¹ To get a women pregnant the following must occur.

- Men must produce healthy sperm
- Sperm have to be carried into the semen
- There needs to be enough sperm in the semen
- Sperm must be functional and able to move⁷

Causes Of Male Infertility:

Male infertility is caused by either by

- Pre-testicular
- Testicular
- Post testicular⁸

Medical Causes Of Male Infertility:**Varicocele:**

Varicocele is when veins in scrotum swollen and get larger. Its a lot like a varicose vein.⁹ Veins carry the blood flowing from the body back towards the heart, and a bunch of valves in the veins keep the blood flowing one way. But sometimes these valves can fail. When it happens blood blocked up and blood can collect in pool like in the veins which then causes the vein to stretch and get bigger or become swollen which is termed Varicocele.¹⁰

Testicular tumors:

Testicular tumor is a tumor containing abnormal testicular tissue, which can be felt as a non-tender lump in the scrotum.¹¹ It most often affect the age 15 to 44 years.¹² Secondary testicular cancer are cancer that start in another organ and then spread to testicles are called as secondary testicular cancer.¹³

Azoospermia:

Azoospermia means there is no sperm in a man's ejaculate.¹⁴ It can be "obstructive" where there is a blockage preventing sperm from entering the ejaculate or it can be non-obstructive when it is due to decreased sperm production by the testis.¹⁵ It happens to about 1% of all men and 15% of infertile men.¹⁶

Oligospermia:

Oligospermia is defined as decreased number of sperm in ejaculate less than 15 million/ml.

Mild oligospermia 10-15 million sperm/ml.

Severe oligospermia less than 5 million /ml.¹⁷

Ejaculation issues:

Retrograde ejaculation occurs when semen enters the bladder during orgasm instead of emerging out the tip of the penis. Various health conditions can cause retrograde ejaculation, including diabetes, spinal injuries, medications, and surgery of the bladder, prostate or urethra.¹⁸

Infections:

The infections most commonly related to infertility include gonorrhea, chlamydia and pelvic inflammatory disease. Tuberculosis also is a common cause of infertility in world nations.¹⁹ Tubal and peritoneal pathology is among the most common cause of infertility and the primary diagnosis is approximately 30-35% of infertile couple.²⁰

Undescended testis:

An undescended testis is testis has not been moved into the normal position of the scrotum during the development of fetus.²¹ Decreased fertility rate is seen in man who have had this condition.⁷ Testicular descent is a complex process, mediated by both hormonal and mechanical factors. Testosterone and Dihydrotestosterone are mainly responsible for testicular descent.⁵³

Hormone imbalance:

Hormone imbalance accounts for around 10% of All male factor infertility cases, and can manifest themselves in myriad ways, ranging from sexual dysfunction to low sperm concentration, generally speaking, hormone imbalances are both detectable and correctable.²²

Problems with intercourse:

Inability to achieve or maintain an erection suitable for intercourse. Inability to control the timing of ejaculation.²³ About 31% of men and 43% of women have some sort of difficult during sex.²⁴

Environmental Causes:**Chemicals:**

Study shows that progressive replacement of some chemical components may have a beneficial effects on semen quality.

Men who has exposure to glycol ether has long lasting negative effects on semen quality.²⁵ chemicals widely used in industry and present in ground water supplies had now been found in semen fluid of infertility. Trichloroethylene (TCE) in work place shows the presence of TCE in seminal fluid.²⁶

Over heating of testis:

Higher temperature lead to an increase of testicular metabolism that results in spermatid damage. Oxidative stress is the main factor responsible for testicular damage caused by heat stress. In mammals the testis temperature must range from 2 to 8 celsius below body temperature to ensure successful spermatogenesis.²⁷ sitting for long time defeats the scrotum natural cooling mechanism that rely on exposed surface area. This makes the testicle temperature rapidly rise to where normal sperm formation cannot occur.²⁸

Health, Lifestyle Causes:

Alcohol:

Alcohol lowers testosterone level, follicle stimulating hormone and luteinizing hormone and raising Oestrogen levels, which reduced sperm production. Combination drug like marijuana or opioids with alcohol also lower fertility.²⁹ In a study 100 alcoholics, only 12% showed normal semen parameter compared to 37% of the non alcoholics. None of the heavy alcoholics showed normal semen parameters.³⁰

Tobacco:

Men who smoke have decreased sperm concentration, decreased motility, fewer normally shaped sperm and increased sperm DNA damage. Toxin found in cigarettes are frequently to blame for bad health effects. Smoking exposes men to high levels of cadmium and lead, metals that linked to decreased fertility.³¹ It has been estimated that over one third of all men globally smoke some form of tobacco.³²

Obesity:

Study shows that overweight men were 11% more likely to have a low sperm count and 39% more likely to have no sperm in their ejaculate. Obese men were 42% more likely to have a low sperm count than their normal weight peers and 81% more likely to produce no sperm.³³

Symptoms:

Change in sexual desire:

A man's fertility is also linked with his hormone health change in virility often governed by hormone could indicate issues with fertility.³⁴

Erectile dysfunction:

Erectile dysfunction means being able to get an erection sometimes but now everytime you want to have sex and it doesn't last enough for sex most severe condition is unable to get an erection at any time.³⁵ This can interfere not only with sexual activity but also with a person's quality of life.³⁶

Issues with ejaculation:

Inability to ejaculate (anejaculation) is usually caused by inability to reach orgasm (anorgasmiam). It is caused by nerves between the spinal cord and penis damaged during an injury.³⁷ Ejaculation problems may be due to psychological issues. For example early sexual trauma, strict upbringing, relationship problems, stress or depression.³⁸

Small, firm testicles:

Seminiferous tubules which constitute over 80% of testicular size are one of the main reason of healthy sperm .Hence testicular size has been associated with testicular functions.³⁹

Psychological symptoms of infertility:

Studies have shown that infertile couple experience significant anxiety and emotional stress. Even if men don't experience the physical pain of that loss the emotional pain

they feel is very real.⁴⁰ It has been found that men with male factor infertility experienced more negative emotional responses including a sense of loss, stamina and reduced self-esteem about themselves.⁴¹

Investigation:

Urianalysis:

Urianalysis is the physical, chemical & microscopic examination of urine.⁴² It helps in finding any treatment needed for infection & kidney problems.⁴³

Semen evaluation:

Semen analysis is a test of a man's sperm and semen.⁴⁴ Semen analysis measure the number of sperm, the shape of sperm, the movement of the sperm also known as sperm motility.⁴⁵

Hormonal tests:

Testosterone is the primary male hormone when levels of testosterone drop below what is considered normal, it may have a direct impact on fertility in men.⁴⁶

Anti-sperm antibody test:

To identify if there are white blood cells in the semen.⁴⁷

Ultrasound:

To detect varicocele (varicose veins) or duct obstruction in the prostate, seminal vesicles and ejaculatory ducts.⁴⁷

Management:

- Healthy eating habits
- Adding more whole grains products, fruits and vegetables
- Promote regular exercise
- Avoid smoking and alcohol intake
- Maintain optimum weight⁴⁸

Homoeopathy:

It is a medical system that was developed in Germany more than 200 years ago by Dr. Samuel Hahnemann. It is based on the principle "similia similibus curentur" where "like cures like" based on notion that a disease can be cured by a substance that produces similar symptoms in healthy people. Homoeopathy looks beyond the labels of the disease to cure their causes rather than merely their symptoms and it stimulates the body's own natural healing power to bring health, vitality, and well being. It does not treat superficially by just driving away the symptoms but heals the patient from within.⁵²

Homoeopathic Management:

1. Agnus Cactus:

Yellow discharge from urethra, no erection, impotence, parts cold & relaxed, desire gone. Loss of prostatic fluid on straining.⁴⁹ It should come to mind for old sufferers who are broken from sexual excess and secret vice. Sexual weakness and relaxed parts.⁵⁰ Gleet with no sexual power or desire. Bad effects from suppressed Gonorrhoea.⁵¹

2. Argentum Nitricum:

Impotence. Erection fails when coition is attempted. Cancer like ulcers. Desire wanting. Genitals shrivel.⁴⁹ Coition painful. Bleeding of the urethra, painful erections, Gonorrhoea. Orchitis from suppressed discharge.⁵⁰ Always think of argentum nitricum on seeing withered, dried up, old looking patient⁵¹.

3. Caladium:

Glans very red, pruritis. Organs seems larger, puffed, relaxed, cold sweating; skin of scrotum thick. Erection half asleep, ceases when fully awake, impotency, relaxation of penis during excitement.⁴⁹ Violent sexual desire with relaxed penis. Automatic erections without desire, strong and painful.⁵⁰ Impotence with mental depression.⁵¹

4. Damiana:

Damiana said to be of use in sexual neurasthenia, impotency, sexual debility from nervous prostration, chronic prostatic discharge.⁴⁹

5. Lycopodium:

No erectile power, impotence, premature emission, enlarged prostate.⁴⁹ One of the prominent remedy for impotency. Abused himself of secret vice and has become tired of in his spine, brain & genital organs. Moist condylomata on the penis, enlargement of the prostate gland.⁵⁰ Fall asleep during an embrace; impotency of young men from onanism or sexual excess.⁵¹

6. Selenium:

Dribbling of semen during sleep. Dribbling of prostatic fluid. Irritability after coitus. Loss of sexual power with lascivious fancies. Increases desire, decreased ability. Good remedy for hydrocele on attempting coition penis relaxes.⁴⁹ Extreme weakness of male genitalia. Frequent emission and constant for of prostatic fluid. Itching and formication of genitalia.⁵⁰ Lewd thoughts, but physically impotent. Priapism, glands drawn up.⁵¹

7. Staphysagria:

Especially given after self-abuse persistent dwelling on sexual objects spermatorrhea, with sunken features, guilty look; emission with backache and weakness and sexual neurasthenia. Dyspnea after coition.⁴⁹ Most distressing symptoms of the male genitalia is excitability, but there is also impotence, great weakness of sexual organs. Seminal emissions followed by great chagrin and mortification, prostration, dyspnea.⁵⁰

CONCLUSION:

It is an accepted fact that treatment of infertility is difficult and sometime frustrating. Immediate results are hard to produce and persistence with therapy is required. This article is an effort to understand the male infertility causes, symptoms, psychological symptoms with Homoeopathic management. The Homoeopathic system of medicine has a great potentiality in managing the patients of male infertility.

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