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## Male infertility and Homoeopathic approach

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### Abstract

Up to 15% of couples struggle to conceive, In spite of engaging in frequent, unprotected sexual activity for a year or longer, this means they are unable to conceive. Male infertility is a factor in as many as 50% of these couples. Homoeopathic medicines are very effective in treating male infertility. Even morphological changes in sperm can be normalised by our similimum.

**Keywords:** Sperm, couples, pregnant, homoeopathy, stress

### Introduction

Low sperm production, poor sperm function, or obstructions that limit sperm delivery are all causes of male infertility. Male infertility can be brought on by illnesses, accidents, chronic health issues, lifestyle decisions, and other factors. The process of male fertility is intricate. The following needs to happen to make the partner pregnant <sup>[1]</sup>:

**Healthy sperm production:** The development of the male reproductive system during puberty is the first step in this process. To start and sustain sperm production, the Body needs to produce testosterone and other hormones, and at least one of the testicles needs to be functioning normally.

**Sperms to be carried into semen:** After sperm are created in the testicles, they are transported through delicate tubes until they combine with semen and are expelled from the penis.

**Have enough sperm in semen:** The likelihood that one of the sperm fertilises the partner's egg lowers if there are few sperm in the semen (sperm count). Less than 15 million sperm per millilitre of semen, or less than 39 million per ejaculation, is considered as low sperm count.

**Functional Sperm with Motility:** The sperm may not be able to reach or enter the partner's egg if the movement (motility) or function of the sperm is faulty.

### Causes

#### Medical Causes

Male fertility difficulties can result from a variety of medical conditions and therapies. A few of these are:

**Varicocele:** It is an enlargement of the testicular veins. It is the most frequent treatable reason for male infertility. Although the precise origin of varicoceles causing infertility is uncertain, poor testicular temperature regulation may be a contributing factor. The sperm's quality is decreased as a result of varicoceles. Treatment for the varicocele can increase sperm quality and quantity, which help in the outcome of in vitro fertilisation and other assisted reproductive procedures.

**Infection:** Some infections might affect sperm health or production, or they can lead to scarring that prevents sperm from passing through. These include some sexually transmitted infections, such as gonorrhoea or HIV, as well as inflammation of the testicles or epididymis (orchitis). Although some illnesses can cause irreversible damage to the testicles.

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**Ejaculation problems:** When an orgasm occurs, semen enters the bladder rather than coming out the tip of the penis, resulting in retrograde ejaculation. Retrograde ejaculation can be brought on by a number of medical disorders, including diabetes, spinal injuries, drugs, and surgeries on the bladder, prostate, or urethra. Despite still producing sperm, some men with specific disorders or spinal cord injuries are unable to ejaculate semen. Frequently, sperm can still be obtained in these situations and used in assisted reproductive methods.

**Anti-sperm antibodies:** Immune system cells called anti-sperm antibodies mistakenly view sperm as dangerous invaders and make an effort to destroy them.

**Cancers and non malignant tumours:** Male reproductive organs can be directly affected by cancers and benign tumours, indirectly through reproductive hormone-producing glands like the pituitary gland, or through unexplained causes. Surgery, radiation, or chemotherapy used to treat malignancies can occasionally have an impact on male fertility.

**Undescended Testis:** One or both testicles in certain male foetuses fail to descend from the abdomen into the testicular sac during development (scrotum). Men who have experienced this are more prone to have decreased fertility.

**Hormonal imbalance:** Testicular problems or abnormalities affecting other hormonal systems, such as the hypothalamus, pituitary, thyroid, and adrenal glands, can cause infertility. Male hypogonadism, a condition marked by low testosterone levels, and other hormonal issues may have a variety of underlying reasons.

**Tubal Defect:** Sperm travels through tubes. They may become blocked for a number of reasons, such as unintentional harm from surgery, prior infections, trauma, or abnormal development, like in cystic fibrosis or other inherited diseases. Any level of obstruction is possible, including the testicle itself, the tubes that drain it, the epididymis, the vas deferens, close to the ejaculatory ducts, and the urethra.

**Chromosomal Abnormalities:** Male reproductive organs develop abnormally as a result of inherited diseases like Klinefelter's syndrome, in which a male is born with two X chromosomes and one Y chromosome (instead of one X and one Y). Kartagener's syndrome, Kallmann's syndrome, and cystic fibrosis are a few additional genetic syndromes linked to infertility.

**Problems with sexual intercourse:** These include erectile dysfunction (ED), premature ejaculation, painful intercourse, anatomical anomalies like hypospadias, which is the presence of a urethral hole beneath the penis, and sex-interfering psychological or interpersonal issues.

**Medications:** Male fertility can be decreased and sperm production hampered by testosterone replacement therapy, long-term anabolic steroid usage, chemotherapy, some antifungal medications, some ulcer medications.

**Celiac Disease:** It is an ailment brought on by a sensitivity

to gluten, can impair male fertility. Following the adoption of a gluten-free diet, fertility may improve.

**Previous Surgeries:** Vasectomy, inguinal hernia repairs, scrotal or testicular surgeries, prostate surgeries, big abdominal procedures carried out for testicular and rectal tumours, can all prohibit from having sperm to ejaculate. Most of the time, surgery can be used to remove these obstructions or to remove sperm directly from the testicles and epididymis.

#### Environmental Causes

Overexposure to some environmental factors, including heat, pollutants, and chemicals, can impair sperm function or production. Particular reasons include <sup>[2]</sup>:

**Chemicals used in industry:** Low sperm counts may be caused by prolonged exposure to benzenes, toluene, xylene, pesticides, herbicides, organic solvents, paints, and lead.

**Exposure to heavy metals:** Infertility may also result from lead or other heavy metal exposure.

**X-rays or radiation:** Although sperm production can be lowered by radiation exposure, it frequently eventually resumes its normal level. High radiation doses have the potential to permanently lower sperm production.

**Overheating of testicles:** The development and operation of sperm are hampered by high temperatures. Regular use of saunas or hot tubs may temporarily lower the sperm count. Long hours of sitting, tight clothing, or prolonged use of a laptop computer can all raise the warmth in the scrotum and may lower sperm production.

#### Other Causes

**Using illegal drugs:** When used to increase muscular mass and strength, anabolic steroids have the potential to shrink testicles and lower sperm counts. The quantity and quality of your sperm may also briefly decline if you use cocaine or marijuana.

**Using alcohol:** Alcohol use can reduce testosterone levels, lead to erectile dysfunction, and decreased sperm counts. Fertility issues could result from excessive drinking-related liver damage.

**Cigarette smoking:** Smoking may diminish sperm counts in men compared to non-smokers. Male fertility may also be effected by secondhand smoke.

**Mental stress:** Certain hormones required for the production of sperm can be affected by stress. Your sperm count can be impacted by intense or protracted emotional stress, including issues with conception.

**Obesity:** It can affect male fertility by changing hormones and negatively affecting sperm directly. These are just two of the many ways it might affect fertility. Some professions, such as welding or those requiring extended periods of sitting, like truck driving, may increase the chance of infertility.

#### Clinical Features

Inability to conceive a child is the primary symptom of male infertility. There might be no other overt symptoms or indicators. However, there are certain situations where the signs and symptoms are due to an underlying issue, such as an inherited ailment, hormonal imbalance, dilated veins around the testicle, or a condition that prevents sperm from passing through.

Associated symptoms include, issues with sexual function, such as problems ejaculating or ejaculating little amounts of fluid, diminished sexual desire, or issues maintaining an erection (erectile dysfunction). Recurrent respiratory infections; lack of smell; abnormal breast growth (gynecomastia); decreased face or body hair; other indications of a chromosomal or hormonal abnormalities; having a lower than average sperm count; and pain, swelling, or a lump in the testicle area (fewer than 15 million sperm per millilitre of semen or a total sperm count of less than 39 million per ejaculate)

### Homoeopathic Therapeutics

Homoeopathy is one of the safest forms of treatment for male infertility, homoeopathy has an immediate effect. The success rate of this treatment for male infertility is fairly good. Additionally, homoeopathic drugs increase sperm count and sperm abnormalities. Following are some of the commonly used medicine for male infertility.

#### Caladium

Another medication for males with erectile dysfunction who are infertile is calidium. The greatest option for impotence coupled with mental depression is calidium. Although there is a sexual need, the genitalia are relaxed and the erections are not strong<sup>3</sup>. Penis relaxation in a state of excitation. During an embrace, neither an emission nor an orgasm occur.

#### Argentum Nitricum

It is a successful treatment for erectile dysfunction in men who are infertile. When coition is attempted, erection is unsuccessful. Coition is painful. Patients with argentum nitricum are gloomy and had a fear of developing a serious illness. They act impulsively and want to get things done quickly. Time seems to be moving too slowly for the patient. The patient reported having flatulence. They have a strong desire for sweets.

#### Agnus Castus

It is a popular treatment for erectile dysfunction and male infertility. When both sexual desire and physical capacity are absent, Agnus Castus is given. Relaxed, flaccid, and chilly genitalia.

#### Selenium

Male infertility brought on by erectile dysfunction can be successfully treated with selenium. For slow, weak erections with quick emissions, selenium is beneficial. Semen discharges that are not voluntary may also exist. Selenium is suggested when a person's sexual desire rises but their ability falls. The greatest treatment for increasing sperm mobility is selenium.

#### Damiana

Damiana is an excellent medicine for increasing the sperm count. Sperms are absent in semen. Damiana acts magically

and increase the sperm count. It also corrects erectile dysfunction.

#### Conium Maculatum

When male infertility is accompanied by orchitis, it is prescribed. When the testicles are enormous, hard, and swollen, it is employed. When there is a history of repressed sexual desire, it still works. Sperms are absent in semen.

#### Sabal Serrulata

One of the greatest homoeopathic treatments for infertility in guys with testicular wasting (atrophy) is Sabal Serrulata. In males with enlarged prostates or prostatitis, it is also given for infertility. The act of discharge during sexual activity hurts<sup>6</sup>.

#### X Ray

It is one of the best treatments for male infertility caused by low sperm count. It aids in boosting sperm count. It aids in enhancing both the amount and quality of sperm.

#### Cobaltum

For male infertility with erectile dysfunction, cobaltum is beneficial. without an erection, emissions may be there. Lumbar back pain and weakness of limbs. Brown patches on the abdomen and genitalia.

#### Titanium

Titanium is another effective remedy for male infertility. There is great weakness and too early ejaculation in coition. Infertility with backache Titanium is the top most remedy.

#### Conclusion

The absence of any adverse effects makes homoeopathic medicine special. The homoeopathic remedies often take 2-4 months to begin working effectively. However, the majority of the time, the outcomes are fairly pleasing, and the patient does not require concurrent treatment.

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