Kasrat-i Ihtilām

(Excessive Nocturnal Emission)

Standard Unani treatment Guidelines for common diseases

INTRODUCTION

★ It is a condition in which there is an abrupt discharge of semen during sleep more than twice a month with or without erotic dreams.

★ It is caused by ⟶

- **over production of seminal fluid or its thin consistency,**
- **weakness of seminal vesicle or its spasm,**
- **excessive use of semen producing diets,**
- **avoiding sexual act for a longer duration of time and weakness of kidneys.**

★ It is characterized by

ejaculation of seminal fluid with or without sexual pleasure during sleep followed by lethargy and general weakness.

Usūl-i ʻIlāj

(Principles of treatment)

01. **Taqlīl-i Ghizā (Dietary control),** when the cause is excessive production of seminal fluid.

02 **Taqlīl-i Manī (To suppress the semen production)** by using Muqallilāt-i Manī (Oligoseminics), when the cause is excessive production of seminal fluid.

Usūl-i ʻIlāj

(Principles of treatment)

03 **Taghlīz-i Manī (To make the semen thick),** when the cause is low consistency of seminal fluid.

04 **Taqwiyat-i Gurda**
(Toning up of kidneys)

‘Ilāj bi’l-Dawā’

(Pharmacotherapy)

- Kishnīz Khushk (Coriandrum sativum, Linn.) 1 part, Sugar 1 part to be taken orally in the form of powder.

- Tukhm-i Khurfa (Portulaca oleracea, Linn.) in powdered form with Sharbat-i Nīlofar to be taken orally.

Unani PLUS

Compound drugs

Ma‘jūn Jalālī	7 gm. in morning with milk or water.
Kushta-i Qal‘ī	125-250 mg.
Safūf-i Bīj Band	12 gm.
Ma‘jūn-i Sa‘lab	7-12 gm. in morning with milk.

Unani PLUS

Compound drugs

Ma'jūn -i Ārd-i Khurmā	12 gm. in morning with milk or water.
Ma'jūn -i Pethā Pāk	12-24 gm. with milk.
Ma'jūn -i Reg Māhī	Up to 3 gm. with milk.

ʻIlāj biʼl-Tadbīr

(Regimenal therapy)

Moderate exercise

Involvement in sexual relationship.

Dietary recommendations

- Aghziya Latīfa
- Aghziya Hāmiza

Dietary restrictions

- Milk
- Aghziya Munaffikha

Tahaffuz (Prevention/Precaution)

- Sleeping in supine position to be avoided.
- Sexual stimulants to be avoided.
- Soft and silky bed roll to be avoided.

References

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Thank you