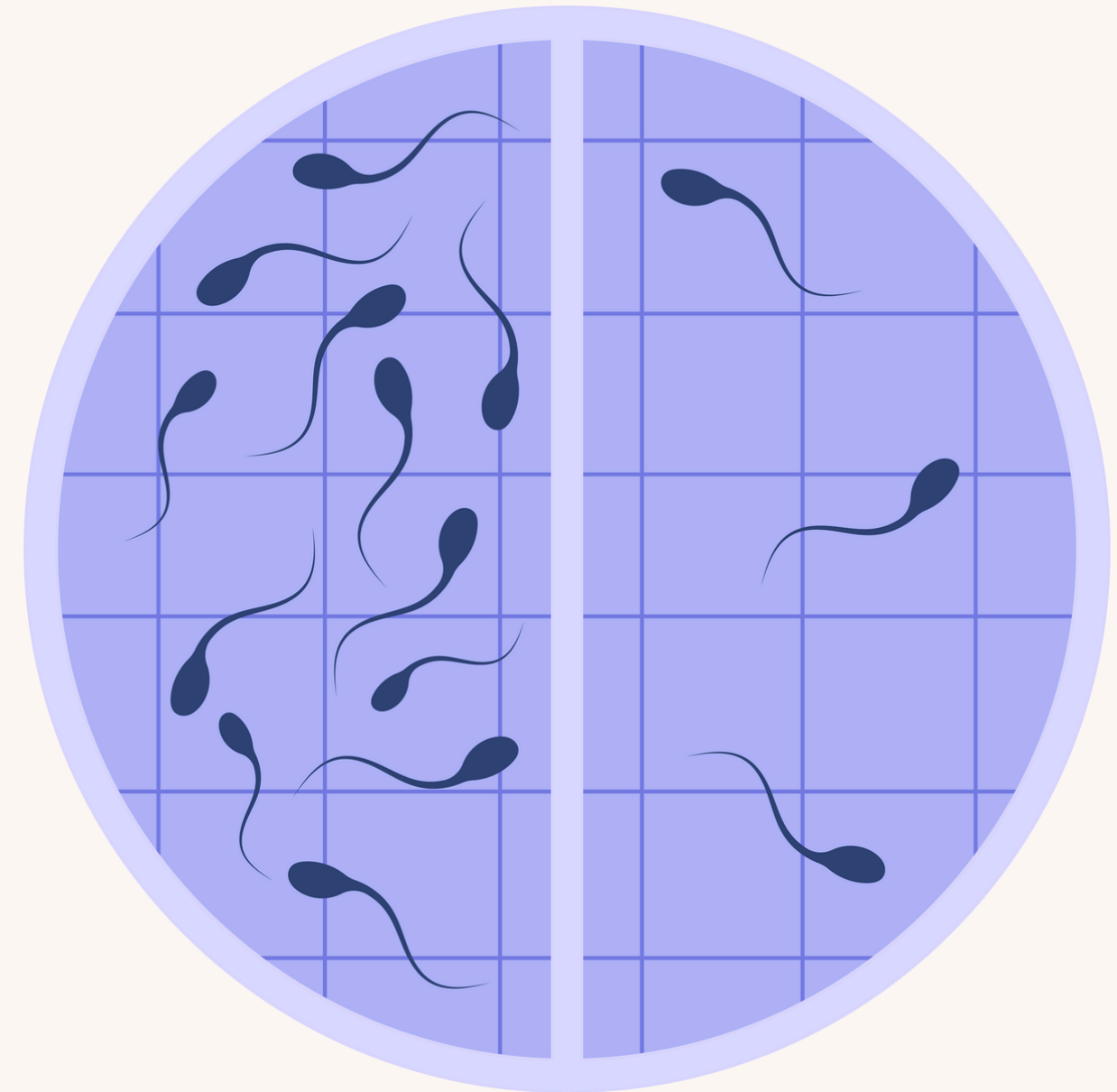


# *Qillat-i Manī* (*Oligospermia*)

Standard Unani treatment  
Guidelines for common  
diseases



# INTRODUCTION

★ It is a type of Zu‘f-i Bāh (Sexual debility) exhibited by scanty semen production. It represents features that are contrary to Sayalān-i Manī (Excessive production of semen).

★ It is caused by —→

- **Zu‘f-i Badan (General debility),**
- **Qillat-i Ghizā (Malnourishment),**
- **Burūdat-i Ālāt-i Manī (Coldness of semen producing organs),**
- **Harārat-i Ālāt-i Manī (Increased temperature of semen producing organs),**
- **Rutūbat-i Ālāt-i Manī (Wetness of semen producing organs),**
- **Yubūsat-i Ālāt-i Manī (Dryness of semen producing organs) and**
- **Kasrat-i Istifrāgh (Excessive evacuation).**

# INTRODUCTION

- ★ It is characterized by low quantity of semen and suppressed libido along with specific features of causative factors.



# Usūl-i 'Ilāj

## (Principles of treatment)

01

**Taghziya (To provide nutrition)**, when caused by Qillat-i Ghizā.

02

**Engagement in lively happy life.**

03

**Taqwiyat-i Hazm (Improving digestion)**

04

**Tabrīd (To produce cold)** through use of Mubarridāt (Coolants), when caused by Harārat-i Ālāt-i Manī

# Usūl-i 'Ilāj

## (Principles of treatment)

**05** **Taskhīn (To produce warmth)** through use of Ma'ājīn Hārā (Formulations consisting ingredients of hot temperament) when caused by Burūdat-i Ālāt-i Manī .

**06** **Use of Murattibāt (Drugs & regimens producing wetness)**, when caused by Yubūsat-i Ālāt-i Manī .

**07** **Use of Musakhkhniāt o Mujaffifāt (Warmth & dryness producing agents)**, when caused by Rutūbat-i Ālāt-i Manī.

**08** **Tawlīd-i Manī (Semen procreation)**

# ‘Ilāj bi’l-Dawā’ (Pharmacotherapy)

- ★ • Oral administration of Maghz-i Chilghoza (*Pinus gerardiana*, Wall. ex D. Don.) along with sugar.
- ★ • Oral administration of Maghz-i Bādām Shīrīn (*Prunus amygdalus*, Batsch.) along with sugar.





# Compound drugs

<b>Labūb Kabīr</b>	5 gm. in morning with milk or water.
<b>Murabbā-i Zanjabīl</b>	12-24 gm.
<b>Murabbā-i Gazar</b>	24-48 gm.
<b>Ma'jūn-i Khubs al-Hadīd</b>	3-7 gm. in morning with water.





# Compound drugs

<b>Habb-i Jadwār</b>	1-2 Habb in morning or at bed time with milk.
<b>Halwa-i Sa'lab</b>	12-24 gm. with milk.
<b>Halwa-i Bayza-i Murgh</b>	6-12 gm. in morning & evening.
<b>Ma'jūn-i Piyāz</b>	12 gm. in morning with cow milk.
<b>Ma'jūn-i Sa'lab</b>	7-12 gm. in morning with milk.



# 'Ilāj bi'l-Tadbīr

(Regimenaal therapy)

## **Hammām Murattib**

(Wetness producing bath), when caused by  
Yubūsat-i Ālāt-i Manī

Fasting when caused by **Burūdat-i Ālāt-i Manī.**

Mild exercise when caused by  
**Burūdat-i Ālāt-i Manī .**

**Enjoy lively happy life.**



# Dietary recommendations

- Bayza Nīm Brisht (Half fried egg)
- Halwa Jāt
- Milk, when caused by Yubūsat-i Ālāt-i Manī .

# Dietary restrictions

- Aghziya Hārra, when caused by Burūdat-i Ālāt-i Manī

# Tahaffuz (Prevention/Precaution)

- Sexual relationship to be avoided.
- Smoking and tobacco consumption to be avoided.

# References

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Thank you