

Sur'at-i Inzāl

(Premature Ejaculation)

Standard Unani treatment
Guidelines for common
diseases

INTRODUCTION

★ It is a condition in which ejaculation of semen takes place before reaching to the point of satisfaction. It occurs during foreplay or immediately after insertion of penis or rarely even on friction with clothes.

★ It is caused by →

- **Predominance of Burūdat (Cold) and Rutūbat (Wetness) leading to the weakening of Quwwat Māsika (Retentive power),**
- **Kasrat-i Manī (Excess of semen),**
- **Predominance of Dam (Sanguine),**
- **Hurqat o Hiddat-i Manī (Increased motility and acuteness of semen),**
- **Zu‘f-i A‘zā Ra’isa (Weakness of vital organs) and Ittisā‘-i Majārī-i Qazīb (Dilatation of passages for semen).**

INTRODUCTION

- ★ Sometimes it is caused by Sū'-i Mizāj Hār (Hot morbid temperament) of kidneys and testicles and it may be congenital also.
- ★ It is characterized by ejaculation of semen during foreplay or shortly after the insertion of penis.



Usūl-i 'Ilāj

(Principles of treatment)

01. **Tanqiya-i Balgham** (Evacuation of phlegm) in case of causative factor being predominance of Burūdat (Cold) and Rutūbat (Wetness).

02 **Taqlīl-i Ghizā** (Dietary control)

03 **Tabrīd** (Cooling) in case of causative factor being Hurqat o Hiddat-i Manī.

04 **Taqwiyat-i 'Azw** (Toning up of related organ)

‘Ilāj bi’l-Dawā’ (Pharmacotherapy)

- ★ • Oral administration of Safūf (Powder) of Maghz-i Tamar Hindī (Seed kernel of *Tamarindus indica*, Linn.).
- ★ • Oral administration of Safūf (Powder) of Tukhm-i Sad Barg (Seed of *Calendula officinalis*, Linn.) mixed with equal quantity of sugar in the dose of 21 gm.



Compound drugs

Habb-i Jadwār	1-2 Habb in morning or at bed time with milk.
Ma'jūn Jalālī	7 gm. in morning with milk or water.
Ma'jūn -i Aspand	9 gm. in morning with milk.
Habb Mumsik	1-2 Habb three hours before coitus with milk.





Compound drugs

Habb-i Nishāt	1 Habb before coitus with milk.
Ma'jūn Mumsik	250 mg. two hours before coitus with milk.
Safūf-i Maghz-i Kanwal Gatta	12 gm. with milk in morning.
Sharbat-i Khashkhāsh	24 ml. in morning with water.
Tilā Mumsik	Local application



'Ilāj bi'l-Tadbīr (Regimenaal therapy)

Ishāl (Purgation) in case predominance of
Burūdat (Cold) and
Rutūbat (Wetness) serve as causative factors.

Qay' (Emesis) in case of causative factor being
predominance of
Burūdat (Cold) and Rutūbat (Wetness).

Fasd (Bloodletting) in case of causative factor
being predominance of Dam (Sanguine)



Dietary recommendations

- Aghziya Hāmiza5
- Aghziya Bārida Rataba
- Pomegranate juice
- Tangerine juice

Dietary restrictions

- Muwallid-i Khūn Aghziya (Haemopoetic diets)
- Meat

Tahaffuz (Prevention/Precaution)

- Alcohol to be avoided.

References

- Anonymous, 2012, Standard Unani Medical Terminolgy, CCRUM, New Delhi, p. 268.
- Khān M A, 1906, Iksīr-i A‘zam, Vol. III, Matba‘ Nāmī Munshī Naval Kishor, Lucknow, pp. 595-603.
- Ibn Hubal, 2007, Kitāb al-Mukhtārāt fi’l-Tibb (Urdu Translation), Vol. IV, CCRUM, New Delhi, pp. 25-26.
- Fīrozuddīn M, 1960, Silk-i Marwārīd, Maktaba Mushīr al-Atibbā, Lahore, p. 93.
- Arzānī M A, YNM, Mīzān al-Tibb, Matba‘ Qāsmī, Deoband, pp. 137-138. Kabīruddīn M, 2008, Bayāz-i Kabīr, Vol. II, CCRUM, New Delhi, p. 104.

Thank you