



Male Infertility



DR SHIVANAAND'S
Sexual Disorders & Infertility Clinic
Pleasure Explored - Pride Restored

Introduction

In recent years, as technology has evolved, gadgets like laptops, tablets, and mobile phones have become an integral part of our daily lives. This changing lifestyle, along with the consumption of junk food and increased mental stress, has long-term effects on men's health. The portrayal of smoking and alcohol consumption in various movies and web series has also influenced their usage. Smoking or consuming alcohol, once seen as symbols of prestige, is now prevalent among men. Such habits have consequences on men's sexual health as well. The continuous consumption of fast food leads to obesity, which affects sexual potency. Diabetes, like many other diseases, has an impact on one's sexual life. Effective Ayurvedic medications and complete Panchakarma treatment can help address male infertility.

Causes of Male Infertility:

- **Semen Abnormalities:**
Issues with the quality of semen in men.
- **Low Testosterone Levels:**
Insufficient production of testosterone.
- **Mental Stress:** Psychological stress and anxiety.
- **Addiction to Smoking, Alcohol, and Drugs:**
Habits like smoking, alcohol consumption, and drug addiction.
- **Other Medical Conditions:** Underlying health conditions such as diabetes, thyroid problems, etc.
- **Exhaustion:**
Prolonged physical or mental exhaustion.
- **Certain Medications:**
Side effects of specific medications.
- **Working in Hot Environments:**
Employment in hot environments.
- **Chronic Illness:** Long-term health conditions.

Symptoms of Male Infertility:

- **Reduced Sperm Count:**
A decrease in the quantity of sperm.
- **Abnormal Sperm:**
Sperm with irregular shapes or movements.
- **Immobilized Sperm:**
Sperm that are unable to move properly.
- **Diminished Sperm Nourishment:**
Insufficient nutrients for sperm.
- **Low Semen Volume:**
Reduced amount of ejaculated semen.



Oligospermia (Low Sperm Count)

In male infertility, the size and quantity of sperm are crucial factors. When these are abnormal, it can lead to a decrease in fertility, and difficulties in achieving pregnancy in women. If there is a low count or poor quality of sperm, it can result in challenges in conceiving.

Causes of Low Sperm Count:

- **Varicocele:** Swollen veins within the scrotum.
- **Undeveloped Testicles:** Underdeveloped testicles.
- **Infections in Testicles or Prostate:**
Infections affecting the testicles or prostate.
- **Genetic Abnormalities:** Genetic mutations.
- **Hormonal Imbalances:** Issues related to hormones.
- **Retrograde Ejaculation:**
Semen entering the bladder instead of being ejaculated.



Abnormal Sperm (Sperm Abnormalities)

Sperm abnormalities refer to irregularities in various aspects of sperm, including sperm morphology (structure), sperm motility (movement), sperm production, and sperm count. Abnormal sperm can exhibit variations such as larger or smaller sperm heads, irregular tail shapes, or dual tails. These defects can hinder the ability of sperm to swim effectively towards the female egg, prevent them from entering the female reproductive tract, or lead to the death of sperm along the way.

Causes of Abnormal Sperm (Sperm Abnormalities)

- **Genital Tract Infections:**
Infections in the genital tract.
- **Anti-Sperm Antibodies:**
Antibodies that work against sperm.
- **Testicular Damage:**
Damage to the testicles.
- **Semen with Unusual Color or Consistency:**
Semen that has a yellowish or thick texture.
- **Mental Stress:**
Psychological stress.
- **Genetic Disorders Like Sickle Cell Disease:**
Genetic disorders like sickle cell disease.
- **Low Birth Weight:**
Being born with low birth weight.
- **Hormonal Imbalances:**
Hormonal imbalances.
- **Genetic Factors:**
Genetic factors.
- **Modern Lifestyle:**
Modern lifestyle factors.



Sperm Immobility

Sperm motility is a way to assess how healthy a person's sperm is. Motility describes how efficiently sperm can travel from the male reproductive tract to the female egg. If a person has reduced sperm motility (a condition known as asthenospermia), it means that many sperm may not reach their destination in a suitable manner. This can have an impact on fertility because sperm may not effectively reach the egg, thus making conception difficult.

Causes of Sperm Immobility

- **Constant Exposure to Toxins:**
Regular exposure to toxins.
- **Heat-Induced Warmth:**
High temperatures caused by various factors.
- **Excessive Hot Tub or Sauna Use:**
Frequent use of hot tubs or saunas.
- **Smoking and Alcohol Abuse:**
Habits such as smoking and excessive alcohol consumption.
- **Obesity or Being Overweight:**
Being overweight or obese.
- **Stressful Lifestyle:**
A stressful lifestyle.
- **Testicular Injury or Infection:**
Injury or infection in the testicles.
- **Advancing Age:**
Increasing age.
- **History of Cryptorchidism:**
A history of undescended testicles.
- **Use of Anabolic Steroids:**
The use of anabolic steroids.
- **Varicocele:**
Swelling of the veins in the testicles.



DR. SHIVANAND'S Fertility Treatment

In vitro fertilization (IVF) is an alternative to fertility treatment, which is also known as sperm purification treatment. Changing lifestyles and stress can have an impact on health, including sexual health. Research shows that over the past 10 years, male infertility rates have increased by 41.5%. Dr. Shivanand Patil has developed sperm purification treatment based on a decade of research, addressing these issues and their causes. Is IVF an alternative to this treatment?

Specialties of Sperm Purification Treatment:

- **Sperm Defect-Healing Medications:**
Ayurvedic medicines designed to treat various defects in male sperm.
- **Panchakarma Treatment for Sperm Purification:**
Panchakarma therapy aimed at completely purifying all defects in male sperm.
- **Balanced Sperm-Nourishing Diet:**
Consumption of a balanced diet to correct defects in male sperm.
- **Yoga and Pranayama Guidance:**
Yoga and pranayama techniques to maintain mental balance and well-being.
- **Sperm Mantra Therapy:**
The use of sperm mantras to facilitate the flow of energy through the body's chakras and aid in reducing sexual issues.
- **Determining the Right Time for Conception:**
Selecting a specific time is crucial for successful conception. When the right timing is chosen, it ensures the certainty of conception.

Conception Guidance Workshop

The arrival of a new baby is a joyous occasion for every family, and it also comes with great responsibilities. Ensuring the right physical and mental preparation for conception is essential. Dr. Shivanand Patil provides valuable guidance on how to prepare for conception, including the optimal time for conception, physical and mental readiness, and dietary considerations during pregnancy. This workshop addresses common concerns and offers comprehensive guidance.

Every Last Thursday of the Month

Free Admission

Workshop Highlights:

- Comprehensive Dietary Guidance for Conception
- Panchakarma Treatment for Sperm Purification
- Sperm Mantra Therapy
- Determining the Optimal Time for Conception
- Addressing All Concerns Related to Conception



DR. SHIVANAND SHRIKANT PATIL

Sexologist & Male Infertility Specialist

SEX & INTIMACY Couch

- BAMS,MD,PhD,FAGE
- Masters in Sexual Medicine
- Post Graduate Diploma in Sexology & Psychosexual Counseling (American College of Sexology)
- Fellowship in Male Infertility (Academy for Males Health ,Singapore)
- Completed workshop on Sex Problem & Solution under Padmashri Dr Prakash Kothari
- MEMBER - International Society of Fertility & Reproductive Health
- MEMBER - CSEPI (Council of Sex Education & Parenthood International

AWARDS

INTERNATIONAL

- PANACEA INTERNATIONAL
- EXCELLENCE AWARD

NATIONAL

- SADHAK VAISHISHTYA
- DHANWANTARI AWARD
- AYURVED RATN AWARD
- YOUNG ACHIEVERS AWARD
- RESEARCH EXCELLENCE AWARD
- AAMA RATN
- ADHUNIK VATSAYAN

PUBLICATION

आनंदी जीवनाचा काम - मंत्र-

PROGRAMMES:

- PORN DE-ADDICTION
- MASTRUBETION DE-ADDICTION

COURSES:

- KAMOJIT - VICTORY OVER DESIRES
- 24 UNIQUE TECHNIQUES TO SATISFY WOMEN
- 24 UNIQUE TECHNIQUES TO SATISFY MEN

SEX EDUCATION (जागो अभियान)

- 5th & 6th Standard
Good Touch - Bad Touch
- 9th & 10th Standard
Know Your Sexuality
- Collage Students
Myths & Realities of Sexuality
- Parents
How to Deal with Children's Sexuality

Clinic Address:

Above Hindustan Bakery, Near City Hospital,
Rajarampuri 8th Lane, Kolhapur 416008

☎ 704070 1004 | 954558 1004 | 0231 2521004



Whatsapp



Youtube



facebook



Instagram



Telegram