

## عنوان مقاله:

Recommended foods for male infertility in Iranian traditional medicine

## محل انتشار:

مجله طب تولید مثل ایران، دوره 10، شماره 6 (سال: 1391)

تعداد صفحات اصل مقاله: 6

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## خلاصه مقاله:

Background: Male infertility accounts for 30-50% of all infertilities among couples. Iranian traditional medicine (ITM) stressed the importance of nutrition in the prevention and treatment of male infertility. Many Iranian traditional physicians have described the traits of specific foods for prevention and treatment of male infertility. Objective: To explore the principles and roles of foods recommended by ITM scientists in prevention and treatment of male infertility as well as enlisting all the recommended foods for treating this problem addressed through the ITM original resources written between 815 and 1901. Materials and Methods: In this review study specific data related to the subject among all referral ITM texts was extracted firstly, and then the collected data were analyzed using inductive content analysis. Results: The analysis of data revealed that foods that enhance sexual performance must have 3 properties; they should be warm in nature, very nutritious, and flatulent. Foods that are warm in nature and nutritious affect the quality and quantity of semen. A food having the third trait of being flatulent is required to complete sexual performance by creating an erection. Foods with only one of these traits must be consumed with another food that has the other trait. This study also provided a list of foods that can enhance the quality and increase the quantity of semen. Conclusion: Foods that can enhance sexual performance and the quality and quantity of semen can be recommended to male patients who suffer from infertility in medical centers.

## کلمات کلیدی:

Iranian traditional medicine, Nutrition, Sexual dysfunction, Male infertility

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<https://civilica.com/doc/488821>



