

The Measures of the Persian Medicine Vis-à-vis the Treatment of Premature Ejaculation

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Received date: January 02, 2018; Accepted date: January 14, 2018; Published date: January 19, 2018

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Abstract

Premature ejaculation is a male sexual dysfunction characterized by ejaculation which occurs within about one minute of vaginal penetration and inability to delay ejaculation on the vaginal penetrations. The individuals suffering from the premature ejaculation will reach orgasm before even the minimal penile or sexual stimulation, prior to or immediately after penetration. Premature ejaculation is the most prevalent male sexual dysfunction. It has detrimental effects on the relationship of the partners; it may cause mental distress, anxiety, and depression. Its prevalence rates run the gamut from 20% to 30%.

The etiology of this problem is unknown, yet again there are some hypotheses in this regard including anxiety, penile hypersensitivity, and serotonin receptor dysfunction.

The use of the Persian Medicine and herbal remedies for the treatment of diseases has a long historical background. Nutrition is the principal stepping stone of the treatment in the Persian Medicine; it proffers various food and remedy options for treating premature ejaculation. Therefore, the authors of the present paper aimed at taking into account the nutritional advice and suggestions of the Persian Medicine to ameliorate the aforementioned issue.

In this review article, the seminal and original books of the Persian Medicine on the male sexual dysfunction have been thoroughly reviewed.

A list of available, inexpensive and effective foods and medications which has been experienced for centuries was elicited. Due to the prevalence and the effects of the premature ejaculation on both marital relationships and subsequently fertility, constructing treatments like this list can be efficacious for to solving this problem.

Keywords: Premature ejaculation; Persian medicine; Sexual dysfunction; Ejaculation

Introduction

Also called early ejaculation, rapid ejaculation, premature ejaculation is one of the most common sexual disorders in men-with an estimated prevalence of 30% in the world. The individuals suffering from the premature ejaculation will reach orgasm before even the minimal penile or sexual stimulation, prior to or immediately after penetration. In fact, this disorder is referred to the situation in which, first the interval between the moments of penetration to the ejaculation is unusually short and the ejaculation occurs before or shortly after the penetration. Second, the person has no control over his ejaculation.

Third, this condition causes mental and psychological pressure or dissatisfaction for the affected person, his partner or both. Men with premature ejaculation tend to report less sexual satisfaction than men who have a normal ejaculation delay. The etiology of this problem is unknown, and there are some hypothesis, including anxiety, penile hypersensitivity, and serotonin receptor dysfunction [1].

Due to its prevalence and its effects on both marital relationships and subsequently fertility, understanding the causes and treatment of premature ejaculation is of paramount importance. The Persian medical scholars deem nutrition and the rectification of the lifestyle to be quintessential for the bodily health and the reproductive system accordingly [2]. In this regard, the authors of the present study aimed at garnering a sundry of nutrition strategies or measures zoomed particularly on treating premature ejaculation through an extensive scrutiny of the literature available on the traditional medicine. The purpose of this study is proffering explanations for the causes of this problem and providing a typology of food items recommended for the improvement or treatment of this irksome disorder.

Methodology

In this mini review article, the seminal and original books of the Iranian traditional medicine on the male sexual dysfunction have been reviewed. The criteria for selecting the sources are as follows:

The authors who penned these works happen to be amongst the most renowned scholars in the traditional medical history.

Their authors have been both well-versed in theory and extremely experienced in praxis.

Their writers, in addition to practicing medicine, were remarkably successful in writing and therefore could pencil their thoughts on the topic vividly.

The authors have been elicited from various centuries of medical history. These sources include the Canon of Medicine by Avicenna (Ibn Sina, 11th century AD), Al-Hawi by Razi (9th century AD), Zakhireye Khwarazmshahi by Ismail Gorgani (11th century AD), Ekseer e Azam by Hakeem Muhammad Azam Khan (19th century AD) and Tibb-i Akbari (an expanded version of the Arabic treatise Sharh al-asbab wal-alamat) by Muhammad Muqim Arzani (18th century AD) and the Summary of Wisdom (Kholāsa Al-Hekma) by Mohammad Hossein Aghili Khorasani (13th century AD), amongst others.

The aforementioned works were browsed thoroughly with germane keywords like premature ejaculation and food and nutrition recommendations and measures for premature ejaculation treatment.

Razi and Jorjani and Avicenna believed that patients must be treated with food as far as possible. Abu Zeid Balkhi, who was Razi's master, professed that food is the first thing to be noted and carefully considered in maintaining health. Under the section on Treatment he mentioned that drugs should be avoided unless it is absolutely needed, because unlike food, drugs are in contrast with human nature. Nazem Jahan wrote, "For increasing sexual power, food has more advantages than drugs" [2,3].

In the present research, a list of useful foods and nutrition in the Persian Medicine was gathered which is available to the general public; therefore, their inclusion in the diet of the individuals can be efficacious for the treatment merged with other conventional methods. In various recent studies, the role of many of these substances has been confirmed in ameliorating the premature ejaculation.

Findings

Perusing the pertinent literature, one cannot help but notice that premature ejaculation has been always the cynosure of attention for the Persian scholars; in many available sources, miscellaneous food items and nutrients have been recommended for its treatment [4].

The pioneers of the Persian medicine, like Avicenna (Ibn Sina), held that simultaneous orgasms of both males and females during copulation would be ideal for a consummate gestation to occur. In this regard, apart from providing some measures and suggestions during coitus, they zoomed on the Couples' orgasm synchronization [5].

Jorjani has written: Rapid ejaculation has four causes: excessive semen volume, thin watery semen, hot temperament of semen, and weakness of retentive power of seminal tracts. He has mentioned low-frequency intercourse, thin semen, burning sensation on ejaculation, and ejaculation without enough erection as signs of these causes, respectively. He suggested different treatment modalities according to the causes of the disease and temperaments [6,7].

From the perspective of the Persian Medicine, the treatment for all disease or maladies in general and male sexual dysfunction in particular boils down to proper nutrition.

In this view, the cause of ejaculation speed is categorized into four main groups and based on the cause, appropriate treatment is provided.

The increase of coldness and wetness in the genitals: as an explanation of these patients it can be posited that their semen is too much diluted and the color approaches whiteness. These people usually do not have high libido or sex drive. On the other hand, the color of their urine is yellowish-white. The roster of foods that can help these patients include pistachios, almonds, cinnamon, saffron, hazelnuts, carrot seeds, alfalfa, stinging nettle (*Urtica dioica*), ginger jam, Abgoosht (or Dizi: an Iranian stew) with warm spices, cooked peas, turnips, coconut, flaxseed, sesame, carrot jam and milk and honey. Furthermore, these people should avoid taking dough (a savory yogurt-based beverage (and yogurt. Oiling the testicles with chamomile oil and exercise are very much recommended for these patients. Moreover, the frequency of intercourse should not exceed once or twice per week.

The increase in warmth and wetness: semen has a moderate texture and massive volume; these individuals have high physical strength and have a lot of libido; the color of their urine is strong yellow and the color of the semen tends to be yellowish. Swollen veins/arteries of testicles are evident in these individuals. These people have the proclivity to quaff cool water.

Recommended measures for these people: having cranberry, lemon sharbat [1], orange sharbat, sweet dough, pomegranate juice, pomegranate, milk, cucumber, common purslane plant, barberry, plum, orange juice, raspberries, rice, vegetables, verjuice ash (a thick soup/stew, which is usually served hot), spinach, oiling by violet unction and consuming foods which happen to be replete with vegetables.

The pungency of semen: the patient feels warm when the semen exits; the color of the fluid in these people is yellow. If the temperature of the semen is high, the semen is concentrated. However, if the temperature of the semen is not reached to the extreme, the liquid is diluted. These people tend to partake of cold foods and drinks. The consumption of lettuce seeds, tiger lotus flower sharbat or syrup, violet sharbat, rosé flower sharbat, chicory, dough and yogurt, tamarind (*Tamarindus indica*), Barberry juice, barley and jujube can be a great boon to these people.

Weakness of the main organs of the body: the main organs of the body are those which are vital to the survival of the person and his offspring. These organs include the brain, the heart, the liver and the testicles (and in women, the ovaries). The strength of these members is absolutely essential for the proper sexual performance.

People who have weakness in core organs of the body tend to have low sexual desire; they suffer from erectile dysfunction, ejaculation without proper erection and weakness in pulse.

They also experience loss of body heat, lethargy, severe general weakness, shortness of breath and sweating. Use of rich foods such as peeled peanut with sugar, cooked bird meats with peas, saffron, cinnamon and clove, kebab, meat extracts, figs, apple, quince, rose water, grapes, black corinth, hazelnuts, mung beans, eggs, honey and shrimp can be beneficial for these individuals [7-13].

Psychological causes: Other causes of premature ejaculation include depression, anxiety, and severe phobia. The use of brewed lemon balm, chamomile, basil, lavender, orange blossom, apple juice and rose water are useful for these people (Table 1).

Common Name	Scientific name	Iranian Traditional name	Indication in Premature Ejaculation Types
Cinnamon	<i>Verum cinnamon</i>	Darcin	The increase of coldness and wetness in the genitals/ Weakness of the main organs
Saffron	<i>Crocus sativus</i>	Zaferan	The increase of coldness and wetness in the genitals/ Weakness of the main organs
Hazelnuts	<i>Corylus avellana</i>	Fandogh	The increase of coldness and wetness in the genitals/ Weakness of the main organs
Carrot seeds	<i>Subsp sativus</i>	Bazre jazar	The increase of coldness and wetness in the genitals
Alfalfa	<i>Medicago sativa</i>	Yonje	The increase of coldness and wetness in the genitals
Ginger	<i>Zingiber officinale</i>	Zanjebil	The increase of coldness and wetness in the genitals
Sesame	<i>Sesamum indicum</i>	Konjed	The increase of coldness and wetness in the genitals
Coconut	<i>Cocos nucifera</i>	Nargil	The increase of coldness and wetness in the genitals
Carrot	<i>Subsp sativus</i>	Jazar	The increase of coldness and wetness
Pea	<i>Cicer arietinum</i>	Nokhod	The increase of coldness and wetness in the genitals/ Weakness of the main organs
Turnip	<i>Brassica rapa</i>	Shalqam	The increase of coldness and wetness in the genitals
flaxseed	<i>Linum usitatissimum</i>	Bazre Katan	The increase of coldness and wetness in the genitals
Stinging nettle seeds	<i>Urtica dioica</i>	Anjore	The increase of coldness and wetness in the genitals
Almond	<i>Prunus dulcis</i>	Badam	The increase of coldness and wetness in the genitals/ Weakness of the main organs
Coriander	<i>Coriandrum sativum</i>	Geshniz	The increase in warmness in the genitals
Pomegranate juice	<i>Punica granatum extract</i>	Ab Anar	The increase in warmness in the genitals/ pungency of semen
Sweet dough	sweet dough	Dough	The increase in warmness in the genitals/ pungency of semen
Barberry	<i>Berberis vulgaris</i>	Zereshk	The increase in warmness in the genitals/ pungency of semen
Raspberry	<i>Rubus strigosus</i>	Tameshk	The increase in warmness in the genitals
Rice	<i>Oryza sativa</i>	Oroz	The increase in warmness in the genitals
Pomegranate flower	<i>Punica granatum</i>	Golnar	The increase in warmness in the genitals
Santalum	<i>Santalum album</i>	Sandal	The increase in warmness in the genitals
Sumach	<i>Rhus coriaria</i>	Somagh	The increase in warmness in the genitals
Portulaca	<i>Portulaca oleracea</i>	Khorfeh	The increase in warmness in the genitals
Myrtus	<i>Myrtus communis</i>	Murd	The increase in warmness in the genitals
Oxymel	<i>Oxymel</i>	Sekanjabin	The increase in warmness in the genitals
Verjuice	<i>Verjuice</i>	Ab Ghureh	The increase in warmness in the genitals
Lettuce seeds	<i>Lactuca sativa</i>	Bazre kahu	pungency of semen
Tiger lotus	<i>Nymphaea lotus</i>	Nilofar	pungency of semen
Violet	<i>Viola odoratta</i>	Banafshe	pungency of semen
Rosé flower	<i>Rosa damascena</i>	vard	pungency of semen
Chicory	<i>Cichorium intibus</i>	Casni	pungency of semen

Yogurt	<i>Yogurt</i>	Mast	pungency of semen
Tamarind	<i>Tamarindus indica</i>	Tamr	pungency of semen
Jujube	<i>Ziziphus jujuba</i>	Anab	pungency of semen
Figs	<i>Ficus carica</i>	Tin	Weakness of the main organs
Apple	<i>Malus pumila</i>	Sib	Weakness of the main organs/ Psychological cause
Quince	<i>Cydonia oblonga</i>	Safarjal	Weakness of the main organs/ Psychological cause
Rose water	<i>Aqua rosacea</i>	Golab	Weakness of the main organs/ Psychological cause
Grapes	<i>Vitis vinifera</i>	Angur	Weakness of the main organs
Black Corinth	<i>Zante currants</i>	Maviz	Weakness of the main organs
Hhazelnuts	<i>Corylus colurna</i>	Fandogh	Weakness of the main organs
Pistachios	<i>Pistacia vera</i>	Fostogh	Weakness of the main organs
Mung beans	<i>Vigna radiata</i>	Mash	Weakness of the main organs
Honey	<i>Mel</i>	Asal	Weakness of the main organs
Shrimp	<i>Crangon crangon</i>	Robian	Weakness of the main organs
Clove	<i>Syzygium aromaticum</i>	Gharanfol	Weakness of the main organs
Chamomile	<i>Matricaria chamomilla</i>	Babune	Psychological cause
Basil	<i>Ocimum basilicum</i>	Reyhan	Psychological cause
Lavender	<i>Nepeta menthoides</i>	Ostokhodus	Psychological cause
Lemon balm	<i>Melissa officinalis</i>	Bad-eranjbooye	Psychological cause
orange blossom	<i>Citrus sinensis</i>	Bahar narenj	Psychological cause

Table 1: Natural remedies suggested for premature ejaculation by Persian medicine.

Conclusion

To wrap up, it can be safely construed that the use of nutritional supplements in traditional medicine, along with other modern treatments, can help patients ameliorate premature ejaculation to a considerable extent. It seems that combination of medical and herbal therapy can be beneficial in obtaining better result in treatment. More clinical trials are mandatory.

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