

The benefits of the diet interventions in the male idiopathic infertility based upon the persian medicine

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Opinion

One of the quintessential issues of the medical science and the World Health Organization is the problem of infertility and fertility reduction as well. The pertinent factors in the male infertility disorder are influential in 40–50% of the total infertilities. Male infertility factors are categorized into: acquired, congenital and idiopathic.

The most prevalent congenital disorders include testicular dysgenesis, cryptorchidism and hypospadias. Tumor, testicular torsion, genitourinary tract infection and varicocele are categorized among the acquired disorders. Also, endocrine disorders, genetic disorders, immunological factors, systemic diseases and external factors such as toxins, drugs or radiations can be a cause of infertility. Many infertility cases, however, have no known etiologies. Idiopathic infertility is observed in 30–45% of the male infertility cases. Common treatments include the prescription of antioxidants, androgens, gonadotropins and antiestrogens. These treatments have different outcomes and in some cases patients need to use assisted reproductive techniques like IUI, IVF, and ICSI. The lack of access of many couples to advanced fertility treatments plays a significant role in the brought about psychological and social problems. For this reason, finding efficacious treatment methods, preferably nutritious ones, is of paramount importance for the infertile couples, therapists and researchers.¹

A thorough review of the scholarly sources of the Persian Medicine in different centuries such as the canon of medicine by *Avicenna*, *Al-Hawi* by Razi, *Zakhireye Khwarazmshahi* by Ismail Gorgani, *Ekseere Azam* by Hakeem Muhammad Azam Khan and *Tibb-i Akbari* by Muhammad Arzani and *Sharh al-asbab wa-al-alamat* by Nafis e Kermani demonstrates the fact that infertility has gained considerable attention from the Persian Medical scholars; most of the contemporary books or pamphlets have counted or recommended many herbs, foods and nutrition for the treatment of infertility. Given the fact that nutrition, together with the modification of the lifestyle, has a major impact on the bodily health—and consequently on the reproductive system—the researchers of the present study, through an extensive analysis of the related literature on the Persian Medicine, aimed at garnering various approaches zoomed on the nutrition strategies for the treatment of infertility. The plants in nature—which happen to be spread ubiquitously—have less side effects, have stand the test of time by being buttressed through scientific experiments and have been the cynosure of attention amongst people; therefore, they can be of great help in this regard.

According to the canon of medicine by *Avicenna*, foods that have positive effects on producing semen should have the following characteristics: having high degree of nutrition, having warm temper, being moderate from the viewpoint of the Persian Medicine and having the capacity to enhance the body. In this study, 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 treatment along with other conventional methods. In recent studies, the role of many of these substances has been proved in ameliorating the spermogram's parameters.

Here are some of the most available materials

Lamb, chicken, partridge, meat extract, cooked chickpea, shrimp and egg. Parsnip jam, ginger jam, quince jam and carrot jam. Almond porridge, rice pudding, cow's milk with manna of hedysarum, sheep's milk, grape extract, honey, coconut, apple, pear, quince, carrot, cornelian cherry, blueberry, sweet pomegranate, grapes, turnip, hawthorn, fenugreek, parsley and baked pumpkin. Zante currants, hazelnuts, pistachios, almonds, figs, flaxseed, sesame, wheat germ, alfalfa buds and peas. Spices such as ginger, saffron, cinnamon, cardamom and nutmeg.^{2–8}

Regarding to the fact that the use of these foods or nutrition items has been constantly experimented and recommended since the time of *Avicenna* (more than ten centuries ago) till recent era by various scholars, it seems that designing research studies for determining the effectiveness of a diet in this regard can help to treat the idiopathic infertility.

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Conflicts of interest

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