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Male Infertility and Diet: A Perspective of Traditional Persian Medicine

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Dear Editor

It was interesting for us to read the paper titled: "Dietary Nutrients and Male Infertility: Review of Current Evidence" [1]. As declared by the authors, diet as the main part of lifestyle could seriously affect fertility; the fact that has attracted more attention in recent studies.

Unfortunately, male fertility has decreased in recent decades due to the reduction in sperm quality and quantity which is not irrelevant to lifestyle changes. Indeed, nutritional approach which is considered in idiopathic male infertility is the basis of treatment [2].

Based on the holistic approach of Traditional Persian Medicine (TPM), nutrition plays a fundamental role in a healthy lifestyle [3]. In the perspective of this school of medicine, semen is the final product of metabolic chain in reproductive system [4]. Accordingly, malnutrition and/or low quality of diet on the one

hand and maldigestion on the other hand could negatively affect both fertility and potency. In this regard, Avicenna and other TPM sages believed that the main strengthening factor of sexual power is nutrition which could increase the quality and quantity of semen providing aphrodisiacal effects [5, 6]. They emphasized that foods which are flatulent, highly nutritious, and have a hot and wet temperament are aphrodisiac [7, 8]. For instance, a traditional formulation of such foods, called Loboob, has clinically been proved to be effective in the treatment of male infertility [2, 9].

According to the aforementioned, it seems that diet modification and improving digestion should be considered as the initial steps in treating infertility; the strategy that not only is supported by TPM main sources and our own clinical experience, but also is based on the current evidence [10].

[GMJ.2016;5(2):103-4]

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