

# YOGIC TREATMENT FOR SEMINAL WEAKNESS

**S**eminal weakness (impotency) occurs to men, which is a very common problem. The man fails to give complete sexual satisfaction to his wife. The patient suffers from erection related problem and if the weakness is due to mental or physical strain then it can be cured. If this disease is hereditary then it cannot be cured. 99 % of the cases are due to mental and physical weakness.

## Natural medication

- Allopathy has no permanent cure for this disease, but Ayurved has a cure.
- Take one to two grams of amaltas skin, add sugar double its quantity, add it in 250 gm of cow milk and consume twice daily, this will help in increasing the sperm count.
- Boil tamarind seeds with milk. When the skin is peeled off, remove it from the flame and grind it finely on the stone. Add equal quantity of sugar candy and keep aside. Take 6 gm of this mixture twice daily to increase the strength of sperm. It gives physical strength and sex power.
- Roast whole horse bean in clarified butter, grind it and keep the paste aside. Take 100 gm of this paste and add equal quantity of white unrefined sugar, store it in a bottle. Add 20 grams of honey and little clarified butter and consume to increase sperm count.
- Make halva of gram or add honey and water in soaked black gram, to increase the thickness of the sperm, it also gives physical strength.
- To increase sex power take 4 grams of jaiphal powder with fresh water and consume twice daily for 40 days to increase sex power and to control premature ejaculation.
- To increase the sperm count, roast 100 gm black gram in a pan. Add 100 grams of rice flour and 25 gm of clarified butter. Mix them all and add double quantity of sugar in them. Every morning take 250 ml. of milk and 25 gm of this powder with sugar candy and consume.
- Mix basil seeds and old jaggery in equal quantity, take one and half to three grams of this powder twice daily with milk. the sperm problem is controlled within five to six weeks and improves manly power.
- Take the fresh skin of banyan tree and grind it. Soak it in water for two hours, crush it and consume to get relief from sex power and impotency.
- add white onion juice in 200 grams of honey and 100 gm of sugar. Take 2-5 gm daily to increase manly power.
- take white radish and sugar candy in equal quantity and make a powder, take 6 gm in milk twice daily.
- take four grated almonds, grind on the stone, add one-gram honey and one-gram sugar candy and take daily to increase manly power.

## Night Fell

- Dry the acacia leaves in shade, add Ashvagandha powder in it, and add equal quantity of grinded unrefined sugar in it. Take 6 gm of this quantity in milk and consume to get rid of sperm related problems.
- In all types of sperm problems take fruits (without seeds) of acacia tree, dry them in shade and add unrefined sugar in them. Consume this powder with cow milk.
- To control sperm discharge take sat Isabgol twice daily with milk.
- To control premature ejaculation take 4 grams of black plum stone in the evening with warm milk.
- Take extract of Giloy and vanshlochan and grind it. Consume it with 2 gm of honey everyday. Within one week the sperm becomes thick and it controls premature ejaculation.
- To control impotency take 2 parts of cinnamon,

cloves and mustard. Take half gram of this powder with warm milk everyday.

- Taking few pieces of garlic roasted in clarified butter can treat all types of impotency.
- To increase sex power and impotency (by-birth), take a sweet apple, prick cloves as many as it can hold and keep it in a porcelain container for a week. Remove the cloves and keep them safely. Take four cloves with milk.
- To increase sex power and control premature ejaculation, soak almond, add 6 gm of black pepper and 2 gm of dry ginger and eat accordingly.
- Take 125 gm of gokharu and roast it in 250 gm of clarified butter. Take 12 gm of this mixture everyday morning with milk to get relief from impotency.
- add clarified butter in unrefined sugar and eat it with honey to increase sexual power.
- Take the powder of myrobalan, soak it in its juice, add clarified butter, honey or unrefined sugar and consume it with milk.
- Take 100 grams of shatavar, grind it, and take 6 grams or ten grams every day night and cook it in half kilo milk, when it becomes thick, take it off from the flame, cool it and consume.
- Take dhak seeds, one and half grams of siras seeds, 500 gm of sugar candy, grind it and filter it. Take 12 gm of this powder everyday morning.
- take three grams of grated mango everyday to make the sperm thick.
- Take 4 gm of finely grinded cinnamon with milk twice daily.
- take 5 gm of grated poppy seeds and 5 gm of grated onion seeds, add sugar candy in warm milk and consume to make the sperm thick and increase the sperm count
- Take 20 gm of sugar candy, 10 gm of white radish powder, soak it in 100 ml. of water in a mud vessel overnight. Churn it thoroughly in the night and take it continuously in the night for 30 days. This will help in increasing the sex power. Stay away from women during this period.
- take the roots, leaves and seeds of bhang plant. Dry

it in the shade and consume it with red sugar to increase sex power,.

- Mix basil powder and tube (Jimikand) powder in equal quantities. Consume it with 2 grains in betel leaf.

### **Yoga for strength**

- After sex take shatavar mixed in milk, add sugar candy and consume. This will help in regaining tiredness and removes weakness.
- After sex consuming cream, milk, jaggery, unrefined sugar, sugar candy, butter gives strength.
- After sex take 9 gm of white radish and sugar, consume it with sugar to regain energy.
- take 3 grams each of kabab cheeni, cinnamon, one small cardamom, 6 gm of kalmishora, 20 grams of sugar candy and grind them. Take one and half gram of this mixture and take milk over it to remove weakness after sex and regain energy.
- To regain strength after sex take 2 tablespoons of honey with buffalo milk.
- Take 2 grains of pure saffron with milk to get back energy after sex.
- For physical strength and manly power take grated walnut, boil it in milk, add saffron and sugar and consume.
- take 3 grams of talamkhana to get back the lost energy due to sex.

### **Yogic medication**

- Patience is the cure for this disease. Make your nerves strong by practicing yoga and meditation. One should practice Janushirasana, Paschimottasana, Yog Mudra, Gorakshasana, ardhmatsendriyasan, Suptavajrasana and Halasana. Continue with asanas, which increase the strength of the stomach.
- Practice Kapalbhathi, Agnisar kriya, and Bhastrika and uddiyan bandh. Meditation is the best cure.
- Practice Kunjal twice a week, and Neti everyday. 20 minutes exercises and 10 minutes bath on the penis is suggested.
- In winter season take sunbath and massage the whole body with oil ●