INTRODUCTION
General health and lifestyle of a man may affect his fertility, although modern science has made commendable advancements in identifying the causes but is still unable to put forth the treatment for the problem. Some common causes of infertility related to health and lifestyle include:

- Alcohol and drugs
  For example, Anabolic steroids, cocaine, marijuana etc.

- Emotional stress
  Stress may interfere with certain hormones needed to produce sperm.

- Life style generated disorders
  Like Obesity, Diabetes etc. may cause hormone and other metabolic changes which reduce male fertility.

- Electromagnetic radiation
  Such like laptop, computers, cell phone, x-rays etc.

- Malnutrition
  Deficiencies in nutrients such as vitamin c, selenium, zinc and folate may contribute to infertility.

- Tobacco smoking

- Environmental exposure:
  1. Indoor Pollutions - Pesticides and other chemicals.
  2. Outdoor Pollutions – Pollution due to vehicles, factories etc.

Ayurvedic causes for male infertility
Ayurveda explains following causes for male infertility:

Bija upa tapa (Congenital abnormalities)
Defects in the gamete; leading to development and structural anomalies of reproductive system. Chromosomal disorders, various developmental disorders can be considered in this group.

Sukra dosha (Diseases of sperm): Some Causes of seminal morbidity are

- Food factors
  Habitual and excessive use of dry, bitter, astringent, salty, acidic and hot food. Foods which are at variance with place, time, power of digestion, quantity, habit, doshas and mode of preparation

- Behavioral factors
  Excessive sexual indulgence, untimely sexual congress, sexual abuse, absolute sexual abstinence, bodily exertion in excess, suppression of natural urges and sexual congress with an unresponsive woman. Also behavioral habits like sleeping very late at night, hectic lifestyle leads to disparity of Rakta and Pitta Dosha, ultimately causing Shukra kshaya i.e. deficit in Shukra Dhatu qualitatively and quantitatively.

- Psychological factors
  Grief, anxiety, fear, anger and lack of mutual love and confidence. Sleeping very late at night, hectic lifestyle leads to disparity of Rakta and Pitta Dosha, ultimately causing Shukra kshaya i.e. deficit in Shukra Dhatu qualitatively and quantitatively.

Klaibya (Loss of libido)
Causes like Psychic, dietary, exhaustion of sukra, old age, mental worries, debilitating diseases (like T.B, Diabetes mellitus), over strain, excessive indulgence in sex are considered as contributory factors of quantitative and qualitative diminution of sukra.

Ayurvedic concept about prevention of male infertility
In the classics of Ayurveda the following charya’s (conducts) have been mentioned with which a person will be able to be healthy and cure many of lifestyle disordered such like infertility.

- Dinacharya
- Ritucharya
- Rathricharya
- Thrayopasthambha palana
- Sadvrittha
- Achara rasayana
- Ashtanga yoga’s

In the classics of Ayurveda the following karma (steps) have also been mentioned for treatment of infertility are: (In Table 1)
Apart from the above mentioned Ayurvedic plants, male infertility can be cured with various other Ayurvedic medicines, some of them being Shilajatu rasayan, Abhrak Bhasma, Agnитundi Vati, Sukumara ghritam, Amritaprasam, Asvagandhadi lehyam, Mansa sarpi, Kusmanda ghiram, Kalyanaka ghratam, Asvagandhadi ghirum, Satavari lehyam, Madana kameswari, Chavanprasam, Dasamularistam, Kalyanaka ghrtam, Asvagandhai ghritum, Satavari l

Herbs traditionally used for vajikarana and shukral purposes

- Kapikacchu (Macuna Pruriens Bak.), which has been found to increase sperm concentration and motility.6
- Gokshura (Tribulus terrestris Linn.), which raises testosterone levels.7
- Ashwagandha (Withania somnifera Dunal.), which enhances spermatogenesis via a presumed testosterone-like effect.8
- Shatavari (Asparagus racemosus Willd.), which appears to enhance fertility by reducing oxidative stress.9
- Yashtimadhu (Glycyrrhiza glabra Linn.), found to improve semen quality.10

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CONCLUSION

By addressing simple lifestyle factors and providing vajikarana remedies offered in the Ayurvedic texts, the Ayurvedic practitioners can help male clients optimize their fertility. Thus it can be concluded that there are a large number of factors that lead to impotency of males, but with the right precautions and Ayurvedic cures, this medical condition can be treated, positively. All you need is a balanced diet, proper lifestyle habits, and correct medical assistance. Correction the life style helps in controlling other metabolic disorders like Diabetes mellitus, obesity etc. and hence related impotency too.

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