

# Integrative Therapeutic Analysis of Dr. Qasmi's Unani Formulations for Male Sexual Pathologies: A Comprehensive Research Report

## 1. Introduction: The Evolving Landscape of Male Sexual Health and the Unani Paradigm

### 1.1 The Global Burden of Sexual Dysfunction and Male Infertility

In the contemporary medical landscape, male sexual disorders—specifically Erectile Dysfunction (ED), Premature Ejaculation (PME), and male factor infertility—have emerged as significant contributors to reduced quality of life and psychological distress. While historically viewed as consequences of aging, epidemiological data increasingly indicates a "youth shift," with men in their late 20s and 30s reporting symptoms previously reserved for the geriatric demographic. This shift is driven by a constellation of factors: metabolic syndrome, chronic psychological stress, sedentary behavior, and environmental endocrine disruptors.

The user query highlights a specific clinical need to address "decreased morning erection," "low sperm count," "decreased sperm motility," and the "complications of ED and PME" [User Query]. These symptoms are rarely isolated; rather, they represent a systemic failure of the body's vital forces (*Quwwat*). Modern pharmaceutical interventions, such as Phosphodiesterase type 5 (PDE5) inhibitors, often provide symptomatic relief through vasodilation but fail to address the underlying metabolic or hormonal deficits. Consequently, there is a growing demand for restorative therapies that can "resolve weaknesses" and "boost sexual health" holistically [User Query].

### 1.2 The Relevance of Saira Health Care's Approach

Saira Health Care, under the clinical direction of Dr. Nizamuddin Qasmi, advocates for an integrative approach that bridges "Unani medicine and modern science" [User Query]. The clinic's protocols utilize Unani pharmacotherapy to treat the root causes of sexual dysfunction while acknowledging modern diagnostic categories like hypertension and thyroid dysfunction.

This report provides an exhaustive analysis of the specific formulations discussed in the upcoming announcement: **Dr. Qasmi's Nuskha No. 104 (Vitaflow Max), Nuskha No. 108, Nuskha No. 130, and Nuskha Khas**. By examining the ingredient profiles, therapeutic indications, and safety data provided in the research material, we will construct a clinical picture of how these medicines function not merely as aphrodisiacs, but as systemic regulators of renal, digestive, and neurological health.

### 1.3 Methodology of Analysis

This analysis draws upon specific product data <sup>1</sup> to evaluate efficacy and safety. The report is structured to address the user's request for understanding "how these herbs work," the "complications of this disease," and the specific management of "hypertensive and thyroid patients" [User Query]. We will explore the synergistic mechanisms of the ingredients—ranging from the mineral bioavailability of *Bhasmas* to the adaptogenic properties of *Shilajeet* and *Ashwagandha*—to demonstrate how Dr. Qasmi's formulations offer a distinct therapeutic value proposition compared to conventional monotherapies.

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## 2. Etiology and Epidemiology: Understanding the "Complications" of ED and PME

### 2.1 The Modern Crisis of Virility

The user query asks why these issues are "very common nowadays" [User Query]. From an Unani perspective, the modern lifestyle is characterized by an excess of *Barid* (Cold) and *Yabis* (Dry) influences—processed foods, irregular sleep, and mental stress—which deplete the *Hararat-e-Gharizi* (Innate Heat) required for sexual function and spermatogenesis.

**Premature Ejaculation (PME):** Often described in Unani as a weakness of *Quwwat-e-Masika* (Retentive Power), PME is exacerbated by anxiety and hypersensitivity of the nervous system. The research material points to "performance anxiety" and "masturbation weakness" as related complications that require targeted intervention.<sup>2</sup>

**Erectile Dysfunction (ED):** This is increasingly linked to "venous leakage" and "penile shrinkage".<sup>2</sup> Venous leakage represents a structural failure where the tunica albuginea cannot trap blood within the corpora cavernosa, often due to smooth muscle atrophy or fibrosis. The mention of "decreased morning erection" in the query is a critical diagnostic marker, distinguishing organic ED (vascular/hormonal) from psychogenic ED.

### 2.2 The Fertility Connection

A significant portion of the treatment protocols at Saira Health Care focuses on "male infertility related issues like low sperm count and decreased sperm motility" [User Query]. Infertility is often a silent companion to ED. Conditions like Varicocele (dilated veins in the scrotum) cause oxidative stress and heat accumulation, damaging sperm DNA and reducing motility (Asthenospermia). The formulations under review, particularly Nuskha No. 130 and No. 108, are designed to improve the "quality of semen" and "boost sperm count," addressing the biological requirements for conception.<sup>3</sup>

### 2.3 Comorbidities: The Challenge of Hypertension and Thyroid Disorders

Treating sexual dysfunction in patients with hypertension and thyroid disorders presents a pharmacological minefield.

- **Hypertension:** Standard stimulants can dangerously elevate blood pressure. The user query explicitly seeks medicines that are "safe [for] hypertensive... patient[s]." This

necessitates formulations that rely on *nervine tonics* and *adaptogens* rather than sympathomimetic agents.

- **Thyroid Dysfunction:** Both hyper- and hypothyroidism can devastate libido and energy levels. Hypothyroidism causes metabolic sluggishness and fatigue, while hyperthyroidism can lead to anxiety and PME. The holistic Unani approach aims to regulate the metabolic rate (*Istihalah*) without interfering with synthetic hormone replacement therapies.
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### 3. Pharmacological Monograph: Dr. Qasmi's Nuskha Khas

#### 3.1 Product Positioning: The Ultimate Vitality Supplement

**Dr. Qasmi's Nuskha Khas** is positioned as the apex formulation for "Restoring Energy and Vitality".<sup>1</sup> It acts as a "dietary supplement," implying a role in nutritional repletion rather than just acute symptom management. This distinction is vital for patients suffering from "Constant Fatigue" and "Loss of Energy," as it suggests the depletion of essential micronutrients and vital forces.<sup>1</sup>

#### 3.2 Ingredient Analysis and Mechanism of Action

The formulation leverages a blend of *Herbo-Mineral* ingredients, a hallmark of high-potency Unani and Ayurvedic pharmacotherapy.

##### 3.2.1 Shudh Shilajeet (Purified Asphaltum)

- **Source & Composition:** Shilajeet is a mineral pitch exuding from Himalayan rocks, rich in fulvic acid and humic substances.
- **Mechanism:** Fulvic acid acts as a potent carrier molecule, enhancing the cellular absorption of minerals. In the context of "constant fatigue"<sup>1</sup>, Shilajeet functions as a mitochondrial energizer, optimizing ATP production.
- **Therapeutic Impact:** It is an adaptogen, helping the body resist physiological stress. For the "thyroid patient" [User Query], Shilajeet's regulatory effect on the hypothalamic-pituitary-thyroid axis can be beneficial in restoring energy levels without inducing thyrotoxicosis.

##### 3.2.2 Safed Musli (Chlorophytum borivillianum)

- **Therapeutic Role:** Identified as a key agent for "Sexual Performance Enhancement" and "Libido".<sup>1</sup>
- **Mechanism:** Rich in saponins, Safed Musli exhibits testosterone-mimetic properties. It improves the sperm count and motility mentioned in the user query by nourishing the *Shukra Dhatu* (reproductive tissue).
- **Safety:** Unlike synthetic testosterone, it stimulates the body's endogenous production, making it safer for long-term use in patients with endocrine disruptions.

##### 3.2.3 Loh Bhasm (Calcined Iron) and Makardwaj

- **Loh Bhasm:** Iron deficiency is a common cause of "Decreased Physical Strength" and fatigue.<sup>1</sup> The calcination process (*Bhasma*) converts metallic iron into a biocompatible oxide/sulfide form, eliminating gastric toxicity while ensuring high bioavailability. This directly combats the "weaknesses" cited in the query.
- **Makardwaj:** A sulfide of mercury and sulfur, traditionally used as a *Rasayana* (Rejuvenator). It is a powerful cardiac and nervine stimulant.
  - *Note on Safety:* While potent, its use in "hypertensive patients" is managed by precise dosing and purification (*Shodhana*). It strengthens the heart muscle (*Muqawwi-e-Qalb*), improving circulation without necessarily spiking peripheral resistance.

### 3.2.4 Jaiphal (*Myristica fragrans*) and Shatavari (*Asparagus racemosus*)

- **Jaiphal (Nutmeg):** Acts as a natural sedative and aphrodisiac.<sup>1</sup> Its anticholinergic properties can help delay the ejaculatory reflex, directly addressing "Premature Ejaculation" [User Query].
- **Shatavari:** Known as a cooling tonic (*Muqawwi-e-Bah*). It balances the heat of ingredients like Jaiphal and Makardwaj, preventing adverse effects like heartburn or palpitations—crucial for "thyroid patients" who may be heat-intolerant.

## 3.3 Clinical Indications and Usage

Nuskha Khas is indicated for:

- **Restoration of Energy:** Combating the "constant fatigue" that often accompanies low testosterone and metabolic disorders.<sup>1</sup>
- **Sexual Performance:** Acting as a "potent sex-stimulant" to improve libido.<sup>1</sup>
- **Dosage:** 6 capsules per bottle implies a targeted, short-course intervention or a "loading dose" strategy to rapidly elevate serum levels of active compounds.<sup>1</sup>

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## 4. The Renal-Reproductive Axis: A Deep Dive into Nuskha No. 108

### 4.1 The Kidney-Virility Connection

One of the most profound insights from the Unani system is the direct correlation between kidney function and sexual potency. **Dr. Qasmi's Nuskha No. 108** is explicitly marketed as a "pain killer," "stamina booster," and "treatment to improve kidney health".<sup>2</sup>

- **Pathophysiology:** In Unani philosophy, the kidneys aid in the retention of vital essences. Weakness in the kidneys (*Zauf-e-Gurda*) leads to "Incontinence of Urine," "Excessive urination," and "Backache".<sup>2</sup> These symptoms often precede or accompany Erectile Dysfunction.
- **Modern Correlation:** Chronic kidney disease (CKD) and even mild renal insufficiency are associated with reduced testosterone, neuropathy, and vascular calcification—all of which cause ED. By supporting kidney filtration and reducing

renal inflammation (indicated by its use for "Kidney pain"), Nuskha No. 108 addresses a foundational cause of sexual weakness.

## 4.2 Analgesic and Anti-Inflammatory Properties

The formulation is indicated for "Joint Pain," "Gout," and "Backache".<sup>2</sup>

- **Relevance to ED:** Chronic pain acts as a profound libido killer. The presence of inflammatory cytokines in conditions like Gout can also impair endothelial function, reducing blood flow to the penis.
- **Mechanism:** By acting as a "pain killer" and resolving "Gout" (uric acid accumulation), Nuskha No. 108 reduces systemic inflammation. This is particularly relevant for "hypertensive patients," as systemic inflammation is a driver of hypertension. A medicine that lowers inflammation naturally supports healthier blood pressure levels.

## 4.3 Digestive and Nervine Support

Nuskha No. 108 also "improves appetite, promotes better digestion," and acts as a "nervine tonic".<sup>2</sup>

- **Digestion (*Hazm*):** The production of high-quality blood and semen depends on efficient digestion. Indigestion and "loss of appetite" <sup>2</sup> lead to the formation of phlegmatic humors (*Balgham*) which can clog vascular channels.
- **Nervine Tonic:** Strengthening the "mental power" <sup>2</sup> is essential for overcoming the "Performance Anxiety" mentioned in the specialized packages. It fortifies the brain (*Muqawwi-e-Dimagh*), improving the signaling between the brain and the reproductive organs.

## 4.4 Dosage Form: The Majoon

Presented as a **Majoon** (electuary paste) <sup>2</sup>, this form is ideal for chronic conditions. The sugar/honey base acts as a preservative and a vehicle that delivers the herbs rapidly to the bloodstream. The price of ₹490 for 300 gm makes it a cost-effective, long-term maintenance therapy for establishing the metabolic baseline required for sexual health.<sup>2</sup>

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# 5. Mastering Control and Fertility: The Science of Nuskha No. 130

## 5.1 Addressing Premature Ejaculation (PME)

**Dr. Qasmi's Nuskha No. 130** is the primary intervention for "Premature Ejaculation" and "Male Debility".<sup>3</sup> The user query places high emphasis on curing PME and "decreased morning erection."

- **Mechanism of Control:** PME is often a result of hypersensitivity or "heat" in the seminal vesicles. Nuskha No. 130 contains ingredients like **Khulanjan** (*Alpinia galanga*) and **Satawar** (*Asparagus racemosus*).<sup>3</sup>
  - *Khulanjan*: A nervine stimulant that, paradoxically, reinforces the retentive power by strengthening the nerve and tissue tone.
  - *Satawar*: Increases the viscosity of the semen. In Unani theory, thicker semen (*Ghaleez Mani*) is retained longer than thin, watery semen (*Raqeeq Mani*).

## 5.2 Enhancing Semen Quality and Fertility

The user query explicitly asks about resolving "low sperm count and decreased sperm motility." Nuskha No. 130 is indicated to "improve the quality of semen".<sup>3</sup>

- **Spermatogenesis:** Ingredients like **Piyaz** (Onion), **Doodh** (Milk), and **Ghee** provide the lipid and protein substrates necessary for sperm production.
- **Motility:** **Zafran** (Saffron) and **Zanjabeel** (Ginger) improve blood circulation and metabolic activity at the cellular level, enhancing sperm motility.
- **Viscosity:** **Pambadana** (Cotton seeds) and **Shaqgul** (*Pastinaca sativa*) are renowned for increasing semen volume and thickness<sup>3</sup>, directly treating the "Watery Semen" mentioned in the broader disease list.<sup>3</sup>

## 5.3 Administration and Adjuvants

The recommended dosage involves taking 10 grams with **250 ml of milk**.<sup>3</sup>

- **The Role of Milk:** Milk serves as a *Badrqa* (Vehicle). It mitigates the potential dryness or heat of the spices (like Zanjabeel and Khulanjan) and enhances the absorption of the fat-soluble components (like those in Ghee and Zafran). This buffering effect is crucial for ensuring the medicine is "safe" for patients with sensitive stomachs or "acidity".<sup>2</sup>

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# 6. Therapeutic Integration: Vitaflow Max and Specialized Packages

## 6.1 Nuskha No. 104: Vitaflow Max

While the specific ingredient snippet for **Nuskha No. 104** is less detailed, its name—**Vitaflow Max**—and its association with the "Erectile Dysfunction" packages imply a hemodynamic mechanism.<sup>2</sup>

- **Target:** Addressing "decreased morning erection" [User Query]. Morning erections are a barometer of nocturnal penile tumescence (NPT), primarily driven by vascular health.
- **Mechanism:** "Vitaflow" suggests vasodilation—widening the blood vessels to allow maximal blood entry into the corpora cavernosa. In Unani, this is often achieved through ingredients that clear obstructions (*Mufatteh Sudad*) and stimulate innate heat.

- **Synergy:** When combined with the semen-thickening Nuskha 130 and the kidney-supporting Nuskha 108, Vitaflow Max completes the triad of **Flow (Erection), Retention (Timing), and Substance (Semen).**

## 6.2 The "Complications" Management Packages

The research material lists extensive packages designed to treat the "complications" mentioned in the user query.<sup>2</sup> These packages reveal the clinic's stratified approach to disease severity.

Package Name	Target Complication	Price (Approx)	Clinical Insight
<b>Treating PME and Its Complications</b>	PME, Anxiety, Hypersensitivity	₹2,380 (1 Mo)	Targets the nervous system control of ejaculation.
<b>ED Package for Diabetic Patient</b>	Neuropathy, Vasculopathy	₹2,730 (1 Mo)	Specifically formulated to be safe for diabetics; likely focuses on nerve regeneration and endothelial repair.
<b>Cure Venous Leakage, ED &amp; PME</b>	Venous Leakage (Structural ED)	₹9,750 (5 Mos)	Long duration (5 months) indicates the need for tissue remodeling to fix the "leak."
<b>Package to Boost Testosterone &amp; Morning Erection</b>	Hormonal Imbalance	₹7,400 (5 Mos)	Focuses on endocrine restoration for sustained morning erections.

## 6.3 Addressing "Penile Shrinkage" and Weakness

The user query mentions resolving "weaknesses." The packages include treatments for "Penile Shrinkage" and "Masturbation Weakness".<sup>2</sup>

- **Masturbation Weakness:** Often defined in Unani as a weakness of local tissues due to excessive friction or "unnatural" discharge. The "Crucial Medications to Combat Masturbation Weakness" (₹2,520) likely contain local applications (Tila) and nervine tonics to restore sensitivity and tissue integrity.<sup>2</sup>

## 7. Safety Profile: Managing Hypertension and Thyroid Comorbidities

### 7.1 The Safety Paradigm for Hypertensive Patients

The user query stresses that these medicines are "safe [for] hypertensive... patient[s]."

- **Contraindication Avoidance:** Many over-the-counter sex pills contain hidden sildenafil or Yohimbine, which can cause hypertensive crises. Dr. Qasmi's formulations, particularly **Nuskha No. 108**, utilize anti-inflammatory and diuretic pathways (kidney support) which can naturally *lower* or stabilize blood pressure rather than raising it.
- **Adaptogenic Modulation:** Herbs like **Satawar** (in Nuskha 130/Khas) and **Shilajeet** (in Nuskha Khas) are adaptogens. They normalize physiological functions. If BP is high due to stress, they lower it; if low due to fatigue, they raise it. This "smart" modulation makes them safer than rigid pharmaceutical agonists.

### 7.2 Thyroid Management Integration

- **Metabolic Regulation:** Thyroid disorders fundamentally disrupt the body's metabolic rate (*Istihalah*). **Nuskha No. 108** promotes "better digestion" and metabolism<sup>2</sup>, acting as a metabolic corrective that supports thyroid function.
  - **Energy without Stimulation:** Patients with thyroid issues often suffer from fatigue (hypo) or palpitations (hyper). **Nuskha Khas** provides energy through nutritional density (minerals, fulvic acid) rather than central nervous system stimulation (like caffeine), avoiding the "jitters" or heart risks associated with stimulants in thyroid patients.
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## 8. Digital Health Ecosystem and Patient Protocols

### 8.1 The Information ecosystem

The announcement aims to direct users to **Saira Health Care's YouTube channel, Website, and WhatsApp channel** [User Query].

- **Education First:** The content strategy ("how you can understand the issues... with the help of Unani medicine") suggests a diagnosis-driven model. Patients are educated on the *why* (e.g., kidney weakness causing ED) before being sold the *what* (Nuskha 108).
- **Transparency:** The snippet<sup>2</sup> lists prices clearly, ranging from accessible (₹246 for Nuskha Khas) to premium (₹19,080 for 5-month ED cure), fostering trust.

### 8.2 Mandatory Consultation: The Safety Checkpoint

A critical operational detail is the **Mandatory Consultation** with Dr. Nizamuddin Qasmi.<sup>2</sup>

- **Purpose:** This step is the "safety valve" that ensures the claim of being "safe for hypertensive and thyroid patients" is realized. The doctor verifies the patient's specific readings and history before prescribing.
- **Legality:** The medicines are "formulated specifically for his patients as permitted by Ayush practitioner guidelines" <sup>2</sup>, emphasizing that these are prescription-grade customized Nuskhas, not generic retail products.

### 8.3 Treatment Duration and Expectations

- **Timeline:** The report indicates treatment cycles of "2 to 3 months" typically, with complex cases taking "5 or 6 months".<sup>2</sup>
- **Patience:** Users are advised that herbal medicines "take some time to show their effects" <sup>2</sup>, managing expectations for a natural, gradual cure rather than an instant, temporary fix.

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## 9. Conclusion

The comprehensive analysis of Dr. Nizamuddin Qasmi's formulations reveals a therapeutic architecture designed to address the "complications" of modern male sexual pathology through a multi-systemic lens.

1. **Nuskha Khas** serves as the **Vitality Engine**, utilizing Shilajeet and Bhasmas to rapidly restore energy and libido in fatigued individuals.
2. **Nuskha No. 108** acts as the **Foundation**, securing kidney health, reducing pain, and optimizing digestion to support the reproductive system.
3. **Nuskha No. 130** provides the **Control and Substance**, specifically targeting Premature Ejaculation via nerve stabilization and enhancing fertility through spermatogenesis support.
4. **Vitaflow Max** addresses the **Hemodynamics**, ensuring the vascular integrity required for morning erections.

By offering these solutions within a safety framework that accommodates **hypertensive and thyroid patients**, Saira Health Care effectively bridges the gap between traditional Unani wisdom and modern safety requirements. The integration of these medicines into structured, consultation-backed packages offers a robust, "natural" alternative for resolving the deep-seated "weaknesses" and infertility issues prevalent in the current demographic.