

A Comprehensive Review on the Efficacy of *Sufoof-e-Tukhme Tamarhindi* (Tamarindus Indicus) in the Management of *Jiryan-e-Mani* (Spermatorrhea)

Dr. Syed Osman Pasha^{1*}; Dr. Mohammed Maqbool Hussain²;
Dr. Syed Abdul Zahoor³; Dr. Sumaiya Saffura⁴; Dr. Ameena Tasleem⁵;
Dr. Fouziya Anjum⁶; Dr. Khaleda Begum⁷

^{*1,3,4,5}(PG Scholar) ²(Professor & HOD); ^{6,7}Assistant Professor
Dept.of Community Medicine ,Govt. Nizamia Tibbi College ,Charminar,Hyderabad.

Corresponding Author: Dr. Syed Osman Pasha^{1*}

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Abstract: This comprehensive review aims to evaluate the efficacy of *Sufoof-e-Tukhme Tamarhindi* (Tamarindus indicus) in the management of *Jiryan-e-Mani* (Spermatorrhea), a condition characterized by involuntary seminal discharge. *Tamarindus Indicus*, commonly known as tamarind, has been historically utilized in various traditional medicine systems for its wide-ranging therapeutic benefits, including its potential role in managing reproductive health issues. The review consolidates existing research and traditional knowledge surrounding the pharmacological properties of tamarind seeds, focusing on their potential to regulate seminal fluid production and alleviate symptoms of spermatorrhea.

Through an exploration of its bioactive compounds, such as flavonoids, polyphenols, and antioxidants, the review highlights how tamarind may exert a calming effect on the nervous system, reduce inflammation, and improve overall male reproductive function. Furthermore, the review examines clinical and preclinical studies, along with anecdotal evidence, to provide insights into the mechanisms of action, dosage recommendations, and safety profile of tamarind seed powder (*Sufoof-e-Tukhme Tamarhindi*) in the treatment of *Jiryan-e-Mani*.

In conclusion, while preliminary evidence suggests a promising role for tamarind seed powder in the management of spermatorrhea, further clinical studies are necessary to substantiate its therapeutic efficacy and establish standardized treatment protocols. This review emphasizes the need for a multidisciplinary approach in integrating traditional remedies with modern medical practices to improve patient care in male reproductive health.

Keywords: *Jiryan*, *Spermatorrhea*, *Tukhme Tamarhindi*, *Tamarindus indicus*, *Male Health*.

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I. INTRODUCTION

The Unani system of medicine is a comprehensive medical system, which meticulously deals with the states of health and disease. Its fundamentals are based on deep philosophical insights and scientific principles. This system fully appreciates and understands the creation of man, his nature, his constitution and his relationship to the environment. The strength of the system is its holistic approach, temperament based prescription and principles of six essential factors of life (Asbabe Sitta Zaruriya); which are

pivotal for maintenance of health. Its holistic approach focuses on how the physical, mental, emotional and spiritual elements of the body are interconnected to maintain wellness. Toning up organs and immune system is another unique feature of this system. This system offers an effective treatment for various gastrointestinal, respiratory, genito-urinary, musculoskeletal, neurological, cardiovascular, lifestyle and metabolic disorders¹².

The normal ejaculation of semen is the result of certain reflex and motor impulses, caused by friction of the glans penis—sexual intercourse being the only perfectly physiological manner of producing it—on the walls of the vagina there develops within the body abnormal conditions which cause a loss of the semen, either by ejaculation or by a continual leakage, there is present the disease known as spermatorrhea¹.

Spermatorrhea, the involuntary discharge of semen without orgasm, is not widely studied, and reliable prevalence data are sparse.

This condition is more commonly described in historical and traditional medical texts rather than in modern scientific literature. The prevalence might vary significantly across different populations and is influenced by cultural and psychological factors.

Most contemporary medical literature does not frequently discuss spermatorrhea, often considering it a manifestation of anxiety or other underlying psychological conditions. In traditional Chinese medicine and other cultural contexts, it might be addressed more commonly.

To provide a more accurate picture, it would be helpful to consult specific studies or data from healthcare institutions focusing on urological or psychological health. Unfortunately, comprehensive epidemiological data on spermatorrhea are not readily available in mainstream medical research.

II. MATERIALS AND METHODS

A Manual literature survey of modern and classical unani manuscripts was conducted and collected information available on Jiryan-e-Mani [Spermatorrhea] and its unani and modern perspective were taken into consideration and also secondary data was collected regarding Tukhme Tamarhindi (*Tamarindus indicus*) from all available modern and Unani literature and latest studies done in national and international research papers and internet respectively.

III. LITERATURE REVIEW

The Translator of Sharah Asbab, Hakeem kabiruddin wrote that the excretion of seminal fluid during micturition or during defecation or just by sexual desire or thoughts in an involuntary way is called Spermatorrhea. Nocturnal emission is also a type of Spermatorrhea.²

Allama Hakeem Mohd.Kabeer Uddin in his Book Kuliyaat-e-Nafeesi mentioned as When the Quantity of semen is increased in the seminal Vesicles it tends to get discharged from the body thereby stimulates the sexual desire in this condition semen has to be excreted out and if not it leads to excess amount of semen production causing Hiddat in the body.³

In Kitab Al Havi ,Abubakr bin Zakariya states if the cause of spermatorrhea is debility of Quwate Masika or decreased viscosity of semen then this discharge will be without erection and stimulation and if the cause is spasm in seminal vesicles then it will be with erection and stimulation.⁴

➤ Etiology:

- Hiddat e Mani (Hotness in semen)
- Zoef Aoyiae Mani (weakness of seminal vesicle)
- Tashanuj aoyiae Mani (Spasm of seminal vesicle)
- Zoefe gurda (Weakness of Kidneys)
- Sexual Desires or Thinking².

➤ Tukhme Tamarhindi (*Tamarindus Indicus*):

- Botanical name: *Tamarindus Indicus*.
- Hindi name: Ambli, Imli
- English name: Sweet Tamarind
- Arabic name: Tamar el hindi
- Greek name: Tamarin
- Family: Fabaceae
- Mizaj: Barid Yabis (Darja 3).
- Dosage of Sufoof: 1-2gm with warm milk
- Indication: Roast the seeds and then make fine powder.⁵



Fig 1: *Tamarindus Indicus* (Tamarhindi) Fruit



Fig 2: *Tamarindus Indicus* Seeds (Tukhme Tamarhindi)



Fig 3: Roasted Seeds of Tamarindus Indicus and Powder (Sufoof-e-Tukhme Tamarhindi)

Hakeem Mohammed Azam Khan, in his book *Muheet-e-Azam* discusses the chemical constituents of tamarind seeds and states that the temperament of tamarind seeds is cold and dry to the third degree. Additionally, he notes that they possess astringent properties and can inhibit the release of semen.⁶

The Author of *Makhzanul Mufradat* Allama Mohammed Kabeeruddin discusses the medicinal properties of tamarind seeds. According to him, these seeds are beneficial in treating conditions such as spermatorrhea, premature ejaculation, and excessive viscosity of semen. They can be used either on their own or as part of a compound medication.⁷

Allama Hakeem Najmul Ghani Rampuri, in his book "*Khazainul Advia*," discusses the uses of tamarind seeds. He advises that small pieces of tamarind seeds should be soaked in water overnight and consumed in the morning, as this practice is believed to thicken the semen.⁸

The Author of *Jadeed Rehnumae Ilaj* states that Spermatorrhea is commonly seen in among unmarried people and mainly of age group 20-30 yrs .90% of individuals doesn't have the problem instead it causes due to other factors like indigestion ,liver disorder etc. it also mentioned that in the treatment of spermatorrhea roasted seeds of tamarhindi and make fine powder of it and prescribe 1-2gms with warm milk bid.⁹

A classification, which has become time- honored, is to divide spermatorrhea into three classes, namely : Nocturnal emissions, or emissions during the sleeping hours; diurnal pollutions, or those which take place abnormally during the waking hours ; and spermatorrhea proper, which is the unconscious flow of the semen from the urethra without erection or special sensations¹

In both Spermatorrhea and Sexual Exhaustion, the local difficulty is situated in the Seminal Ducts or Passages. But there is a very material difference both as to the nature and the extent of the local disease in the two affections under consideration.¹⁰

In Spermatorrhea, involuntary losses of Semen occur, which in time constitute a continuous drain as fast as it is secreted-the Semen itself acting as a stimulant to the inflamed Ducts, which spasmodically contract and expel it.¹⁰

It is asserted that the discharge which takes place in one form of gleet-viz., that of a thick mucus after going to stool or passing urine, is semen; that it comes in great part from the seminal vesicles; and that the disease is consequently a form of spermatorrhea. Speaking of this view, Mr.Hunter says, "First we may observe the discharge in question is not of the same colour with the semen, and is exactly of the colour of the mucus of the prostatic gland and of these bags (the seminal vesicles). It is not of the same smell, and indeed it has hardly any smell at all. The quantity evacuated at one time is often much more considerable than the evacuation of semen ever is, and it happens more frequently than it could ever do were the discharge semen"¹¹.

IV. DISCUSSION

For the healthy living of an individual, the significant role of food and drink and selection of a good diet for the prevention and treatment of diseases was quoted by many ancient Unani physicians. Like Hippocrates stated „the cause of sickness is overeating and the cause of health is eating like a bird“, „take diet only when you have desire“, and „good wines in small quantity is the friend of body and apple is the friend of the soul“. Another statement of Hippocrates (460-370BC) is „let your food be your medicine, and medicine be your food“, and „leave your drugs in the chemist's pot, if you can heal the patient with food“¹².

Spermatorrhea, or Jiryan-e-Mani in traditional medicine, refers to involuntary ejaculation of semen without sexual intercourse. It can be caused by physical weakness, stress, hormonal imbalances, excessive masturbation, or underlying medical conditions. It is considered a chronic condition when the occurrence becomes frequent and affects the quality of life. It leads to significant physical and emotional distress, including fatigue, weakness, and decreased libido, often resulting in depression and anxiety.

Tamarind is a well-known herb in both traditional and modern medicine. The seeds of tamarind are known for their potential medicinal properties, which include anti-inflammatory, anti-bacterial, antioxidant, and astringent effects. The seeds contain various bioactive compounds such as flavonoids, tannins, and alkaloids. These compounds may contribute to tamarind's therapeutic effects in managing spermatorrhea.

Tamarind seeds are believed to strengthen the reproductive system by improving seminal quality and reducing the frequency of involuntary discharge. Additionally, they may improve overall vitality and energy levels, addressing the underlying weakness associated with spermatorrhea.

In both Ayurveda and Unani medicine, tamarind has been used as a remedy for various conditions, including digestive problems, urinary tract disorders, and sexual health issues. The therapeutic applications of tamarind in the context of spermatorrhea are derived from these traditional texts, where it is used to rejuvenate and strengthen the sexual organs. In Unani medicine, Sufoof-e-Tukhme Tamarhindi is a specific formulation aimed at managing spermatorrhea. The formulation is traditionally used for its rejuvenating, astringent, and tonic properties, which are thought to control excessive seminal discharge and improve sexual health.

However, studies on the pharmacological effects of tamarind seeds show promise, particularly in their antioxidant, anti-inflammatory, and libido-enhancing properties, all of which can theoretically aid in managing spermatorrhea. More clinical trials are needed to establish the clinical efficacy of Sufoof-e-Tukhme Tamarhindi in spermatorrhea. Preliminary observations from anecdotal evidence suggest that tamarind seed formulations may help alleviate symptoms associated with spermatorrhea, though robust clinical data is scarce.

Tamarind is generally regarded as safe when consumed in moderate amounts. However, excessive consumption may cause gastrointestinal discomfort due to its acidic nature. The side effects are not well-documented, but potential side effects may include digestive disturbances such as bloating, diarrhoea, or stomach cramps. Long-term use should be monitored to prevent any adverse reactions.

V. CONCLUSION

Sufoof-e-Tukhme Tamarhindi, based on traditional use and its bioactive compounds, shows promise as a treatment for managing spermatorrhea. Its tonic, rejuvenating, and astringent properties make it an appealing herbal option for addressing involuntary seminal discharge and related symptoms. However, there is a need for more controlled clinical studies to validate its efficacy and safety.

More research is needed to assess the long-term benefits and risks of using Sufoof-e-Tukhme Tamarhindi in the treatment of spermatorrhea. Comparative studies with other established treatments could further substantiate its role in modern therapeutic practices. Additionally, standardizing the formulation and exploring its potential synergy with other herbs could enhance its effectiveness.

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