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Low sperm count, medically termed as oligospermia is a health disorder characterized by less number of sperms in ejaculate. This condition usually happens when sperm count is less than twenty million spermatozoa per one ml of ejaculate. Underlying causes leading way to the risk of oligospermia varies from one person to another. Common causes inducing this infertility risk in men include varicoceles, hormonal disorders, stress, malnutrition and excessive smoking. Herbal remedies are found to be very effective for treating oligospermia condition. Long lasting result devoid of side effects is the main advantage of using herbal cures. Improving diet schedule is one among the natural remedial measures for treating oligospermia condition.

In order to reduce the risk of health disorders, it is advised to include a good amount of fresh fruits and vegetables in their diet schedule. Apart from following healthy diet schedule, those people suffering from infertility troubles are advised to avoid smoking and intake of alcohol.

Asparagus, one among the main ingredients in ayurvedic medicines is an effective herbal remedy for oligospermia. Root part of asparagus plant is mainly used for the preparation of herbal medicines. This home remedy suggested by health practitioners is a perfect choice for improving the overall sexual health of person. For user assistance, nowadays you can easily get asparagus root products from online medical stores in the form of extracts and capsules. In order to attain best result, it is advised to intake asparagus capsules twice per day with milk or water. Intake of this herbal cure promotes sperm count and reduces the risk of oligospermia naturally.

Similar to asparagus root powder, saffron is another natural cure for treating oligospermia. Aphrodisiac property enriched in saffron rejuvenates reproductive organ and enhances sperm production. Boosting energy production in cells, improving sperm motility and relieving high stress are some among the health advantages of including saffron in daily diet schedule. Body massaging using sesame oil is found to be as an effective herbal remedy for oligospermia. For attaining satisfactory result, it is advised to do thorough body massaging thirty minutes before shower. Doing this treatment nourishes body cells, improves blood circulation and enhances ejaculation control of person. Apart from curing oligospermia, this safe cure has been used for centuries for the treatment of health disorders like premature ejaculation and erectile dysfunction.

Shilajit, the end product of plant parts obtained from Himalayan Mountains is an effective natural cure for oligospermia. It is found to be as a perfect choice of medicine for improving the overall health of person. Regular intake of this health supplement improves libido and enhances stamina naturally without inducing any side effects on user. Some among the important health benefits of including shilajit in diet schedule include delaying aging impact, improving blood circulation, relieving high stress and enhancing immunity power. Maca is another common herbal remedy for treating oligospermia. It improves the functioning of reproductive organs and prevents oligospermia naturally. Curing depression, boosting immunity power and enhancing energy are other health benefits of using maca root powder.

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