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Many adult males face the problem of frequent wet dreams, frequent occurrences of wet dreams is straining and can cause many physical and mental health related issues, herbal treatment for involuntary ejaculation of semen during sleep is the best and safest way to cure the problem. Semen production is an ongoing process in male's body, during teen age due to hormonal surges this production increases and in absence of proper ejaculation body passes out old semen in the night or involuntarily to replace it with new one.

This can occur in an adult male's body too but when it occurs too frequently and regularly then it becomes a problem which needs immediate attention. Occasional ejaculation in the night is not considered as a problem rather it is regarded as sign of good health but regular occurrences signify weak nerves, improper hormonal secretion and also altered brain functioning. Herbal treatment for involuntary ejaculation of semen during sleep can alleviate these conditions very effectively and safely and also provide various other health benefits for sound overall health.

There are many reasons for increased frequency of involuntary ejaculation of semen in the night. Weakened nervous system, poor lifestyle, abusive sexual behavior and ageing are few commonly found causes of the problem. Sometimes certain medicines can also aggravate the problem. Herbal treatment for involuntary ejaculation of semen during sleep provide effective cure to the problem occurring due to any of these reasons. Shilajit is one of the very effective herbs which are excellent in elevating health and functioning of reproductive system, it has been used in many medicines as potent herbal remedy for providing endurance, strong nervous system, upbeat functioning of male reproductive system, healthy hormonal secretion and for removing all sorts of physical and mental debility.

Withania Somnifera is another powerful anti-ageing herb which is also very effective for improving brain functioning, its regular use strengthens nervous system and calms effects of hormones which brings in frequent wet dreams. Asparagus adscendens has long been used as herbal treatment for involuntary ejaculation of semen during sleep. Its wide ranging properties elevate functioning of nerves, improve blood circulation and increase energy levels for curing the problem in a short time.

Bottle gourd is also recommended as herbal treatment for involuntary ejaculation of semen during sleep, its juice mixed with sesame oil and used for massaging the scalp is very effective in treating the problem. Few cups of sage tea every day, is another very simple and effective herbal treatment for involuntary ejaculation of semen during sleep. Body massages are very useful for improving blood flow, energizing nerves and making them active.

Body massages with oils like chamomile, sesame and lavender has been found very useful in curing the problem. These oils have special curative properties and alleviate the condition in a short duration. There are many other useful and effective herbs like tribulus terrestris, mucuna pruriens and Kava Kava which have proven track record of their efficacy for curing the problem of wet dreams and these can also be used for desired effects.

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