



Article published on February 28th 2012 | [Supplements](#)

Nil sperm count is a common reported infertility trouble among men. Multiple causes contribute in the formation of this health disorder. Occurrence of viral orchitis, HGH deficiency, obstructions in the outflow of semen and mycoplasma infections are some causes giving rise to the risk of nil sperm count condition. Cures are prescribed after analyzing the right cause of problem. Obesity or excessive weight is one among the common causes reported for the formation of nil sperm count. Controlling body weight is the best recommended remedial measure for relieving this trouble. At present, there are lots of herbal supplements available in market boasting weight control feature. Herbal supplements controls body weight without inducing any adverse action on user. Those people suffering from obesity are advised to follow a healthy lifestyle by maintaining proper diet schedule. In order to minimize the risk of obesity, it is advised to do regular exercises for at least thirty minutes per day.

Intake of aloe vera juice is one among the effective herbal remedies for nil sperm count. Aloe vera, enriched with antioxidants delays aging impact on person and improves the functioning of reproductive organs. As per studies, aloe vera juice is found to be as a perfect home remedy for controlling body weight. This in turn reduces the risk of nil sperm count due to obesity. High stress is a common psychological cause reported for the formation of infertility. For minimizing the risk of azoospermia due to high stress, it is advised to practice relaxation technique like yoga and meditation regularly.

Withania somnifera, best known as ashwagandha is an effective herbal remedy for this condition. Apart from curing sperm problem, intake of ashwagandha helps in improving the overall health and wellbeing of person. It relaxes nerve cells and minimizes the occurrence of health disorders like stress, depression and anxiety. For attaining best result, it is advised to intake ashwagandha capsules twice per day. Controlling blood sugar level, improving libido, curing arthritis and improving thyroid functions are other health advantages of using ashwagandha extract.

Safed musli is a widely prescribed herbal remedy for treating this condition. This natural cure has been used for centuries for the treatment of sexual health disorders. It rejuvenates the functioning of reproductive organs and improves sperm quality naturally. Regular intake of safed musli also helps in providing other health benefits like improving semen volume, increasing sperm quantity and enhancing sperm motility. Shilajit is another effective natural cure for treating nil sperm count. Active compounds present in shilajit capsules cures the underlying cause of problems and improves the functioning of reproductive organs. Nowadays you can easily get shilajit extracts from medical stores in the form of capsules. You can directly intake this herbal supplement with milk or water. Those people suffering from nil sperm count are advised to limit or avoid smoking and intake of alcohol.

Similar to shilajit, tribulus terrestris is another effective herbal remedy for nil sperm count. It improves blood circulation throughout the body and enhances sperm quality naturally.

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Article Keywords:

herbal remedies for nil sperm count, nil sperm count remedies, natural cure for nil sperm count, nil sperm count cure

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