

# Male Sexual Dysfunctions

Experiencing impotence is never easy. This is probably the time in a man's life where his self-esteem is most vulnerable. Impotence is the inability of a man to either have an erection or to keep the penis erect long enough to have sexual intercourse. In other words we can say that it is the impairment in normal sexual functioning. This can refer to an inability to perform or reach an orgasm, painful sexual intercourse, a strong repulsion of sexual activity, or an exaggerated sexual response cycle or sexual interest. By the time most men are in their forties, they have already experienced impotence at some time in their lives. When just a single incident of impotence occurs, the best thing to do is forget about it. This could happen due to a number of physical or psychological reasons.

Problems arise when this difficulty starts occurring regularly. Men afflicted with repeated impotence tend to be middle-aged and older, with a condition most common in men over 50 years of age and older. Regardless of the age, many men who have this problem can be treated successfully. Impotence results from a wide variety of problems. As with any other ailment, when a person begins having this problem repeatedly, he needs to see a doctor.

The following are the major causes of male erectile dysfunctions :

- Diabetes
- Parkinson's disease
- Bladder dysfunction
- Temporal lobe abnormalities
- Also men suffering from stroke and alcoholism are at very high risk because of damage to the testicles in chronic alcoholism and the loss of testosterone.
- Aging is a tremendous factor in erectile dysfunction, often related to a decrease in male hormones.
- Chronic renal insufficiency is another potential cause. Many drugs used to treat high blood pressure that comes with chronic renal insufficiency can cause erectile dysfunction, and many drugs by themselves cause it.
- Performance anxiety is often associated with erectile dysfunctions.
- Recreational drugs are a major cause of erection problems. The number one drug is tobacco. Experiments show that even two cigarettes will markedly decrease the blood flow to the penis if smoked before sex. Marijuana and alcohol are also big causes of erection problems. Prescription drugs are also a big culprit, especially those used for treatment of high blood pressure. The major problem drugs include:
  - Estrogen: for men with prostate cancer.
  - Antiandrogens (flutamide): for men with prostate cancer.
  - Lupron: prostate cancer drug.
  - Proscar: for men with enlarged prostates, can decrease the volume of ejaculate.
  - Diuretics: for men with heart disease and hypertension.
  - Methyldopa: older treatment for blood pressure.
  - Beta blockers: for heart disease and hypertension.
  - Calcium Channel Blockers: new treatments for hypertension.
  - Tranquilizers.
  - Decongestants.
  - Drugs to lower Cholesterol.
  - Cimetidine: a drug for ulcers.
  - Digoxin- a drug for heart failure.



(The above drug names may vary from company to company and country to country, it is actually the salt used in the treatment of the diseases mentioned against each drug above. So readers must emphasise on the diseases to understand the above)

**However, as per estimates, approximately one-third of cases are psychological, one-third physical, and the remaining third have a mix of both causes.**

**Among the common sexual male erectile dysfunctions, Premature ejaculation, generally called PE is very common. Let us first know about PE :**

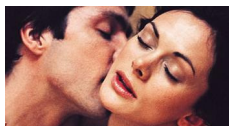
Premature ejaculation is a condition in men characterized by persistent or recurrent ejaculation with minimal sexual stimulation before, on, or shortly after penetration and before the person wishes it. It means that the man has no control on his ejaculation and he ejaculates even at the thought of sexual intercourse. There are men who are so sensitive to sexual thoughts that they could ejaculate just thinking of sex. PE occurs when a man is unable to exert reasonable voluntary control of his ejaculatory response and is unaware of erotic sensations leading to the point of ejaculation. PE is most common among younger men and men with limited sexual experience. The condition is often associated with performance anxiety. Sometimes, the condition is so bad the man can't have sex because he ejaculates before he can get into the vagina. This can be devastating for a man's self-confidence. And it can be hugely frustrating and annoying for his partner – especially if she wants to get pregnant. However, most men merely find PE a considerable irritation. It's a condition that makes them come very soon after they enter their partner – say, after only a minute or two, so neither party gets a lot of satisfaction.

#### **Causes of Premature Ejaculation:**

- Causes are rarely physical. Some infections of the urethra and prostate, neglected gonorrhea, and overly tight foreskin have been considered as possible physical causes.
- The other causes rather could be associated with a traumatic sexual experience, strict religious upbringing, hostility, overcontrol, or lack of trust.
- More commonly, the affected man has not learned to recognize the sensory feedback that indicates ejaculation is imminent. This is common among men who have taught themselves to ignore this sensory feedback and “think of other things” as a means of avoiding ejaculation before they are satisfied or before their partner is satisfied.
- But in laymen’s language, it is because of the lack of experience, non-control over sexual sensations, too much excitement about sex, a lot of imagination about sex, 24 hours busy looking into sexual materials like pornographic pictures, videos, TVs and reading such materials etc.

#### **Treatment of Premature Ejaculation :**

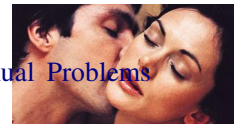
- Interventions may include psychological approaches aimed at reducing anxiety, special techniques to improve ejaculatory control (such as the “pause and squeeze” technique), and drug therapy with the use of formulations that delay ejaculation, thereby improving sexual satisfaction for both the partners.
- Discuss with a sex therapist, psychologist, or urologist, if possible.
- One must learn the actual physical and psychological control over ejaculation from an experienced therapist. This is possible even having a consultation for 2 or 3 sessions only.



- **Local anaesthetic gel :** Some men try to treat themselves with a local anaesthetic gel. This product is advertised to the public as a good way to 'damp down' sexual sensation in the penis. It is not, however, advisable to use this gel because the local anaesthetic can dull the sex sensation for your partner, and it can sometimes cause a skin reaction.
- **The Masters-Johnson method:** This method cures the vast majority of men, provided that both partners are keen to co-operate (which isn't always the case). It is based on a special 'penis grip' developed by the American therapists Masters and Johnson. The finger-grip abolishes the desire to climax, so if, under careful instruction, the couple use it over a period of weeks, they can usually re-train the man so he can last much longer. It is seen many men with PE who couldn't last for 30 seconds who were soon able to last as long as half an hour after careful training. But unless this is done as part of an organised programme, it probably won't work. The Masters and Johnson grip really needs to be demonstrated to you personally by an expert. Most couples who try to learn it from the Internet or a book get it wrong!
- **Antidepressant drugs :** In recent years, it has also proved possible to treat PE with antidepressant drugs. This may seem a little odd, but delaying male climax is a well-known side-effect of certain antidepressants. For most men, that side-effect is unwanted. But for guys with premature ejaculation, it's quite desirable. But please be warned: these are powerful drugs that last a long time in the body, and have a considerable list of potential side-effects. Before going on to one of them, talk it over carefully with your doctor.
- **A new constriction device :** In 2000, a clinical trial of a new technique for treating premature ejaculation was published in the medical press. It was developed at St George's Hospital, London, and involved wearing a slightly constricting ring below the head of the penis for 30 minutes each day. The theory was it would make the organ less sensitive. Unfortunately, at the present time (2007) the inventors of the device have not been able to publish any results of large scale trials.
- **A new medication :** At a medical conference in December 2004, it was announced that a new anti-PE medication should be released during 2005. However, in March 2007 it was still awaiting approval for use in the UK.

**Cognitive behaviour treatment (stop-start technique)** In December 2006, in a conference on sexual medicine in Vienna. one of the speakers, Dr Mehmet Sungur, talked of the cognitive behaviour (CBT) method of treatment for PE. The CBT method focuses on addressing the kind of thinking that has proved unhelpful both for men and women. The CBT method also aims favours the stop-start technique to gain more control over his responses and his urge to ejaculate quickly. But it is always advisable to consult the right therapist before attempting to learn any such technique.

Let us also go through the following Frequently Asked Questions about Sexual Problems which I am sure, would help the readers tremendously.



**Q. Is masturbation harmful and does it affect fertility?**

No, masturbation is not harmful as long as it is excessive and in as much as producing physical disability or diminishing your virility. It doesn't lead to any deformity of the penis nor does it affect the ability to achieve or sustain an erection. When fertility is a concern, masturbation should not be practiced around the time of the wife's fertile period. Theoretically, this can decrease the sperm reserve in an individual with a low or low-normal

count and thus reduce semen quality at the time that the highest quality is needed - when the wife is ovulating.

**Q. Sometimes I feel pain in my testicles. Is there some thing to worry?**

Intermittent twinges in the testicles are common and these sometimes happen after the intercourse. If it lasts less than a minute then there is nothing to worry. An infection or inflammation causes testicular pain that builds up gradually. In such cases consult your doctor.

**Q. What's the average size of the penis?**

The average size of penis is 15 cm, the normal range is considered to be between 13 cm and 18 cm, when erect.

**Q. Is penis size important?**

This is one of the most frequently asked questions. The fact of the matter is that it is important only if you think so. Factually speaking, the vagina is only approx. seven to twelve cms. deep, and only the outer one third of it is supplied with nerves and is sensitive to touch. Therefore, even a very small penis can touch every square centimeter within the vagina and can certainly perform adequately.

**Q. Can penis size be increased?**

Yes. There are procedures i.e. medicinal & surgical procedures to increase penis size but actually as replied above, neither it is important to have a larger penis nor it is advisable to opt for surgery. For better sex, it is suggested that instead of looking at the penis size, one must look for one's health. Moreover, it is only the pornographic materials which mislead towards this myth.

**Q. My penis bends down (or left, or right). Is there something wrong with it?**

One-quarter of all penises bend in some direction and some bend downward even when erect. Unless the bend is severe or causes you pain, there is nothing wrong or abnormal about your penis. It should not interfere with sexual intercourse.

**Q. One of my testicles is larger than the other. Is it all right?**

Rarely are both the testicles identical. In fact the left one hangs lower in 85% of cases. It is nothing to worry about.



**Q. Ejaculation happens too fast. What do I do?**

Again, it is one of the more frequent problems. The solution is to try to strengthen your PC (pubococcygeus) muscle. It is the muscle that we use to stop urine flow or to rid ourself of the last few drops. Try contracting it whenever and wherever get time about 50 – 100 times a day. It is the same muscle that contracts for ejaculation, therefore, strengthening it gives more control during sex.

**Q. Does Sex Hurt the First Time?**

The first time a woman has sex, it may or may not be painful. There may be psychological and physical reasons for it also. If you and your partner truly care for one another and he is gentle and understanding and will go slowly, then there may be less discomfort. It has been seen that physically, often, the first time a woman has sex there will be some bleeding as the hymen is torn. Using large amounts of a water-based lubricant may help. If you have been using tampons, that may have helped to stretch your hymen.

**Q. What is the G-Spot?**

There is a lot of talk regarding the most erotic zones for a woman. The Grafenberg spot, or G-spot, is considered to be one such area. This is an area located within the front wall of the

vagina, about one centimetre from the surface and one-third to one-half way in from the vaginal opening.

The significance of the G-spot is that in about half the women it is a highly sensitive area that under the right conditions can be very pleasurable if stimulated. For some women, it can be a primary source of stimulation leading to orgasm during intercourse. It is believed that stimulation of the G-Spot can lead to what is known as female ejaculation.

**Q. Is it O.K. to have Sex during a Period?**

Sex during periods is a strong taboo in many cultures but there is no scientific basis for it. For the average, mutually monogamous couple with no sexually transmitted disease, there is no medical reason to avoid sex during menses. In fact many women feel increased sexual arousal during the periods. However, because of hygienic reasons, tenderness in the vaginal areas during periods, it is better to avoid.

**Q. I feel pain during sex. What could be the reason?**

There may be a host of reasons for painful intercourse. Pain on initial penetration is often due to infection, spasm of the vaginal muscles or inadequate lubrication. Pain on deeper thrusting may be caused by endometriosis, adhesions (scar tissue), a retroverted (backward-tilting) uterus or fibroids. Pain in only one particular position may simply mean that in that position, your partner is pushing against your cervix. Persistent pain in all the positions should prompt a visit to your gynaecologist for a thorough check up.

**Q. I suffer bleeding after Intercourse. Is it cause to worry?**

Bleeding after intercourse (known as post-coital bleeding) can occur for several reasons. Infection is one of the most common reasons. Abnormal cervical cells, including cancer, are also more easily irritated and may bleed with intercourse. Women who use an IUD or diaphragm may experience such bleeding from irritation and friction. Sometimes the bleeding is not from the cervix, but rather from a tear in the vagina; tears can happen with vigorous sex or if you are dry. But women must be careful if the bleeding is profuse, painful or regular. Immediately consult your doctor.

**Q. Is there anything I can do to reduce the pain the first time I have sex?**

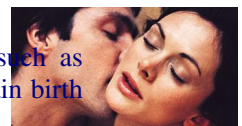
The most important thing you can do to reduce the pain is to relax. Being relaxed, and absolutely sure you are doing the right thing that means you are less likely to involuntarily tighten your vaginal muscles, and more likely to produce natural vaginal lubrication. You could also try using a lubricant, as this will make penetration easier. However if you are using condoms, you must use a water-based lubricant such as KY Jelly (available from most supermarkets and chemists). An oil-based lubricant like Vaseline will cause the latex of the condom to disintegrate.

**Q. Is there a safe time to have sexual intercourse?**

There is no safe time to have unprotected sex if you wish to avoid pregnancy and Sexually Transmitted Diseases. STDs can be transmitted whenever an infected person has sex with an uninfected person, and pregnancy is always a possibility, even during a girl's period. Although women are generally only fertile for a few days every month (usually around the middle of the menstrual cycle) most women have no definite way of knowing when this is. Sperm can also survive inside the body for several days, meaning a woman can potentially become pregnant over quite a long period of time. If she has irregular periods, "safe" days can be particularly difficult to predict. Some couples do use the so called 'rhythm' method as a form of contraception, but the success rate is not high, and it also offers no protection from STDs.

**Q. Which medications can probably cause sex problems to men and women?**

The most well known are antidepressant drugs such as Prozac, or tranquilizers, such as Valium, both of which can impact desire in both men and women. For women, certain birth



control pills can put a damper on sexual desire. Some formulations of HRT used to treat menopause symptoms can also affect the mood among women. Drugs known to increase the risk of impotency in men include certain high blood pressure medications, antihistamines used for colds or allergies, some nonsteroidal anti-inflammatory drugs (NSAIDs) like ibuprofen, heartburn drugs such as Tagamet, Zantac, and Pepcid, some lipid-lowering drugs for cholesterol, and certain medications used to treat Parkinsons disease or cancer.

**Q. What are the differences between male infertility, impotence, erectile dysfunction, and premature ejaculation?** Infertility is defined as the inability to establish a pregnancy after trying to conceive for 1 year. Impotence or erectile dysfunction is the inability of a man to achieve or maintain an erection. Premature ejaculation is more difficult to define but is generally described as recurrent ejaculation with minimal stimulation before the person wishes. These conditions may be related in some patients or may occur independent of each other. Men experiencing fertility problems may be potent and men with erectile dysfunction may be fertile.

**Q. Is it possible to reverse a vasectomy?**

Yes, vasectomy reversal is possible and has also proved highly successful when performed by an experienced infertility micro-surgeon. Although failed vasectomy reversals can be repaired, the first attempt at reversal is the easiest and best opportunity for success.

**Q. Does using a hot tub affect my fertility?**

Excess heat applied to the testicles of animals does indeed cause a decrease in sperm production. A study in California showed that men who used hot tubs experienced a drop in sperm production. However, when the heat is avoided for several months, sperm production should return to normal. The production of sperm is a process requiring approximately three months. Consequently, when any condition or factor injurious to production of sperm is removed, a change in sperm quantity or quality should not be expected for a minimum of three months.

**Q. How often should I have intercourse?**

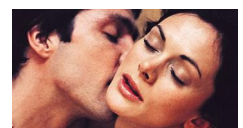
This depends upon couple to couple. The frequency of intercourse generally should be that which the couple considers most enjoyable. However, considering pregnancy during the time of the month when ovulation takes place, the most advantageous frequency of intercourse is every other day (i.e., every 48 hours). The reason for this interval is that sperm should survive for 48 hours within the woman's reproductive tract and the egg should be subject to impregnate for 12 to 24 hours. Intercourse every other day keeps sperm along the course of the fallopian tube ready for contact with the egg as it makes its descent from the ovary towards the uterus.

**14. Why do I frequently have pain during my first urination after ejaculation?**

It is not unusual for the male to experience some burning (dysuria) during urination following ejaculation. This is the result of friction developed along the urethra (the lining of the penis) during the act of sexual intercourse or masturbation. Urine moving along the urethra creates a burning sensation. It should not be considered a sign of any active disease or indicative of injury to the penis but rather a natural event. However, if burning persists in the absence of ejaculation or sexual contact, some type of infection may be present.

## Ayurveda and Male Sexual Problems

Ayurveda aims at the union of the Body, Mind and Soul. It is now an admitted fact that optimal sexual performance of the male partner is a prerequisite for conjugal happiness and harmony. This sexual relationship is a sensitive phenomena which can be disrupted by the psychological and physiological factors. It is quite essential and natural that a common family



man must adopt the perfect amalgamation of ayurveda and sex to practice blissful actual sex act following the ayurveda concept of vigor and vitality. Ashtvaideyan Ayurveda as the name suggests, practices in all the eight disciplines of Ayurveda. Vajikarna is one of eight disciplines which deals with maintenance of vitality. Men seek rejuvenation chiefly with the object of reactivating their sexual vigour and drive, and women to restore their youthful beauty and attraction. Charak Sanhita has been providing invaluable guidance for the last 3000 years on this vital issue of sex.

### **Rapid Ejaculation, Pre-mature Ejaculation or in Hindi ‘Sheeghre-patan’**

A lot of men and/or their partners wish they were able to prolong their sexual encounters. Lack of ejaculatory control might, in fact, be the number one sexual complaint among men under the age of 50. The problem however, varies from man to man. There are some who ejaculate just within seconds at the first touch, and there are men who just goes down before even penetration. The maximum number of men suffering from this problem are those who get discharged within less than a minute after the penetration.. There are men who report being quick to ejaculate from their very first sexual encounter and remain so. In the past, premature ejaculation was defined by the percent of times the man ejaculates during intercourse before his partner does.

Nature has actually given the sexual system for procreation to get all the creation survive with its progeny i.e. children in the simple language. But to us humans, however, sex is more often for recreation, typically with great pains being taken to prevent pregnancy. Sex for humans is an expression of love, a sharing of intimacy, a form of communication, and often we feel it is an expression of our manhood or womanhood. As far as the timing is concerned, although averages stated vary a bit from study to study, it would appear safe to say that the average healthy male under 30, with steady vaginal thrusting, will ejaculate in 1 to 3 minutes, not 15 minutes as most men would wish. There are factors that influence how quickly a man will ejaculate. Generally the very young men, very excited men, men having new partner, intercourse after a long time, the more active and rapid thrusting after penetration, worried or anxious man, or sex in a hurry etc. are the reasons responsible for rapid or premature ejaculation.

Men have tried many things to slow themselves down. From desensitizing creams to sprays, from food supplements to Viagra, from black magic to religious rituals but in generally, nothing helps him. Why? Because the sexual process very simple if one understands it and very complex if one does not.

There are reasons of course. It may well be that some men are just more sensitive than others. However, I had mentioned earlier two very common features of men who consistently ejaculate rapidly: High sexual excitement and high psychological anxiety. If a man is to learn an effective strategy for managing his ejaculatory response, he must not allow himself to become overly excited.. Increasing the frequency of ejaculation, either with a partner or through self-stimulation can help. Also staying relaxed both in mind and body is very important.



There is a series of step by step exercises "prescribed" by sex therapists called the start-stop method, but it is not simply starting and stopping that helps a man gain control. The man must focus in on his steady progression toward the inevitable, that point of no return. He must identify all the internal indicators that he is approaching that threshold where his body will automatically take over and propel him to orgasm. This requires relaxation and concentration.

While I would be coming later on to the simple home and ayurvedic remedies, we should not forget the general rules also prescribed by all the practitioners irrespective of their field of therapy. Some of the tried tips are given below :

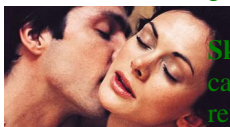
**Be more open with your partner:** "Impotence often occurs when men hold in negative feelings - anger, stress, frustration, irritation or hurt," says Alvin Baraff, Ph.D., director of MenCenter in Washington, D.C., and author of *Men Talk: How Men Really Feel about Women, Sex, Relationships and Themselves*. He encourages men to tell more, especially to their partners.

**Eat low-fat & Exercise daily :** Just as a high-fat, high-cholesterol diet can play havoc with your heart, it can do similar damage to your penis. "Plaque from a bad diet and sedentary lifestyle can line the walls of the arteries in and to your penis, reducing blood flow and causing impotence," says Mark H. Cline, Ph.D., a psychologist and researcher at the Male Health Center in Dallas. The good news is that adopting a healthy lifestyle may *reverse* this situation, adds Sheldon Burman, M.D., founder and director of the Male Sexual Dysfunction Institute in Chicago, the country's largest treatment center for male sexual problems. "Lose weight if you need to, exercise regularly, control your cholesterol and triglyceride levels, and the amount of blood flow in your penis's arteries can increase for better erections."

**Cut back on your coffee :** Although a cup or two a day is fine, serious coffee drinking may lead to serious problems. "Caffeine releases adrenaline in your body, and one of the things that adrenaline does is shut off arterial flow to the penis," says Dr. Cline. The problem is that the effects of caffeine can last 12 hours or longer after you drink it. So if you are having trouble with erections and drink a lot of coffee, maybe you ought to cut back or switch to decaffeinated, suggests Dr. Cline. Caffeinated tea and cola and chocolate are other sources of caffeine to avoid.

**Stop smoking immediately & don't sit with the smokers :** If you smoke, stop. "Quitting is one of the most important things you can do to avoid the early onset of impotence or help reverse it," says Dr. Burman. Smoking is harmful because it hampers circulation and blood supply and contributes to hardening of the arteries, and if less blood reaches the penis, it's more difficult to get an erection. For those who *don't* smoke, it's smart to stay away from those who do. "Secondhand smoke--what you breathe from other people's cigarettes--can be even worse," says Dr. Cline. That's because sidestream smoke from the tip of your neighbor's cigarette doesn't pass through a filter before it reaches your lungs.

**No exercise right before sex.** Along with diet, regular exercise is part of a healthy lifestyle that can prevent or remedy impotence as long as you don't work out right before sex. "Whenever you exercise, the body directs blood to the group of muscles that is being used--and away from your penis," says Dr. Burman. This diversion of blood may stop you from getting or maintaining an erection.



**Skip the happy hour.** You *don't* need a stiff drink. Serious alcohol consumption can also cause impotence. That's because booze is a nervous system depressant, inhibiting your reflexes and arousal. You may be drinking to "relax," but getting *too* relaxed can adversely affect sexual performance.

I have explained in detail various factors responsible for this disease, physical and psychological involvements, dos and don'ts and various methods of treatment, especially within the realms of modern medicine and FAQs. Now, I would like to write about the home remedies for sexual impotence and premature ejaculation. However, time and again, I have been stressing in my articles that these are simply for the general knowledge of the readers. Every individual is different, their physiological and psychological attributes are different and their chemical, biological, genetic conditions & compositions are different, no one should treat these remedies etc. as a substitute to the medical advice and prescriptions of your doctor. Never try any remedy without consulting a specialist.



### **Let us start with the following treatments :**

**Massage all over the body :** A vigorous massage all over the body is highly beneficial in the treatment of impotence, as it helps to revive muscular vigour which is essential for nervous energy and improves blood circulation.

**Cold hip bath :** The nerves of the genital organs are controlled by the pelvic region. Hence a cold hip bath for ten minutes in the morning or evening is very effective. But one must consult the doctor as in many other problems related to spine, this must be very precautionary.

**Fresh air, outdoor exercises and yogasanas :** Every effort should be made to build up the general health level to the highest degree, and fresh air and outdoor exercises are essential for the success of the treatment. Yogasanas such as dhanurasana, sarvangasana, and halasana are also highly beneficial

### **Diet for Sexual Impotence**

**Fresh-fruit diet :** Diet is an important factor in treating sexual impotence. To begin with, the patient should adopt an exclusive fresh-fruit diet for five to seven days, taking three meals a day of fresh juicy fruits at five-hourly intervals

**Well-balanced diet :** After the all-fruit diet, he may gradually embark upon a well-balanced diet consisting of seeds, nuts, grains, vegetables , and fruits, with generous use of special rejuvenative foods such as whey, sour milk- particularly goat's milk, millet , garlic , honey, cold-pressed vegetable oils, and brewer's yeast

**Avoid smoking, processed, canned, and denatured food :** The patient should avoid smoking , alcohol, tea, and coffee; and all processed, canned, refined, and denatured foods, especially white sugar and white flour, and products made from them

### **Simple Home Remedies for Sexual Impotence**

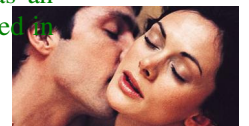
**Garlic :** Garlic is one of the most remarkable home remedies found beneficial in the treatment of sexual impotence. It is a natural and harmless aphrodisiac. According to the ancient Indian medicine system, garlic has a pronounced aphrodisiac effect. It is a tonic for loss of sexual power due to any cause, and for sexual debility and impotency resulting from sexual overindulgence and nervous exhaustion.

**Onion :** Onion is another important aphrodisiac food, second only to garlic. It increases libido and strengthens the re-productory organs. The white variety of onion is, however, more useful for this purpose

**Carrot :** The next important food is Carrots which are considered valuable in impotence. For better results, about 150 gm of carrots, chopped finely, should be taken with a half-boiled egg, dipped in a tablespoon of honey, once daily for a month or two. This recipe increases sexual stamina

**Lady's Fingers (Bhindi)** Lady's fingers are another tonic for improving sexual vigour. It has been mentioned in ancient Indian literature that persons who take five to ten grams of the root powder of this vegetable with a glass of milk and two teaspoons of ground mishri daily, will never lose sexual vigour

**Asparagus : (Shatwar) :** The dried roots of asparagus are used in Unani medicine as an aphrodisiac. They are available in the market as safed musli. Fifteen grams of roots boiled in



one cup of milk should be taken twice daily. The regular use of this remedy is valuable in impotency and premature ejaculation

**Drumstick :** A soup made with about fifteen grams of drumstick flowers boiled in 250 ml milk is very useful as a sexual tonic in the treatment of sexual debility. It is also useful in functional sterility in both males and females. The powder of the dry bark is also valuable in impotency, premature ejaculation, and thinness of semen. Thirty grams of this powder, mixed with a tablespoon of honey, should be taken three times daily for a month

**Ginger :** The juice extracted from ginger is a valuable aphrodisiac and beneficial in the treatment of sexual weakness. For better results, half a teaspoon of ginger juice should be taken with a half-boiled egg and honey, once daily at night, for a month. It is said to relieve impotency, premature ejaculation, and spermatorrhoea

**Dried Dates :** Dried dates are a highly-strengthening food. Pounded and mixed with almonds, pistachio nuts, and quince seeds in equal quantities, should be taken daily as an effective medicine for increasing sexual power

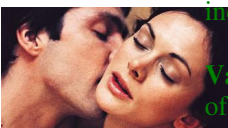
**Raisins :** Black raisins are useful for restoration of sexual vigour. They should be boiled with milk after being washed thoroughly in tepid water. This will make them swollen and sweet. Eating of these raisins should be followed by the intake of milk.

According to Ayurveda as well as a strong male sexual psychology, the great sex energy can be achieved by the concept of Rasayana (rejuvenation) and vajikarna (virilization). Virilification is a therapy which enables one to approach woman in a cool, calm and unfrustrated manner, endowing one with higher form of strength and robustness, increasing one's proportions, causing the seminal secretion fertile by improving its quality, quantity, morphology and motility and thereby enabling the man to have best progeny (excellent offsprings).

Charaka, the father of Indian medicine says that the best agent of virilification is an exhilarating sexual partner. One is advised to drink milk after a meal of swastika rice (a kind of Indian rice which is of high nutritional value) mixed with ghee (clarified butter) and with black gram gruel. Meda milky yam with milk, honey, ghee, and sugar.

Sex is an integral part of our daily habits . Night and after two hours of dinner is the ideal time for intimacy. An absolutely satisfying sexual union, when developed over time, bestows you and your partner with health and vitality. For best results, each of the partners should be physically, emotionally and spiritually involved with the other. Touch, smell, food, music and ambience play a vital role in developing, increasing and prolonging intimacy. Perverted or unsatisfying sex has adverse effects on your mental and physical health, as it aggravates your vital energies and reduces immunity. The frequency of sex depends on your constitution and seasons - kapha types indulge in sex more frequently than **vata & pitta** types.

For more and better sex therefore, one can practice **Vajikaran** therapy (virilification) - that part of **Ayurveda** which enhances male fertility and potency. However, any misuse of the same may open up a deluge of emotional and psychological complications. Use of similar medication (aphrodisiac supplements) instantly induces sexual pleasure and excitement, increases sexual stamina and promotes fertile seminal secretions.



**Vajikarna:** A vaji is a horse or stallion. These are substances that give the power or vitality of a horse, particularly the horse's great capacity for sexual activity. More commonly, one could call them "aphrodisiacs". though they are much more than superstitious love potions. Vajikaranas reinvigorate the body by reinvigorating the sexual organs. The semen or reproductive tissue ( the Ayurvedic concept includes both male and female reproductive

tissues) is the essence of all the dhatus, the cream of all the tissue elements in the body. It contains the power to create life. This means not only the capacity to bring a new life into existence, to create a child, but also to renew one's one life, to return our cells to the vigor of youth.

The same life-creating energy, if directed inwards, can aid in the renewal of both body and mind. Vajikarana substances may be used either to improve sexual vitality and functioning, or to help direct sexual energy inwards for regeneration. Most of these are not simple aphrodisiacs - substances exciting sexual activity through irritation of the sexual organs. Many are tonics that actually nurture and give direct sustenance to the reproductive tissues. Others help promote the creative transformation of sexual energy for the benefit of the body-mind. By starting in the reproductive system, these herbs invigorate the entire system, just as a tree is invigorated from the roots. They have a strong revitalisation action on the nerves and bone marrow, and increase the energy of the mind. Semen is the Soma of the body, which if catalyzed in the right way, by Rasayana and Vajikarana substances, brings about the renewal of the mind. In a similar way it helps strengthen the bones, muscles, ligaments and blood. Vajikaranas can be divided into tonics and stimulants.

Stimulants increase the functional activity of the reproductive organs, while tonics increase and improve the tissue-substance that composes them. KapiKachu Rasayana is made from these two categories. Many aphrodisiacs increase Kapha; some which are hot and pungent ones increase Pittta. Ayurveda also discriminates those herbs that enhance spermatogenesis, called Shukrala. These are substances that are nutritive tonics to the reproductive secretions, like semen and breast milk. They are mainly those Vajikaranas which are nutritive. Those aphrodisiacs whose nature is sattvic, and are strong in energy, also enhance Ojas. The vajikarana herbs are introduced after purification is complete; the more common ones include ashwagandha, epimedium, and shatavari. Also known as Indian ginseng, ashwagandha is considered *sattvic* (conferring greater consciousness and lightness). It generates ojas, helps produce semen, nourishes the reproductive system, acts as an aphrodisiac, and is recommended for sexual debility.

Epimedium, a nutritive herb and aphrodisiac, also has multiple benefits. It increases sexual potency and sexual fluids as well as boosts libido, treats impotence, and relieves fatigue. It is commonly referred to as "horny-goat weed" because goats eat the leaves prior to and during their mating season. Epimedium functions as an aphrodisiac by restoring low levels of both testosterone and thyroid hormone.

Shatavari is a member of the asparagus family; this herb nourishes shukra dhatu and increases fertility and the capacity for lovemaking. Shatavari has rejuvenative effects on the female reproductive system, and possesses a sattvic quality as well as enhances feelings of love and devotion. Shatavari also helps generate healthy reproductive fluids and blood and can help regulate a woman's menstrual cycle. It can be used during any time from puberty until menopause. Keep in mind, though, that consuming any of these herbs is just one aspect of vajikarana therapy. To receive the full benefits, you should consult an Ayurvedic practitioner.

Once again, in this final part of Male Sexual Problems, I give below some common dysfunctions and their easy home and herbal remedies :

**1. PREMATURE EJACULATION:** The most common problem of sexual dissatisfaction is premature ejaculation in males. Because it cut shorts the duration of intimacy and the couple cannot achieve full orgasm.

Home Remedy : a) Shilajit in the form of tablet or syrup is excellent for this problem. It is taken twice daily, with milk / fruit juice or water for 3 to 4 months.



**2. UNSATISFACTORY ERECTION OR SEXUAL DEFICIENCY:** In most cases the root cause for this is very psychological. However, it is imperative to first check on all the pathological / physical causes. After treating them, the patients' self-confidence needs to be restored too.

Herbal Remedy : Same Shilajit as for Premature ejaculation mentioned above.

**3. LACK OF LIBIDO :** The hectic pace of ultra modern lifestyle causes severe tension and excessive fatigue within individuals. This is usually the prime cause for lack of libido and unsatisfactory sexual performance.

Herbal Remedy : Ashwagandharishta - twice daily, with water after meal.

**4. OLIGOSPERMIA :** Male infertility is often due to the sperm count falling below the fertility level. A large number of sperms are not motile, viable or exhibit morphological abnormalities.

Herbal Remedy : a) Shilajit and b) Ashwagandharishta - four t.s.f. twice daily, after milk, with water. All of these must be followed for 3 - 4 months to obtain results.

**5. SPERMATORRHOEA (NOCTURNAL EMISSIONS) :** It is an involuntary discharge of semen without undergoing orgasm. A distressing symptom in many patients, it leads to psychosomatic complaints as lack of concentration, headaches, excessive sweating, giddiness etc. Usually happens during sleep.

Herbal Remedy :a) Mehmudgar Bati - one tab, twice daily b) Swapandoshhari Bati - two pills, two to three times daily, with water.

**6. SEXUAL WEAKNESS IN THE ELDERLY :** With the hectic lifestyles of this age and advancing years, the male desire for sexual intercourse tends to taper off early and sexual intimacy tends to become unsatisfactory.

Home Remedy: Regular use of Carrots, Milk, Honey, White Onion, Ginger, Garlic and some exercise are the best ways to overcome this problem when you grow older.

**7) IMPOTENCY :** Mainly psychogenic in origin, it is directly related to anxiety regarding sexual performance.

Herbal Remedy : a) Ashwagandhadi Churna - one tsf, twice daily, with warm milk. b) Dhatupustik Churna - 5 to 10 gm twice daily.

**Other Simple Home remedies :**



Take tender, seedless pods of Acacia should be dried in the shade and powdered before being mixed with an equal weight of raw sugar. Six grams of it should be taken with milk in the morning. Alternatively, tender leaf - shoots of Banyan tree may be substituted for Acacia pods.

The tender root of the silk cotton tree dried in the shade and powdered before mixing it with an equal amount of raw sugar should be taken in 10 grams doses with milk.

Fifty grams each of kernels of the seeds of Bastard Teak ( *Dhak* ) and Siris tree finely ground and mixed with 50 grams of raw Sugar should be taken in six grams doses every morning for three weeks to relieve the condition.

Fifty grams each to dry Amla and Mango Ginger (Amba Haldi) should be powdered and mixed with an equal weight of raw Sugar. The daily morning dose is six grams, taken with milk. It helps.

The seeds of Lajwanti and sugar taken in equal quantities should be mixed and a six gram dose taken every morning with milk.

**One more thing I would like to stress upon is the use of Viagra. I personally advise all my patients not to use Viagra under any circumstances. Once one gets habitual of this tablet, then no other medication works on this problem. Moreover, it has a number of side effects, especially very high blood circulation which could even lead to death among the older people using it.**

**Conclusion :** Health is very important. And sexual health is related to our general health. We should also understand that Intercourse promotes all the functions of the body and mind, but rampant just and sexual abuses soon destroy the natural pleasures of intercourse, and unhappiness will be the result.

Remember that intercourse should not become the polluted purpose of marriage. To be sure, rational enjoyment benefits and stimulates love, but the pleasure of each other's society (company), standing together on all questions of mutual benefit, working hand in hand and shoulder to shoulder in the battle of life, raising a family of beautiful children, sharing each other's joys and sorrows, are the things that bring to every couple the best, purest, and noblest enjoyment that God has bestowed upon man.

Before I conclude this article, I would like to advise my readers to keep in mind the following tips always for a good, healthy and successful sexual and married life :

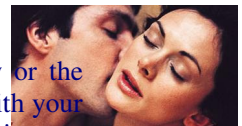
**1. Talk Openly With Your Partner :** Good sex always relies on open communication with your partner. As both of you age, things will change. These changes will require patience, understanding and experimentation. Emotions can greatly impact sexual health. By maintaining good communication and intimacy, you and your partner will be able to adapt to changes as necessary.

**2. Manage Your Health Conditions :** Health conditions like high blood pressure and chronic pain can make a healthy sex life difficult. By aggressively managing any health conditions, you can greatly reduce their impact on your sex life. A good approach is to follow your doctor's advice and make Lifestyle changes.

**3. Talk To Your Doctor :** Your doctor cannot help you with your sexual concerns unless you mention them. Some sexual problems are actually medication side effects, which can be handled by adjusting medications that you are already taking or changing the time of day that you take medications. Many medications also directly treat sexual problems.

**4. Experiment With Positions and Times :** Sometimes changing the time of day or the position used in sex can relieve sexual problems. If a health condition is interfering with your sex life, you may notice that your symptoms are better at a certain time of day. Try having sex then. Varying the sexual positions that you use can help too, especially if pain from arthritis or other condition interferes with sex.

**5. Expand Your Concept of Sex :** Men tend to think of sex in terms of orgasms, but there can be a lot more to sex. As you age, you will need more time and physical contact to become aroused. Hugging, kissing and other forms of contact are essential parts of your sex life. If you find yourself living alone, masturbation can be part of a normal, healthy sex life.



**6. Avoid Alcohol and Smoking :** Both alcohol and smoking can hinder a man's ability to achieve an erection. These two substances alter the blood flow in your body and can limit the amount of blood that enters the penis. This can lead to the inability to have an erection, difficulty maintaining an erection or an erection that is softer than normal. If you are having sexual difficulties, consider abstaining from smoking and alcohol.

**7. Expect Difficulties :** As you age, you will experience certain changes in your sexual function. When these changes occur, don't panic. Rather, think of them as problems to be solved. If you react emotionally to these problems, you can make them worse. By expecting some degree of sexual change as you age, you can react calmly and troubleshoot your situation.

**8. Eat Healthy and Lose Weight :** Being overweight puts a strain on your body that can result in high blood pressure, heart disease, diabetes and other health conditions, all of which can interfere with a normal sex life. By eating healthy foods and losing excess weight you can prevent sexual problems.

**9. Stay Sexually Active :** If you have a long period of time in your life when you are sexually inactive, it will be more difficult to become sexually active later. Not only can frequent sex improve your sexual performance, it can actually may even help you live longer.

**10. Safe Sex :** As more and more older people continue to have an active sex life, the issue of safe sex arises. All sexually active people must take this matter very seriously. STDs and HIV are on the rise in older adults. You cannot assume that having sex is risk-free just because you and your partner are older. In fact, as the age of your sexual partner increases, his or her sexual history is longer, too. Always practice safe sex.

(References: Hakeem H Abdul / Hameem Saheb / Iloveindia.com / easyhomeremedy/ aboutdotcom / M&J / Ann Landers Health encyclopaedia / MIDO / netdoctor / engenderhealth.org / homeremediesforyou)

**Dr. Ashok Anand**  
**Consultant Cardio Rehab, Nutrition & Dietetics**

DISCLAIMER: Sponsors, producers and or owners do not influence the content of this Web site. The site is primarily designed for use by consumers seeking health information. The information contained herein should NOT be used as a substitute for the advice of an appropriately qualified and licensed physician or other health care provider. The information provided herein is for educational and informational purposes only and in no way should be considered as an offering of medical advice. Please check with a physician if you suspect you are ill. **EDITOR**