

VIAGRA

The Pfizer logo is a blue diamond shape with the word "Pfizer" written in a white, cursive font inside.

Viagra is the most known pill today. Viagra is approved for the treatment of men who have difficulty having and maintaining an erection (impotence). Only buy Viagra made by Pfizer as there are also many counterfeit products in the market. Real Viagra is a blue pill that has 'Pfizer' on the front and 'vgr' followed by the pill strength in milligrams on the back. Viagra is available as oral tablets in 25mg, 50mg and 100mg strengths. 50mg is the recommended dose size.

Viagra has an interesting history. It was initially developed to treat heart disease (angina). However, during the trial studies, its penile erection enhancing effects were noticed. The drug was patented in 1996, approved by the FDA on March 27, 1998 and got the distinction of becoming the first pill approved to treat erectile dysfunction in America. It soon proved to be a great success. Even though Viagra is only available by prescription from a qualified doctor, its annual sales for the period 1999–2001 exceeded \$1 billion.

Due to many physiological, psychological and changing life styles today, many men face Erectile Dysfunctions at some time or the other in their lives. What is the erection of the Penis? An erection is the result of an increase in blood flow into certain internal areas of the penis. Viagra works by enhancing the effects of one of the chemicals the body normally releases into the penis during sexual arousal. This allows an increase of blood flow into the penis. When consumed orally on an empty stomach, maximum observed plasma concentrations are reached within 30 to 120 minutes (60 minutes is average for the maximum level to be seen in the blood stream). The effects of Viagra can last up to 4 hours. When Viagra is taken with a high fat meal, the rate of effectiveness is reduced.

To understand how Viagra works on our body and helps get erection, let us first understand how the male sexual organ 'Penis' works and what is its anatomy. For many people, discussing about the penis is difficult and tough. This area of the body is considered private and is usually not discussed publicly. However, the penis is simply a part of the male anatomy like many other body parts and is designed by nature to accomplish a task, and we'll treat it that way here. In the case of the penis, there are actually two tasks that it handles:

1. releasing urine from the bladder, known as urination
2. releasing sperm and seminal fluid from the prostate gland, which is generally known as ejaculation

Viagra helps with the second task: ejaculation.

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1. Ejaculation is a three-step process:
 2. The man becomes sexually aroused.
 3. The penis becomes erect.

Stimulation of the penis causes ejaculation. Though it sounds simple enough, yet in many cases, step two does not happen, making step three difficult or impossible. Although the man is stimulated, the penis does not become erect. To understand why, let us understand the technology of an erection.

When we wish to move nearly any part of our body, we do it using muscles. Whether we are moving our fingers, toes, arms or legs, muscles do the work. It works this way :

- First we think of moving some part of our body
- Then the appropriate muscles contract
- Finally that part of the body moves

Muscles let us move our body voluntarily with precise control. The penis, on the other hand, is completely different. There are no muscle contractions involved in making the penis erect. To become erect, the penis instead uses pressure.

The simplest way to understand how the penis becomes erect is to think about a balloon. Balloon without air in it is limp. But as we inflate a limp balloon with just a little air, it becomes elongated and rigid. The penis uses a similar mechanism, but instead of using pressurized air, the penis uses pressurized blood. The penis contains two cigar-shaped structures, called Corpora Caverosa, that it uses to become erect. The arteries bring blood into these two tubes & veins carry blood away from them. The penis can be either limp or erect, depending on the flow of blood.

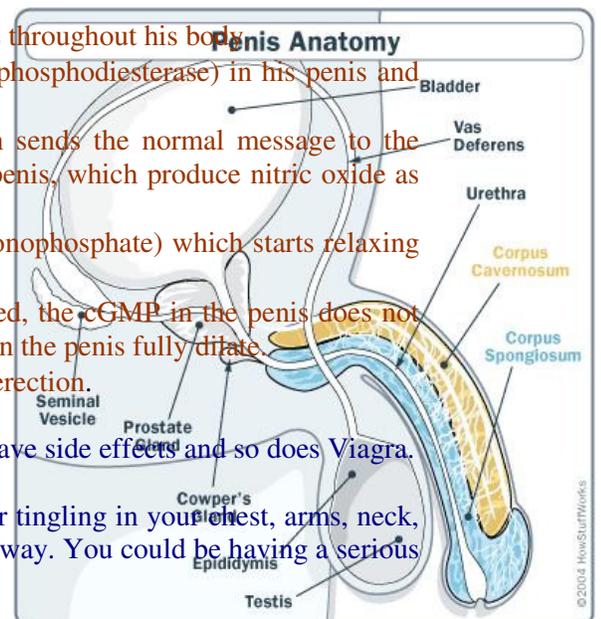
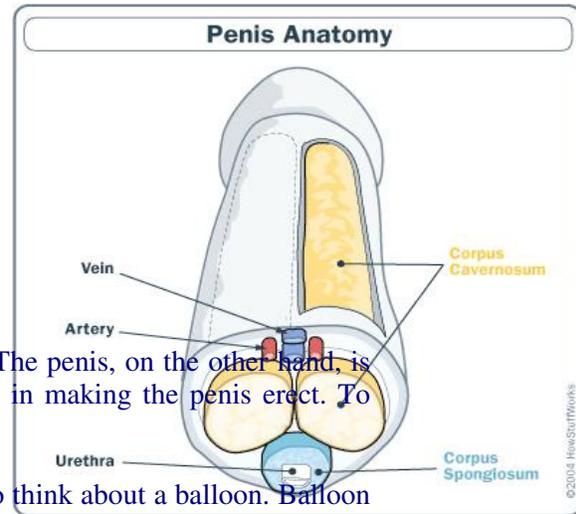
In a non-erect state, the arteries that bring blood into the corpora cavernosa are somewhat constricted, while the veins that drain the blood from the penis are open. There is no way for pressure to build inside the penis. In this state, the penis is limp. When a man becomes aroused, the arteries leading into the penis open up so that pressurized blood can enter the penis quickly. The veins leaving the penis constrict. Pressurized blood is trapped in the corpora cavernosa, and this blood causes the penis to elongate and stiffen and the penis becomes erect. In other words, if the arteries leading to the penis do not open up properly, it is difficult or impossible for a man to become erect. This problem is the leading cause of Erectile dysfunction (ED).

To solve an erection problem when the cause is poor blood flow, we need to open the arteries. Let's take a look at how this can be done and how a pill can give a man an erection? When the brain gets aroused, it sends a signal to the penis. Nerve cells in the penis' corpora cavernosa start producing nitric oxide, which leads to the creation of cGMP (cyclic guanosine monophosphate). The cGMP causes arteries in the corpora cavernosa to dilate, causing lots of blood to flow into the penis. The extra blood flowing in causes the penis to inflate like a balloon. An erection occurs. So the sequence of erection becomes like :

- A man takes a Viagra pill.
- The sildenafil citrate enters his bloodstream and flows throughout his body.
- The sildenafil citrate attaches to the PDE5 enzyme (phosphodiesterase) in his penis and disables most of it.
- When the man becomes sexually aroused, his brain sends the normal message to the NANC (nonadrenergic-noncholinergic) cells in his penis, which produce nitric oxide as usual.
- The nitric oxide creates cGMP, (cyclic guanosine monophosphate) which starts relaxing the arteries in his penis.
- Since the PDE5 (phosphodiesterase) has been disabled, the cGMP in the penis does not break down. Instead, it builds up and lets the arteries in the penis fully dilate.
- His penis inflates with blood, and the man gets a full erection.

Use of Viagra : We know that no drug is perfect. All drugs have side effects and so does Viagra.

If you become dizzy or nauseated, or have pain, numbness, or tingling in your chest, arms, neck, or jaw during sexual activity, stop and call your doctor right away. You could be having a serious



side effect of sildenafil. Stop using sildenafil and get emergency medical help if you have sudden vision loss. Also get emergency medical help if you have any of these signs of an allergic reaction: hives; difficulty breathing; swelling of your face, lips, tongue, or throat. Stop using sildenafil and call your doctor at once if you have any of these serious side effects: chest pain or heavy feeling, pain spreading to the arm or shoulder, nausea, sweating, general ill feeling, irregular heartbeat, swelling in your hands, ankles, or feet, shortness of breath, vision changes, feeling light-headed, fainting; or penis erection that is painful or lasts 4 hours or longer

Be aware the erection medication is not the answer to every man's erection problem, though erection medication certainly has a place in treatment of ED. Many erection difficulties are caused by sexual anxiety, and resolve when men learn more about sex, relax about it, and adopt a less penis-centered, holistic and sensual approach to lovemaking. Other erection difficulties are caused by medical problems and resolve when the illnesses are treated. Many erection problems are caused by drugs (notably alcohol and cigarettes) and drug side effects and can be helped by cutting back on alcohol, quitting smoking, or tinkering with prescriptions.

Know that, despite their success, erection drugs also have limitations. They are ineffective in about 25 percent of cases. As severity of ED increases, their effectiveness decreases. For example, the drugs work well in many men with the beginnings of diabetic ED, but less well in diabetics with considerable cardiovascular and neurological damage. In men with mild erection balkiness, these drugs may not work in some situations if a man feels particularly stressed, distracted or alienated from the sexual experience. Take erection drugs according to your doctor's recommendations; this is extremely important. Viagra comes in 25, 50 and 100 mg pills. Side effects are more likely with a higher dose. Consider a half dose. If you have balky erections—and this is perfectly natural for men over 45, then you might decide you want to use erection medication for erection insurance. If so, you may get good results with half the typical dose of 25 mg of Viagra instead of the usual 50 mg.

Side Effects of Viagra



Very few drugs work perfectly, and Viagra is no exception. Almost every drug has side effects that arise because the drug is flowing throughout the body and may affect parts of the body unintentionally. For example, aspirin is a drug that relieves pain, but this same drug can also erode the stomach lining and thin the blood. Those are side effects of aspirin. Similarly Viagra has several side effects of which patients need to be aware.

The first problem comes because Viagra happens to have a spillover effect. It blocks PDE5, but it also has an effect on PDE6. It turns out that PDE6 is used in the cone cells in the retina, so Viagra can have an effect on colour vision. Many people who take Viagra notice a change in the way they perceive green and blue colors, or they see the world with a bluish tinge for several hours. For this reason, pilots cannot take Viagra within 12 hours of a flight.

The second problem comes for people who are taking drugs like nitroglycerin for angina. Nitroglycerin works by increasing nitric oxide, and it helps with angina by opening up the arteries that supply the heart with oxygen. If you take nitroglycerin and Viagra together, the increased nitric oxide plus the blocking of PDE5 can lead to problems.

Other problems with Viagra can include little things like headaches (the drug, as a side effect in some men, opens up arteries in the brain's lining and causes excess pressure) and big things like heart attacks. The possibility of heart attacks is one reason why Viagra is a prescription drug rather than an over-the-counter drug like aspirin. Finally, there is some concern that some men,

especially younger men who take Viagra recreationally and who don't really need it for physical reasons, may end up with a dependency on the drug. That is, they may become unable to maintain an erection without taking Viagra.

How safe is Viagra when you are taking other drugs? The safety and effectiveness of viagra when used with other treatment for impotence has not been studied. The use of such treatments in combination with viagra is not recommended at present. Always discuss with your health care practitioner about the medications you are taking. At present, viagra is not recommended for people taking commonly prescribed short- and long-acting nitrates because the combination may lower blood pressure. It should also be noted that :

- This medicine should be taken on an empty stomach, as if it is taken with food it may take longer to work and be less effective.
- This medicine may cause dizziness and visual disturbances. You should make sure you are aware of your reactions to this medicine before driving or operating machinery.
- If you do feel dizzy or lightheaded after taking this medicine you should lie down until the symptoms pass.
- If sildenafil is taken with grapefruit juice, this may cause a modest increase in the blood level of sildenafil and may increase the chance of experiencing side effects.
- If your erection lasts longer than 4 hours, consult a doctor immediately. Treatment of this condition should not be delayed more than 6 hours, as this can cause damage to the erectile tissue in the penis and irreversible erectile dysfunction.
- This medicine should not be taken more than once a day.

While using Viagra, cautions must be taken with :

- Elderly people
- Decreased kidney function
- Decreased liver function
- Disease involving the heart and blood vessels i.e. Cardiovascular disease.
- Obstruction of blood flow out of the heart, e.g. due to narrowing of the aorta (aortic stenosis)
- Bleeding disorders, e.g. haemophilia
- Active Peptic Ulcer
- Conditions such as sickle cell disease, bone cancer or leukaemia in which there is an increased risk of prolonged erections (priapism)
- Physical abnormality of the penis, such as severe curvature, scarring or Pevronie's disease
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Viagra must not be used by

- Women
- Children or adolescents under 18 years of age
- Conditions in which sexual activity is not advisable, for example severe heart disorders such as unstable angina or severe heart failure.
- People who have recently had a heart attack and or a stroke.
- Low blood pressure (hypotension)
- People taking any form of nitrate medications, e.g. glyceryl trinitrate
- Severely decreased liver function



- Hereditary degeneration of the back of the eyeball (retina), such as retinitis pigmentosa
- Rare hereditary problems of galactose intolerance, Lapp lactase deficiency or glucose-galactose malabsorption.

This medicine is not recommended for people who have ever experienced an eye condition called non-arteritic anterior ischemic optic neuropathy (NAION). This condition causes a sudden, partial decrease or loss of vision in one or both eyes due to damage to the optic nerve. It can be temporary or permanent. Talk to your doctor if you have ever experienced this.

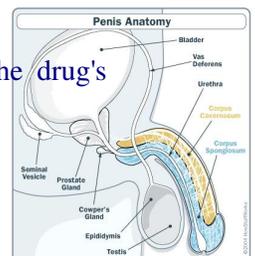
This medicine should also not be used if one is allergic to one or any of its ingredients. Please inform the doctor or pharmacist if you have previously experienced such an allergy. If you feel you have experienced an allergic reaction, stop using this medicine and inform your doctor or pharmacist immediately.

In nutshell, we can say that most of the Medicines and their possible side effects can affect individual people in different ways. As discussed above, the following are some of the side effects that are known to be associated with this medicine called Viagra. Because a side effect is stated here, it does not mean that all people using this medicine will experience one, few or all of these side effects :

- Flushing
- Headache
- Dizziness
- Visual disturbances, such as blurred vision, blue tinge to vision
- Nasal congestion
- Awareness of your heart beat (palpitations)
- Indigestion
- Eye pain
- Abnormal heart beats (arrhythmias)
- Low blood pressure (hypotension)
- High blood pressure (hypertension)
- Fainting
- Nosebleeds
- Rash
- Bladder Pain
- Cloudy or Bloody urine
- Increased frequency of urine
- Pain while urination
- Persistent painful erection of the penis (priapism)
- Chest pain (angina pectoris)
- Bleeding into the tissue of the brain (cerebrovascular haemorrhage)
- Sudden loss of brain function with full recovery within 24 hours (transient ischaemic attack)

The side effects listed above may not include all of the side effects reported by the drug's manufacturer.

Not only this, in rare cases following side effects can also happen by the use of Viagra :



- bleeding of the eye
- convulsions (seizures)
- decreased or double vision or in extreme cases blindness
- a blue tint to your vision
- prolonged, painful, or inappropriate erection of penis
- redness, burning, or swelling of the eye
- anxiety

These days, there are a number of other products which claim to be the substitutes of Viagra. Many claim that these substitutes are herbal, Ayurvedic, Chinese etc. However, no product whatsoever claims are made by the manufacturers or sellers, should be consumed without the advice of your own Doctor. Some of such products available in the market are : Kamagra, Filda, Adipax, Lonamin, Phyto 2000, Indigra, phentermine, tramadol, litiver, levitra, Cialis, soma, etc.

Time and again, I have been mentioning in my articles that we should try to remain healthy in a natural way, by making our life styles simpler and if need be, use herbal and other home remedies where possible. Accordingly, many time tested herbs which are a part of our everyday life are good for male and female sexual health. Some of these are :

- Garlic is considered valuable in treating the problem of sexual impotence. It acts like a tonic for loss of sexual power. Chew 2-3 cloves of raw garlic daily.
- Another aphrodisiac food next to garlic is onion. It aids in strengthening the reproductory organs. Prefer going in for white onions.
- Carrots have proved beneficial in creating the desire for sex. Take about 150 gm of finely chopped carrots and eat them with a half boiled egg, dipped in 1 tbsp of honey. Consume it once a day for about a month or two.
- Root powder of ladyfinger is effective in giving a boost to the sex life. Consume about 5-10 grams of this powder with 1 glass of milk and 2 tsp of ground mishri daily.
- Honey; Use honey everyday.

Regular exercise, sleeping and getting up on time, balanced diet, cheerful mood, belief in self and God help everybody lead a healthy life. Never forget that general health of a person must be good. Our immune system must be healthy. Only then we can live a happy and blissful life.

References: Books : The Virility Solution: Everything You Need to Know about the Medically Proven Potency Pill That Can Restore and Enhance Male Sexuality, Websites: University health care, 3dchem.com, rxlist.com, netdoctordotcom, howstuffworks dot com, aidsdotabout.com, noifrest.com

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