

Erectile Dysfunction (ED)

What is Erectile Dysfunction?

Erectile dysfunction (impotence) occurs when a male can no longer get or keep an erection firm enough for sexual intercourse.

Signs and Symptoms

Inability to get or keep an erection firm enough for sexual intercourse.

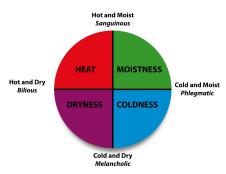
What Causes Erectile Dysfunction?

Erectile dysfunction is the result of a problem with one or more of the brain, hormones, emotions, nerves, muscles or blood vessels. There are many physical causes for ED including heart disease, hypertension and diabetes.

Risk factors for ED include increasing age, being overweight or obese, heavy tobacco use, certain conventional medications, and recreational drug abuse.

Tibb View of Erectile Dysfunction

According to Tibb, ED is associated either with qualities of moistness with cold or heat with dryness. Moist & Cold imbalance typically exists in older men or in obese or diabetic patients. In these their metabolism slows down and moistness accumulates. Hot & Dry imbalance is often present in men who suffer from performance anxiety, stress and who abuse alcohol. Moist & Cold ED is linked to individuals with phlegmatic dominant/sub-dominant temperament, as they have innate



qualities of coldness and moistness. Individuals with a bilious dominant/sub-dominant temperament are more inclined to develop ED linked to qualities of heat with dryness.

Management of ED

Treatment and management is aimed at **reducing the excess qualities** associated with ED, by implementing Tibb Lifestyle Factors that will either **increase the qualities of heat and dryness** in cases of ED which are linked to **excess moistness with coldness**, or increase the **coldness and moistness** in cases of ED which are linked to **excess heat with dryness**.

Tibb Lifestyle Factors

Erectile Dysfunction Associated with Qualities of Moistness with Cold:

Food and Drink

- Eat mostly Hot & Dry foods such as bittergourd, avocado, eggs and cinnamon, followed by Cold & Dry foods - like beef, tomatoes, lemon and beans.
- Eat less of Hot & Moist foods such as bread, pastas and be least amount of Cold & Moist foods
 like milk, butter, and rice.
- Avoid foods which promote fatty deposits in the reproductive organs. Cut down on saturated fats, especially saturated ones.

Other Lifestyle Advice

Exercise – A weight training programme will reduce the chance of ED, restore self-esteem, and probably diminish performance anxiety. Regular physical exercise, such as 30min moderate physical exercise at least three times per week, will also help

Herbal Remedy

Mix a small fresh egg yolk, 2 teaspoons of honey, and 1 teaspoon each of fresh ginger juice and onion juice. Take twice a day

Erectile Dysfunction Associated with Qualities of Heat with Dryness:

Food and Drink

- Eat mostly Cold & Moist foods such as broccoli, cucumber, watermelon and milk, followed by Cold & Dry foods - like oranges, yogurt and coconut oil.
- Eat less of Hot & Moist foods such as mutton, ginger, cheese and sugar, and the least amount of Hot & Dry foods like alcohol, egg, walnuts and alcohol.

Other Lifestyle Advice

- Breathing. ED may respond to practicing deep breathing exercises, as this is known to counteract stress.
- Cutting down or stopping smoking, as nicotine lowers sexual desire
- Emotional support. The person affected should learn to relax, as ED often arises from performance anxiety.

Herbal Remedies

- 2 teaspoons of poppy seeds, 2 cardamom pods, and 10 almonds. Soak overnight in 100ml of water, liquidise in 150ml of boiled milk and add 2 teaspoons of sugar. Strain and drink twice daily on an empty stomach.
- Consume watermelon regularly, as it contains agents which boost blood flow to several body organs.

Cold & Dry Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
beef	brussel sprouts	(all sour fruits)	peanuts	barley	sour cream	coconut oil	basil	coffee		balsamic		cornflakes	sour dishes
biltong (beef)	cabbage	green apples		beans(all types)	egg white	corn oil	tamarind	ice		vinegar		maltabella	
crabs	cauliflower	cherries, coconut		corn	sour milk	sesame oil		sour fruit juices		peanut butter		mielie meal	
fish	eggplant	china/dry fruit		couscous	yoghurt			tea (black)		pickles		millet	
knuckles	green beans	granadilla		lentils						tomato sauce			
mussels	mushrooms	grape fruit		maize						worcestershire			
ostrich	peas	lemon, lime		mielies						sauce			
oysters	potatoes	naartjies, oranges		popcorn						vinegar			
pork	sauerkraut	pineapple,plums		poppy seeds									
snails	tomatoes	prunes, pomegranate		samp									
snoek		raspberries		sesame seeds									
tripe		strawberries											
tuna		sultanas											

Cold & Moist Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
duck	beetroot	apricot	macadamia	cucumber seeds	coconut milk		cardamom	milk shakes	fructose		custard	pronutro	
rabbit	baby marrow	cranberries		linseed	cow's milk		coriander	rooibos	glucose		ice cream	rice crispies	
	butternut	figs		melon seeds	goats milk		cumin	sugar cane	rose syrup		sago		
	broccoli, carrots	kiwi fruit		pumpkin seeds	buttermilk		vanilla	juice		1			
	cucumber	litchis, melons		rice cakes	butter			water					
	squash	mulberries		rice	margarine								
	lady fingers (okra)	pawpaw, pears		semolina	rice milk								
	lettuce	prickly pears			soya milk								
	pumpkin	quince											
	radish, sprouts	spanspek											
	soya beans	sweet apples											
	tofu												
	zucchini												

Hot & Dry Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
all small bird	bitter gourd	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and	chilli sauce			spicy dishes
meat	celery	grapes	hazel nuts	chickpeas			cinnamon	grape juice	bitter	mustard sauce			
chicken	green pepper		pecan nuts	fenugreek seeds			cloves, garlic	herbal teas	flavourants	peri-peri			
lobsters	leek		walnuts	gram flour			green/red chilli	(see herbs)		sauce			
mackerel	onion			mustard seeds			fenugreek						
oily fish	red pepper			papad			lavender						
pilchards	yellow pepper						nutmeg						
prawns							oregano						
sardines							paprika						
							parsley						
							rocket, rosemary						
							saffron						
							tarragon						

Hot & Moist Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
buck	artichokes	bananas	almonds	bread	clarified butter	castor oil	bay leaves	green tea	honey	mayonnaise	biscuits	all bran flakes	sweet dishes
goat	asparagus	dates	brazil nuts	bulgar wheat	condensed milk	olive oil	black pepper	hot water	molasses		cakes	bran	
goose	olives	guavas	pistachios	flour	cheese	sunflower oil	cayenne pepper	juices	salt		chocolate	honey smaks	
lamb	spinach	mangoes	apricot kernels	pasta	cream cheese		chives	(see fruits)	sugar		liquorice	muesli	
liver	spring onion	peaches		rye bread	mother's milk		ginger, fennel	herbal teas			vermicelli	nutri-k	
mutton	sweet potato	papaya		sunflower seeds	(for babies)		green masala	(see herbs)				nutrific	
turkey	turnips			wheat	fresh cream		marjoram					oats	
				macaroni			mint, sage					puffed wheat	
				dill seeds			soya sauce					taystee wheat	
							thyme,turmeric					weetbix	
							watercress						
							white pepper						