

# 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.

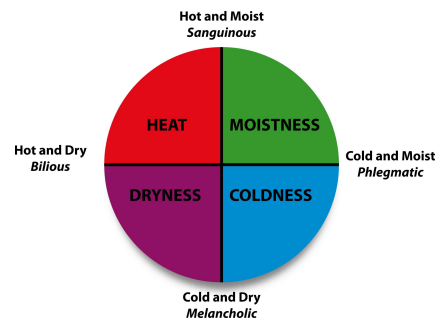
## What Causes Erectile Dysfunction?

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.



