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EFFICACY OF RARE REMEDIES IN THE TREATMENT OF ERECTILE DYSFUNCTION

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Abstract:

Erectile dysfunction (ED) is a growing sexual problem among men worldwide. It is commonly called as impotency. ED is a subject of frustration as it devastates a man's self-esteem and spoils his relationships. This article is an attempt of emphasising upon rare Homoeopathic remedies for ED. This article will help physicians to brush up their knowledge on utilization and therapeutic properties of such uncommon and neglected but highly efficacious remedies.

Key words:

Erectile dysfunction, Rare, Homoeopathy, Remedies, Spermetorrhea.

Abbreviations: ED: erectile dysfunction.

Introduction: Erectile dysfunction (ED) is defined as the persistent inability to achieve and maintain an erection sufficient to permit satisfactory sexual intercourse¹. Several large epidemiological studies have shown a high prevalence and incidence of ED worldwide ². Approximately 23% of men aged 40-80 years worldwide have symptoms of ED³. Any disease process which affects penile arteries, nerves, hormone levels, smooth muscle tissue, corporal endothelium, or tunica albuginea can cause erectile dysfunction⁴.

Causes of Erectile Dysfunction:

To rule out probable causes a careful history of physical disease, related symptoms, stress and psychological factors, together with drug and alcohol abuse must be taken⁵.

With reduced Libido-

- Hypogonadism
- Depression

With intact Libido-

- Physiological problems, including anxiety
- Vascular insufficiency
- Neuropathic causes (e.g. diabetes mellitus, alcohol excess, multiple sclerosis)
- Drugs (e.g. b- blockers, thiazide diuretics)

Erectile dysfunction and reduced libido may occur in over 50% of men with advanced chronic diseases or on dialysis.

Laboratory Investigations:

Blood should be taken for glucose, glycated haemoglobin, prolactin, testosterone, luteinising hormone (LH) and follicle stimulating hormone (FSH). Some further tests like nocturnal tumescence monitoring (NPT), intracavernosal injection of papaverine or prostaglandin E1 to test adequacy of blood supply, internal pudendal artery angiography and tests of autonomic and peripheral sensory nerve conduction, Penile Duplex ultrasound, Penile nerve function test, Penile biothesiometry are also available.

Management:

It should ideally include sympathetic counselling of both partners. Neuropathy and vascular diseases are unlikely to improve, but several treatments are available⁶.

Then initial treatment involves improving general health status through lifestyle modifications. This not only improves ED but also reduces cardiovascular risk. Recommended lifestyle modifications would include physical activity, switching to a Mediterranean diet and/ or nutritional counselling, stopping smoking, drugs, and alcohol, gaining good control of diabetes, lipids and cholesterol⁷.

Homoeopathic Therapeutics:

1. ***Titanium Metallicum (the metal)***: it is found in minute quantity in bones and muscles. Apples contain 0.11% of Titanium. Sexual weakness with very early ejaculation of semen during coitus.
2. ***Nuphar Luteum Q*** : it produces nervous weakness, with marked symptoms in the sexual sphere. Complete absence of sexual desire; parts relaxed; penis retracted. Impotency, with voluntary emissions during stool or during micturition. Spermetorrhea. Pain in testicles and penis.
3. ***Ikshugandha/ Tribulus Terrestris Q***: an East Indian drug useful in urinary affections, especially dysuria, and debilitated states of the sexual organs, as expressed in seminal weakness, ready emissions and impoverished semen. Prostatitis, calculus affections, sexual neurasthenia, auto-traumatism of masturbation, correcting the emissions and spermetorrhea. Partial Impotency caused by over indulgence, or when accompanied by urinary symptoms, incontinence, painful micturition.
4. ***Ginseng Quinquefolium Q***: a remedy for Rheumatic pains after frequent emissions. Weakness of genital organs. Voluptuous tickling at the end of the urethra. Sexual excitement with pressure in testicles. Also a good remedy for lumbago, sciatica and rheumatism.
5. ***Yohimbium Q***: it excites sexual organs and acts on central nervous system and respiratory centre. Homoeopathically, should be of service in the congestive conditions of the sexual organs. *Strong and lasting erections*. Neurasthenic impotency, urethritis and sleeplessness on account of thoughts of past life. Tendency of sweat.
6. ***Aswagandha/ Withania sominifera Q***: a great mental tonic and also indicated for impotency of all kinds and seminal deficiencies. Spermetorrhea, mental inertia, imbecility, with loss of comprehension and expression.
7. ***Muira Puama Q***: considered as valuable remedy for impotency. It increases sexual drive and stimulates nervous system. It helps to improve sexual desire in both men and women.
8. ***Damiana / Turnera Q***: said to be useful in sexual neurasthenia; impotency. Sexual debility with nervous prostration. Incontinence in old people, chronic prostatic discharge, renal and cystic catarrh. Also aids the establishment of normal menstrual flow in females. Spermetorrhea in weak, exhausted subjects.
9. ***Salix Nigra Q***: has positive action on genital organs of both sexes. Libidinous thoughts and lascivious dreams. It controls genital irritability. Satyriasis and erotomania. Spermetorrhea after masturbation. Painful movements of testicles (orchitis). Also indicated in acute gonorrhoea, with marked erotic trouble; chordee.

10. **Amalaki Q:** it is prepared with amla which is richest source of vitamin C. spermetorrhea with grey hair and weakness⁸.

Conclusion: ED is an emerging health problem and early diagnosis and treatment is essential to prevent further psychological and physical events. Homoeopathy is one of the best male infertility treatments and unlike many conventional medicines, treats ED with natural and safe medications, without causing any side effects. Moreover, we should promote and utilize rare and forgotten homoeopathic remedies after acknowledging its beneficial effects for the treatment of impotency or ED.

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