



Men's Health Issues

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Disclaimer: This e-book is not meant to provide health advice and is for general information only. Always seek the insights of a qualified health professional before embarking on any health program.

1. Erectile Dysfunction Causes and Treatment

Erectile dysfunction is a term given to the condition in which a person does not get a proper erection, i.e. the erection is not hard enough to carry out proper penetrative sex. It is commonly known as impotence. One of its major responsible factors is the hectic lifestyle that we lead today.

There can be two different cases of erectile dysfunction. One is the case in which the person has never had an erection; while the other is in which the person does sometimes have erections, but not all the time. The former case is due to a biological problem which can be treated by medication or surgery. But the latter case stems out of psychological or lifestyle factors.

Mental Stress reduces male libido, and also the capacity to achieve an erection. When a person is under stress, blood circulates more in the head region, and hence it is insufficient to engorge the penis. Additionally, the cases of diabetes and prostate gland diseases are rising – such diseases are directly linked to erectile dysfunction. The busy lifestyle of today is making people cope up with a host of drugs such as antidepressants, painkillers, antihistamines, etc; all of which can cause the man to lose his ability to achieve a sustained erection.

One of the best and the safest resorts in the case of impotence is herbal remedies. Indian traditions are using several herbs since ancient times in order to cure the disease. Saw palmetto, ginseng, kava kava, oat, caltrop, etc. are used in different preparations in order to cure impotence. Some of them have really been found to be beneficial by the western world also, but their effects are still a matter of research.

2. Natural Cure for Premature Ejaculation

Premature ejaculation is a condition in which a person ejaculates too soon, i.e. before the female partner reaches her climax. The male climax is obtained when there is the discharge of the seminal fluid from the penis during the sexual act. In men with premature ejaculation, this happens all too soon.

Causes of Premature Ejaculation - In young men who are trying out sex for the first time, there could be so much excitement that the discharge may occur too early. Sometimes, young men may be performing the sexual act secretly, and this would need them to ejaculate soon. This could become a habit in later life. The world over, premature ejaculation is found more in young men than in older men. Older men learn the tricks of the trade better and by exercising self-control, they are able to delay their ejaculations.

Men suffering from diseases such as diabetes also suffer from premature ejaculations, i.e. if they get an erection at all. Diabetes can make a man impotent. Mental stress and tensions also play a role in forcing the man to ejaculate before both the partners are fully aroused. Similarly, smokers are known to ejaculate prematurely while having sex. The usage of certain drugs – therapeutic as well as narcotic – can cause premature ejaculation in a person.

Premature Ejaculation Cure- All sexual experts emphasize the need of being totally stress-free when performing sex. When having sex, the person must concentrate just on the act and not on any worldly matters. By using mind-control, an experienced man can delay his ejaculation.

The squeeze technique is very effective in controlling premature ejaculation. This is done by masturbating the penis till the semen is just about to be released. At this time, the glans of the penis is squeezed in order to stop the ejaculation.

Yoga is known to be one of the most effective methods of solving problems of premature ejaculation. There are several asanas which teach mind control, by which a man can prolong the pleasures he receives from sex. Methods to

relieve the mind from stress are being very commonly applied by men today, and this has direct relation with the quest to find a solution to premature ejaculation.

3. Herbal Viagra to Boost your Sexual Desire

Viagra is one of the most popular drugs for men sexual health in the entire history. It has been manufactured by the pharmaceutical giant Pfizer to cure impotency. However, ancient sciences like Ayurveda and Unani have been known and practiced several natural medicines for treating impotence since centuries, and that too with positive results. These therapies are herbal, and most of them have been proven for their efficacies in the western world too.

Herbal Viagra works in two ways:

- (i) It improves the circulation of blood to the penis and
- (ii) It alters the hormones so that the male has better libido.

Herbal supplements are used for the treatment of not just impotence, but several other male sexual problems such as weak libidos, penis curves, penis enlargement, premature ejaculation, etc.

The important herbal constituents used in herbal Viagras are Panax ginseng (Indian Ginseng), Rosemarinus officinalis (Rosemary), Avena sativa (Oats), Muira puama (Potency Wood), Lepidium meyenii (Maca), Ginkgo biloba (Ginkgo), Tribulus terrestris (Caltrop) along with scores of other herbs. The first thing that these herbs do is to improve the circulation of blood in the region of the penis, which causes harder and more permanent erections. One more important function is to improve the male sexual hormone, testosterone, which helps in increasing the male libido and also to make the man perform the sexual act better. Some of these herbs can have antidepressant properties, which are very much beneficial in the treatment of men who are suffering from problems pertaining to weak erections.

Herbal Viagras are made by carefully mixing specific herbs like those mentioned above in the proper proportion. They might be mixed in some oils, or burnt into ash, or molten into a semi-liquid semi-solid kind of preparation, or prepared in some other way. The basic intention is to make the best use of the chemicals present in the herbs. The herbal Viagras are generally to be taken with milk.

4. Male Condoms for Safe Sex

Sex is one of the basic requirements of all living being. It gives mental relaxation as well as pleasure to all of us. But due to lack of proper care, sometimes contagious diseases spread from one partner to the other during sexual intercourse. So to avoid this one should always use condoms for safer sex. It also prevents pregnancies.

The male condom is a cylindrical bag-like structure that fits snugly over the penis. It has a pouch on the anterior end, where the seminal discharge collects after ejaculation. It has a hardened rim at the base where it remains fit on the penis shaft. The condom generally has lubrication on it so that it could maintain greater contact with the penis, and also provide better friction with the female vagina.

The male condom is designed to fit over the erect penis. In order to put a condom, the penis has to be made erect first by sexual stimulation. Then the pouch of the condom must be placed over the glans. The condom must then be slowly unfurled over the length of the penis, till as far as it can go. Ideally, it must be pulled till the scrotal sac. Once the condom is worn, it must not be moved much, but used directly for penetrative sexual intercourse.

When the man ejaculates, the pouch gets filled with the seminal discharge. Hence, care must be taken while removing the condom also. Otherwise, the semen may fall on the vagina, which could lead to a pregnancy. After the ejaculation, the penis must be removed from the vagina. The condom must be slowly extracted from over the penis, holding it away from the vagina, and squeezing at the top of the pouch so that there is no chance of the semen falling anywhere and soiling the sheets or the floor. A used condom must be disposed in the waste paper basket. A condom once used must never be reused, even after washing it.

If used correctly, condoms are the best way to prevent pregnancies and sexually transmitted diseases. There are cases, in which people cite failure of condoms, but the fact is that the condom itself does not fail; the failure is due to the way it is used. Sometimes people do not take the

condom all the way to the base of the penis shaft, due to which there is a risk of the condom coming off in the vagina and spilling its contents into it.

Condoms are the safest way to fight STDs (sexually transmitted diseases). So, though the condoms are used on an individual level to avoid pregnancies, at a global level, they are used to combat against sexually transmitted diseases.

5. Penis Size and your Sexual Life

Today it's a common mindset that if a person is having smaller penis size, he is unable to satisfy his partner. First let know some basic facts about penis size. Most men have penis sizes between 5½ to 7½ inches. So, if your penis lies in this range; there is nothing to be worried about. Another thing is that this penis size is an average all over the world.

Even if your penis is smaller than the size mentioned above, there is no need to be disheartened. A penis that is as small as 4 inches is enough to satisfy a woman. In the vagina, only the first few inches are sexually receptive. A penis of any size above four inches is enough to provide this stimulation. Also the clitoris – the prime spot of all female sexual stimulation – is placed at the outer end of the vagina, just below the vulva. Penises of all sizes can easily rub the clitoris if inserted properly. Thus, there is no need to worry about satisfying your woman on account of the size of your penis.

Many women, when asked, said that it is the girth of the man's penis that matters to them and not the length. This may be true, as a fatter penis can better rub the outer rim of the vagina, and thus provide with more friction. A longer but thin penis would penetrate inside better, but there would be no rubbing of the sides, which is all the more important when, it comes to providing the woman with satisfaction. Women are of the opinion that a longer penis is actually cumbersome for all kinds of penetrative sex, and in fact it is even painful to both the partners.

Thus, the need of a big penis is not biological; it is psychological. You need to worry only if you have an extremely small penis, called as a micropenis, which is disproportionately small to the rest of your genitals. Micropenises are below 1 inch in size, and they are caused due to some congenital conditions. There are surgical methods to get this problem treated. Some herbal treatments like massage with herbal oils or creams also found to be very useful in the treatment of penis enlargement.

6. Penis Enlargement Methods

For men looking for penis enlargement methods, herbal remedies are also a great option. These herbal remedies have been widely used in Ayurveda since ancient times, but they have become exceedingly popular only in the recent times. Dong quai, blessed thistle, ginseng, ginkgo, kava kava, maca, black cohosh, golden seal are just some of the herbs that are used to bring about an enlargement of the penis. These herbs help in extending the length and the girth of the penis by increasing the amount of testosterone, the male sexual hormone.

The popularity of Ayurvedic herbs for penis enlargement is increasing by leaps and bounds with each passing day. Shilajit, an Ayurvedic preparation, is extremely popular in countries such as the US and in the European countries. Several other herbal products such as Vrishya Vati, Dhaatu Pushti, Dhutha Vriddhi, etc. are available which help for both penis enlargement as well as a cure for impotence.

There are many exercises for penis enlargement as already mentioned above. Squeezing and jelqing are the two most popular ones.

Squeezing the penis means holding the penis tightly in the grasp till you can feel the blood surging inside it. When the blood has filled the penis completely, you must leave the penis. This could make the blood flow out of it, and the penis could become flaccid after a while. Repeat the procedure. The steps are squeeze – allow blood to flow – let go – squeeze again. Squeezing works much better if the penis is made erect. Then you can understand the pressure building up within the penis. However, even if the penis is flaccid, while you are squeezing it, it will become erect.

Jelqing is the second method of penis enlargement. This must be done quite carefully, or it might cause curvature of the penis. The penis is held at the base in a tight grip. Then, slowly but steadily, the hand is slowly moved upwards, i.e. towards the glans. The thumb is used to apply pressure on the entire length of the penis as it goes along. When the glans is reached, the hand is removed from the penis

and replaced on the base. The entire movement is done again. Repeating for about twenty times a day is supposed to show effects.

There are many variations to jelqing. Some people use one hand for the entire process; while some use both right and left hands, alternating with each other. Also the posture is important. Some men prefer to jelq while standing, while some prefer sitting. However, there are men who admit to jelqing while lying on the back on a bed also.

While jelqing if a circular jerk is employed, then it can provide increase in the girth of the penis also. To do this, one must jelq as mentioned above. When the hand reaches the glans, then the penis is pulled and rotated in a clockwise manner. A moderate pressure should be felt elongating the penis. Once this is done, the penis must be jelqued in the same manner as before; but the rotation must be anticlockwise. Ten rotations in each direction are what are needed to achieve the purpose.

Needless to say, one must be very careful when performing any kind of massage on the penis. The massage should be discontinued immediately if there is any kind of pulling or tearing pain. If there is any bleeding – however minor – it should be shown to the doctor and treatment must be obtained.

Also, the massage should always be equal on both the sides. Massaging one side of the penis more than the other could lead to asymmetry and penis curves. At the same time, the entire length of the penis should be equally massaged.

Massage is a technique of penis enlargement with the least number of side-effects. The benefits may be slow, but people who have tried these methods do claim some degree of improvement. But, the main thing that goes in favor of penis exercises are that they can be treated as a form of sexual arousal.