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# The hush hush topic

Archana Darshan

Erectile dysfunction is common. Nothing elucidates this better than the number of men making a beeline to sex clinics at Daryaganj, Chandni Chowk and Paharganj in a hope to improve their bedroom performance. Sadly, in India, we have no sexology courses.

## I am not in the mood

Dr. Rajesh Taneja, Senior Consultant and Urologist, Pushpavati Singhania, Research Institute for Liver, Renal and Digestive diseases says, erectile dysfunction can stem from organic and psychological causes. He enlists the causes —

- Chronic diseases of the lungs, liver, kidneys, heart, nerves, arteries or veins can lead to erectile dysfunction.

Diabetics are at a higher risk, moreover, deposit of plaque in

Most men undergo an occasional erectile dysfunction. Problem crops in when achieving and maintaining erection frequently, becomes elusive



arteries—resulting from intake of fatty food hampers blood flow to extremities.

- Damage to the nerves that control erections can cause erectile dysfunction.
- Medications such as antidepressants, antihistamines and medications to treat high blood pressure, pain and prostate cancer - can cause erectile dysfunction by interfering with nerve impulses or blood flow to the penis.
- Chronic use of alcohol, marijuana or other drugs often causes erectile dysfunction and decreased sexual drive.
- Excessive tobacco use also can damage penile arteries.
- Stress and depression too act as mood spoilers.

## Treatment options

Medications, surgery and counselling work in treating erectile dysfunction.

Dr. Rajesh Taneja explains, "Viagra works, as it relaxes smooth muscles in the penis and allows a natural sequence to occur, and produces erection in a conducive ambience." However, he warns against its abuse as a fun pill.

## Say no to Viagra

- Men who had heart attack, stroke, or life threatening heart rhythm during the last six months should avoid Viagra.
- Do not take Viagra with nitrate medications.

Surgical treatment options for erectile dysfunction include penile implants, and people not responding to medication may go for it.

GNC offers Horny Goat Weed, a natural aphrodisiac, used for centuries in China and Japan. Traditionally, ginseng has been used to treat erectile dysfunction.

