

## Editorial for the month of August 2009

### Homoeopathic management Of Male sexual disorders

Male sexual dysfunction is a problem with 1 of the 4 main components of male sexual function (libido, erection, ejaculation, orgasm) that interferes with interest in or ability to engage in sexual intercourse. Many drugs and numerous physical and psychologic disorders affect sexual function.

**Libido:** Libido is the conscious component of sexual function. Decreased libido manifests as a lack of sexual interest or a decrease in the frequency and intensity of sexual thoughts, either spontaneous or in response to erotic stimuli. Libido is sensitive to testosterone levels as well as to general nutrition, health, and drugs. Conditions particularly likely to decrease libido include hypogonadism. Drugs that sometimes decrease libido include weak androgen receptor antagonists, such as spironolactone or cimetidine and virtually all drugs that are active in the CNS, such as , tricyclic antidepressants, and antipsychotics.

### **ERECTILE DYSFUNCTION** **(Impotence)**

*Erectile dysfunction is the inability to attain or sustain an erection satisfactory for sexual intercourse. Most erectile dysfunction is related to vascular, neurologic, and hormonal disorders; drug use and sometimes psychologic disorders are also*

The term impotence has been replaced by the term erectile dysfunction (ED).

### **Etiology**

Primary ED (i.e., the man has never been able to attain or sustain erections) is rare and is almost always due to psychologic factors

(guilt, fear of intimacy, depression, severe anxiety) or clinically obvious anatomic abnormalities. Most often, ED is secondary (ie, a man who previously could attain and sustain erections no longer can). Over 80% of secondary ED cases have an organic etiology. However, in many men with organic disease, ED leads to secondary psychologic difficulties that compound the problem. Psychologic factors must be considered in every case.

Psychologic causes may relate to performance anxiety, stress, or a mood disorder (particularly depression). ED may be situational, involving a particular place, time, or partner.

The major organic causes of ED are vascular and neurologic disorders, often stemming from atherosclerosis and diabetes.

Complications of surgery, usually prostate surgery, are another common cause. Other causes include hormonal disorders, drugs, and structural disorders of the penis (eg, Peyronie's disease).

The most common vascular cause is atherosclerosis of penile arteries, often secondary to diabetes. Atherosclerosis and aging decrease the capacity for dilation of arterial blood vessels and smooth muscle relaxation, limiting the amount of blood that can enter the penis. Inadequate impedance of venous outflow (venous leaks) may cause ED or, more commonly, failure to maintain tumescence as long as desired. Venous leaks make it difficult for blood to remain in the penis during erection, so erections occur but cannot be sustained.

Priapism, particularly as in sickle cell disease, may damage penile vasculature and lead to ED.

Stroke, partial complex seizures, multiple sclerosis, peripheral and autonomic neuropathies, and spinal cord injuries are among the neurologic causes. Diabetic neuropathy and surgical injury are particularly common causes.

Any endocrinopathy associated with testosterone deficiency (hypogonadism) may decrease libido and cause ED. However, erectile function only rarely improves with normalization of serum testosterone levels.

Numerous drug causes are possible Antihypertensive drugs like clonidines, beta blockers, diuretics like-loop diuretics.cns drugs like monoamine oxidase inhibitors, opioids, and alcohol.

Of men who have undergone transurethral resection of the prostate, 15 to 40% experience problems with erections because of disruption of the pudendal nerve. ED is more common after more extensive prostatic resection. Prolonged perineal pressure (as occurs during bicycle riding) can cause temporary ED.

### **Homoeopathic Approach:**

The best approach to treat male sexual disorder is to treat the case with homoeopathic constitutional medicine. The following rubrics are extremely useful:

- Erection wanting
- Erection weak too
- Erection delayed
- Erection enjoyment without
- Erection incomplete, etc.

To the justice to the topic I will quote some cases.

The first case is of a person who came to my OPD for absence of erection. This is since he developed an attack of infective hepatitis in 1976. He took lot of Ayurvedic, Allopathic and Unani medicines, spending thousands of rupees but of no use. In 1983 he came to my OPD, I took down his case and following were the symptoms:

He complained of no erections, but when he was newly married he had ejaculations which were too quick. His desire for sex is very strong but erections are wanting.

As a child he was operated for hydrocele. As a young boy he used to masturbate 3 times a week. As a child he was lean thin and emaciated. He was managing director of one of the leading finance company. He was extremely sensitive individual. But on the other hand he had a very strong ego. He becomes irritable with any loud noise. He was very obstinate by nature. His biggest grief in the life was that he could not enjoy sex with his wife. He was quite creative by nature, he used to make kites for his son, he used to draw, and he used to paint. He was an anxious and nervous individual by nature but as I said little egoistic, domineering in habit. He was not much interested to undergo investigations as he was extremely afraid of surgery, needles and pins. He was very stylish and an elegant individual when he walked in my OPD.

His sensitivity as I mentioned earlier is towards injustice, anything wrong been done in the office. In his words there were months where he works quite a lot and then he takes long vacations to relax. He is very restless individual and he is unable to sit in one particular place for a very long time in his office, he has to move frequently.

He was a chilly patient. When he was a young school boy, he suffered from migraine. He had a strong craving for sour and sweets things especially pickles. His tummy will go topsy-turvy if he drinks milk. Based on the above symptoms I prescribed him **China 30** and I continued this remedy for a period of 3 months. Slowly his erections came back and he could enjoy sex with his wife and he never had the similar symptoms again.

**The most important thing that I have learnt from this case was that I have seen many cases where after jaundice or after any**

**liver illness if impotency comes up then China and Lycopodium are very important remedies in my practice.**

Another case I would like to tell is about a newly married man who complained of premature ejaculation with incomplete erection and sometimes no erections at all. Desires was always there but the erections were too weak or not at all. Very important keynote he gave me during the history taking was that his genital was extremely sensitive to touch even of his underwear or his pant so he has to wear loose underwear and loose pant. And his genitals were extremely excitable. When I examined his genital he had an excoriation around the genital.

As a young boy he used to masturbate very heavily. If he consumes any alcohol even a slightest alcohol of a glass of beer or a glass of wine his erections become much worse.

He is working in a foreign bank as a manager and he has lot of problem with his boss where many times his boss tries to insult him in front of others, which invites lot of anger in him, he feels very bad about this but because he has to work under the boss he usually prefers to keep his mouth quite.

He is extremely loving and affectionate individual. If anything happens in the family he is the first person to help, even in his friend circle he is always ready to help people. He loves to take good care of his grandparents or his sick friend.

His hobby is to always buy new thing that comes out in the market whether electronic, cloth, and music system. Any bad news on hearing especially accident or the death of someone makes him extremely nervous and panicky. He does not have an aversion to cat. He frequently loves to gamble in horse racing, He always would like to dress in best of his clothes according to his wife. He is impatient. He is not at all artistic but he can appreciate art. He is also sensitive to

noise. In general he is not very open and extroverted but he is little shy and timid in public places. He is a hot patient; sun in any form aggravates him. He also complains to me that Im getting nervous headache and hair falling.

He is constipated. As a young boy he once visited a prostitute but never had gonorrhoea and as a young boy he also suffered from acne. Based on these indications I prescribed him **Selenium 30**, few doses in a week for few months completely removed his sexual symptoms.

**The most important key symptom in this whole case was the excitability of the genital, the timidity in public, having no talent for art, drawing and painting which is completely opposite of China that you saw in the previous case.**

Another case is of a man who is hypertensive, and has been on chronic anti-hypertensive drugs (beta blockers), complains of no enjoyment during sex, weak erections but his penis is always very soft and flaccid. On history taking I found out that he has a strong odor from his genital which I figured out to be his perspiration. His problem started after his company of import export closed down and subsequently he had a tough time finding a job. That was the time when he developed hypertension, also after 3 to 4 months of taking anti-hypertensive medicine he went into a little depression and complete aversion to work, not much desire to live, loss of ambition. He used to be dull, lethargic and irritable. He will not talk much; he had to be pushed to do many things. He will sit hours together without talking to anybody. Here what I saw was that there was depression, and impotence due to anti-hypertension drugs.

The characteristic symptoms in this case were the flaccidity of the genital and a very strong odor with offensive perspiration from the genital. I selected **Dioscorea 30**, few doses of **Dioscorea** put complete end to his sexual problems. **Ever since then Dioscorea is a very useful remedy in my practice for impotency due to depression or**

**impotency after a loss of job or impotency after chronic consumption of anti-hypertensive drugs.** Dioscorea does not have many good mental symptoms but according to me these are the people who are depressive, who have no ambition, who do not want to live much, they are lazy quite sad and taciturn. As an compensation to their sexual problem their dream are amorous, lascivious and of women.