

## Impotence

Written by Delores A. Hampton  
Sunday, 23 December 2012 14:07

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Also known as Erectile dysfunction, is the inability to develop or maintain an erection of the penis for satisfactory sexual intercourse regardless of the capability of ejaculation. There are various underlying causes, many of which are medically reversible

Listed are some helpful herbs and/or supplements for this condition. However, you must take care of your overall health through a physician.

\* Ashwagandha and Schizandra- Internal Purposes: These are Ayurvedic herbs, that are thought to ensure potency and fertility.

\* Damiana- Internal Purposes: It is believed that this herb increases blood flow to the genital area and increases desire.

\* Sarsaparilla- Internal Purposes: It is said to stimulate production of testosterone, which is thought to be helpful in restoring sexual interest and erectile function.

\* Wild Yam- Internal Purposes: Contains dehydroepiandrosterone (DHEA), a natural steroid, is believed to enhance lovemaking. Dosage: Take twice the recommended amount on the label for two weeks, then stop for two weeks. Repeat this cycle, taking the recommended amount on the label

\* Yohimbe Bark- Internal Purposes: Mainly used as an aphrodisiac to increase libido in both men and women. It is believed that Yohimbe Bark increases blood flow to the penis and stimulates the pelvic nerve ganglia. Also believed to enhance the quality and staying power of erections. Cautions: If you have high blood pressure do not take this.

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\* Dong quai, Gotu Kola, Hydrangea Root, Pygeum, Saw Palmetto, and/or Ginseng- Internal Purposes: These herbs all have beneficial properties that may help with this problem.