

Consider herbal for Erectile Dysfunction

Wednesday, 24 September 2008

Erectile Dysfunction? Try herbal cure

Erectile dysfunction is a problem of enormous magnitude today. No longer can it be rejected as an age-related issue, as more and more younger men are also falling prey to its attack. While this can always be temporary in nature caused by stress, depression, anxiety and other causes, the problem could also have a permanent nature, when the man simply can not get or sustain an erection. While the problem has increased in magnitude, its treatment options have also simultaneously increased. Today there are several scientifically-researched, clinically-tested and FDA-approved prescription drugs available in the market like viagra , the 36 hour cialis and the latest one levitra , but there are also plenty of products available, made from natural and herbal ingredients.

Though the prescription drugs for ED have proved to be effective, more and more men are getting dissuaded by its severe side effects, some of which are life-threatening too, unless taken carefully and under strict medical supervision.

So what kind of alternative therapy can be suggested for these types of men, who are victims of ED? In this context, many cultures have for many centuries treated ED with natural herbs. These may not have been documented in the early years, but there exists several herbs with powerful aphrodisiac properties which men have tried for years on end. It is only recently that the herbal therapy options for ED treatment have made its presence felt in the western world. What kind of benefits can be expected from the herbal alternatives? Here are some eye-openers:

1. Perhaps one of the biggest advantages of herbal therapy is that they are 100% free from side effects, since the ingredients are all naturally-grown herbs.
2. Not just the sexual health of the user, these therapies take care and improve overall health conditions. For instance, the prostate gland in men, responsible for semen production can produce a host of problems if there is any dysfunction of the gland. The herbal medications which are used for curing ED, also have a beneficial effect on the prostate, which no prescription drug can provide.
3. Along side curing ED problems, herbal therapies also rectify seminal volume and sperm quality and count. Increased seminal volume is responsible for increased sexual pleasure and orgasms can last longer when there is adequate volume of seminal fluid.
4. Herbal pills strengthen the erection. This means that your sexual act can last longer bringing endless pleasure for you and your partner.
5. Herbal medication helps you avoid expensive doctor visit costs. No doctor prescription is necessary for the purchase of such medications, since many of the ingredients are already FDA-approved.
6. If you analyze the cost-benefit ratio, you would always find that herbal therapies are more cost effective.

There are several renowned brands of herbal therapies available in the market, meant to cure ED. Do your research properly and examine your own health conditions and then start with the medication. There are plenty of online forums where actual users talk about their individual experiences - and these could be of great help if you are new to this field and looking for ready solutions.