

# Therapeutics of Impotency

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## ABSTRACT

Impotency is widespread condition over 40 years of age in males all over the world. It is multidimensional but common male sexual dysfunction. In impotency rare and lesser used medicine can be effective.

**Keywords:** Homoeopathy, Impotency, Therapeutics

## INTRODUCTION

Impotency is defined as “recurrent and persistent inability, partial or complete, to maintain an erection firm enough for satisfactory sexual intercourse in presence of proper erotic stimuli”<sup>1</sup>. It should be considered a social problem and have a significant impact on the quality of life (QOL) of both the patient as his partner<sup>2</sup>. It is a common problem affecting 15% of men each year approximately<sup>3</sup>. In 1995 over 150 million men worldwide were estimated to have been affected by erectile dysfunction (ED). By 2025 this is projected to rise to 320 million<sup>4</sup>.

The prevalence varies widely in studies from different countries. In the United States it was estimated to be 18.4% in men aged > 20 years<sup>5</sup>, in Canada 49.4% and in Hong Kong 63.6%.

The global prevalence was 3-76.5% and associated with increasing age. Use of the international Index of erectile function (IIEF) and Massachusetts Male Aging Study (MMAS) – derived questionnaire identified a high prevalence of ED in young men. ED was positively associated with CVD. Men with ED have an increased risk of all – cause mortality odds ratio (OR) 1.26 (95% confidence interval [CI] 1.01-1.57), as well as CVD mortality OR 1.43 (95% CI 1.00 – 2.05). Men with ED are 1.33-6.24 times more likely to have BPH the men without it, and 1.68 times develop dementia than men without it<sup>6</sup>.

### Clinical features<sup>7</sup>

- Trouble getting an erection

- Trouble keeping and erection
- Reduced sexual desire

### Causes<sup>7</sup>

It is a complex process that involves the brain, hormones, emotions, nerves, muscles and blood vessels and many other causes.

#### Physical causes

- Heart diseases
- Clogged blood vessels (atherosclerosis)
- High cholesterol
- Diabetes
- Obesity
- Parkinson’s disease
- Multiple sclerosis
- Peyronie’s disease- development of scar tissue inside the penis
- Alcoholism and other forms of substance abuse
- Sleep disorders
- Treatment of prostate cancer or enlarged prostate

- Surgery or injuries that affect the pelvic area or spinal cord
- Low testosterone

### Psychological causes

Brain plays a key role in triggering the physical events that cause an erection, start with feeling of sexual excitement. These include

- Depression, anxiety or other mental health condition
- Stress
- Relationship problems due to stress, poor communication or other concerns

### Risk factors<sup>7</sup>

- Medical conditions - particularly diabetes or heart conditions
- Tobacco use- which restricts blood flow to veins and arteries, can – over time – cause chronic health conditions that lead to erectile dysfunction
- Being overweight - especially if you are obese.
- Injuries- If they damage the nerves or arteries that control erections.
- Psychological conditions -such as stress, anxiety and depression
- Drug and alcohol use - If you are a long -term drug user or heavy drinker.
- Medications - including antidepressants, antihistamines and medications to treat high blood pressure, pain or prostate conditions.
- Certain medical treatments- such as prostate surgery or radiation treatment for cancer

### Complications<sup>7</sup>

- Stress or anxiety
- Embarrassment or low self-esteem
- Relationship problems ca
- An unsatisfactory sex life
- The inability to get your partner pregnant

### Prevention<sup>7</sup>

The best way to prevent sterility is to make healthy lifestyle choices and to manage any present health conditions. For example

- Work with your doctor to manage diabetes, heart disease or any other chronic health conditions.
- Regular check-ups and medical screening tests.
- Stop smoking.
- Limit or avoid alcohol.
- Do not use illegal drugs.
- Exercise regularly.
- Reduce stress

### Homoeopathic management

In homoeopathy with the help of medicines we treat impotency and prevent further complications of the disease.

1. *Agnus castus*– Yellow discharge from urethra. No erections. Impotence. Part cold, relaxed. Desire gone. Scanty emission without ejaculation. Loss of prostatic fluid on straining and gletty discharge<sup>8</sup>. Itching of the genital organ. The penis is small and flaccid; so relaxed that voluptuous fancies excite no erection. Diminution sexual power. The testicles are cold, swollen, hard and painful. Emission of prostatic fluid when straining at stool; during micturition<sup>9</sup>.
2. *Caladium senguinum*- Impotency; relaxation of penis during excitement. Pruritis. Glans very red. Organs seem larger, puffed, relaxed, cold , sweating; skin of scrotum thick. Erection when half asleep; ceases when fully awake. No emission and no orgasm during embrace <sup>8</sup>. Impotence with mental depression. Frequent nocturnal emissions either without dreams or with non-sexual dreams. Imperfect erections and premature ejaculation of the semen <sup>9</sup>.
3. *Tribulus terrestris*-In debilitated states of the sexual organs, as expressed in seminal weakness, ready emissions and impoverished semen. Prostatitis, calculous affections and sexual neurasthenia. It meets the

- auto-traumatism of masturbation correcting the emissions and spermatorrhoea. Partial impotence caused by overindulgence of advancing age accompanied by urinary symptom, painful micturition<sup>8</sup>.
4. *Nuphar luteum* -Complete absence of sexual desire; parts relaxed; penis retracted. Impotency, with involuntary emissions during stool, when urinating. Pain in testicles and penis<sup>8</sup>. Diminution of lascivious thoughts and desire for some days; opposite effect during succeeding days. Involuntary losses during sleep, at stool, and when urinating, with complete absence of erections; inability to effect coitus; weakness; impaired digestion; pale languid<sup>9</sup>.
  5. *Cobaltum metallicum*- Emission without erection and pain in right testicle. Impotence. Backache in lumbar region and weak legs. Brown spots on genitals and abdomen<sup>8</sup>. Frequent nocturnal emissions with lewd dreams waking him up from sleep; with headache. Severe pain in right testicle; >after passing urine<sup>9</sup>.
  6. *Yohimbinum*- Strong and lasting erections. Neurasthenic impotence. Urethritis. Sleeplessness. Thoughts of events of whole past life keep him awake<sup>8</sup>. Enlargement of testicles and epididymis. In the morning strong and lasting erections without increase of desire. Urine clear, abundant, foamy, no trace of albumen and had to rise three times in the night<sup>9</sup>.
  7. *Uranium nitricum*- Complete impotency, with nocturnal emissions. Organ cold relaxed and sweaty. Its therapeutic keynote is great emaciation, debility and tendency to ascites and general dropsy. Copious urination. Diuresis. Incontinence of urine<sup>8</sup>. Burning in urethra while passing urine<sup>10</sup>.
  8. *Sinapis nigra*- Violent erections during day and night; obstinate, painful and continued. Awakening him at night; with lascivious thoughts; lascivious dreams and emissions at night<sup>9</sup>. Pain in bladder, frequent copious flow day and night. Rheumatic pain in intercostal and lumbar muscles; sleeplessness from pain in back and hips<sup>8</sup>.
  9. *Sumbulus moschatus*-Oily pellicle on surface of urine. Sensation as if water dropped down spine and has many hysterical and nervous symptoms. Numbness on becoming cold. Numbness on left side<sup>8</sup>. Absence of erections and all sexual desire. Itching inguinals with increased desire. -Erythema of scrotum<sup>9</sup>.
  10. *Damiana*- Use in sexual neurasthenia; impotency. Sexual debility from nervous prostration. Chronic prostatic discharge. Incontinence of old people. Chronic prostatic discharge. Renal and cystic catarrh<sup>8</sup>.
  11. *Bufo rana*- Involuntary emissions; impotence, discharge too quick, spasms during coition. Disposition to handle organs. Buboes. Effect of onanism. Convulsive seizures occur during sleep at night. Prematurely senile<sup>8</sup>. Disposition to masturbation. Spasms, during coition. Impotency<sup>10</sup>.
  12. *Onosmodium virginianum*- Constant sexual excitement. Psychological impotence. Loss of desire. Speedy emissions. Deficient erections. General prostration. Acts as if born tired. Pain in back. Tired and numb feeling in legs, popliteal spaces, and below knees. Staggering gait<sup>8</sup>. Cold feeling in glans. Desire diminished<sup>9</sup>.
  13. *Selenium metallicum*- Tickling and itching in genitals, especially in scrotum. Impotence; with lascivious ideas. Discharge of semen, drop by drop, during sleep. Lascivious dreams with emissions which waken him, followed by lameness and weakness in small of back<sup>9</sup>. Increases desire, decreases ability. On attempting coition, penis relaxed<sup>8</sup>.
  14. *Sabal serrulata*- Prostatic troubles; enlargement; discharge of prostatic fluid. Wasting of testes and loss of sexual power. Coition painful at the time of emission. Sexual neurotics<sup>8</sup>. Sense of coldness extending into external genitals; sharp pain extending up into abdomen<sup>9</sup>.
  15. *Moschus*- Violent desire, involuntary emissions. Impotence, associated with diabetes. Premature senility. Nausea and vomiting after coition. Sexual hypochondriasis. Profuse urination<sup>8</sup>. Painful involuntary pollutions without erections. Erection with burning pain in urethra. Erection with desire to urinate. Sometimes with insupportable tickling in the parts, or tensive pains in penis<sup>9</sup>.
  16. *Baryta carbonica* - Diminished desire and

premature impotence. Enlarged prostate. Testicles indurated <sup>8</sup>. Falling asleep during coition, without the emission having taken place. Excoriation and oozing between the scrotum and thighs. Erection only in the morning before rising <sup>9</sup>. Erection when riding and genitals feel numb <sup>10</sup>.

17. *Conium maculatum* – Impotence, insufficient erections, and absence of erections. Want of energy in coition. Erections imperfect, and of too short of duration. Flow of prostatic fluid during evacuation, and after any mental emotion <sup>9</sup>. Seminal discharge, provoked by mere presence of a women or contact <sup>10</sup>.
18. *Lycopodium clavatum*–No erectile power; impotence. Premature emission. Enlarged prostate <sup>8</sup>. Bastard gonorrhoea, with a deep red and smarting pustule behind the glans. Weakness or total absence of erections. Emission too speedy or too tardy during coition. Falling asleep during coition. Lassitude, after coition or pollutions. Flow of prostatic fluid, without an erection <sup>9</sup>.
19. *Phosphorus* – Very strong sexual desire, with constant wish for coition. Impotence after excessive excitement and onanism. Erections which are too energetic in evening and morning. Feeble and too speedy emission during coition. Pain in testes and swelling of spermatic cord. Hydrocele <sup>9</sup>.
20. *Medorrhinum* – Nocturnal emission, followed by great weakness. Impotence. Gleet; whole urethra feels sore. Enlarged and painful prostate with frequent urging and painful urination<sup>8</sup>. Emissions during sleep: watery, causing no stiffness of linen; transparent, consistence of gum Arabic mucilage, too thick to pour, and voided with difficulty; thick, with threads of white, opaque substance. Intense and frequent erection day and night <sup>9</sup>.

## DISCUSSION AND CONCLUSION

Homoeopathy is a great benefit for those who suffering from impotency. Homoeopathy avoids painful procedure, lessen the financial burden and provides natural conception, removes emotional blockage and improve the relationship of the couple so therapeutics of impotency discussed above.

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## CONFLICT OF INTEREST

None

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