

# Impotence - signs and symptoms, useful and dangerous products, folk remedies

*Valentina Lazareva*, general practitioner, nutritionist

*Eliseeva Tatyana*, editor-in-chief of the EdaPlus.info project

*E-mail:* lazareva.v@edaplus.info, eliseeva.t@edaplus.info

**Abstract.** Impotence or erectile dysfunction is a man's sexual impotence and his inability to perform full sexual intercourse.

**Key words:** Impotence, description, causes, types and symptoms, complications, prevention, treatment, healthy products, folk remedies, dangerous products

## Types of impotence

1. **Psychological** (psychogenic) - occurs with disorders of the nervous system resulting from fear, stress, lack of confidence in oneself and one's capabilities, and dissatisfaction with oneself.
2. **Organic** is the inability of a man to achieve an erection, which is not associated with psychological influencing factors. The main reason is vascular pathology.

## Causes of impotence:

- **Mental** : state of depression, experienced stressful situations, conflicts with a loved one.
- **Nervous** : various types of injuries, damage to the intervertebral discs, excessive alcohol consumption, previous surgeries on the bladder, pelvic organs, the presence of multiple sclerosis.
- **Arterial** : this includes hypertension, smoking and diabetes.
- **Venous** : disruption of the mechanism of blood outflow from the penis.
- **Medical** : use of luteinizing hormone, blood pressure medications, antidepressants, some sports supplements.

## Symptoms:

- there is no normal erection with adequate arousal (the absence of spontaneous morning or night erection should also be alarming);
- the presence of a weak erection (a decrease in the number of erections during the day, the penis has become not as elastic as before during intimacy);
- ejaculation occurs prematurely (before the penis is inserted into the vagina).

## Useful products for impotence

For sexual impotence, men urgently need to eat foods that contain:

- proteins [1] (cottage cheese [2], meat and boiled fish, eggs [3]);
- zinc [4] (you should eat herring, oysters, mackerel, beef liver, shrimp, pumpkin seeds, sunflower seeds, legumes, mushrooms, oatmeal [5] and buckwheat [6], celery, parsnips, parsley [7], drink green tea);
- selenium [8] (garlic [9], celery, parsnips, olive oil [10], olives, seafood, the most optimal amount of selenium contains the drug “Selenium-Active”);
- phosphorus [11] (wheat bread, cod fish, beef);
- polyunsaturated fatty acids (unrefined vegetable oils, which are best consumed unfried, that is, as a salad dressing. The most useful oils are: flaxseed [12], walnut [13], olive, soybean [14]);
- vitamin C [15] (kiwi [16], black currant [17], sea buckthorn [18], citrus fruits, greens (spinach, dill and parsley [19-21]), garlic [22], green walnuts, hot pepper and sweet, viburnum [23], broccoli [24,25], red cabbage);
- lycopene (tomatoes [26], red grapefruit: for greater effect, these products should be combined with fatty vegetables, such as avocado [27] or spinach);
- agrinin (pistachios).

### **Folk remedies to combat impotence**

- Recipe No. 1 “Treatment with pollen”

To combat erectile dysfunction, you need to consume pollen.

Directions for use: drink 10 grams (one teaspoon) of pollen 10-15 minutes before meals. Be sure to drink water. Can be mixed with honey in proportions 1:1 or ½.

Number of doses per day: three times.

- Recipe No. 2 “Mummy”

To increase erection, you need to take mumiyo in its pure form in the morning before meals and at night, after dissolving 0.2 grams in a tablespoon of not very hot water. The course of treatment lasts 2-4 weeks, depending on the complexity of the disease.

Shilajit can also be combined with carrot [28], blueberry [29] or sea buckthorn juices [30]. The procedure is the same, only the water should be replaced with a tablespoon of the juice you have chosen. At the same time, improvements are noticeable on the 7th day of admission.

### **Important!**

**1. Under no circumstances should you drink any alcohol during the entire course of treatment with mumiyo.**

**2. A single dose should not exceed 0.35 grams.**

- Recipe No. 3 “Decoction of medicinal asparagus”

Take 10 grams of berries and pour 0.4 liters of hot water, leave for 6-8 hours. Use 3-4 r. per day, 1st tbsp. l. such an infusion.

- Recipe No. 4 “Infusion of young leaves of Norway maple”

To prepare the decoction, you need a tablespoon of crushed and dried leaves, which is poured with a glass of boiling water. Leave for half an hour to infuse. Take 50 grams of decoction 3-4 times. for a day.

Recipe No. 5 “Green Walnut Syrup”

Cut green walnuts into four parts and cover with sugar, maintaining a proportion of ½. Take one tablespoon daily for two weeks (then a month break). This syrup should be stored in the refrigerator.

Contraindications: thyroid disorders, bleeding tendency, poor blood clotting.

### **Dangerous and harmful products for impotence**

- fast foods and instant food (such as “Mivina”, “Bystro Soup”, etc.);
- semi-finished products;
- sausages, sausages (only home-made ones are allowed, which are actually made from meat, and not from soy, flavorings, dyes and who knows what);
- soda;
- energy.

Also, you should not overuse pasta, potatoes [31] and rice [32].

It is not recommended to eat white bread made from refined flour. These are all fast carbohydrates that you don't need [33].

### **Literature**

1. Eliseeva, T., & Shelestun, A. (2019). Protein - description, benefits, effect on the body and the best sources. *Journal of Healthy Eating and Dietetics*, 1(7), 54-78. DOI: 10.59316/j.edpl.2018.7.6
2. Yampolsky, A., & Eliseeva, T. (2020). Cottage cheese. *Journal of Healthy Eating and Dietetics*, (11), 37-50. DOI: 10.59316/.vi11.64
3. Tarantul, A., & Eliseeva, T. (2020). Chicken egg. *Journal of Healthy Eating and Dietetics*, (11), 51-66. DOI: 10.59316/.vi11.65
4. Tkacheva, N., & Eliseeva, T. (2022). Zinc (Zn) – value for the body and health + 30 best sources. *Journal of Healthy Eating and Dietetics*, 1 (19), 5-15. DOI: 10.59316/.vi19.152
5. Yampolsky, A., & Eliseeva, T. (2021). Oatmeal. *Journal of Healthy Eating and Dietetics*, (15), 43-60. DOI: 10.59316/.vi15.97

6. Eliseeva, T., & Tkacheva, N. (2019). Buckwheat (lat. Fagopyrum). *Journal of Healthy Eating and Dietetics*, 1 (7), 34-44. DOI: 10.59316/.vi7.37
7. Eliseeva, T., & Shelestun, A. (2023). Parsley juice—6 scientifically proven benefits for the body. *Journal of Healthy Eating and Dietetics*, 2 (24), 37-41. DOI: 10.59316/j.edaplust.2023.24.6
8. Eliseeva, T. (2022). Selenium (Se) – value for the body and health + 30 best sources. *Journal of Healthy Eating and Dietetics*, 1 (19), 55-64. DOI: 10.59316/.vi19.160
9. Eliseeva, T., & Yampolsky, A. (2019). Garlic (Latin: Allium sativum). *Journal of Healthy Eating and Dietetics*, 1 (7), 11-22. DOI: 10.59316/.vi7.35
10. Eliseeva, T., & Shelestun, A. (2022). Olive oil – beneficial and dangerous properties, chemical composition, use in cooking and cosmetology. *Journal of Healthy Eating and Dietetics*, (19). DOI: 10.59316/oil.2022.19.10
11. Eliseeva, T. (2022). Phosphorus (P) – value for the body and health + 30 best sources. *Journal of Healthy Eating and Dietetics*, 1 (19), 19-28. DOI: 10.59316/.vi19.154
12. Eliseeva, T., & Shelestun, A. (2022). Flaxseed oil – beneficial and dangerous properties, chemical composition, use in cooking and cosmetology. *Journal of Healthy Eating and Dietetics*, (19). DOI: 10.59316/oil.2022.19.18
13. Eliseeva, T., & Shelestun, A. (2022). Walnut oil – beneficial and dangerous properties, chemical composition, use in cooking and cosmetology. *Journal of Healthy Eating and Dietetics*, (19). DOI: 10.59316/oil.2022.19.7
14. Eliseeva, T., & Shelestun, A. (2022). Soybean oil – beneficial and dangerous properties, chemical composition, use in cooking and cosmetology. *Journal of Healthy Eating and Dietetics*, (19). DOI: 10.59316/oil.2022.19.27
15. Eliseeva, T., & Mironenko, A. (2018). Vitamin C (ascorbic acid) description, benefits and where it is found. *Journal of Healthy Eating and Dietetics*, 2 (4), 33-44. DOI: 10.59316/.vi4.19
16. Yampolsky, A., & Eliseeva, T. (2021). Kiwi (lat. Actinidia chinensis). *Journal of Healthy Eating and Dietetics*, (15), 2-13. DOI: 10.59316/.vi15.94
17. Yampolsky, A., & Eliseeva, T. (2020). Black currant (lat. Ribes nigrum). *Journal of Healthy Eating and Dietetics*, (12), 71-82. DOI: 10.59316/.vi12.76
18. Yampolsky, A., & Eliseeva, T. (2020). Sea buckthorn (lat. Hippophaë). *Journal of Healthy Eating and Dietetics*, (14), 2-14. DOI: 10.59316/.vi14.86
19. Tarantul, A., & Eliseeva, T. (2020). Spinach (lat. Spinacia oleracea). *Journal of Healthy Eating and Dietetics*, (12), 48-59. DOI: 10.59316/.vi12.74
20. Tarantul, A., & Eliseeva, T. (2020). Dill (lat. Anéthum). *Journal of Healthy Eating and Dietetics*, (12), 13-24. DOI: 10.59316/.vi12.71
21. Yampolsky, A., & Eliseeva, T. (2020). Parsley (lat. Petroselinum crispum). *Journal of Healthy Eating and Dietetics*, (12), 2-12. DOI: 10.59316/.vi12.70
22. Eliseeva, T., & Yampolsky, A. (2019). Garlic (Latin: Allium sativum). *Journal of Healthy Eating and Dietetics*, 1 (7), 11-22. DOI: 10.59316/.vi7.35
23. Eliseeva, T., & Tkacheva, N. (2018). Viburnum (Viburnum). *Journal of Healthy Eating and Dietetics*, (5), 43-51. DOI: 10.59316/.vi5.25
24. Eliseeva, T., & Yampolsky, A. (2020). Broccoli (Brassica oleracea Broccoli Group). *Journal of Healthy Eating and Dietetics*, 1 (11), 12-25. DOI: 10.59316/.vi11.62
25. Eliseeva, T. (2022). Benefits of broccoli: Top 10 proven beneficial properties. *Journal of Healthy Eating and Dietetics*, 2 (20), 24-28. DOI: 10.59316/.vi20.172
26. Eliseeva, T., & Tkacheva, N. (2018). Tomatoes (Solánum lycopersicum). *Journal of Healthy Eating and Dietetics*, (3), 31-40. DOI: 10.59316/.vi3.15

27. Eliseeva, T., & Yampolsky, A. (2019). Avocado (lat. Persēa americana). *Journal of Healthy Eating and Dietetics*, 4 (10), 63-75. DOI: 10.59316/.vi10.58
28. Eliseeva, T., & Tkacheva, N. (2023). Carrot juice—8 scientifically proven health benefits. *Journal of Healthy Eating and Dietetics*, 2 (24), 31-36. DOI: 10.59316/j.edaplust.2023.24.5
29. Shelestun, A., & Eliseeva, T. (2023). Blueberry juice is a panacea for many diseases: scientifically proven facts. *Journal of Healthy Eating and Dietetics*, (25). DOI: 10.59316/ j.edaplust.2023.25.6 \_
30. Eliseeva, T., & Tkacheva, N. (2023). Sea buckthorn juice: 10+ beneficial properties of a delicious medicine. *Journal of Healthy Eating and Dietetics*, (26). DOI: 10.59316/10.59316/j.edpl.2023.26.7
31. Tarantula, A. (2018). Potatoes (Tuberous nightshade, Solánium tuberosum). *Journal of Healthy Eating and Dietetics*, (4), 22-32. DOI: 10.59316/.vi4.18
32. Tarantul, A., & Eliseeva, T. (2021). Rice (lat. Orýza). *Journal of Healthy Eating and Dietetics*, (15), 61-74. DOI: 10.59316/.vi15.98
33. Eliseeva, T., & Shelestun, A. (2019). Carbohydrates - description, benefits, effect on the body and the best sources. *Journal of Healthy Eating and Dietetics*, 1(7). DOI: 10.59316/j.edpl.2018.7.8

[HTML version articles](#)

Received 08.05.2021

### **Impotence - signs and symptoms, useful and dangerous products, folk remedies**

Valentina Lazareva, general practitioner, nutritionist

Eliseeva Tatyana, editor-in-chief of the project EdaPlus.info

E-mail: lazareva.v@edaplust.info, eliseeva.t@edaplust.info

**Abstract.** Impotence or erectile dysfunction is a man's sexual impotence and inability to perform a full sexual intercourse.