



Male sexual dysfunction and recommended foods in Iranian traditional medicine

E. Nazem Hakim , A. Goushegir, F. Nejatbakhsh*, M. Isfahani,
A. Nikbakht Nasrabadi

Abstract:

Male sexual dysfunction is common. IN America, a prevalence of impotence of %52 was estimated among men aged 40-70 years.

Causes of sexual dysfunction and their treatments are expressed in classical medicine and Iranian traditional medicine (ITM).

ITM physicians stressed the importance of nutrition in the prevention and treatment of diseases. Also in this problem recommended many foods for each causes.

The aim of this study was to explore the causes of male sexual dysfunction and recommended foods for treating this problem addressed through the ITM original resources.

Specific data related to the subject among all referral ITM texts was extracted firstly, and then the collected data were analyzed using inductive content analysis.

The analysis of data revealed that male sexual dysfunction in ITM has two causes; physiologic and psychosomatic. Physiologic causes are low semen volume, brain weakness, heart weakness, stomach weakness, liver weakness, kidney weakness, sexual inactivity, semen intemperament, low vessels flatulent and penis weakness or palsy. Signs and symptoms and recommended drugs and foods for each causes are expressed, that in this study stressed the recommended foods.

Keywords: Male sexual dysfunction, Nutrition, Iranian traditional medicine.

Corresponding Author: fnejatbakhsh@yahoo.com