HERBAL APHRODISIACS
A REVIEW OF MEDICINAL HERBS WITH BENEFICIAL PROPERTIES FOR SEXUAL HEALTH

EMILI RESA GIMÉNEZ

1. OBJECTIVES
The objective of this paper is to study and assess diverse natural alternatives to increase the libido and to improve the sexual well-being also, with the objective of providing a stack of herbal supplements to correctly improve them. The first priority of this paper is to find herbs supported by scientific evidence of weight. We will never assume subjective reports to be true.

2. INTRODUCTION
At this point the necessity of a paper of this kind will be justified and important points will be revealed for better understanding of the entire paper.

CAUSES OF LOW SEXUAL DESIRE
In a recent study, 14.4% of those interviewed reported a prolonged lack of sexual desire over the previous year[1]. It was reported that a great majority of these men presented with erectile dysfunction as the only cause or as one of the causes for their lack of sexual desire.

ERECTILE DYSFUNCTION
Erectile dysfunction is defined as the repeated incapacity to have or to maintain an erection firm enough to practice satisfactory sexual relations. The prevalence of erectile dysfunction in men aged 40-70 years is about 52%, of which the 17.2% present a mild, the 25.2% moderate, and the 9.6% severe[2].

Erectile dysfunction, according to its etiology, is classified by its severity or as the cause which can be organic, psychological, or mixed.

MEASURE THE ERECTILE DYSFUNCTION
Erectile dysfunction is categorized as mild, moderate, or severe. It is important to use a universal scale to measure the severity of an erectile dysfunction. Said scale is the International Index of Erectile Function (IIEF). There are two types of IIEF according to the number of questions that are in the questionnaire, IIEF-5 is IIEF-15: the IIEF-5 is a simplified version of the IIEF-15 which contains only the questions specifically related to erectile dysfunction.

WHY TO USE AN HERB EXTRACT COCKTAIL?
Having a large number of drugs available to treat erectile dysfunction, what is the interest in investigating the effects of the herb extracts? Why to use an herb extract cocktail?

5. STACK
At this point, how to create a stack to increase libido and erectile capacity will be discussed. The stack contains the following supplements:
- A base daily consumption supplement without being cycled (maca).
- A supplement taken to demand as needed (yohimbine).
- A daily consumption supplement being cycled (rotating month to month between TTs, Tongkat Ali, and Horny Goat Weed).

They will be taking between 1.5 and 3 g of maca daily with breakfast along with:
- 300 mg of (2% ZE) extract of Tongkat Ali or.
- 400 mg of a Horny Goat Weed extract (40% icariins) or, and
- 220 mg of a Tribulus terrestris extract (20% saponins).

In addition, 0.2 mg / kg of yohimbine will be taken between 30 and 90 minutes before a sexual encounter.

Total monthly cost of the stack will vary depending the supplement corresponding to the month according to Table 1.

Table 1: Quantities and monthly cost of the stack

<table>
<thead>
<tr>
<th>EXTRACT</th>
<th>MONTH Dose</th>
<th>PRICE</th>
<th>TOTAL MONTHLY/PRICE ACCORDING TO THE CYCLED EXTRACT USED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maca</td>
<td>45-135 g</td>
<td>8.25$</td>
<td></td>
</tr>
<tr>
<td>Yohimbine</td>
<td>16 g</td>
<td>7.20$</td>
<td></td>
</tr>
<tr>
<td>Horny Goat Weed</td>
<td>12 g</td>
<td>125$</td>
<td></td>
</tr>
<tr>
<td>Tribulus terrestris</td>
<td>4.5-22.5 g</td>
<td>1-45$</td>
<td>19.50$</td>
</tr>
<tr>
<td>Tongkat Ali</td>
<td>3 g</td>
<td>55$</td>
<td>20.55$</td>
</tr>
</tbody>
</table>

Ten encounters per month and a weight of 80 kilos are assumed. All prices have been calculated following the "worst case scenario" (ie, E. coli is 800$/kg, may reduce depression and anxiety[3].

ADDITIONAL CONSIDERATIONS
By observing the results generated by the studies, we can see that the stack has very interesting properties in addition to the ability to increase libido and its pro-erectile properties.

6. STUDIES OF INTEREST
We will review plant by plant which studies can be made and value the potential importance of each.

7. CONCLUSIONS
After the elaboration of this work we have reached different conclusions.
- Erectile dysfunction is a problem present in society. Fortunately, it is a problem which can be solved.
- The erection mechanism presents a wide range of points where it is possible to intervene in order to improve this process and, ultimately, improve the quality of the sexual encounter.
- The public wants to associate the natural with the good so it can be very profitable to present a natural alternative to drugs such as PDE5 inhibitors.
- Maca, TTs, HGW, yohimbine and tongkat ali all have aphrodisiac activity because they take part in one or more stages of erection.
- We have presented a stack that theoretically should improve sexual function, and improve other aspects of the general welfare (for example, aminothiol properties).
- Studies are needed to ensure the capabilities of the stack. Such studies are mandatory if a company is interested in bringing this product to market.
- There are a lot of studies that could be performed on these extracts in order to discover their full potential.

8. BIBLIOGRAPHY
- Chinese Journal of Andrology 8: 1-4

9. MECHANISM OF ACTION
Mechanism of action: 
- Mechanism of action: 
- Mechanism of action: 
- Mechanism of action: 
- Mechanism of action: 
- Mechanism of action: 
- Mechanism of action: