

عنوان مقاله:

Evaluate Healing Plants in the Treatment of Men and Women Sexual Dysfunction

محل انتشار:

سومین کنگره بین المللی روش های کم تهاجمی زنان و مامایی ایران (سال: 1397)

تعداد صفحات اصل مقاله: 1

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خلاصه مقاله:

Background: Sexual health is one of the key factors in the sustainability of marital life. Significant prevalence of sexual dysfunction can be individual diseases, family disputes and social problems is very effective. Anorgasmia and decreased libido in women and premature ejaculation and impotence in men are common and can reduce their quality of life. Chemical drugs usage due to long-term use of these drugs have side effects that may be more dangerous than the disease itself, therefore in recent decades the use of traditional medicine is seriously considered. This review aimed to evaluate healing plants in the treatment of men and women sexual dysfunction. **Methods:** This article is a review article with search on sites such as PubMed, SID, EMBASE, Scopus, Google scholar and Magiran. Articles coordinated with the specified criteria collected from 2010 to 2017 and reported in a paper. **Results:** Studies show the fruits of *Tribulus terrestris* as an herbal supplement, elevated DGEA in the body, and increases sexual desire in men and women and increase the quality of sexual function. Saffron can raise the level of endorphins and thus decreased libido and lack of orgasm due to its in depressed people. Truffle (*Terfezia Boudieri*) enhances sexual desire and stimulation and treats impotence in men and women. The *Fumaria officinalis* enhances the sexual powers and its alcoholic extract significantly increases sperm count and thus increases the fertility of men. The results show that the combination of *Olibanum* and lavender plants and the plant *Hypericum Perforatum* can improve premature ejaculation in men. *Aphrodite* and *Date Palm Pollen Capsule* increase orgasm and libido in postmenopausal women, but do not affect the sexual disability of men. Cinnamon eliminates sexual dysfunction, especially in men. Research shows that *Femore gel* (L - arginine topical) and *Squill oil* can increase sexual stimulation by increasing blood flow. *Camphora* decreases and *Vitamin E* (as an antioxidant) increases the quality of the sperm. **Conclusion:** The use of medicinal herbs to improve sexual dysfunction in men and women can be effective as an alternative to or simultaneously with the use of chemical drugs to increase the sexual function.

کلمات کلیدی:

Sexual Dysfunction, Medicinal Herbs, Sexual Disorders, Healing Plants

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