

Home remedies for low libido

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A healthy sex drive is a natural part of an individual's makeup, so if you are experiencing low sex drive it's important to investigate the

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If you are experiencing low sex drive it's important to investigate the causes with your doctor. (Getty Images)

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Fortunately, however, there are a number of natural home remedies that can not only boost your sex drive but will also improve your mood, help you look and feel better and raise your overall energy levels as well.

An apple a day

Most people will remember their childhood days where their parents would force them to eat an apple saying "an apple a day keeps the doctor away". So proving that right consuming an apple with honey can work wonders for low sex drive.

Do it at home: To prepare an apple dessert , which is considered as the most effective sex tonic, you need 5 apples, honey, 10 drops of rosewater, 1 pinch of saffron, 1 pinch of nutmeg and 1/8 teaspoon of powdered cardamom. Skin and core the apples and blend or mash them into a pulp. Add honey according to your taste, mixing thoroughly. Add the spices and rosewater and you sex tonic is ready. For best results, take ½ cup of this dessert at least an hour after your meal and avoid taking milk, yoghurt and fish for about four hours before and after taking the dessert.

Almonds to the rescue

Almonds are considered valuable in curing low sex drive and even impotency. Almonds can be eaten raw or can be mixed in milk. Either way, they are great for increasing sex drive.

Do it at home: Eat 10 raw and unroasted almonds for breakfast. Soak the almonds in water overnight, peel the skin the next morning and then eat them. You can also prepare an almond drink. You will need 10 raw almonds, 1 cup warm milk, 1 teaspoon natural sugar, a pinch of saffron and a pinch of nutmeg. Soak the 10 almonds overnight and peel the skin off the next morning. Add to the milk, together with the other ingredients and blend well in a blender.

Partake off a herbal brew

Herbal remedies are always better than any other medications because they are natural and don't have any adverse side effects.

Do it at home: To prepare this magical herbal brew, take 1 part shatavari, 1 part vidari, 1/8 part nutmeg, 1/2 part tagar and warm milk. Add 1 teaspoon of this mixture to a cup of warm milk. For effective results, drink this brew twice a day, once in the morning and another cup in the evening. Taking this brew for over a month works wonders for your libido. Within a few weeks, you ought to notice a change in your sexual response, increasing your sexual pleasure.

On a date

Dates are a highly-strengthening food and possess the ability to restore sexual drive, increase endurance and improve overall vitality, while promoting a Zen state of mind.

Do it at home: Eating one date daily every morning as it is useful in combating low libido and sexual debility, even chronic fatigue. To make preserved dates, you need 10 fresh dates, a quart jar of ghee, 1

teaspoon of ginger, 1/8 teaspoon of cardamom and 1 pinch of saffron. Soak the dates in a jar of ghee and add the rest of the ingredients. Cover the jar and store it in a warm place for at least 12 days.

Use onions and garlic to restore sexual vitality

Onions and garlic are known to be an effective aphrodisiacs and one of the best libido enhancers, but their properties are not generally known.

Do it at Home: Mix one tablespoon of onion juice with one teaspoon of fresh ginger juice and consume twice daily. This mixture can be taken daily with a spoon of honey, but make sure to consume this mixture when your stomach has been empty for at least two hours. You can also prepare garlic milk with one cup of milk, ¼ cup of water and a clove of chopped garlic. Add garlic to the milk and water, and boil gently until one cup of the liquid is left behind. This aphrodisiacal drink is recommended for people who are suffering from a low sex drive. For favourable results take this drink at bedtime.

Drumstick therapy

A soup made with drumstick flowers boiled in milk is very useful in the treatment for the loss of libido. It is also useful in functional sterility in both males and females.

Do It At Home: Powder of the dry bark can be boiled in half a litre of water for about half an hour. Thirty grams of powder, mixed with one tablespoon of honey, can be taken thrice daily.

Safed Musli or Asparagus cures low sex drive

The dried roots of safed musli (also known as asparagus) are used in Ayurveda as an aphrodisiac. Asparagus is primarily used as a tonic and rejuvenative for the reproductive system both for men and women.

Do It At Home: Take 15 grams of the dried roots of asparagus and boil it with one cup of milk. Take this mixture twice daily for satisfactory results. The regular use of this recipe is valuable to cure impotency and premature ejaculation. Eating asparagus in your salad helps to increase male libido.

(With inputs from Dr. M.P. Mani, Bachelor of Ayurvedic Medicine and Surgery)

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