

5 Potent Aphrodisiacs For Men And Women

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5 Potent Aphrodisiacs For Men And Women

Having a healthy sex life should be the norm. And yet, sexual intercourse in itself is sometimes regarded as something that should be utterly private. When loss of libido occurs, we don't know who to talk to or even if we should.

Don't know where to start?

Should you consult your GP or seek advice online?

How to find efficient solutions without side effects?

And finally, how to avoid risky medical interactions?

Here you will learn what alternatives to choose to get your "mojo" back in no time, and it all comes down to natural aphrodisiacs that can help women and men alike.

Aphrodisiacs are foods or drugs that increase sexual arousal, also known as sexual desire or libido. Many pharmaceutical drugs offer libido-boosting effects; however, most of them come with a heavy set of side effects, and consequently, individuals often sought out natural and safer aphrodisiacs.

The following 5 aphrodisiacs are potent plants that will help you boost your desire.

You may find that one works better for you than others, so don't hesitate to try a different one if you are not satisfied with the results.

Maca (*Lepidium Meyenii*)

Maca – also known as "Peruvian Viagra" – is a sweet root vegetable belonging to *cruciferous vegetables*, a group including broccoli, cauliflower, and cabbage. It has been traditionally used for fertility-enhancing purposes, and growing evidence shows that Maca could potentially boost sexual desire in both men and women.

A wide variety of studies on patients with mild erectile dysfunction and healthy adult men demonstrate how Maca can efficiently increase libido and erectile function. ([1](#), [2](#))

Similarly, Maca seems to be beneficial on postmenopausal women. A 6-week study conducted by Victoria University (Australia) shows that powdered Maca can boost sexual function while reducing anxiety and depression in postmenopausal women. ([3](#))

It should be noted that the studies mentioned above discredited the alleged beneficial impact of Maca on hormones (testosterone, estradiol, and estrogen), as the positive results are not the outcome of hormonal changes.

Safety and Side Effects: *There haven't been notable side effects due to Maca's consumption; however, if you have thyroid problems, you should avoid this plant.*

Ginkgo Biloba

Ginkgo Biloba comes from the tree of the same name, which happens to be one of the oldest species of trees in existence.

This herbal remedy has been used in traditional Chinese medicine for centuries to treat many troubles, from depression to loss of desire.

The ginkgo leaf extract has many positive effects. It has been reported to have neuroprotective, anticancer, cardioprotective, and stress-alleviating impacts. Research shows it can relax blood vessels and boost blood flow, thus improving erectile function. (4)

According to a study by the University of California, Ginkgo Biloba can increase desire, excitement, and the power of orgasms in both men and women. Moreover, in this study, women were more responsive to the sexually enhancing effects of Ginkgo Biloba than men, with relative success rates of 91% versus 76%. (5)

Safety and Side Effects: *While ginkgo Biloba is relatively safe for consumption, a few side effects have been reported. As such, hemophiliacs, individuals on blood thinners, and people who are planning surgery should avoid this plant.*

Tribulus Terrestris

Tribulus – also known as Bindii – is a flowering plant found in dry climates native to southern Eurasia and Africa's tropical regions.

Tribulus is used to treat various health issues, such as high blood pressure or high cholesterol. Most notably, it is claimed to help sexual dysfunction. A study by the Government Ayurveda Medical College and Hospital (India) shows that the fruits of Tribulus terrestris act as an aphrodisiac by boosting desire and improving fertility. (6)

It is worth mentioning that Tribulus is far more interesting for women, as shown by research.

A 2014 study on female patients presenting sexual dysfunction found that Tribulus was effective and safe in treating the disorder. (7) Similarly, a 2016 study on the treatment of inhibited sexual desire in postmenopausal women found that Tribulus effectively increased desire. (8)

Safety and Side Effects: *There haven't been notable side effects found with the consumption of tribulus. However, if you have any doubts or take medication, don't hesitate to consult your GP.*

Fenugreek (Trigonella Foenum-Graecum)

Fenugreek is a plant widely cultivated in Asia, Africa, and Mediterranean countries for its seeds' edible and medicinal values.

Usually found in South Asian and North African dishes, Fenugreek is also popular in Ayurvedic medicine (the traditional Indian medicine) for its anti-inflammatory and libido-boosting properties.

The herb contains compounds that can stimulate the production of estrogen, a sex hormone in women. (9)

The effect of Fenugreek seed extract on sex hormones and sexual function in healthy women who reported low sexual drive was conducted by the University of Sydney (Australia). The outcome of this 8-week study shows that Fenugreek may be a useful treatment for increasing sexual arousal in women. (10)

Safety and Side Effects: *While Fenugreek is relatively safe for consumption, a few side effects have been reported. It can interact with blood thinners and cause minor stomach upsets, and due to its influence on hormones, it shouldn't be taken during the treatment of hormone-sensitive cancer.*

Red Ginseng (Panax Ginseng)

Red Ginseng – also known as Korean Ginseng, Asian Ginseng, and Chinese Ginseng – is one of the most widely known herbal remedies, and it is used in traditional Asian medicines to treat a wide range of disorders and promote health.

Ginseng has also been reputed as an aphrodisiac, and it can treat sexual dysfunction and enhance sexual behavior in both men and women.

Research has shown that Red Ginseng may help boost erectile function ([11](#), [12](#)), while in menopausal women, it improves sexual arousal. ([13](#)) It can also be used as an alternative medicine to enhance sexual life.

Safety and Side Effects: *While Red Ginseng is relatively safe for consumption, a few side effects have been reported. The most common side effect is trouble sleeping, while the less common effects are headaches, constipation, and low or high blood pressure. If you take blood thinners or are under hormone-sensitive cancer treatment, talk to your doctor before taking Red Ginseng.*

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