

## Diets that are Aphrodisiac in Nature-A Review Study

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### Abstract

Diets have various effects on the human being. Since ancient times various diets were used as a medicine in the Indian system of medicine famous as Ayurveda. The diet has aphrodisiac effects too, which means diet can also stimulate one's sexual desire. A review study of various diets about aphrodisiac nature is essential as people are more interested in such diets as apple, milk, cloves, bay leaf, Asafoetida (Hing) and much more. The Ayurveda have suggested warm milk as a diet for men to increase their capacity to be sexually active. The variety of diets had variety of effects on us. Hence before eating any food think twice about the effects on our body and mind. The sexual desire in society is a changing phenomenon. Due to high use of cigarettes, alcohols impotence is prevailing in the society. Thus, to combated with the arising problem peoples are in search of aphrodisiac foods. The present study showcased the effects of various diets on the enhancement of sexual desires. The study is important for the readers, researchers who are working on the problems associated with sexual desires.

Keywords: Aphrodisiac; Asafoetida; Cloves; Milk.

### Introduction

Diets have various effects on the human being. Since ancient times various diets were used as a medicine in the Indian system of medicine famous as Ayurveda. The diet has aphrodisiac effects too, which means diet can also stimulate one's sexual desire. A review study of various diets about aphrodisiac nature is essential as people are more interested in such diets as apple, milk, cloves, bay leaf, Asafoetida (Hing) and much more. The Ayurveda have suggested warm milk as a diet for men to increase their capacity to be sexually active. These various milk-based preparations can

be helpful in an increase of hardness, an extension of the duration of hard erection and inhibit early ejaculation. Milk also increases Shukradhatu (semen). Milk acts as a vehicle and helps these herbs to reach tissues of the male reproductive system. Thus, the total male reproductive system rejuvenates, and doshas get balanced by the regular inclusiveness of milk in the diet. Fenugreek seeds have saponins that can help boost testosterone, the male hormones. It can increase male libido. Cardamom is a green miracle in increasing energy and relieves tiredness. The cloves help heat up the body and may boost the warmth proportion on the bed. The fennel or Saunf has an estrogen-like substance (estriol) that turns out libido. Ginseng belongs to 11 various varieties of a short, slow-growing plant with fleshy roots. Ginseng may restore and enhance well-being. It also improves male erectile dysfunction (ED). Saffron is useful for stimulation of sexual desires. Nutmeg was

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considered the most famous natural aphrodisiac. The study reveals that nutmeg has the same effect on mating behavior as Viagra. Cloves are associated with an increase in one's energy levels. They also have one of the best aromatherapy scents that help improve sexual behavior. The green chillies with garlic when taken together which is a tried and tested way of enjoying sex for a more extended period. Ginger increases sex drive and stimulates sexual performance.

#### *Apple*

Doctors advised us that an apple a day will keep doctors away. As all of us know, that apple originates in central Asia is observed to have a pleasant soothing effect on sexual health. The regular intake of 2 apples per week affects women to give them more sexually fulfilment both in relation to the frequency of intimacy and their satisfaction. The apple contains phloridzin, which is a molecule similar to estradiol-a primary female sex hormone. The apples also have vitamins (C, A, B), minerals and trace elements.<sup>12</sup>

Phloridzin, which is a phenolic compound having the chemical name phloretin 2'-O-glucoside, phlorizin, phlorizin, phlorhizin or phlorizoside, is a member of dihydrochalcones. It has good effect on diabetes control.<sup>8,9</sup>

#### *Cardamom*

Cardamom is a unique spice. It attracted us due to its aroma. It has effects on our senses to soothe the mind and body. These responses are also connected to our hormones, specifically testosterone. Cardamom is a rich source of cineole. Cineole is an achiral aromatic component that stimulates and boosts blood circulation.<sup>4</sup>

#### *Cloves*

Clove (*Syzygium Aromaticum*) has an aphrodisiac effect. It is a libido enhancer with erectile health. It can be a treatment for the premature ejaculation. Cloves has its origine from the Maluku Islands in Indonesia. It is also harvested mainly in Bangladesh, Indonesia, Malaysia, India, Madagascar, Zanzibar, Pakistan, Sri Lanka and Tanzania.<sup>5,6</sup>

Cloves are used in medicinal useagebecause of their potent antioxidant and antimicrobial activities. Clinical studies have recognized its antibacterial, antifungal, antiviral and anticarcinogenic effects.<sup>7</sup>

Cloves are a commonly available herb that could

come to the rescue if one needs a sexual stamina boost. It can flare up sexual desire, stiffening up the male organ, and enhances control over ejaculation.

Cloves improve Testosterone levels. Testosterone is one of the essential compounds for keeping up a man's sex drive and sexual performance. Cloves also increase nervous stimulation.<sup>1</sup>

Clove is a fantastic herb for sexual wellness. It is particularly effective in boosting testosterone levels. It also act by the imporvemnt of sexual performance by improving erectile health and one's control over ejaculation. Possessed with solid antioxidant and nervous stimulation properties, cloves are one of the most commonly available herbs for enhancing sexual desire.<sup>7</sup>

#### **Ginger**

##### *Ginger as an Aphrodisiac*

It is also excellent for weight loss, alleviating cold symptoms, joint pain, regulating the amount of sugar within the blood, and even treating insomnia—these things we already discussed previously within the article that I leave below.

It's been since precedent days, especially in Asian cultures. Ginger is natural Viagra, but you can take cenforce 100 and cenforce 200 for instant results.

Ginger is additionally a potent treatment for people with impotence problems because it improves erection and delays ejaculation.

##### *Garlic*

Garlic was used in ancient times in Greece used to improve physical prowess and performance in athletics. It is also an ingredient that removes lethargy also will give many beneficial changes. Garlic is an aphrodisiac becuse it can increases blood flow.

Many peoples are allergic to garlic, but most individuals who consume it never have any side effects. Garlic is used in a lot of everyday meals.

##### *Nutmeg*

Nutmeg has been used since AD 540, when it was brought from India to Constantinople. Nutmeg can also be taken like hallucinogen. Its essential oil is good for rheumatic pain.

Research dealing with the potency of nutmeg as an aphrodisiac substance found out that at low dosage. It can increase sexual activity. It can improve both libido and power.<sup>1</sup>

### Conclusion:

The variety of diets have aphrodisiac effects on our body. Hence for many problems, a change in diet will be an option as additional therapeutics. People must choose diet meticulously because diet plays a vital role in lifestyle. The diet needs to be changed as per seasons, and as per the daytime frame like in the morning, in the afternoon and the evening, one need to choose diet.

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