



## HOME REMIDIES

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# Home Remedy for low libido

There are Ayurvedic therapies for almost all of the known diseases. It also gives a treatment for increasing libido which is known as Vaajikarana. This therapy increases the strength of a man to perform sexual act, just like a 'Vaaji' or horse, thus called 'Vajikarana'. This therapy leads to overall happiness, strength, potency to produce offspring, and increased duration of erection. The [original scriptures](#) of Ayurveda by Charaka, Sushruta and Vagbhata, describe such simple remedies that can be followed with the help of easily available ingredients in any kitchen. However, before moving on to these home remedies for increasing libido, one must also know the causes of low sex drive so that they may be avoided.

## Causes of Low Libido

Ayurveda mentions the following causes for decreased Libido

- Compulsive sex with a person who is not liked by the partner.
- Anxiety and stress.
- Destruction caused to semen by consumption of spicy, salty and hot food.
- Overindulgence in sexual activities leading to low quantity of semen.
- Controlling sexual urges for longer duration leading to obstruction of semen which in turn results in low libido.
- Impotence by birth.

## Home Remedies for Increasing Libido

- Consume eggs of fish/swan/ peacock/ hen. Fry them in pure ghee before eating.
- Have sweet soup made from black gram. Mix black gram, rice, wheat and long pepper in equal quantities. Grind them to make powder. Fry the mixture in pure ghee and then cook it with milk. Eat after adding sugar to it.
- Mix Triphala powder in water. Keep it away for half an hour. Add a table spoon of pure honey. Have this in early morning daily.
- Add a tea spoon of honey in a glass of milk and drink. It increases resistance against diseases and give strength and feeling of wellness, necessary for general health including libido.