

## Sexual desire & Libido

### **Q1)How do I get my #libido back?**

#Lowlibido is a complex issue with relationship, psychological and physical components.

If a person wants to increase his/her libido, many methods are available to try. These include eating a nutritious diet, getting regular exercise, reducing anxiety, and focusing on improving intimate relationships.

Some things you can do to try to get back to your normal libido include:

Learning more about sex and sexual response from trusted education sources. This can help you learn about all the factors that affect libido.

Being open and honest about your sexual desires with your partner. Open communication is essential to healthy relationships.

Implementing healthy lifestyle changes, such as exercising regularly and cutting back on alcohol.

Managing any existing health conditions, such as diabetes or heart disease, as well as you can. Talk to your provider if you need to change your treatment plan.

### **Q2)What are the natural libido boosters?**

Chocolate, oysters, garlic, and fenugreek are a few examples of foods that are often considered natural aphrodisiacs.

Ginseng, L-arginine, ginkgo biloba, horny goat weed, yohimbine and maca are a few ingredients that have been studied for their ability to improve female libido and sexual function.

Some research suggests that herbal supplements like ginseng, Tribulus Terrestris, and Pycnogenol could help improve erectile dysfunction naturally.

Certain practices like yoga and acupuncture may also be beneficial when paired with a healthy lifestyle.

DHEA (short for dehydroepiandrosterone, an adrenal hormone), can be used as a health supplement for improving libido

### **Q3)What is hypo active sexual desire disorder(HSDD)?**

Hypoactive sexual desire disorder (HSDD), hyposexuality, or inhibited sexual desire (ISD) is sometimes considered a sexual dysfunction, and is characterized as a lack or absence of sexual fantasies and desire for sexual activity, as judged by your doctor.

Can be seen in both males and/or females

For this to be regarded as a disorder, it must cause marked distress or interpersonal difficulties and not be better accounted for by another mental disorder, a drug (legal or illegal), or some other medical condition. A person with ISD will not start, or respond to their partner's desire for, sexual activity.

The DSM-5, published in 2013, split HSDD into male hypoactive sexual desire disorder and female sexual interest/arousal disorder.