**HOW TO TREAT ERECTILE DYSFUNCTION WITH MONDIA ROOT**

First things first, before looking at the ways o treat erectile dysfunction; most people usually ask the question - what is erectile dysfunction?

Erectile dysfunction is a condition which is popular among men from ages 40-70. It is the inability to get and keep an erection firm enough for sex. And it can be caused by either physiological or psychological factors.

ED, as it is most fondly called, can be classified into:

* Psychogenic- caused by performance anxiety
* Neurogenic- Caused by stroke or spinal cord injury
* Hormonal – Caused by hypogonadism or hyperprolactinoma
* Vasculogenic- caused by atherosclerosis or hypertension
* Medication-induced- caused by alcohol, cigarette or intake of other antidepressants.

A lot of over the counter Viagra has been reported to be able to treat this condition but that begs the question- Why can’t we treat it with natural methods? And the answer is YES, it can be treated with natural herbs and roots. We are going to be looking at one of such roots which are the *Mondia Whitei.*

**MONDIA WHITEI**

The *mondia whitei* is a plant of the perilocaceae family and is of African descent. It is commonly found in Ghana where it is used traditionally for the management of erectile dysfunction and to increase libido. It is rich in bio-active medicinal alkaloids and other minerals which has nutritional value and helps in stimulating the erectile organs to vasodilate and allows erection to occur. Though it’s been used by pharmaceutical companies to synthesize orthodox medicine, it is still being used traditionally.

**USES**

* The Mondia root is mostly used medicinally as libido and sex inducing plant. It is also used to treat erectile dysfunction and can be used as a laxative for abdominal pain.
* Also, it has nutritional properties as its roots and tubers are used as food.

Inasmuch as the whole plant (leave, roots and tuber inclusive) can be used to treat erectile dysfunction, it is believed that the root is the most potent as it “houses most of the curative compounds” of the plant.

**MODES OF TREATMENT**

Traditionally, the Mondia root is either soaked for days in water or alcohol to extract the alkaloids which is either drank or used in the preparation of food for the patient with erectile with dysfunction.

The roots can also be cut up and ground to powder and this also can be mixed with water and drank or used as a spice or preparing food.

**EFFECTS**

* The Mondia root has a relaxing effect on the nerves as it increases the blood flow to the penile regions to enable the penis to become erect.
* It also serves as a sort of Viagra or sexual performance booster as it increases libido.
* It can also be used as a laxative for abdominal and bowel discomfort.