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The Dietary Aphrodisiacs

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Abstract:

The food, diet and nutrition have different perspectives. The food meets the daily requirements of a human body, through optimal intakes of proteins, carbohydrates and lipids. The diet and nutrition have health-oriented value for preventing pathological degeneration, ageing and dysfunctions of organs. The dietary aphrodisiacs are physiologically superior for safeguarding the efficacy of the most powerful human emotions related to love, sex and pleasure. The dietary aphrodisiac molecules belonging to fruits, vegetables, nuts, spices, vitamins and micro-nutrients gift the creative expressions of love for the sexual esteem. This study rationalized the roles of dietary aphrodisiacs in the sexual health and happiness.

1.Introduction

An aphrodisiac¹ is an agent which is used to increase sexual desire. The name is derived from the Greek Goddess of sensuality “Aphrodite” . Many foods, drinks and behaviours have a historical reputation for making sex more attainable or pleasurable. Aphrodisiac molecules¹ evoke or stimulate sexual desire. They can be classified into two groups, on the basis of stimulation to arouse sexual excitement.

- Psychophysiological (visual, tactile, olfactory, aural)
- Internal (food, alcoholic drinks, love potions etc.)

Aphrodisiacs play meaningful role in love chemistry³. The expression of love is a beautiful bliss. Many natural and herbal aphrodisiac products⁴ and Ayurvedic formulations⁵ aid in that expression therefore they earned the reputable status of pleasure-oriented lifestyle pharmaceuticals. An ideal aphrodisiac should have following qualities

- Stimulation of desire
- Erotization of the imagination
- Stimulation of performance

The masculinity⁶⁻⁹ requires physical prowess, emotional strength and mental balance between assertive and aggressive energies. The real man (inner man) has expression of creativity, thought and feeling by preventing himself from hostility, conflict and offensive confrontations. Neurologically¹⁰⁻¹² females have ambidextrous brains. They use both the hemispheres to understand emotion, while men rely on the right hemisphere of the brain, the left brain interprets emotion by relying on the verbal codes (angry, happy, sad etc) whereas right brain relies on imaginary codes (voice, tones, visual images etc.). The emotional allurements of both the hemispheres¹³⁻¹⁵ signals the brain and genitals for the bond of love. The erotic chemicals of aphrodisiacs promote the flagging of sexual desire.

2.Theoretical Methodology

Good health and sexual function are the concern for men of all ages¹⁶⁻¹⁸, young and old. Age is not always the problem with sexual performance. The lack of male potency and sex drive has several causes as depressions, stress, money, alcohol, family difficulties, and nutritional deficiencies. Better nutrition is the only valid and long lasting aphrodisiac. The dietary aphrodisiacs¹⁹⁻²² can be classified into seven categories:

- Macro and micro elements
- Vitamins
- Vegetables

- Fruits
- Nuts
- Spices
- Miscellaneous

2.1. Macro And Micro Elements In Sexual Wellness

They have the ability for awakening of sexual energy, stimulating sexual pleasure and offering excitement. The dietary aphrodisiacs are rich in vitamins and minerals which are holistically validated for maintaining good sexual health.

2.1.1. Calcium

- Maintains proper skeletal growth,
- Regulates heart beat,
- Natural tranquillizer and calm nerves,
- Calcium gluconate of fruit and vegetables increases metabolism of estradiol in females
- Calcium-phosphorus balance is essential for healthy bones for male's physical prowess
- Essential for absorption of niacin and riboflavin
- Prevents mental and physical fatigues

2.1.2. Magnesium

- Important for heart as it prevents coronary heart disease.
- Maintains healthy arteries
- Prevents clot in heart, and brain and also prevents kidney stone formation.
- Most important bioenergetic cation for blood glucose conversion to energy

2.1.3. Pottassium

- Regulates water balance
- Maintains normal growth
- Maintains normal heart beat
- Prevents poor reflexes sagging muscles in old age
- Safeguards general weakness

2.1.4. Copper

- Helps the formation of haemoglobin and erythrocytes
- Maintains good hairs and skin colors
- Prevents impaired respiration and skin sores

2.1.5. Maganese Gluconate

- Essential for male stamina
- Helps to maintain sex hormone production

2.1.6. Iron

It builds the quality of blood and increases resistance to stress and disease. The deficiency decreases oxygenation capacity of blood thus nourishing to the nerves and brain is impaired, abnormal fatigue and pale skin appear,

2.1.7. Zinc

A vital sexual nutrient is essential for testosterone production in men and women. It is involved in the metabolism of testosterone without enough testosterone sex drive cannot be geared and without Zn^{++} testosterone levels are low. It Maintains healthy prostate, which supplies fluid that launches the sperm out of the body during orgasm. The prostate gland needs more Zn^{++} than any other organ in the body. Zn^{++} deficiency causes retarded genital and muscular development.

Zn^{++} is highly conserved in the entire male reproductive system. The depressed sexual desire, unhealthy nails, hair loss, white spots are due to deficiency of Zn^{++} . Zn^{++} also enhances wound healing of burns. Zn^{++} is essential for entire male sexual capacity. It is ejaculated during sexual intercourse. It gives youthful health and sexual stamina.

2.1.8. Iodin

It is essential for the functioning of thyroid gland which produces hormones essential for healthy sex life.

- Regulates the energy
- Stimulates metabolism
- Catabolizes excessive lipids

2.2.Aphrodisiac Vitamins

Vitamins have aphrodisiac value, because they are important nourishment of endocrine glands. Their biochemical roles enhance hormone secretions and sexual vigour.

2.2.1.Vit B Complex

The cellular and tissue construction of thyroid gland needs Vit B Complex. It energies increased hormone flow. B-complex vitamin guard against impotence, premature ejaculation and premature menopause.

2.2.2.Thiamine (Vit B₁)

Enhances blood circulation, helps carbohydrate metabolism by converting to energy for exercise and sexual activity. It improves mental attitudes and alertness. It has anti-fatigue action.

2.2.3.Riboflavin (Vit B₂)

Facilitates oxygen use by the tissues, maintains good lips, vision, skin, hair, scalp, tongue which is involved in love making and attachment and is essential for the activation and uptake of Vit B₆.

2.2.4.Niacin

Improves circulation, Detoxifies body and maintains healthy skin, tongue, nervous system and tissues of GIT. It has anti-depressant action.

2.2.5.Pyridoxine

Involved in synthesis of most protein- related compounds (anabolic effect) and assures balance in blood tissue and good functioning of the nervous system. Nutritionally, cause of impotency in young men. The both zinc and Vit B₆ the adequate intake normalizes the potency.

2.2.6.Folic Acid

Stress increases use of folic acid

2.2.7.Pantothenic Acid (Calcium-Pantothenate)

Antistress Vitamin produces vital steroids, prevents premature aging and wrinkles. It has anti-depression and anti anxiety properties and maintains healthy skin and nerves.

2.2.8.PABA

Combined with pantothenic acid to slow up the aging process and maintains healthy skin, hair and intestines.

2.2.9.Inositol

Nutrient of brain cell. It combined with choline to prevent hardening of arteries and maintains healthy hair, eye, liver, kidney and heart.

2.2.10.Biotin

Maintains good physical and emotional energies (Antidepressant)

2.2.11.Choline

Constituent of seminal plasma and prevents hardening of arteries so maintain good blood supply to the genitals.

2.2.12.Vitamins A, C, E Are Antioxidants

Human ageing is influenced by genetic factor, lifestyle, quality and quantity of food intakes physical activity and stress (mental, physical and environmental). The senescence is enhanced by exovert pressures and believed to be programmed and controlled by genetic factor. Antioxidants retard the ageing process by scavenging free radicals. Vitamins A, C and E show anti-ageing friendliness by boosting youthful vigour of genitals.

- Vitamin A
Retinol is a necessary nutrient. It plays role in vision, in the maintenance of epithelial cell layers, in the growth and repair of body, combat air pollutants, improves sense of smell. Sexually it is valued for spermatogenesis and ant fatigue actions.
- Vitamin C
It is very essential for maintaining collagen a protein required for connective tissue formation-present in skin, ligaments and bones. Vit C fights infections and beneficial to hair/scalp, stronger tooth enamel, ear and eyes, heart lungs and respiratory system. With age the genital glands develop a greater need for Vitamin C.

- Vitamin E (D-alpha tocopherol)

It improves circulation, reduces blood pressure by dilating the blood vessels. It maintains full clot free blood stream and strengthens the capillary walls and arteries. It helps focusing of the eyes in middle aged persons and heals burned tissue, skin ulcers and scars. Vit E had a dramatic effect on reproductive system by improving male and female sexual healths.

Zn⁺⁺ and Vitamin E are a vital part of sexual health. They maintain and restore the sex organs, help in the rejuvenation of sex glands, perk up the sexual expression, enjoyment and love making. In other words they maintain male and female health by promoting normal functionality of reproductive systems. The Zn⁺⁺ Supplements reduced the swelling of the prostate gland in advanced aged men. The mean values of sharp decline in prostate secretion with ageing is as follows:-

Prostate secretion-

• Boys 11 years	-	9
• Boys 16 years	-	1540
• Men 20-40 years	-	2560
• Men 40-100 years	-	660

Vitamins are essential for sexual functioning Vitamin E, for instance supplies the sex organs with sufficient oxygen. B Vitamins, including niacin and B₅ can help men and women reach orgasm and improve sexual stamina. Selenium, manganese and of course, zinc are also vital in regulating hormones and reviving up sex drive.

2.3.Erotic Fruits²³

They belong to nutritious foods which can stir libido, revive sexual function and enhance the overall health. They are one of the richest source of vitamins minerals and energy substrates. The fresh erotic fruits are- Apples, apricots, bananas, cherries, coconut, dates, figs, grapes, mangoes, papayas, peaches, pears, plums, pomegranates, quince, raspberries and strawberries. They are celebrated in erotic literature throughout the world. They preserve sexual vitality.

2.3.1.Apples

They are rich in antioxidant polyphenols, which help in anti-ageing of glandular tissue and maintain better oxygenation of tissues.

2.3.2.Avacado

This is a delicious fruit with a sensuous texture. It has stimulating powers.

2.3.3.Bananas

They are rich in potassium and Vit B which believed to help sex hormone production. The aphrodisiac effect is because of a bromocriptine which stimulates the dopaminergic neurons of the CNS at hypothalamus level. It enhances the activities of pleasure chemicals.

2.3.4.Figs

It is erotic, fleshy fruit and acts as a powerful sexual stimulant. It seduces powerful erotic act.

2.3.5.Mango

It is an excellent nutritional source of many vitamins, minerals, fibres antioxidants and enzymes. Vitamins are A, C, B₁, B₂, B₃, B₅, B₆ and Folate. Minerals are Ca, Fe, Mg, P,K,Zn. Magneferin maintains intestinal health. Ayurvedically ripe and sweet mango balances all the three humours and acts as an energizer.

2.3.6.Papaya

Estrogenic, it promotes menstruation, milk production and facilitates fertility and female libido.

2.3.7.Pine-apple

Homeopathically used for treatment of impotence. It is rich in vitamins.

2.3.8.Pomegranate (Punica Grantum)

It is rich in Vit C, minerals salts, pectin, and citric acid. The specific compound, responsible for the aphrodisiacs action is not known.

2.3.9.Strawberries And Blueberries

They have antioxidants that help boost cognition, coordination and memory for romantic activism. Both are high in Vit-C.

2.4. *Erotic Nuts*²⁴

2.4.1. Almonds

It is rich in Vit B, niacin riboflavin K⁺, Mg⁺⁺, Ca⁺⁺, Fe⁺⁺, Zn⁺⁺, arginine, phenylalanine.

2.4.2. Coconuts

It is rich in arginine, phenylalanine, Vit B complex, fatty esters, Ca⁺⁺, K⁺, Na⁺, Fe⁺⁺, Zn⁺⁺.

2.4.3. Pine Nuts

Are effective brain food due to presence of boron that increases electrical activity of CNS. They are very rich in Zn⁺⁺ also maintains male's potency.

2.4.4. Walnuts

It is rich in arginine, phenylalanine, Vit B complex and, K⁺, Ca⁺⁺, Fe⁺⁺, Zn⁺⁺. They promote quality of sperms.

2.5. *Erotic Spices*²⁵⁻²⁶

2.5.1. Aniseed

A very popular aphrodisiac is believed to have special powers. Sucking on the seeds increases sexual desire. Aniseed has estrogenic compounds which are reported to induce testosterone like effect.

2.5.2. Arugula Seed

Are documented as an aphrodisiac, especially when added to grated orchid bulbs, parsnips, pine nuts and pistachios. It is an excellent source of Vit A and helps digestion.

2.5.3. Basil

It is said to stimulate sex drive and promote fertility. It produces a general sense of well being for body and mind and also boosts the blood circulation.

2.5.4. Black Pepper

Is associated with courage and is an acknowledged aphrodisiacs due to its stimulating action.

2.5.5. Cardamom

It is a powerful aphrodisiacs. It is useful in treatment of impotence. The high cineole content increase blood level in genital areas.

2.5.6. Chilli

It stimulates the circulation and irritates the genitals to give feeling of sexual excitement. Capsaicin is responsible for the effects. Green chillies are very rich in Vit C. Researchers say that eating hot peppers release endorphins, which are involved in love chemistry.

2.5.7. Cinnamon

The bark is very exotic. Medicinally it is incontestable, because it has tonic, relaxing antiseptic, anti-parasitic, appetizing effects. Being general stimulant of blood, it is regarded as an aphrodisiac. A recipe of 4 aphrodisiacs is in great fashion which is combination of cinnamon, vanilla, Rhubarb and ginseng. Some illness of feminine genital system is cured by cinnamon products. Cinnamon oil creates euphoria and possibly amplify glands for pleurability.

2.5.8. Corriander

It is a appetite stimulator and regarded as an aphrodisiac

2.5.9. Fennel

Increase the libido of both male and female. The chemistry of fennel mimics the female hormone estrogen.

2.5.10. Ginger

Raw roots stimulate the circulatory system. Freshly grated ginger stirs sexual desire.

2.5.11. Garlic

The heat in garlic stirs sexual desires. The garlicky sauce lead up to the bedroom pleasure.

2.5.12.Mustard

The seeds of mustard stimulate the sexual glands and increase desire. They also breast enhancer in females.

2.5.13.Nutmeg

It is prized by Chinese woman as an aphrodisiac as it increases mating behaviors. The hallucinogenic effect might be psychostimulant for sexual arousal

2.5.14.Poppy Seeds

Used in potions to induce love or brewed with the intent to seduce and help libido.

2.5.15.Saffron

It is useful for both sexes. The food with saffron creates general state of wellness. It has repairing effect which is therapeutically useful for genital-illness of women. The aphrodisiac effect is possibly related to psychosocial boosting by creating a state of physical and psychical comforts. It is rich in β -carotene-precursor of Vit A and mangicrocin (anti-stress, anti-fatigue, adaptogenic)

2.6.Erotic Vegetables²⁷

They invigorate the body with vitamins and minerals. Devour delicious vegetables-asparagus, carrots, celery, corn, cucumbers, carrots, eggplants and beans, garlic leeks, onion parsley, peppers, soybeans, spinach, turtles, turnips and watercress are useful for optimal sexual health.

2.6.1.Asparagus

It is strength promoting and has antioxidants Vit A and C. Besides them, Vit B₁, B₂, minerals (K,Ca,Mg,P,fe,S,P) are its content. Biochemically it is regulator of the enzymatic process. The Vit E in this vegetable is said to stimulate sex hormones. The rejuvenatory, antioxidants, and ant ageing effects promote aphrodisiac effects. Classically being an effective stimulant, it is found to foster love and compassion.

2.6.2.Carrots

Believed to be a stimulant for the male. High vitamins and beta-carotene tonify aphrodisiac effects for men. The phallus shaped carrot aids seduction. It has royalty for manhood. Artery protecting and anti-cancerous actions have therapeutical value in sexual ailments.

2.6.3.Celery

It is tonic of health and strengthens man's vigor. It relaxes nervous systems. Tyrosine, sedanolid, sedanonic acid and asparagines are chemical ingredients. The celery seeds have potent arousal property.

2.6.4.Eruca Sativa

Rich in Vit C and iron. They impart aphrodisiac property

2.6.5.Juicy Tomatoes

Have powerful antioxidants. Lycopene is libido enhancer.

2.6.6.Moosli

It is rich in steroidal and flavonoidal types of structures. The anabolic, rejuvenating, androgenic and adaptogenic activities gifted superb aphrodisiacs qualities. It improves the sperm quality.

2.6.7.Onions

Stimulate blood flow, increase libido and strengthen reproductive organs.

2.6.8.Rhubarb

Contains Vit B₁, B₂, and C. They contribute to aphrodisiac effect

2.7.Miscellaneous

2.7.1.Oats(Avena Sativa)¹⁹⁻²⁰

Oat grains contribute to the health and fertility of the women. They maintain the good functioning of thyroid gland and of the entire endocrine system. The ranges of products green or dried oats grains, straw, chaff determine effects of tranquility and equilibrium at the physical and psychical levels. Chemically oat grains and products are rich in Vit B₁, B₂, A,D, lecithin, avenin and hormonal principle similar to folliculin. Cereal oats has highest quantity of proteins.

2.7.2. Shilajit (Asphaltum Mineral Pitch)^{28,29}

It is a Sanskrit word meaning “ Conquer of mountains and destroyer of weakness . The Kama sutra an ancient treatise on the art of love and sex has extensively described aphrodisiac properties of shilajit. It is the most important drug of ayurveda because of the following health properties-

- Helps accelerate process of protein and nucleic acid metabolism and stimulates bioenergetics
- Counter acts Diabetes and regulates the blood sugar level
- Purifies blood, improve functioning of pancreas and strengthens digestion
- Reduces fat, dissolves tumors and counteracts thirst.
- Promotes the movement of minerals, especially calcium, phosphorous and magnesium into muscle tissue and bone
- Stimulates the immune system and improves restoration (recovery) after exercise.
- Increase levels of growth hormone in diabetic patients and is a potent anti-ulcer agent.

Shilajit is a humus rich blackish-brown substance. Humification of some resin/latex bearing plants, especially bryophytes(mosses) is the source of shilajit. The copper, silver, zinc, iron etc minerals are present in shilajit. Its effectiveness in restoration and regeneration of tissues is useful.

2.7.3. L-Phenylalanine

Is an essential amino acid that is the precursor of nor epinephrine and dopamine, both excitatory neurotransmitters. It elevates moods and decrease pain. L-phenylalanine also exhibits an ant-depressant action that may help promote feelings of arousal.

2.7.4. Arginine

Is an amino acid found in meat, nuts, eggs, coconut milk and cheese. It forms nitric oxide in the body, which increases blood flow to the genitals. Arginine, when combined with other supplements, is said to enhance sexual desire in women.

2.7.5. Brewer's Yeast^{21,22}

It is known as food of love. It has an excellent nutritional value. 17 Vitamin 14 minerals, 16 amino acids are present in it. The high grade protein contains all the essential amino acids.

2.7.6. Lecithin

High in phosphorous

- Emulsify cholesterol
- United with iron, iodine and calcium to give power and vigor to brain.
- Maintains healthy nervous system
- Cleans liver
- Purifies kidney
- Indirectly support the coordinated function of brain and genitals.

2.7.7. Honey³⁰⁻³³

It is an aphrodisiac. Lovers on their honey moon sweeten the marriage by drink made from honey. The offering of honey to bridegroom coined the term “ honey moon”. It cures sterility impotence, and waning virility. It is prescribed for weak heart and sexual vigor. Honey has attractive chemicals. It is rich in B-Vitamins, enzymes, amino acids and minerals. Therefore called energy booster and sustains of high energy. After intake of honey, little exercise pumps energizers to the entire body.

2.7.8. Kelp³⁴

- Seaweed(ocean vegetables) best source of iodine and minerals, β - complex and certain vitamins.
- Maintains healthy mucous membrane and prostate in men

2.7.9. Chocolate³⁵⁻⁴⁰

Romantic love identifies chocolate as an aphrodisiac. It promotes social engineering of love, romance, courtship ritual and sex. It contains phenyl ethylamine one of the chemicals your body produces naturally when you are in love. This love chemical raises the body' endorphins in the brain, natural antidepressants. Chocolate intake linked with release of 5-HT, which produces feelings of pleasure by

- Enhancing brain activity
- Increase heart rate
- Inducing passions
- Acts as antioxidant and cardio-protective

Therefore 5-HT and Phenyl ethyl amine act as mild sexual stimulants. Enjoyed in moderation can lift libido, providing a tantalizing prelude to sex. A spicy drink called Xocoatl flavored with chilli pepper and achiote is used by teens.

3. Discussion And Result

Aphrodisiacs represent empirical therapy of non-specific nature. The marital failures, impotency and erectile dysfunction etc. cause boredom and impair happiness. The conjugal happiness and nutritional diets are paired together.

The dietary aphrodisiac is composed of erotic fruits, spices, nuts and vegetables. They are all rich in vitamins, minerals and antioxidants. Bananas enhance the activities of pleasure chemicals. Papaya has estrogenic effects. Pineapple treats impotence. They enhance libido drive passion and performance and are visual stimulants for arousal of senses. The strawberries, apples, pomegranates, bananas and grapes have the superior aphrodisiacal qualities. The colors of them add plus to seduction and romance. Almonds, coconuts and walnuts have arginine and phenylalanine. They improve sexual health. The emotional attitudes and metabolic energy for sex are promoted by erotic nuts. Aniseed content of cardamom enhances blood flow to genitals. Chilly releases endorphins which are involved in love chemistry. Ginger and garlic stir sexual desire. Mangrocin of saffron has anti-stress and anti-fatigue actions. Tomatoes have powerful antioxidants. Lycopene is libido enhancer. Asparagus and carrots have profound aphrodisiac effects. It is worthwhile to mention that saffron is lust enhancer by libido stimulating neurotransmitters and chilli pepper release endorphins which are love chemicals.

The semen (ejaculate) is a suspension of the spermatozoa in liquid medium, the seminal plasma. The chemistry of seminal plasma and prostate secretion is functionally vital for erotic capacity. Phosphorus, potassium, magnesium, choline, phosphorylcholine, arginine, glycerylphosphorylcholine, glutathione, mucoproteins, sorbitol, phospholipids, prostaglandins, fructose, glycogen, inositol, spermine, Vit C, Vit E and Vit B₁₂ are chemical constituents of seminal plasma. Sialic acid, lactic acid, phospholipids and cholesterol, are chief constituents of prostate secretion. Zinc is the most important trace element of spermatozoa and prostate gland.

Shilajit, Honey and Chocolate are well recognized aphrodisiacs. Shilajit, 's richness in Zn, Fe, Cu, Ag is beneficial for general vitality and strengthen the aged people. Honey enhances blood levels of testosterone, heightens sexual response and improves sexual arousal. Chocolate is gifted with pleasure chemical phenyl ethylamine which enhances love-making

Aphrodisiac honey say "I love you" in five ways

- Honey is rich source of boron which helps in metabolism and utilization of estrogen and enhances blood levels of testosterone which promotes the sexual desire in males and females.
- Honey (2 teaspoons) + two 400 I.U. of vitamins E. Vit-E enhances oxygenation of tissues.
- Honey spiced with nutmeg heightens sexual response.
- Coffee with honey and cardamom revive the male's sex potentials.
- Honey+coffee+lavender enhance sexual arousal

Pollengrains in honey has pangamic acid- Vit B₁₅, which is hailed for cancer, heart, aging, gangrene, hepatitis, pollution, alcoholism, neuralgia and loss of energy. Chemically it contains aliphatic halogenated hydrocarbons. Honey is therefore miracle food with so many curative powers

The curiosity about the aphrodisiac has intensified for staying forever young using dietary erotic ingredients.

4. Conclusion

The dietary aphrodisiacs behave as the best love potions. They quell the sexual desire. Their erotic ingredients help the reproductive system for procreation and pleasure. Sex is the spontaneous instinctive comes by itself and cannot be taught for the ideal marital happiness. The phytonutrients at dietary level are economical for sexual creativity. The aphrodisiac vegetables, fruits, spices and nuts keep neurotransmitters and hormones in perfect balance. They integrate emotion and metabolic energy for erotic happiness. They have value in sexual therapeutics to imbibe the quality of life. The market of dietary aphrodisiacs has great impetus on the future of the lovely world.

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