

## Oriental Medicine and Male Sexual Disorders

Throughout Chinese history its society has been dominated by men. As this is an unfortunate reality it has also lead Chinese Medicine to be able to focus its medical knowledge on treating men's health and longevity. As far back as the Yellow Emperor's reign many classical texts were devoted to increasing men's sexual performance and health. Although centuries have past since the wellness, men today still look for various ways to stay healthy sexually. Sexual health is not the only concern for men today. As men age they begin battling with various other male disorders. Aside form impotence, men also suffer from conditions affecting urination, the prostate and testicles.

### How Chinese Medicine Views Sexual Disorders and Men's Health

Chinese Medicine can help treat various male disorders. At the center of treating all male disorders are the Kidneys. Although other organ systems tend to be involved such as the Liver, Spleen, Bladder, and Heart the kidneys are usually at the core of the problem. One of the Kidneys major functions according to Chinese Medicine is storing Jing (essence). Jing is one of the three treasures, Qi and Shen (spirit) being the other two. "The life-giving processes of nature are manifest in the concept of Jing. It can be understood as the sap of life, the irreducible essence that contains all the critical ingredients needed to make new life that shares characteristics with its source." As Jing has a direct connection with sperm in men you can begin to see why premature ejaculation and other sexual disorders are important to treat for the Chinese. As a man ages Jing naturally depletes. As a man turn 40 the decline of kidney Qi begin and with that

Jing. Men experience their own kind of Men-opause as they age. This is different than that experienced by woman, as there is no single physiological change. This is still a time that brings many imbalances in men as estrogen begins to be the dominant hormone in the body. Another reason why the kidneys are the focus of treatment is close connection urinary function.

According to Chinese Medicine the function corresponds to urinary incontinence as well as premature ejaculation. Both of these functions depend upon the kidneys strength and control to govern these functions properly. If this ability is weakened someone might experience frequent urination, dribbling, or incontinence.

#### Prostate Health

The condition of an enlarged prostate gland as a man ages is called benign prostate hypertrophy (BPH). In the BPH the prostate enlarges, the layer, the layer of tissue surrounding it stops it from expanding, causing the gland to press against the urethra. Symptoms commonly seen with BPH are:

A hesitant, interrupted, weak stream

Urgency and leaking or dribbling

More frequent urination, especially at night

These conditions, if left untreated, could lead to more serious conditions such as prostate cancer, urine retention, urinary tract infections, bladder or kidney damage, bladder stones, and incontinence. BPH according to Chinese Medicine is

categorized into diseases relating to urination. Historically there was no mention of an enlarged prostate. The Chinese had no way of knowing that a man's prostate was enlarged, but they were aware of the symptoms it caused. These symptoms of frequent nighttime urination, painful urination, and difficult urination were observed and thus categorized as disease categories that are used today to diagnose and treat BPH.