



Unlocking Nature's Secret: Boosting Male Vitality and Longevity with Herbal Wonders?

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ABSTRACT

Men's vitality affects various aspects of their lives. Conflicts in husband-and-wife relationships often occur due to the problem of a lack of male vitality. Many things affect this vitality, such as diet, stress levels, a balanced diet, and supplements. Herbs from the rhizomes of turmeric and ginger have been widely used in traditional and modern medicine. The potency of this herb is associated with male sexual vitality and endurance. This study aims to paint a picture of the use of herbal combinations from turmeric and ginger rhizomes for male vitality. The method used is ethnopharmacy with an observational qualitative approach. Participants were three married couples who still had fraternal relationships. The study was conducted from July to December 2023. Based on the results of the study, it was found that the method of processing rhizomes was carried out using a blender juicer and bought directly from herbal medicine sellers. After regularly consuming turmeric and ginger, there was an increase in the frequency of sexual intercourse in all three partners. In addition, the wife's satisfaction has also increased. Then it can be concluded that the combination of turmeric and ginger can increase male vitality. More research is needed to ascertain the potential of turmeric and ginger rhizomes to be male vitality supplements.



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INTRODUCTION

A man's vitality includes his energy, stamina, and sexual arousal. Men's lives become prosperous both physically, mentally, and sexually with good vitality. Their lives become harmonious with their partners when they have good vitality. Unfortunately, this condition continues to decline with age. A sedentary and healthy lifestyle worsens vitality. In addition, the function of organs such as the heart, lungs, and immune system is also influencing by their vitality (Kubzansky & Thurston, 2007; Levine dkk., 2021).

Men who have vitality have better mental health. They become much more confident. A fit body allows them to complete tasks more easily, and good vitality helps men more easily cope with the stress and pressures of life. The ability to manage anxiety and depression is easier (Irma, 2023). Awake stamina helps men sleep better. As a result, they feel fresher, calmer, and happier. Thus, the mood of men becomes more positive when facing various challenges.

Men's vitality is identical to their sexual life. Men who have strong stamina have higher sexual excitement and libido. A man's body with stamina increases blood flow throughout the body, including to their sexual organs. Optimal blood flow increases the sensitivity of the penis. In addition, testosterone will increase the production of hormones that encourage sexual desire and male libido. This results in stronger and longer-lasting male erections. Thus, men become more confident and appreciated by their partners (Irma et al., 2023).

For those who can afford it, buying expensive supplements is not an issue. However, for those who cannot, using herbs is a viable alternative. Various studies on the correlation of male vitality with the harmony of relationships with partners show a significant influence. Andika's research (2023) found that sexual dysfunction because the husband does not have good stamina has a negative influence on

family harmony. Dissatisfaction from the couple makes conflict easy to occur (Andika, 2023). The problem of sexuality with domestic harmony has even been explained in ancient books such as *Lontar Rahasya Sanggama*, where in a study conducted by Wardana (2022), the results of his study found that dissatisfaction in the household is one of the indicators of divorce. Therefore, men need to take comprehensive steps to increase and maintain their vitality. This includes maintaining a healthy and balanced diet, engaging in regular physical activity, getting adequate rest, and managing stress (Muhsen et al., 2023; Syaekhu et al., 2023).

To increase male vitality, it requires comprehensive efforts. Maintaining a healthy and balanced diet is the first step that needs to be taken (Mirnawati et al., 2019; Subair et al., 2023). The macronutrient content of quality food sources is needed by the body to continue to regenerate cells properly (Syaekhu et al., 2023). In addition, physical activity such as regular exercise, adequate rest, and stress management will help maintain vitality. Men also need supplements to help increase their stamina. One of them is by consuming herbs. Another challenge that must be faced is choosing a quality and legal supplement. For the upper middle class, buying supplements at expensive prices is not a problem. But for the lower class, an alternative solution is to use your herbs.

Natural plants have been widely used by the people of Indonesia as food, cosmetics to medicine. One of them is turmeric rhizomes and ginger rhizomes (Irma, 2023b). Both of these plants are kitchen spices that are easily found in Asia and the Middle East. Turmeric and ginger have pharmacological or biological functions in traditional and modern medicine (Prasad & Aggarwal, 2011). Turmeric contains curcumin as much as the active compound that kills cancer cells, anti-inflammatory to lose weight. Turmeric and ginger are spices that have been used as a remedy for male vitality problems for a long time. The anti-inflammatory properties of turmeric help to increase the body's blood flow. Meanwhile, ginger helps increase energy and stamina which helps men have longer erections. Therefore, this study aims to determine the picture of the pattern of using herbal medicine in the community for male vitality.

RESEARCH METHODS

This was a qualitative observational study that used a descriptive approach. The study aimed to explore the experiences of Muslim men who were married and suffered from erection problems. This study used 3 pairs of husband and wife who still have family relationships. The study was conducted from July-December 2023. The participants were interviewed separately every 3 months offline. The research instrument used was an interview guideline that covered topics such as the processing of turmeric and ginger, frequency and duration of sexual intercourse, and partner satisfaction. The interviews were conducted offline. Finally, the collected data was analyzed using triangulation.

RESULTS AND DISCUSSION

Herbal plants have been widely used in the world of medicine and medicine both traditionally and modernly (Irma, 2023a). The content of active compounds in plants such as turmeric rhizomes and ginger rhizomes has been proven to be able to improve body health (Irma, 2023a). One of them is male sexual vitality and endurance. It is undeniable that the problem of deficient male sexuality can trigger various conflicts in relationships with partners. In addition, men's sexual vitality and resilience are also a source of confidence and self-esteem for them (Nugraha et al., 2023). A man's masculinity will be strong in front of his woman when he is able to provide sexual satisfaction.

Recent research says that men's vitality and endurance decline with their age. A study in Germany conducted by (Beutel et al., 2018) found an increase in the number of men who experienced a decrease in sexual desire by 8%-13%. There are many factors that cause men to become less energized again such as stress due to work demands, smoking, alcoholic beverages, rarely exercising and lack of rest. Studies from Nimbi et al (2020) say biological, psychological and cultural factors are relevant to be important predictors of low male sexual desire. For that men need to maintain their vitality so that sexual desire continues to be stable and even increases.

In this study, 3 pairs of husband and wife were observed in 12-month time brackets during 2023. Every 3 months, participants were interviewed separately, both husband and wife. The goal is that the confidentiality of each individual's answers is maintained. The three couples are still related. The three wives are siblings who exchange information on the combination of turmeric and ginger recipes. The following data of the respondents can be seen in table 1.

Table 1. Participant characteristics

Initials	Gender	Age
RM	P	40 years
SW	L	41 years
IQ	P	34 years
ZM	L	34 years
DM	P	28 years
AR	L	38 years

Source: (*data primer. 2023*)

How to Process Turmeric and Ginger Rhizomes

The first pair processed the turmeric and ginger rhizomes by first cleaning the rhizomes under running water. The first step involves cleaning 5 turmeric rhizomes and 2 ginger rhizomes under running water. Next, blend the cleaned rhizomes with 500 ml of drinking water. Filter the mixture to separate the water from the rhizome pulp. Store the ginger and turmeric water in a tightly closed container in the refrigerator. Finally, the husband consumes 100 ml of the mixture every morning.

The second pair processed turmeric and ginger rhizomes using a juicer. The proportion of turmeric to ginger rhizomes employed was 1:1. Given that the quantity of turmeric was 500 mg, the ginger utilized was also 500 mg. Both rhizomes were introduced into the juicer after cleansing. The juicing of 500 mg of turmeric and 500 mg of ginger yielded approximately 200 ml of dense juice devoid of pulp. Subsequently, the juice derived from these rhizomes was diluted with water to a volume of 750 ml. The second pair proceeded to gently heat the resultant juice until it reached a boil. Additionally, 250 grams of brown sugar were incorporated to enhance flavor. The male partner of the second pair consumed this preparation twice daily, in quantities equivalent to a single shot glass.

The third couple did not process their turmeric and ginger directly. He only ordered turmeric and ginger from his regular herbalist. The husband of the third couple consumes it every morning on an empty stomach as 200 ml.

Table 2. How to process rhizomes

Spouse Number	Composition	How to Make	Rules of Use
1	5 rhizomes of turmeric, 2 rhizomes of ginger, 500 ml of water	Blended	1x100 ml every morning
2	turmeric rhizomes 500 mg, ginger rhizomes 500 mg = 200 ml juice dilute to 750 ml with water	Using a juicer	1 x 1 shot of morning glass. 1 x 1 shot night glass
3	Not measured	Buy directly at advanced sellers	1 x 200 ml daily morning on an empty stomach

Source: (*primary data. 2023*)

This difference in rhizome processing affects the integrity of the active compounds in it (Rauza Sukma Rita et al., 2022). Some compounds, such as essential oils, are volatile due to heating. Breaking rhizomes using a blender using a rapidly rotating knife (Haryanti et al., 2022; Pulungan et al., 2023).

This blender knife produces heat in the process of working. As a result, essential oils from ginger are reduced in concentration (Amin & Waris, 2023; Kamarudin et al., 2023). The most effective method of conventional processing is to use a special juicer. A juicer machine using a ballast stone to squeeze the rhizome liquid can provide a higher concentration than a blender (Rahmat Rukmana & Herdi Yudirachaman, 2024). However, self-processing proves more advantageous in quality control of the produced herbs. The drawback is that knowledge is needed to produce products with intact active compound components. In addition, it takes energy and time to do it yourself. While buying from herbalists is much more practical, control over the quality of ingredients, manufacturing processes, and products cannot be achieved.

Frequency and Duration of Sexual Intercourse

Interviews with respondents revealed information regarding the frequency and duration of sexual intercourse with partners. The wife, who was also a participant, confirmed her husband's responses. The findings indicated an increase in both the frequency and duration of sexual intercourse.

"Before regular consumption of turmeric, our husband-wife relationship was still normal, 1-2 times a week. After I regularly drank this turmeric and ginger, I asked my wife for sex more often. Now that it's been 1 year since I drank it, we can do it twice a day, in fact. An average of 3-4 times a week now," said Mr. SW in his interview session.

Mr. SW's statement was validated by the answer of his wife, Mrs. RM. *"I made turmeric and ginger herbs initially to maintain a healthy body, MBA. I got information from my sister, Mrs. IQ, that turmeric and ginger helped her husband recover from typhoid; coincidentally, my husband also had a history of typhoid, so I decided to give him the herbal medicine. But I think not only has my husband's health improved, but his sexual desire has also increased. Before consuming herbal drinks, we do it 1-2 times a week. After consuming it now, on average, we do it 3-5 times a week."*

Mrs. IQ, Mr. ZM's wife, shared an insightful experience: *"Two years ago, my husband contracted typhoid and was unresponsive to paracetamol and ibuprofen for over a month, yet he refused hospitalization. Recalling the antibacterial synergy of curcumin and gingerol in ginger from scientific literature, I decided to experiment. During Ramadan, despite his persistent fever, I administered a concoction of these at Iftar and Suhoor. Remarkably, his fever subsided after just three days of this regimen. To prevent a recurrence, I continued the treatment for a month. During this period, his sexual appetite increased significantly, prompting him to initiate intimacy almost daily. Even as his workload intensified, our sexual encounters stabilized at 2-4 times weekly, a significant improvement from the sporadic encounters due to fatigue prior to his illness. Additionally, there was a notable increase in the duration of his erections."*

Mr. AR reported, *"My sexual activity can range from 3-5 times weekly and even 2-3 times daily during specific occasions, like returning from business trips or after my wife's menstrual cycle. However, I struggled with sustaining erections for an adequate duration, often culminating before my wife reached orgasm. Then, upon her suggestion, I began consuming a 2-liter herbal concoction from her brother, Mrs. IQ, initially intended for treating ulcers. Remarkably, within three days, I noticed an increase in libido, and after a month, the duration of my erections extended by several minutes, leading my wife to speculate that I was using potent medication."*

Table 2. Frequency of Sexual Intercourse

Spouse No	Frequency	
	Before	After
1	1-2 times a week	3-5 times a week
2	1 time a week	2-4 times a week
3	3-5 times a week	can be 2-3 times a day, the duration increases

Source: (primary data. 2023)

In turmeric rhizomes there are several compounds that are proven to have properties that are used as medicine. Among them are turmeron, curcun, and zingiberen essential oils that improve blood circulation (Akaberi et al., 2021). Specifically, turmerone and zingiberene act as anti-inflammatories that help reduce inflammation in blood vessels (Singletary, 2020). Meanwhile, curcumin increases the production of nitric oxide (NO), which has been tested to dilate blood vessels and improve blood circulation, including to the penile area (Abd El-Hack et al., 2021). Routine consumption of turmeric for all three partners reduces inflammation in the body due to stress, an unhealthy lifestyle, or fatigue. As a result, circulation is smooth. On the other hand, curcumin dilates the blood so that blood can flow smoothly. Unhindered, smooth blood flow ensures every organ of the body gets adequate oxygen and nutrients. As a result, health is getting better. From the perspective of reproduction and male libido, blood flow is the main ingredient in making their penis erect. The smoother the blood flow, the faster and stronger the erection process. Smooth blood flow also activates nerve cells in men's bodies, so they are more easily aroused and excited. Compounds in turmeric rhizomes are also adaptogens that help the body manage stress. Stress is a major factor affecting male sexual arousal and health..

The benefits of turmeric for male vitality have a wide scope. Previous research said curcumin from turmeric increases testosterone levels naturally (Sahebzaad et al., 2021). This hormone is known as a male hormone because it fights against sexual desire and libido (Fatma & Siddique, 2022). Increased testosterone effects are directly proportional to the increase in libido, energy, and stamina in men. The results of this study showed that the stamina of male participants continued to increase after consuming turmeric and ginger. Even Mr. AR can have sexual intercourse 2-3 times a day. This shows that his energy and stamina are greater than before.

The active compounds of ginger synergize with the turmeric content, increasing male sexual vitality and endurance. Bioactive compounds in ginger can provide an aphrodisiac effect that makes men excited and improves their sexual performance (Maurya, 2022). Gingerol compounds, as the main active compound component in ginger, function as antioxidants and anti-inflammatory (Johnson dkk., 2023; Komiljonova, 2024; Syaekhu & Sulanjari, 2022). In addition, zingerone in ginger provides a heat effect that stimulates blood circulation. These compounds have a mutually reinforcing effect with the bioactive compounds of turmeric. As a result, the combination of turmeric and ginger rhizomes strengthens the effect of increasing the vitality and duration of male sexual activity. Another function of ginger is to mask the smell of turmeric to make it easier to consume.

Couple Satisfaction

Every couple certainly has different preferences regarding sexual satisfaction with their partner. In general, a wife's satisfaction is based on their ability to feel orgasm. Although in women there is no semen like in men who ejaculate, But orgasm can be characterized by contractions in the pelvic muscles and muscles around the uterus. These contractions can feel like muscle spasms and last for a few seconds. Other signs can be seen, including a rapid heart rate and breathing, a flushed face, enlarged breasts, tense nipples, and sweating. Each woman's satisfaction depends on her experience of sexuality, level of stimulation, and state of health. In terms of couple satisfaction, duration is flexible.

Mrs. IQ said in the interview session, *"For me, the important thing is that I have orgasmed. Even though my husband does it for half an hour or an hour, if I don't orgasm, it's not satisfying. However, despite the duration we did it, if before my husband ejaculated my orgasm, it was already satisfying for me. Sometimes, if it takes too long, it actually hurts my vagina because some time after orgasm, the vaginal fluid starts to dry. So it hurts if it still continues. So far, during the use of turmeric and rhizomes, my husband's penis has become harder, so I orgasm faster."*

Mrs.IQ's husband, Mr.ZM, said, *"Before, my wife liked to complain when I ejaculated first. The problem becomes unbearable, especially when the wife is upstairs. Nowadays, I am more able to control my ejaculation, especially my wife's orgasms, because the penis is much bigger and harder since drinking turmeric and ginger."*

Mrs.DM mentioned, *"During my 5 years of marriage, I now orgasm more often. Since giving birth and taking care of the baby, I am easily stressed, so it is difficult to orgasm. Moreover, my husband often orgasms before me. The efficacy of turmeric and ginger is very helpful for my husband to last longer, so I can orgasm first."*

The greeting statement was also made by Mrs.RM. *"Now it's much better in our sexual relationship. I am much more satisfied now than before."*

A study by Rausch & Rettenberger (2021) found that couples who had sex more often (2–3 times per week) reported higher sexual satisfaction compared to couples who had sex less frequently (less than once per week). Studies by Freihart et al (2020) show that a higher frequency of sexual intercourse is associated with higher relationship satisfaction and a reduced risk of infidelity.

CONCLUSION

Herbal plants such as turmeric rhizomes and ginger have been used for traditional medicine by communities for a long time. Today, the use of herbal plants for modern medicine is also encouraged. Various active compounds in turmeric can be an alternative solution for male sexual vitality and endurance. The combination of turmeric and ginger rhizomes positively impacts men's fitness, energy, stamina, and arousal. This can be seen from the increase in the frequency of sexual intercourse that occurs after regularly consuming turmeric and ginger. The three ways of processing rhizomes carried out by respondents showed the same efficacy in increasing male vitality. Further research is needed to determine the potential of the combination of these two rhizomes to be used as a male vitality supplement.

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