From times immemorial sex, has occupied a very important position in the life of all living beings. It is a powerful motivating force that helps, guides and controls the activities of the individual at times consciously, quite often unconsciously.

Medically speaking, impotence is the inability to obtain effective penile erection at the time of coitus. Sexual relationship between the two sexes however, is more than a matter of pure anatomy or physiology. The complex neuroendocrine mechanism controls the degree of erection during coitus, while at the same time higher sex centres, the hypothalamus and the sacral centres of the spinal cord in conjunction with the androgens play their role. The sexual process is sensitive and may be disturbed by many factors. Harmonious satisfied union of both the sexes is necessary for a respectable social existence and is the core of a healthy society. Sexual attraction and desire are part of nature’s design and device for the propagation of the species.

The aetiology of impotence is wide and varied but psychological disturbances, certain endocrine disorders and lesions of the spinal cord, especially those affecting the reflex pathway of nervi erigens, are mainly responsible. Freud (1926) has stated that the normal performance of the sexual function is the result of a complicated process and disturbances may appear at any stage. The commonest form of impotence is psychogenic and at the same time, its treatment at present is discouraging. The psychodynamic mechanism of sex is a vital and pervasive aspect of human life. Therefore, frustration of the sexual impulse may be responsible for mental breakdown in many cases. Suppression or repression of sex, both overt or covert, has a significant effect on the human psyche and soma. The patient approaches his doctor with a wide variety of psychosomatic dysfunctions. Psychological causes, fear, ignorance, inexperience, feeling of being too tired, too busy or too preoccupied may also be other contributory factors. Sexuality is also influenced by complex psychic, psychological, neurological and multiple socio-cultural factors including age, income, education and attitudes to women and sex.

Sexual weakness or impotence is not a clinical diagnosis but a vague and relative term. It is the disparity between expectation and performance, between wishful dreams and plain reality. Many years of experience, many failures and disappointments have shown that this area of medical therapy is out of bounds for placebos. The most frequently committed mistake in the choice of treatment is to prescribe male hormones. This inhibits hormone production by reducing or largely suppressing the secretion of Leydig cell stimulating gonadotrophin.

Experiments on monkeys have shown increased libido, increased sexual desire and improved performance, probably due to the action of Tentex forte on the hypothalamus or limbic system. There have been a large number of experimental and clinical studies on the effects of Tentex forte with Himcolin cream (The Himalaya Drug Co.) in cases of impotence of various types. It has been reported to be a sex restorative of proven value in the treatment of impotence. Non-hormonal Tentex forte combines effectiveness with safety. It is a compound of many well-reputed ingredients which have a salutary effect on sex functions. Himcolin cream contains ingredients which have an effect on the sex mechanism, probably by its reflex local action.

MATERIAL AND METHODS
One hundred and seventeen male patients complaining of sexual weakness and impotence were studied at the Nanda Lila Seva Sadan at Purba. They were selected from among the patients who attended the Outpatient Department.

Detailed history of the complaints and their origin, duration and progress were elicited. Wherever possible their partners were also taken into confidence. Thorough examination of all the systems was carried out. History of past illness, habits, personal history and drug addiction was also elicited. There was no history of diabetes or other endocrine glandular dysfunction or any other significant and relevant illness. Routine laboratory investigations and V.D.R.L. and Kahn test were done in all cases. Eighteen cases showed positive V.D.R.L. and Kahn tests. Some patients gave a history of chronic gastrointestinal disorders associated with anaemia, excess mental stress, excessive sexual indulgence and in some cases venereal infections.

The age distribution in 117 cases were as follows:

<table>
<thead>
<tr>
<th>Age in years</th>
<th>No. of cases</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>16 – 19</td>
<td>28</td>
<td>23.9</td>
</tr>
<tr>
<td>20 – 29</td>
<td>41</td>
<td>35.0</td>
</tr>
<tr>
<td>30 – 39</td>
<td>26</td>
<td>22.0</td>
</tr>
<tr>
<td>40 – 49</td>
<td>10</td>
<td>8.6</td>
</tr>
<tr>
<td>50 – 59</td>
<td>7</td>
<td>6.0</td>
</tr>
<tr>
<td>60 – 69</td>
<td>5</td>
<td>4.3</td>
</tr>
</tbody>
</table>

Two tablets of Tentex forte with milk half to one hour before retiring were given to 50 patients and all of them showed satisfactory improvement and regained erectile power to their entire satisfaction and happiness. Forty nine patients were given Tentex forte one tablet b.i.d. after food for one and a half months. Sexual weakness disappeared entirely and there was a marked stimulation of libido. In 18 cases with V.D.R.L. and Kahn test positive, specific treatment with drugs and antibiotics was found necessary. They were administered Tentex forte tablets 2 t.i.d. for one month. Some cases in all the 3 categories complained of hyperacidity and were given appropriate antacids. In all the cases Himcolin cream was administered twice daily on the penis and the pubic region regularly.

RESULTS

As a result of Tentex forte therapy with local Himcolin cream application, 50 cases showed improvement with full restoration of penile erectile power within four to six weeks. In the other 49 cases, the sexual weakness disappeared in all cases and there was marked increase of libido. In the remaining 18 cases with positive V.D.R.L. and Kahn tests, Tentex forte and Himcolin cream local therapy (along with specific therapy) showed marked improvement. Except hyperacidity which quickly responded to antacids, no other untoward or toxic effects were encountered on Tentex forte oral and Himcolin cream local therapy.

Human sexuality is a complex and complicated problem which needs careful study by biochemical estimation of 17-ketosteroids, nuclear sex determination, hormone assays, psychiatric investigations and even laparotomy and gonad biopsy. Results show that Tentex forte definitely deserves a place in the therapy of loss of libido and sexual weakness.

The success of Tentex forte + Himcolin was evident from the reports of satisfactory sustained penile erection, satisfactory consummation of the sexual act and cheerful expression of both the partners. The results in all the three groups of 117 cases in this series, were very satisfactory and all the patients who hitherto did not respond to any other mode of therapy invariably responded very well to Tentex forte + Himcolin. Apart from transient hyperacidity in a few cases, there were no toxic reactions or drug reaction or intolerance in any one of the cases.
SUMMARY
1. 117 cases of impotence were treated with Tentex forte tablets taken orally and Himcolin cream applied locally to the penis and suprapubic region.
2. Thorough enquiries into the mental background, physical examination and laboratory studies were carried out.
3. In 50 patients Tentex forte 2 tablets were given with milk before retiring, in other 49 cases 1 tablet b.i.d. after food and the remaining 18 V.D.R.L. and Kahn test positive cases 2 tablets t.i.d. were given for one month. In all the cases Himcolin cream was applied to the penis and suprapubic region twice a day.
4. The results in all the three groups i.e. in the total of 117 cases – were excellent. There was restoration of full erectile power with sustained erection and satisfactory sexual performance. Patients felt cheerful and sexually gratified.
5. There were no toxic reactions except for transient hyperacidity in a few cases.