

# IMPROVING SEXUAL PERFORMANCE BY *Cordyceps* MUSHROOM & IT'S HEALTH BENEFITS

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*Cordyceps* is a fungus that lives on certain caterpillars in the high mountain regions of China. *Cordyceps* is used to treat coughs, chronic bronchitis, respiratory disorders, kidney disorders, nighttime urination, male sexual problems, anemia, irregular heartbeat, high cholesterol, liver disorders, dizziness, weakness, ringing in the ears, unwanted weight loss, and opium addiction. It is also used for strengthening the immune system, improving athletic performance, reducing the effects of aging, promoting longer life, and improving liver function in people with hepatitis B. Some people use *Cordyceps* as a stimulant, a tonic, and an “adaptogen”, which is used to increase energy, enhance stamina, and reduce fatigue.

## INTRODUCTION

Native to the Himalayan Mountains and revered as one of the most treasured herbs in parts of Nepal, *Cordyceps* mushrooms are a long-known and dearly held tonic of the Mykot tribe. They have traditionally used *Cordyceps* to support a healthy libido, energy, and stamina. As the story goes, when spring arrived in the high mountains, the people of the Mykot tribe would take their yak herds to graze at higher elevations. The yaks grazed on the fresh spring grass and searched for the *Cordyceps sinensis* mushroom. Then in a frenzy, they would begin rutting. The herders observed the yaks and wondered what gave the animals their vitality amid such a high elevation. Upon closer examination, the herders discovered that the animals were eating an unusual mushroom, one that grew from the body of dead caterpillars. Curious herders experimented with eating the mushroom. From then on it became a desired foraged fungi, worth its weight in gold. According to tradition, the *Cordyceps* mushroom is used to strengthen the kidneys. In Chinese medicine the kidneys are related to strengthening the overall energy levels of the body and also the sexual function in both men and women.

In light of the copious documentation in Oriental

medicine of the *Cordyceps* mushroom success in treating; lack of sexual desire, infertility, decreased libido and sexual dysfunction, scientist from Japan, China and other Western countries started to study the mushroom activity. When the *Cordyceps* mushroom is consumed for several weeks the sexual drive is increased. Scientists that examined the mushroom components found that the *Cordyceps* activates mechanisms that are similar to those activated by sex hormones. In 1995 an experiment performed in a Japanese laboratory demonstrated that *Cordyceps* extracts suppress muscle contractions in the penis area and in a tissue that is called “corpus cavernosum” that contain the blood vessels and muscles that participate in stiffening the organ. During sexual arousal, blood is flowing to this sponge like tissue, collected, and cause erection. Chinese doctors that were educated in the west performed many experiments on the *Cordyceps* effect on masculine impotency.

In a research performed at Huashan hospital, Chinghai, China, the *Cordyceps* effect on 286 impotent men was tested. 183 of the patients reported an improvement in their sexual performance and sex life after 40 days of taking 1gr *Cordyceps*, three times

## HEALTH BENEFITS OF CORDYCEPS

Organic Facts  
www.organicfacts.net



**Aids in prevention of cancer**



**Provides relief from sexual dysfunction**



**Boosts energy level and immune system**



**Prevents respiratory distress and weakness**



**Helps to rejuvenate skin and reduces age spots**



**Gives relief from asthma and chronic bronchitis**



**Helps to prevent arrhythmia and heart disorders**



**Beneficial in regulating cholesterol levels in body**



**Helps to detoxify body and improve kidney health**



a day. At the Endocrinology institute of Chingai 50 patients suffering from impotency were treated with *Cordyceps* for 40 days. In this study 13 of the men reported full recovery of sexual functions and 20 reported a feeling of sexual arousal and achieving full erection.

## SEXUAL PERFORMANCE ENHANCEMENT AND IMPROVEMENT

- Strengthening and balancing the hormonal system
- Improving the blood flow into the sex organs
- Strengthening the heart and blood vessels
- Strengthening and balancing the kidney functions and increasing the |Ging energy that is accumulated in the kidneys.

## THE ROLE OF *Cordyceps* PLAY IN SEXUAL DYSFUNCTION

- *Cordyceps* can effectively stimulate the secretion of DHEA from the adrenal cortex, which stimulates both men's and women's sexual function and energy.
- Animal experiments show that *Cordyceps* can stimulate mouse MA-10 cells to produce progesterone, as well as significantly increasing testosterone, resulting in increased sperm formation.
- For men, *Cordyceps sinensis* mycelium can effectively delay muscle fatigue, and promote and extend erectile capacity and endurance.
- Generally, men feel a bigger impact than women in terms of sexual dysfunction when consuming *Cordyceps*.

## HEALTH BENEFITS

- Anti-Aging Properties
- May Help Fight Inflammation
- Possible Benefits for Heart Health
- Potential Anti-Tumor Effects
- May Help Manage Type 2 Diabetes
- Cordyceps is used to treat coughs
- Chronic bronchitis
- Respiratory disorders
- Kidney disorders
- Nighttime urination
- Male sexual problems
- Anemia
- Irregular heartbeat
- High cholesterol
- Liver disorders
- Dizziness, weakness
- Ringing in the ears
- Unwanted weight loss and opium addiction



The Healthy RD

## CONCLUSIONS

One of the reproductive complications of diabetes mellitus in men is erectile dysfunction. In this study, diabetes had a negative effect on sexual function, penile erection, sexual organ weight, and sperm parameters with a parallel decrease in the level of testosterone of male rats. The diabetic rats that received CCM showed a significant improvement in mating behaviour, erection function, and testicular function as observed by increasing ejaculation frequency, ICP/MAP ratio, and testosterone level, respectively. These improvements may be due at least in part to bioactive compounds that could improve testosterone production and its antioxidant properties. Additionally, cordycepin itself acts as adenosine analogue mediating the vasodilation to improve erectile function. Based on our findings, cultured *C. militaris* could be used as herbal drug for ameliorating reproductive dysfunctions secondary to diabetes mellitus.

## Cordyceps Benefits

- Kidney function support
- Lung health
- Energy
- Helps immunity
- Improves endurance
- May help heart health
- Hormone balance
- May reduce cancer risk