

3.2.2.3.5.1 Butea superba and sexual confidence

Sexual confidence is something that young men experience, and women and older men often are lacking. It's a sense of certainty that sexual conduct, whatever its expression, will lead to a satisfying orgasm.

Too much sexual confidence in men, of course, can be a social problem. In Papua New Guinea, where the fraternisation of young men has the highest level of occurrence, gangs of male friends do line-ups. They subject a willing or unwilling female to a group of men who stand in a queue and then, one two three, fuck the same vagina one after the other, in public, and without measures of personal hygiene in between doers. One two three ejaculate, you're a real man, no orgasmic dysfunction, and witnesses to testify to it.

It's unromantic, and unappetizing, with performance pressure and time pressure.

It's also not unique to Papua New Guinea.

In the German and Japanese military, every army brigade had its brothel unit. Actually, they had two brothel units, one for common soldiers, one for officers only, each staffed with about 5 women.

Soldiers, of course, are used to the comrade lifestyle. Military camps didn't have toilets. There just were holes in the ground, with some horizontal fixtures to sit on, where soldiers sat next to each other, shitting. No water, no toilet paper.

But performance pressure and time pressure, with comrades standing in line to discharge their excrements.

5 am wake up
5:30 to 6:00 eat
6:00 to 6:30 shit
6:30 to 6:45 flag ceremony

On Sundays, 17:00 to 21:00, fuck, 3 minutes per ordinary soldier, 10 minutes for officers. Non-participants were suspected of homosexuality.

Yeah, from a modern perspective, we know that not every life is worth living.

But sexual confidence is a topic, too, in a more civilized context.

As a man, in a genuine love relationship, and the woman beautiful... but you aren't sure whether you can get it up, and keep it up. A lack of sexual confidence aggravating orgasmic uncertainty, and erectile and orgasmic dysfunction.

Males typically experience such events only at an age beyond 30. But for females, sexual uncertainty is standard issue. Traditionally, female orgasms were a big exception, and throughout history, most females never had orgasms, as sexual practices (penetration only) were not conducive anyway. Venereal diseases were also widespread.

Let's appreciate sexual confidence. How exquisite is sexual conduct if you know for sure that there will be steady arousal up to the point of orgasmic release. No doubt, not for him, not for her. Life can be so good.

If only it always were like that.

But sexual confidence is not primarily a matter of perception, and certainly not of age. It's a matter of optimal sexual health, a matter of biochemistry.

And that is where we have a window of opportunity. Because sexual health largely depends on appropriate hormonal balances, and hormonal balances can be modulated, quite easily actually.

And the same goes for erections.

Butea superba, a Thai herbal, is unique in that it is both, a hormonal agent enhancing testosterone, and a phosphodiesterase inhibitor, facilitating and prolonging erections by hindering the breakdown of cyclic adenosine monophosphate (cAMP).

Why it does have this double mode of action hasn't been properly

researched. But it may well be that the erectile effect is just an offshoot of the hormonal one. After all, in a natural young state of health, the hormonal control of libido all by itself results in erections when they are appropriate.

Thus, *butea superba* erections are in stark contrast to, and much better than, the cold erections engineered by direct phosphodiesterase inhibitors like sildenafil, tadalafil, and vardenafil.