**Keywords: Libido, Low Testosterone, Erectile Dysfunction, Impotence**

Low sexual libido in males?

What?

Isn’t that on an all-time high, always?

*Well, that’s an excellent thought to keep yourself pleased!*

Yes! You read that right. There undoubtedly can be a low libido, in men. And it is one of the most common sex complications men suffer from today.

This makes men go from demanding it *‘right now’* to procrastinating it to *‘later’* or sometimes even not wanting it at all!

Irwin Goldstein, director of sexual medicine San Diego’s Alvarado Hospital and editor-in-chief of The Journal of Sexual Medicine mentioned that 1 out of every 5 men today would choose to do almost anything else than having sex.

Such is the enormity of this problem.

To add to the problem, the same is the instance for women. *“I’m too exhausted.”* or *“Not tonight, honey”* can be a definite sign of curtailed sexual longing.

Although we’ve landed on the moon, we are yet to know the exact cause of this problem. The complexities of the human body have perplexed many a great mind.

Nevertheless, we do have an idea about what may and what may not get you psyched about having sex.

***So what results in Low Libido?***

There are a decent number of things that result in libido eluding men.

Habits such as drug abuse, lack of exercise, excessive exercising, alcohol overconsumption, smoking, etc. are known to hamper a man’s sex drive.

Then there are some psychological things as well that vastly disrupt libido such as stress, depression, heartbreak, hypertension, and so on.

There are also few other biological causes resulting in low libido – Low Testosterone levels, Impotence, Erectile Dysfunction, Aging.

These biological imperfections aren’t due to any external factors; it’s just that their body is built in that way since birth.

***How do you make it right?***

Treatments are numerous. You need to decide which one is right for you.

If it’s the psychological problems, the chief thing you could do is literally ‘take it easy.’

Mental stuff that suppresses sexual desires can be conquered by merely reducing stress, staying calm and happy.

Moreover, you could also take time out of your hectic day and do what you love and what relaxes you; like watching a movie, or going on a trip or whatever else!

Physical barricades that keep you from *wanting-it-right-now-right-here* can be overpowered by getting adequate sleep, hitting the gym, cutting down on alcohol or smoking or any other addiction, eating a healthy diet and so on.

It ultimately boils down to making healthy life choices, nothing complex.

***Other treatment***

For more convoluted problems, there are some other treatments that your doctor may recommend like therapy, medication, Testosterone replacement, counselling or something else. It really depends upon the kind of problem you have.

But hey, whatever gets you back and banging, right?

***The bottom line***

The bottom line is to know when your body is evading sex, accepting it, and visiting a doctor at soonest.

Opt for a suitable treatment and get back to being yourself.

The sooner you visit, the better it will be for you.