

Resolve ED & Sexual Problem in Men with Lilyfil 20mg

[Erectile dysfunction](#) (ED) is a common [sensual dysfunction](#) in men characterized by the inability to achieve or maintain an erection sufficient for sensual intercourse. ED affects men of all ages but is more prevalent in older men. The reasons for ED can be physical, psychological, or a mixture of both. Physical causes include cardiovascular disease, diabetes, hormonal imbalances, and neurological disorders. Psychological causes incorporate stress, despair, and relationship problems.

[Lilyfil 20](#) is a medication used to treat ED in men. It contains the active ingredient [Tadalafil 20mg](#), which is a phosphodiesterase type 5 (PDE5) inhibitor. PDE5 inhibitors work by relaxing the smooth muscles in the blood vessels of the private area, increasing blood flow to the private area, and helping to achieve and maintain an erection. This article will discuss the use of [Lilyfil 20mg](#) in resolving ED in men.



LILYFIL 20MG
(TADALAFIL TABLETS
20MG)

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How to Use [Lilyfil 20mg](#)

[Lilyfil 20mg](#) comes in the form of a tablet that is taken orally, with or without food, 30 minutes to 1 hour before sensual activity. The recommended starting dose is 10mg, but it can be increased to 20mg or decreased to 5mg depending on the individual's response and tolerability. The utmost advised amount is 20mg per day. It is important to note that sensual stimulation is necessary for [Lilyfil 20](#) to work.

Benefits of [Lilyfil 20mg](#)

Clinical trials have shown that [Lilyfil 20mg](#) is an effective treatment for ED in men. In a study of 325 men with ED, 73% of those who took 20mg of [Tadalafil](#) were able to achieve an erection sufficient for sensual activity, compared to 28% of those who took a placebo. In another study of 216 men with ED, 71% of those who took 20mg of [Tadalafil](#) were able to achieve an erection sufficient for sensual activity, compared to 29% of those who took a placebo.

In addition to its efficacy, [Lilyfil 20](#) has several benefits over other ED medications. It has a longer half-life than other PDE5 inhibitors, meaning that it stays in the body for a longer period, up to 36 hours. This allows for more spontaneous sensual activity and reduces the need to plan sensual activity around medication use. [Lilyfil 20mg](#) also has a lower incidence of side effects compared to other ED medications.

How does [Lilyfil 20mg](#) work?

[Lilyfil 20mg](#) works by inhibiting the enzyme PDE5, which breaks down a chemical called cyclic guanosine monophosphate (cGMP) in the private area. cGMP is responsible for relaxing the smooth muscles in the private area and increasing blood flow to the area, which is necessary for an erection.

By inhibiting PDE5, [Lilyfil 20](#) increases the cGMP levels in the private area, which helps to relax the smooth muscles and increase blood flow, leading to an erection. However, it is important to note that sensual stimulation is still required for the medication to be effective. [Lilyfil 20mg](#) will not work without sensual stimulation.

Side Effects of [Lilyfil 20mg](#)

Like all medications, [Lilyfil 20](#) can cause side effects, although not everyone experiences them. The typical side effects incorporate headache, indigestion, back pain, muscle aches, flushing, and stuffy or runny nose. These side effects are generally gentle to moderate and vanish within a few hours.

Less common but more serious side effects of [Lilyfil 20](#) include sudden vision or hearing loss, chest pain, and priapism, a prolonged and painful erection that lasts for more than 4 hours. These side effects are infrequent though they need prompt medical attention.

Contraindications and Precautions

[Lilyfil 20mg](#) is contraindicated in individuals who are taking nitrates, either regularly or intermittently, as it can cause a severe drop in blood pressure. It should also not be taken by individuals with severe liver or kidney disease, low blood pressure, or a recent history of stroke or heart attack.