



EYP METHOD

FOR ERECTILE DYSFUNCTION &
PREMATURE EJACULATION



ANCIENT YOGIC TECHNIQUES



Say Good Bye To The
Premature Ejaculation &
***Erectile Dysfunction* With**
The Help Of **Ancient Indian**
****Yogic Practices****



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EYP Method

A Note to the amazing readers

Before you start reading this eBook, I request you to go through the information given in it thoroughly. It is capable of helping you to get rid of problems like Erectile Dysfunction & Premature Ejaculation.

It is possible that you already know about some of these techniques or you have tried them at some point of time. But this is a tested and proven solution that we have tried with many people.

The idea of sharing this information came when I was sitting with one of my friends who just overcame his erectile dysfunction and premature ejaculation problems. He was struggling with this problem since he was only 23 years old.

This is a story of a man who is 35+ and how he got rid of these problems with the help of the 'EYP' Method which is an Ancient Indian Yogic Technique along with modern exercises which are mentioned below.

He told that he was frustrated and pissed off and these problems were killing him from the inside. He did not want to talk to anyone. He always maintained a gap especially from the girls because of his sexual dysfunctions.

He decided not to marry because he could not satisfy the girl sexually.

He was taking allopathic medicine but not getting any benefit because the main problem was with his pelvic muscles which were weak because of his childhood mistakes. He had no idea that to get rid of this problem he needed to strengthen his pelvic muscles rather than taking medicines.

He was sick and tired of consuming those medicines regularly but still struggling with the same problem.

One day he came to know that every disease can be cured with the help of Ancient Indian Yogic Techniques.



He applied all those techniques along with modern exercises & imagine what happened. He has overcome those serious problems. This is how he discovered the 'EYP' method which means Exercise, Yoga & Pranayama.

Hence, I am revealing everything that had been done to deceive these killing problems Which are spreading like cancer in our society.

So that a lot of people can be helped who are facing the same problems and not confident with their partner in the bedroom.

This is not a long-form book but this is a solution to get rid of ED and PME. I will not make it lengthy but short and to the point.

If you will practice these exercises in a regular way you can overcome these problems within 90 days.

First of all many people say these are diseases but I would say pelvic muscles can be a problem if they are not strong enough. These exercises will help to strengthen those muscles.

Before jumping into the solution let's understand the basic reasons for Erectile Dysfunction and Premature Ejaculation :

There are only 3 major reasons that can lead you to ED & PME.

- 1. Your Habits**
- 2. Physical Health**
- 3. Mental Health**

Now let's understand how your habits, physical health and mental health can cause you ED & PME.



1. Your Habits



- **Masturbation:**

The biggest reason for ED & PME is masturbation, even if you do not do it now if you have done it in your childhood, then you may have to face the consequences today. So stop it right now if you are in the habit of doing this.

- **Pornography:**

Another major reason for ED & PME is pornography, if you are addicted to porn and have been watching it for a long time, then you may suffer from these problems. Stop watching porn and start your journey now.

- **Smoking:**

If you smoke a lot and have been doing it for a long time, then you are putting yourself in these problems. You have to quit smoking if you want to recover from this problem.



- **Alcohol :**

If you consume a lot of alcohol, you may face this problem. Addiction to alcohol can make it worse so please stop it.

- **Unhealthy Diet :**

Not taking a nutritious diet can also lead you to this stage. If you eat too much sour, fried food, then you should stop eating unhealthy food immediately.



2. Physical Health



- **Heart Disease:**

If you have any problem related to your heart then you may be facing this problem.

- **High Blood Pressure :**

If you have high blood pressure, you can have both these problems. According to Ayurveda, if you wave your hands over a desi cow for 30 minutes, you will get rid of high blood pressure.

- **Diabetes :**

It has been seen in many cases that diabetes can also cause problems ED & PME.

- **Obesity :**

Due to obesity, this problem catches you very quickly. To avoid this, you should do regular exercise.



- **Fatty Liver :**

Fatty liver also becomes the cause of all these sexual problems.

- **Constipation:**

If you have constipation due to any reason, you can face all these problems like ED & PME

Note : The root cause of all diseases starts from the stomach. If you have any stomach related disease like your digestive system then problems like ED and PME become successful in making their place. So first you get stomach diseases treated immediately. Who knows this might be your best solution.



3. Mental Problem :



- **Depression :**

Right now if you are in depression due to some reason and suddenly these problems have started happening then depression may be the reason.

- **Anxiety :**

Anxiety can also be a big reason for these problems. So make sure you are not struggling with any such problem.

- **Stress :**

Work stress, family stress and any kind of financial stress can also make you fall into these problems. So keep your mind calm and patient.

- **Relationship problem :**

If you are going through a bad phase in your relationship then it becomes natural for you to go through such problems.



One of the Mentioned above can be the reason of your Erectile Dysfunction or Premature Ejaculation. But every problem has a solution whether it is physical or mental.

You have to control your habits to come out of this situation, it totally depends on you.

But if you don't have any physical, mental or medical problem. Then these problems can be fixed with the help of "EYP" method by strengthening your pelvic floor muscles.

Mind plays a huge role. Because your mind controls your body. If you control your mind then 80% of the problem is solved on its own. Because once something grows in our subconscious mind, it becomes very difficult to get rid of it. So you have to establish connection between mind body.



How To Develop Mind-Body Connection With the help of Ancient Yogic Techniques & Benefits of it. Below are the techniques can help you to do so :



- **Mindfulness :**

Don't know whether you know it or not but your body responds the way you think, feel, act. Poor emotional thoughts affect your body badly so be careful of your thoughts. Mindfulness is a powerful tool in the treatment of mental health disorders, stress-related conditions.

- **Meditation :**

Meditation is a practice that can help develop the mind-body connection by bringing awareness to the present moment and fostering a deeper connection between the mind and the body. Even 10 to 15 minutes of this meditation practice each day can help to dissolve fatigue, anxiety, and stress and reduce chronic pain.

- **Master Deep Breathing :**

Deep breathing is a powerful tool for developing a mind-body connection because it cultivates relaxation, reduces stress, promotes self-awareness, and encourages mindfulness. By incorporating deep breathing exercises into your daily routine, you can enhance your ability to be present, listen to your body, and nurture a deeper understanding of your overall well-being.



- **Great laughter :**

It's important to note that the benefits of laughter are cumulative and can be experienced over time with regular practice. So, incorporating humor, laughter, and joy into our daily lives can have a positive impact on our mind-body connection, overall health, and well-being.

- **Do Tai Chi :**

Practicing Tai Chi encourages individuals to be fully present in their bodies, cultivating mindfulness, relaxation, and balance. Through the integration of movement, breath control, concentration, and stress reduction, Tai Chi can help develop a stronger mind-body connection, promoting overall well-being and harmony.

- **Practicing Yoga :**

The Practice of yoga combines physical movement, breath awareness, mindfulness, and relaxation techniques. Through these various elements, yoga promotes a holistic approach to well-being, enhancing the mind-body connection and fostering a greater sense of self-awareness.

- **Engage With Your Five Senses :**

Incorporating activities that engage the senses—such as spending time in nature, savoring a delicious meal, enjoying art or music, practicing yoga, or receiving a massage—can all contribute to a stronger mind-body connection.

There are many practices that can be done to establish a mind-body connection. Some of them are written above. If anyone practices them properly, many mental problems get removed. So you are requested to practice them daily so that it can help you to get rid of diseases like ED and PME.

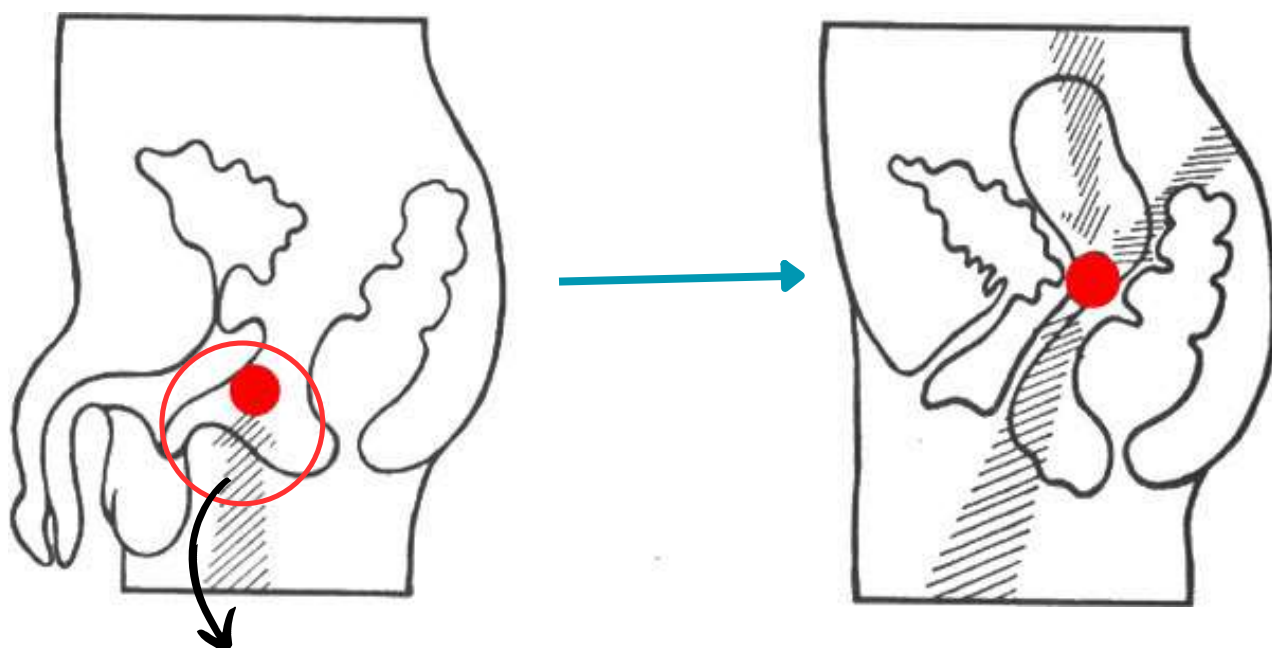


Now I am going to tell you those 5 Ancient Indian Yogic Techniques, by practicing these techniques consistently you will reach your goal i.e. able to cure erectile dysfunction and premature ejaculation within 90 days.

Apart from this, I will tell you many more exercises which will help you to get results faster if you perform along with Ancient Indian Yogic Techniques.

#Ancient Indian Yogic Practices

1. Mula Bandh Asana (Root Lock) :



In this area, Mula Banda is applied. Below is the step-by-step guide.



In yoga, there are three main bandhas, which are energy locks or seals that help to regulate the flow of energy within the body. These bandhas are commonly practiced in conjunction with specific yoga poses (asanas) and breathing techniques (pranayama). One of them bandhas is Mula Bandhasana.

- **Mula Bandh Asana Tagets Pelvic:**

Mula Bandha involves the contraction of the muscles in the pelvic floor region. It is located between the anus and the genitals and is associated with the root chakra. Activating Mula Bandha helps to strengthen the pelvic floor, stabilize the lower abdomen, and stimulate the flow of energy in the lower body.

- **How to practice Mula Bandhasana:**

There are 8 steps to practice mula bandhasana read them carefully and apply them. It should be performed empty stomach. Here are the steps to practice it in the correct way.

Step 1.

Find a comfortable seated position, either on the floor (Preferred) or in a chair, with your spine erect and shoulders relaxed.

Step 2.

Take a few deep breaths to relax your body and mind.

Step 3.

Focus your attention on the pelvic floor, which is the area between the pubic bone and the tailbone in other words between your anus and genitals.

Step 4.

Begin to engage the pelvic floor muscles by contracting them gently and gradually. Imagine lifting the muscles upward and inward as if you were trying to stop the flow of urine or prevent the passing of gas.

Step 5.

As you engage the pelvic floor muscles, be mindful not to tighten or strain the surrounding muscles, such as the buttocks or abdomen. The contraction should be firm but not excessive.

Step 6.

Once you have engaged the pelvic floor muscles, try to maintain the contraction while allowing your breath to flow naturally. Avoid holding your breath or tensing other parts of the body.



Step 7.

As you continue with your practice, periodically check to ensure that you are still engaging the pelvic floor muscles and relax any unnecessary tension in the area.

Step 8.

Practice Mula Bandha for a duration that feels comfortable to you, gradually increasing the time as you become more familiar with the technique.

- **Duration & Repetition:**

Start doing mula bandha for 5 minutes and take it up to 15 minutes. Do as many repetitions as you can in this time period. Daily do it twice a day, in the morning and in the evening.

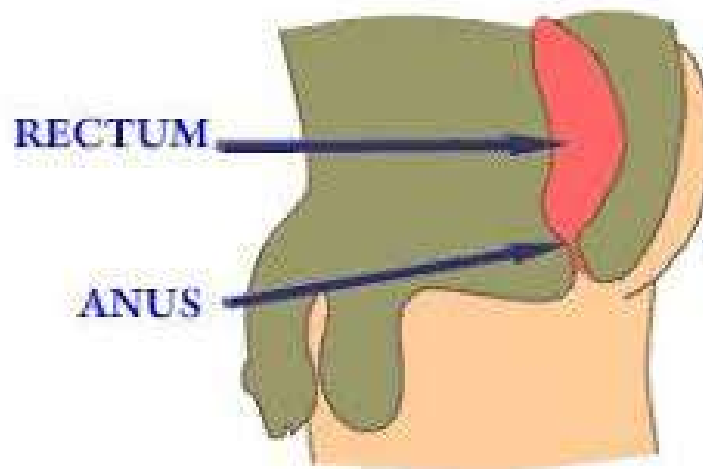
It's important to note that learning Mula Bandha will take time. But by practicing it consistently it will develop and build your stamina. Within a week you will feel the impact of this asana.

Note: This one Ancient Indian Yogic Technique is enough to cure erectile dysfunction and premature ejaculation if you do it properly and consistently. This is very powerful. This is the most important exercise. Trust me, I want to see you in better condition.



2. Ashwini Mudra :

ASWINI MUDRA



Ashwini Mudra, also known as Horse Gesture or Horse Lock, is a yogic practice in which the anal muscles are contracted and released in a rhythmic manner. It is named after the horse (ashwa) because the movement of the anal sphincter resembles the contraction and release of a horse's anus.

Ashwini Mudra is a part of Hatha Yoga and is often practiced in conjunction with other yogic practices such as asanas (physical postures), pranayama (breathing exercises), and meditation.

How to do Ashwini Mudra :

There is a specific technique to practice this asana. Here are the below steps :

Step 1.

Find a comfortable seated position:

Sit in a comfortable cross-legged position (preferred) or on a chair with your spine erect. Relax your whole body and take a few deep breaths to center yourself.

Step 2.

Focus on your breath:

Close your eyes and bring your awareness to your breath. Take a few moments to observe your natural breathing pattern.

Step 3.

Contract the anal sphincter muscles:

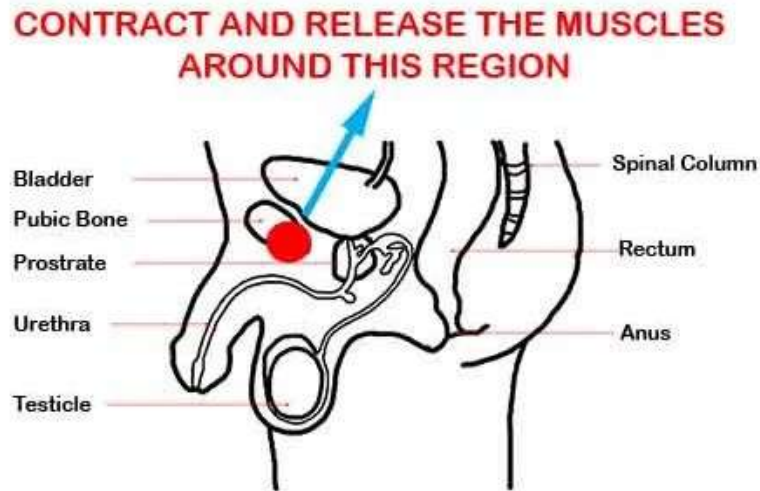
Breathe in and hold it in, pull your anus inward for 5 seconds, now while exhaling leave the anus loose. Now repeat this process. Gradually you will increase the timing as your stamina increases and keep holding you anus as long as you can.

**Practice duration:**

Initially, you can practice Ashwini Mudra for a few minutes and gradually extend the duration to 10-15 minutes minimum or as per your comfort level twice a day, in the morning and in the evening.



3. Vajroli Mudra :



Vajroli Mudra is a yogic practice in which one gains control over the flow of energy and fluids within the body, specifically focusing on the reproductive and urinary systems. "Vajra" translates to "thunderbolt" or "diamond" in Sanskrit, and "mudra" means "seal" or "gesture."

Vajroli Mudra is primarily associated with tantra and is considered an advanced practice. It involves the contraction and relaxation of the pelvic floor muscles, specifically the pubococcygeus (PC) muscle, which is the same muscle group used to control the flow of urine. Through regular practice, one aims to gain mastery over these muscles and the associated energy.

It will strengthen the pelvic floor muscles, improve sexual health, enhance control over sexual energy, and balance the reproductive system.

How to do Vajroli Mudra :

Step 1.

Find a comfortable seated position:

Sit in a cross-legged position such as Sukhasana (Easy Pose) or Padmasana (Lotus Pose). Make sure your spine is straight, and your body is relaxed.

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Step 2.

Relax your entire body:

Take a few deep breaths and allow your body to relax. Let go of any tension or stress you may be holding.



Step 3.

Pulling up the muscles around the root of genitals:

Focus your attention to the root of the genitals, the pubic area. Pull the muscles of the root of genitals upwards towards the navel. These muscles are located around the urethral sphincter. Hold for couple of seconds and release the pull.

Practice duration:

Initially, you can practice Vajroli Mudra for a few minutes and gradually extend the duration to 10-15 minutes minimum or as per your comfort level twice a day in the morning and in the evening.

Benefits of Mula Bandha, Ashwini Mudra & Vajroli Mudra :

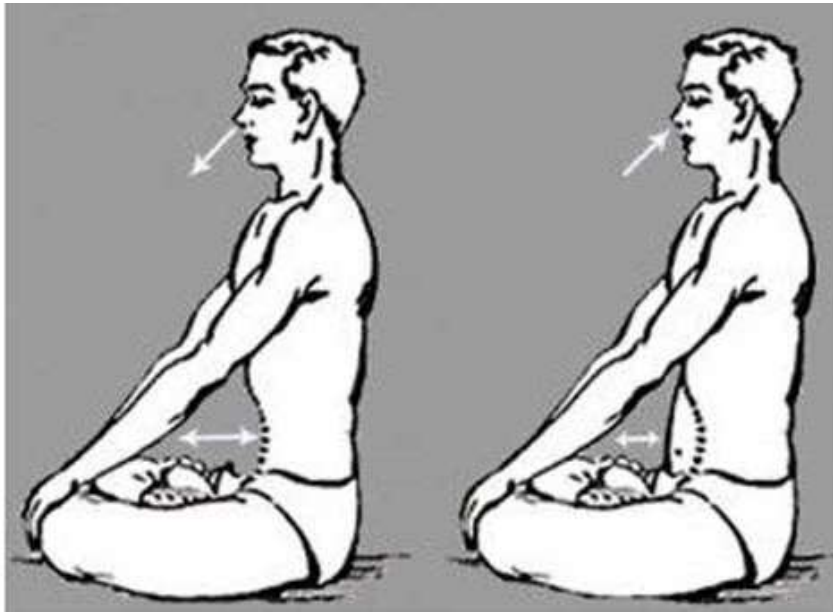
- Strengthening of the pelvic floor muscles
- Improved control over sexual energy
- Enhanced sexual function and pleasure
- Promotes healthy urinary and reproductive systems
- Balancing of energy flow
- Improve focus and concentration
- Improve Digestive health
- Nervous system balance
- Mind-body connection

Now if you are confused that all these Mula Bandha, Ashwini mudra and Vajroli mudra are same or similar to each other.

- No, there is a lot of difference in these asanas.
- When you do Mula Bandhasana you will contract preneum muscles which are between anus and genitals.
- When you do Ashwini Mudra you will target only anus.
- And finally when you do Vajroli Mudra it will target your genitals root muscles.
- Be careful when you perform these exercise.
- At starting you will struggle but over the time you will know which muscles need to be targeted.
- They all target different muscles.
- As you can understand with the help of pictures.



4. Kapalbhatai :



Kapalbhatai is a yogic breathing technique that involves rapid, forceful exhalations followed by passive inhalations. The word "Kapalbhatai" is derived from the Sanskrit words "kapal" (forehead) and "bhatai" (shining). It is often translated as "skull shining breath" or "frontal brain cleansing breath" due to its potential benefits for the mind and body.

In Kapalbhatai, the emphasis is on the exhalation, which is forceful and generated from the lower abdomen. The inhalation, on the other hand, is relaxed and allows the breath to naturally flow into the lungs. The technique involves a rapid series of forceful exhalations, each followed by a passive inhalation.

• **How kapalbhatai strengthen Pelvic muscles :**

Kapalbhatai is a breathing exercise that is part of traditional hatha yoga practices. While it primarily focuses on cleansing the respiratory system and energizing the mind, it indirectly contributes to strengthening the pelvic floor muscles through the activation of the core muscles and increased intra-abdominal pressure.



The correct way to perform Kapalbhati :

Here's a step-by-step guide on how to perform Kapalbhati correctly:

Step 1.

Sit in a comfortable meditative posture, such as Padmasana (lotus pose), Sukhasana (easy pose), or Vajrasana (thunderbolt pose). Ensure that your spine is erect and your body is relaxed.

Step 2.

Place your palms on your knees, with your hands in either Chin Mudra (thumb and index finger touching) or Gyana Mudra (index finger and thumb tip touching, forming a circle).

Step 3.

Take a few deep breaths to relax and prepare your body for the practice.

Step 4.

Begin the Kapalbhati technique by taking a deep inhalation through both nostrils, filling your lungs completely.

Step 5.

Exhale forcefully and rapidly by contracting your abdominal muscles, pushing the air out through your nostrils. The exhalation should be short and quick, while the inhalation should be passive and automatic. Focus on the forceful exhalation, allowing the inhalation to happen naturally.

Step 6.

Repeat this process for a rapid succession of exhalations and passive inhalations. Start with 2 minutes and gradually increase the upto 30 minutes as you become more comfortable.

Step 7.

Maintain a steady rhythm and pace throughout the practice, but don't strain yourself. The exhalations should be forceful, but not to the point of discomfort or breathlessness.

Step 8.

During the practice, keep your attention on your breath and the movement of your abdomen. Avoid unnecessary tension in other parts of your body.

Step 9.

After completing the desired number of rounds, release the Kapalbhati breath and take a few deep, relaxed breaths. Observe any sensations or changes in your body and mind.



Precautions for kapalbhati :

Cardiovascular conditions:

Individuals with heart problems, high blood pressure, or any other cardiovascular conditions should avoid Kapalbhati or seek medical advice before practicing it. The vigorous breathing technique may increase heart rate and blood pressure, which could be detrimental to those with pre-existing heart conditions.

Respiratory disorders:

People with severe respiratory conditions like asthma, chronic obstructive pulmonary disease (COPD), or any other respiratory disorder should avoid Kapalbhati. The rapid breathing involved in the exercise may cause discomfort or exacerbate their condition.

Recent abdominal surgery:

If someone has recently undergone abdominal surgery, it is advisable to avoid Kapalbhati until the surgical site has healed completely. The forceful exhalation and abdominal contractions could strain the incision area and impede the healing process.

Hernia:

Individuals with hernia, especially abdominal hernia or inguinal hernia, should refrain from practicing Kapalbhati as it may worsen the condition or lead to further complications.

Vertigo or dizziness:

Kapalbhati involves rapid breathing and forceful exhalation, which can cause dizziness or lightheadedness in some individuals. If you experience frequent bouts of vertigo or dizziness, it's best to avoid this exercise.

Results : after few days you will realize blood flow pressure in your lower abdominal.



5 . Bitilasana (Cow pose / cat pose) :



Cow pose, also known as Bitilasana in Sanskrit, is a commonly practiced yoga pose that is often paired with Cat pose (Marjaryasana). It is a gentle and beginner-friendly posture that is frequently incorporated into yoga sequences and flows. Cow pose is primarily aimed at stretching and mobilizing the spine, promoting flexibility, and cultivating mindfulness.

Here's how to perform the Cow pose:

Step 1.

Sit in a comfortable meditative posture, such as Padmasana (lotus pose), Sukhasana (easy pose), or Vajrasana (thunderbolt pose). Ensure that your spine is erect and your body is relaxed.

Step 2.

Ensure that your spine is in a neutral position, neither arched nor rounded. Your head should be in line with your spine, and your gaze should be directed downward.

Step 3.

As you inhale, gently lift your chest and tailbone toward the ceiling, allowing your belly to sink toward the floor. This movement creates a concave curve in your lower back.

Step 4.

Simultaneously, lift your chin and tilt your head back, directing your gaze upwards. Keep your shoulders relaxed and away from your ears.



Step 5.

Hold the pose for a few deep breaths, & contract your pelvic muscles upwards and leave them as you go back to the neutral position.

Step 6.

To release the pose, exhale and return to the neutral tabletop position with a straight spine.

Duration & Repetition:

Do 5 sets with 20 repetitions each twice a day 4-5 days a week.

Cow pose is often combined with Cat pose to create a fluid movement. In Cat-Cow flow, you would transition from Cow pose into Cat pose by reversing the movement—rounding your spine upward, tucking your chin to your chest, and drawing your navel toward your spine.

Remember to listen to your body and modify the pose as needed. It's essential to perform yoga poses with proper alignment and respect for your body's limitations. If you have any pre-existing medical conditions or injuries, it's recommended to consult with a qualified yoga instructor or healthcare professional before attempting new poses.

Above 5 exercises are enough to cure ED and PME if you know how to target your pelvic muscles properly. But I would recommend you to practice all the exercises properly. Some important advice related to all 5 exercises.

Quick Note :

- Try to do all these exercises twice a day if possible.
- If your body does not allow you to do the exercises or you are in trouble while performing these exercises. Don't do it.
- If you are going through any kind of medical problem please consult with your doctor before attempting any of these asanas.



Now I am going to tell you some such exercises which will help you to cure ED and PME faster. All these exercises can be done everywhere.

1. Cardio :



Cardio exercises increase heart rate and blood flow throughout the body, including the genital area. Regular cardio workouts can enhance blood circulation, which is essential for achieving and maintaining an erection. By improving blood flow, cardio can potentially alleviate some forms of ED caused by poor circulation. Try below cardio exercises.

- Froggy jumps.
- Burpees.
- Mountain climbers.
- Squat jumps.
- Jumping jacks to a step.
- Toe taps with jumps.
- Side-to-side jumping lunges.
- Prisoner squat jumps.
- Jogging with high knees.
- Lunge jumps.



2. Weight Training :



Weight training, when done correctly and as part of a comprehensive approach, can potentially contribute to the improvement of erectile dysfunction (ED) in some cases.

Exercises :

1 Squats:

This compound exercise targets the lower body, including the glutes, quadriceps, and hamstrings. It also engages the core muscles.

2 Deadlifts:

Deadlifts work multiple muscle groups, including the back, legs, and hips. They are effective for overall strength development.

3 Lunges:

Lunges are beneficial for the lower body, particularly the quadriceps, glutes, and hamstrings. They also engage the core for stability.

4 Cable Pull-Throughs:

Cable pull-throughs target the glutes and hamstrings, which can help activate the pelvic muscles. Use a cable machine and a rope or handle attachment for this exercise.



5 Glute Bridges:

Glute bridges isolate and activate the glutes, which indirectly engage the pelvic floor muscles. Perform this exercise using a mat or a bench with added resistance like a barbell or resistance bands.

6 Step-Ups:

Step-ups work the glutes, hamstrings, and quads while also engaging the pelvic muscles. Use a bench or step and hold dumbbells or a barbell for added resistance.

7 Kettlebell Swings:

Kettlebell swings involve explosive hip thrusting motions that engage the glutes and pelvic floor muscles. Start with lighter weights and focus on maintaining proper form.

8 Hip Thrusts:

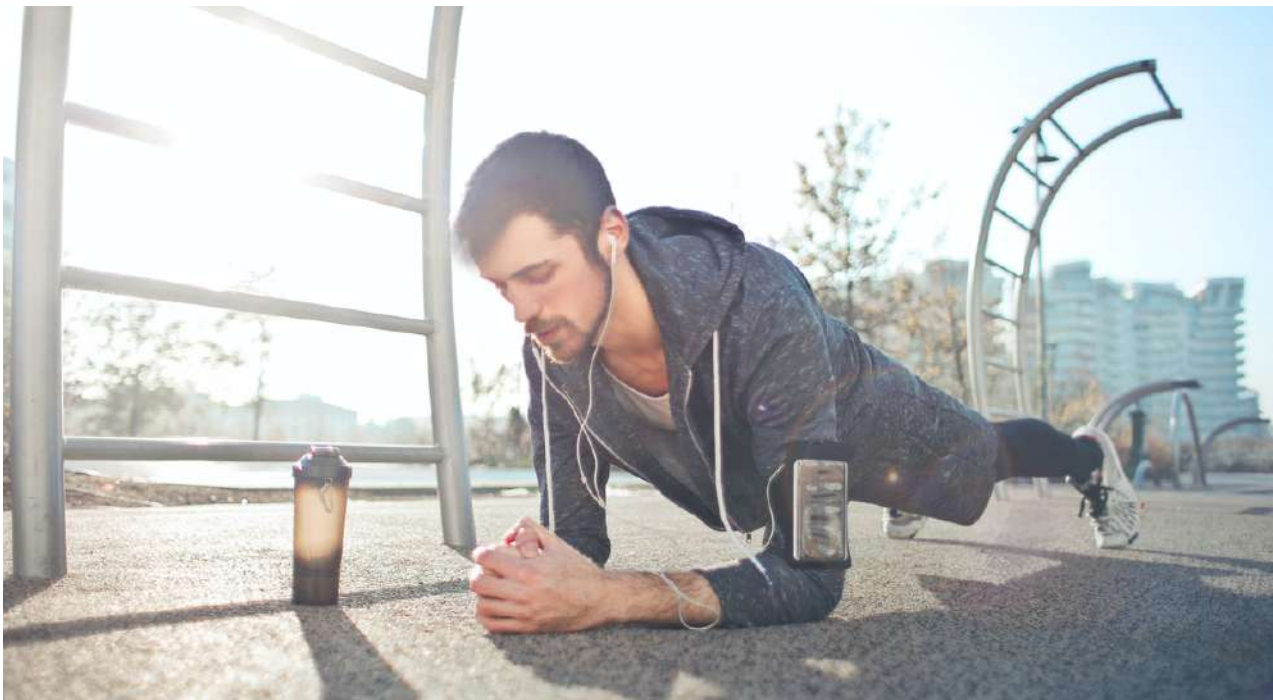
Hip thrusts directly target the glutes, but they also engage the pelvic floor muscles. Use a barbell, dumbbell, or resistance bands to perform this exercise.

9 Hamstring Curls:

Using a leg curl machine or resistance bands, this exercise specifically targets the hamstrings.



3. Strengthen Your Core :



Strengthening your core, including your lower abdominal muscles, can indirectly contribute to improved erectile function. Engaging in regular exercise, including core strengthening exercises, can enhance blood circulation throughout your body, including the pelvic region. Adequate blood flow is crucial for achieving and maintaining an erection.

So basically you need to train your abs (especially lower abs) to overcome ED & PME in the fastest way.

- **Scissor**
- **Straight Leg Raise**
- **Jackknife**
- **Reverse Crunch**
- **Plank**
- **Hanging Leg Raise**
- **Hollow Hold**
- **TRX Plank to Pike**
- **The Snake**
- **Ab Roller**
- **And Many More**



3. Stretching :



Remember to perform each stretch slowly and gently, without bouncing, and hold each stretch for about 15-30 seconds. Modify any stretches as needed based on your fitness level and any pre-existing conditions you may have.

- **Jog in Place:**

Perform a light jog in place to increase your heart rate and warm up your entire body.

- **Jumping Jacks:**

Start with your feet together and hands by your sides, jump up and spread your legs wide while raising your arms overhead.

- **High Knees:**

Stand tall and jog in place, lifting your knees towards your chest as high as possible.

- **Side Lunges:**

Take a wide stance, shift your weight to one side, bend that knee, and keep the other leg straight. Alternate sides.



- **Spinal Twist:**

Sit up tall with your legs extended in front of you. Cross one leg over the other, place your opposite elbow on the outside of your knee, and gently twist your torso.

- **Lower Back Stretch:**

Lie on your back, bring both knees towards your chest, and hug them with your arms.

- **Glute Stretch:**

Lie on your back, cross one ankle over the opposite knee, and gently pull your knee towards your chest.

- **Butterfly Stretch:**

Sit on the ground, bend your knees, and bring the soles of your feet together. Hold onto your ankles and gently press your knees toward the ground.

- **Calf Stretch:**

Step one foot back, keep it straight, and press your heel into the ground while bending your front knee.

- **Hamstring Stretch:**

Extend one leg straight in front of you, hinge at the hips, and reach towards your toes. Keep your back straight.

You can contract your pelvic muscles with every exercise if it is possible for you for better results.

Namaste