

## 6 Common Side Effects of Viagra



Viagra is a well-known medication to treat erectile dysfunction. Erectile dysfunction means when a man could not get or keep an erection for sexual activity.

### **How does Viagra work?**

Viagra is a brand name for sildenafil, which belongs to a class of drugs called phosphodiesterase type 5 (PDE5) inhibitors. This drug increases blood flow to the penis, which helps you get and keep an erection. However, it only works if you're sexually aroused.

### **How is Viagra taken?**

Viagra should be taken 30 minutes to 4 hours before sexual activity. It is most effective if taken 1 hour beforehand. A single dose of Viagra will leave your system within 8 hours.

However, many people are now looking for alternatives to Viagra due to the many side effects that it causes. In this article, we discuss all the common side effects of Viagra, so that you have a full understanding before you start to take them.

## **COMMON SIDE EFFECTS OF VIAGRA**

Most complaints from people taking Viagra are:

### **Headache**

Between 16% and 28% of people report experiencing a headache after taking the medication. Viagra works by promoting blood flow to the penis, but it may also affect the blood flow and chemical changes in the brain, which causes headaches.

### **Flushing**

About 20% of people experience flushing after taking Viagra. Their faces, hands, and feet may become red. This medication may cause blood vessels close to the surface of the skin.

### **Nasal congestion**

Viagra works by enhancing the nitric oxide chemical, which is also found in the nasal mucosa. This leads to obstruction and a partially blocked nose.

### **Upset stomach**

Between 3% and 17% of people report having an upset stomach. Viagra can also affect smooth muscles along your gastrointestinal tract, causing an upset stomach such as vomiting, indigestion, and abdominal pain.

### **ringing ears**

The causative effect of ringing ears is still unknown. However, studies show those who use erectile dysfunction drugs are twice as likely to experience hearing loss as those who don't use them.

### **Dizziness**

Viagra can lower your blood pressure. If your blood pressure falls too low, it could make you feel dizzy or lightheaded, and even fainting.

Viagra may also cause serious side effects, such as:

- Chest pain and pressure
- An erection that is painful and lasts longer than 4 hours
- Severe shortness of breath
- Irregular heartbeat
- Light-headedness
- Rashes or hives

Viagra can interact with other medications, especially those that contain nitrates. Those with heart and liver problems and abnormal blood pressure are not suitable to take Viagra too.

If you decided to try Viagra, you should definitely consult your healthcare provider. Do not take any medications from other sources as they may contain possible contaminants.

### **Looking for Viagra alternatives?**

Try DM Chikara as a natural alternative to Viagra. It is a natural substitute for Viagra to promote men's health. Formulated with ginseng, ashwagandha, and milk thistle, it does not contain any hormones or drugs. Furthermore, it helps to protect your liver, kidneys, and prostate. DM Chikara is an all-natural formulation for men.