



### 13.3.7 Sildenafil

Sildenafil citrate, sold as Viagra, is a selective inhibitor of phosphodiesterase 5 (PDE5) for the treatment of male erectile dysfunction. This prescription drug was brought to market by Pfizer and was approved to use within the United States and the European Union in 1998. It has become one of the fastest-selling drugs of all time. The inhibition of PDE5 leads to higher levels of cyclic guanosine monophosphate (cGMP), which in turn leads to improved smooth muscle relaxation, increased blood flow, and hence, an improved erection.<sup>61</sup> It is worth to note that sildenafil is not an aphrodisiac and only helps the body's natural processes.

