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FREE TREATMENT

masturbation

By [Dr. Ashok Koparday Best Sexologist in Mumbai](#) in **MASTURBATION-NIGHTFALL**

Be with the Best: Sexologist Mumbai Dr. Ashok Koparday

डॉक्टर अशोक कोपर्डे  [Click here to MEET DOCTOR](#)

Date last updated: March 20, 2017

My Doctor Tells

Best treatment: Excess masturbation

“ __ Dr. I am masturbation addict. help me __ ”

“ __ I have done excess masturbation I am weakness __ ”

What is masturbation addiction?

My Doctor Tells best treatment for **masturbation addiction**.

अपना हाथ जगन्नाथ

अपना हाथ कभी नहीं कर सकता घात

मलतफैंगी का भुत

करता है लाइफ बरबाद

हस्तमैथुन Masturbation

By Best Sexologist Mumbai Dr. Ashok Koparday, [Samadhan Health Studio](#)

5

Best Tips Excess Masturbation

FIVE MOST COMMON MASTURBATION QUESTIONS
AND DOCTOR'S REPLY

CLICK BELOW



1 Is it not dangerous if I have masturbated in excess?

Help me! I am a masturbation addict.



2 Is masturbation unnatural?



3 Does masturbation cause weakness?



4 Is it true that there is nothing wrong if one masturbates?



5 I have weakness. I am not lying. What is the treatment?

हस्तमैथुन से कभी भी किसी को भी किसी भी तरह की हानि नहीं होती।

AP KAHTE HO:

Mai nay bahot jyada hastamaithun kiya hai

MY DOCTOR TELLS:

Bahot jyada hastamaithun karne say aadmi ko kamjori ati hai



eh galat faimi hai.

गलत फैमि की वजह से बिता होती है।

बिना से कमजोरी होती है

हस्तमैथुन से कभी भी किसी को भी कोई

भी हानि नहीं होती।

[Hindi may padne kay liye click karna.](#)

MEDICAL
FACTS

THROW AWAY WRONG BELIEFS

MYTHS: Patient's DOUBTS

What people wrongly believe:

People wrongly believe masturbation/hastamaithun causes:

1. Weakness Ashakta pana ahe
2. Tiredness Kamjori ahi
3. Feel debilitated Thakwa yeto
4. Body ache Anga dukta
5. Problem in penis or sex or bearing child (Now or in future)

Ling/Sex/Bachey honey mein taklif abhi ya badmein (Apkay bacche padenge to aap ki aisi bewakufi galat faimiyon par hasenge)

These and several other ill effects are feared to be caused by masturbation or due to excess or early age onset of masturbation.

MY DOCTOR TELLS: FACT

Please note once for all (because I am tired of repeating it) that masturbation does not cause any harmful effect at all even if you may think you have done in excess or begun from early age.

MASTURBATION IS HARMLESS, SAFE AND **BENEFICIAL**.

WHY IS MASTURBATION BENEFICIAL?

Masturbation helps prevent sexually transmitted infection.

Masturbation is a 100% safe sexual expression.

Please know that it is similar to 'sexual intercourse' and has the same benefits that 'sexual intercourse' has without risk of infection, unwanted pregnancy, complications of affair.

CLICK BELOW

Do you think you do/did excess masturbation? Click to find

हस्तमैथुन से कभी भी किसी को भी किसी भी तरह की हानि नहीं होती।

1

Masturbation in excess/Masturbation addiction

“

Masturbation even in excess does not cause any harm.

If masturbation never causes harm why are you having weakness, backache, hair fall and other troubles. You are not lying. Outdated WRONG beliefs about masturbation causes incessant worry and mental fatigue resulting in **psychosomatic illnesses**. [See Tip no. 5 for TREATMENT](#) at the end

Patient's PROBLEM

I have masturbated in excess.

MY DOCTOR TELLS SCIENTIFIC FACTS

No one can masturbate in excess.

Aap jaada bar hasta maithun kabhi kar hi nahi sakte.

SCIENTIFIC EXPLANATION

The following analogy explains the above sentence beautifully:

If you are hungry for two days, and are invited to a party where *gulab jams* (Indian sweet dish) are being served. People are still chatting and no one has even started eating. However, you have finished eating three plates even before others in the party have started. While eating people notice that you have

taken twenty one servings of the sweet dish. Now you are teasingly goaded to eat more and create a record. You eat three additional dishes and say, "Now I am done. That's enough". A person coaxes you to eat just one more dish and offers a reward of five thousand rupees/dollars/pounds/whatever. "No way, not a single more", you say. A doctor offers you a tablet and says you will be able to eat more if you take the pill. You reply, "There is no place even for the pill". Even if one of the party guys threatens with a gun on your head, you don't eat more.

Body has auto mechanism to stop excess food intake. We say my stomach is full. I am done. *Mazhe pot bharale*.

In a similar way the sexual excitement and arousal keeps increasing every day. And one fine day you have the privacy, so you get a chance to masturbate. Having masturbated once you are aroused because you have some Sexually Stimulating Material [SSM] to read or see and you repeat, for example, three more times. After that, it is enough and you fall off to sleep. You feel it is over. You are done. Your body has an auto stop mechanism where by you don't go on ! masturbating repeatedly hundreds of time in a day. Body takes care. Body has an auto control mechanism whereby you cannot exceed your body limits.

This analogy was to prove that a person cannot masturbate in excess.

2

Is masturbation normal?

“

Masturbation mimics sexual intercourse and is therefore safe.

Masturbation videos

by Sexologist Dr. Ashok
Koparday

[Masturbation Video](#)

1.  in English

[Masturbation Video](#)

2.  in Hindi

Patient's QUESTION

Still not satisfied, the disturbed person says that masturbation and sexual intercourse are different.

One may think that masturbation is unnatural and sex is natural.

The argument they give is:

Penis is not meant to be rubbed in hand but is made for softer vaginal passage and because of mishandling, you are afraid that your hand practice, (colloquial for masturbation) has harmed your penis, may be it has caused damage to the blood vessels or nerves in the penis.

Therefore, he says, Doctor, *"Sex mein alag hota hai. Haath se kiya isliye nuksan to hoga he"*.

(Translation)

That is, rubbing is not done in the vagina but is done using one's hand. This is unnatural, whereas rubbing in the vagina is natural. Hence damage to penis or nerves or vessels *[naas]* ought to happen.

MY DOCTOR TELLS: SCIENTIFIC ANSWER IS:

The reply is simple:

One's own body part cannot, does not harm or hurt another part. Your hand cannot and does not keep pinching your ear because it pains. Even while shaving you do not allow to get cuts or wounds.

Similarly your hand cannot harm your penis.

3

How does masturbation cause weakness?

Patient's QUESTION

Does masturbation cause weakness?

MY DOCTOR TELLS: MEDICAL FACTS

Masturbation does never cause weakness or loss of energy.

Aaj ka Medical Science

Kab tak purane jamane ki galat faimi may
chipak kay baithoge?



There is a 'relaxed' feeling after orgasm in both male and female.

This is not 'tiredness'.

Still the fact that masturbation is harmless is difficult to digest for the majority. Over 80% of people, even educated people, even those who know that masturbation is healthy and harmless continue to fear that masturbation is not good; it is preferable to avoid it. This feeling is

because wrong knowledge has stayed imprinted on sensitive mind for years causing mental programming that needs to be changed with correct scientific knowledge that masturbation is healthy and harmless.

Patient who is ignorant says, "Semen is lost, thus valuable energy is lost". Some people even believe that semen is limited and has to be rationed, not wasted. Some believe that one drop of semen is equivalent to one hundred drops of blood. He says, *"Veerya/Dhat chala jata hai, takat chali jati hai"*. Translated: He says that on ejaculation of semen energy is lost.

MASTURBATION: SCIENTIFIC EXPLANATION Why semen is not energy?

That semen is energy or calorie rich is blatantly false. If you give the sample of your semen in a laboratory, the same place where blood and urine tests are done, you will find that semen has negligible energy if any. So even those who believe they have done excessive masturbation will not suffer from loss of energy.

Semen is not energy reservoir. Nor making of semen or "refilling" requires energy.

MASTURBATION: SCIENTIFIC ANALOGY 1

Does loss of one ml of saliva lead to depletion of energy? Dhat or Veerya or Semen is something that is meant to come out of the body and not to be preserved.

MASTURBATION: SCIENTIFIC LOGIC 2

A powerful logic is presented below:

When a patient is very weak and feeble you have heard the doctor saying that the patient requires blood infusion to restore strength. Therefore, you call friends and relatives to donate blood. Have you ever heard the doctor saying, "The patient is weak so arrange for semen to infuse strength in him"? You've never heard that because seminal fluid has no strength in it. If there was vital energy in semen we would have used it to build strength either by ! swallowing it or by using semen in some other form semenvita, semen pills to restore or build power, strength, vigor for the weak as well as for the healthy. If there was vital energy in semen we would have used it to build strength either by swallowing it or by using semen in some other form semenvita, semen pills to restore or build power, strength, and vigor for the weak as well as for the healthy.

4

Is there nothing wrong if I continue masturbation?

हस्तमैथुन से नुकसान तो नहीं होगा ना?

Patient's QUESTION

Does it mean that there is nothing wrong if one masturbates?

Does it mean one can masturbate?

MY DOCTOR TELLS MEDICAL FACTS

Definitely true that masturbation is normal and there is nothing wrong if one masturbates. (Do it in privacy, the way you bathe in privacy.)

If a young man comes to me before marriage and says he has never masturbated, I would say,

- Either he is lying or
- he needs to be investigated for presence of masculinity.

Masturbation is rubbing the penis with the palm हस्त मैथुन .

Sexual intercourse is rubbing the penis with the vagina मैथुन.

Both are similar.

Blowjob (Fellatio) is rubbing the penis in mouth मुख मैथुन.

As Dr. Prakash Kothari would say to a young one who is going to get married, "If one knows Marathi (masturbation) it is easier to read and write Hindi (sex), because both the languages are similar".

I really have weakness. I look thin. I have body ache, hair fall, pimples. **Please tell me the best treatment.**

5

I really have weakness. Tell me BEST medicines

Patient's QUESTION

"Doctor, I have become weak. What is the treatment?"

"मैं बड़ोत कमजोर हुआ हूँ। कोई इलाज बताइए प्लीज़।"

The investigation and medicines mentioned below are really unnecessary. However, I find many boys who are in great distress.

The following may assure them that they have recouped.

MY DOCTOR TELLS MEDICINES TREATMENT

1. Meet MBBS doctor

Do blood investigations on his advice.

Do C.B.C. [Complete Blood Count].

2. Medicines as advised by your MBBS doctor.

(1) Iron

(2) Calcium

(3) Multivitamins

each once a day for duration of 3 months.

and

(4)

Antihelminthic

Deworming medicines are useful in India as worms (helminths) is one of the commonest cause of low Hemoglobin.

Dose as advised by MBBS doctor.

3.

Dr. Koparday's 3 R for 3 years

(1) Regular Exercise

(2) Right Diet

(3) Right Thoughts by reading right books.

1.

Meet MBBS doctor: 1. Investigation

Request MBBS doctor to do Blood test called C.B.C. (Complete Blood Count). It is a simple, inexpensive blood test.

You may also do semen test.

I have never asked anyone to do semen test, but if you are worried to the point of death then you may do semen test. This will help reassure you that your semen is of good quality and quantity.

2.

Meet MBBS doctor: 2. Medicines

Please go to an MBBS doctor. Tell him you feel weak and want treatment for it.

It is NOT necessary to tell the doctor about sexual problem if you are shy.

Medicines for treatment of weakness related to excess masturbation or/and excess nightfall are the following.

The doctor will see the test report and can give you

(1) Iron containing medicines

(2) Calcium containing medicines

(3) Multi vitamins containing medicines

These three medicines are generally given for 3 months depending upon your Hemoglobin in C.B.C. (Complete Blood Count).

+

(4) De-worming medicine may be given.

These medicines are effective.

Along with these medicines, it is beneficial if you do

Dr Koparday's formula 3 R x 3

3.

3. 3 R for 3 years

3 R

The famous three 'R's are as follows.

(1) Regular Exercise

(2) Right Diet

(3) Right Thoughts by reading right books.

BIOLOGICAL EXPLANATION: MASTURBATION

The sexual urge is biological and semen has only three outlets:

Sex with a partner

Sex with your own hand

Nocturnal emissions or wet dreams

It is not surprising that many people believe (even now) that masturbation is harmful to the body, in one way or the other.

Myths about masturbation abound and a list of all the supposed 'harm' that masturbation causes can fill a book.

Let us view evidence presented by Medical Science.

To be more precise let us use the term 'orgasm', which is the result of masturbation, as well as sexual intercourse. If masturbation is harmful sexual intercourse is harmful too. Both involve friction of penis, one in the palm of hand and the other in the vagina, and both result in climax or orgasm. Physiology is the same.

MY DOCTOR TELLS: Masturbation (definition)

Harmless manual stimulation or friction/rubbing with something (example rubbing on the bed) (usually) of one's own or other's genitals (not sexual intercourse) for sexual pleasure usually resulting in orgasm.

MY DOCTOR TELLS CONCLUSION: MASTURBATION

The best treatment is to have correct scientific knowledge about basic sexual function such as masturbation.

Know that masturbation is wrongly believed to be bad habit *bachpan ki galti, buri adaat*.

Masturbation is healthy and totally harmless.

Medicines are not necessary to stop masturbation.

Masturbation is very safe, beneficial method of sex for all unmarried boys **"Apna haath Jagannath"**.

हस्तमैथुन किसे कहते हैं?

हस्तमैथुन मतलब आनंद के लिए स्वरों के (कभी कभी औरों के) जननेंद्रिय का र्पण करना (सम्भोग नहीं)।

How to give MAXIMUM satisfaction to your girl?

स्त्री परंपुरुष के पास कभी नहीं जाएगी

How to give maximum satisfaction to a woman?

Keep your cursor below and CLICK.

Art of giving
her TRUPTI

माय डॉक्टर देखः स्त्री को पूर्ण संतोष देने का राज

Related topics:

(i)

Sanskrit shlokas on masturbation from Acharya Vallabhdev Subhashitavali

(ii)

Hastamaithun **हस्तमैथुन Hindi** may hand job hand practice best ilaj medicines aur treatment sexologist batate hai.

(iii)

How to increase weight and have attractive personality?

Hastamaithun sambandhit kamjori ka sabse aacha ilaj

Best treatment for weakness related to excess hand practice excess or hand job or excess nightfall.

(iv)

Bogus sex doctor , bogus sex treatment, bogus website kaise pehchane

How to know if the website is bogus and the sex doctor is a quack?

(v)

Excess masturbation best treatment read in HINDI

References:

WHAT OTHERS SAY?

GOOD VIDEOS AND POSTS

🎥Video: A motion for masturbation – the naked truth

[Jane Langton speaks at TED September 2013](#)

🎥Video: What girls speak about masturbation

Girls From Delhi Were Asked About Masturbation And Here's What They Had To Say Surbhii Sinha

Mar 18, 2015



Post: Women masturbating

12 Valid reasons why there is nothing wrong with women masturbating.

by Swetambara Choudhary in March 2015

<http://www.scoopwhoop.com/inothernews/masturbating-good/>

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MEET DOCTOR

TAGS: [HAND PRACTICE ADDICTION](#) , [MASTURBATION](#)

← nightfall

erectile-dysfunction-situational →

54 REPLIES TO "MASTURBATION"

Ajay December 13, 2013 at 6:07 PM

Hot to stop marturbation.....? Plz give me ans.

sumit November 26, 2013 at 10:11 PM

do we have a medicine to stop masturbate

pankaj November 15, 2013 at 11:10 PM

dear sir,

i start hand practice in 20 year age please tell me side effect of my body my current age is 31 year. my body is very weak

Sid November 13, 2013 at 10:55 PM

Hello sir, mai hastmaithun kab tak kar sakta hoon.

Aur is se koi problem tho nai hogi.

abc November 10, 2013 at 10:45 PM

Sir, I really liked your article and happy that some people are there among us who do research and then guide the people according to facts rather than myths.

Ashish November 10, 2013 at 5:05 AM

Male 23 , Started Masturbation at 14. At age of 18 this problem started. And pimples occurred on my penis and redness also. Then day by day my penis became weaker n weaker after 1 year when I was 19 a new problem comes Seminal leakage and i feel pain on area between stomach and penis area(area where we

wear belt). What's this I can't understand but its a continuous pain whole day n whole night might be I injured something due to excess masturbabtion at very fast pace.
Doctor I'm finished n I die every day Save my life Pleas

e

dude November 3, 2013 at 3:21 PM

i have been suffering from nighfall for last 4years.do i visit a mbbs doctor or some sexologist?is the medicines given by sexologist say gold, silver bhasms are helful to improve my condition?the condition has become worse. im very weak

paki November 2, 2013 at 11:39 PM

dr ashoke i read ur comments.. will u plz tell me k agar masturbation ka koi side effect nahe to hand practice karte hue srf 2 min me ejaculation kyun hojati hai ziada tym tk ku nhe hand practice kar sakte.. aur kya shadi k baad bhi itne time main hi ejaculation hojayegi.. kindly rep sir its a serious question..

paki November 2, 2013 at 11:37 PM

dr ashoke i read ur comments.. will u plz tell me k agar masturbation ka koi side effect nahe to hand practice karte hue srf 2 min me ejaculation kyun hojati hai ziada tym tk ku nhe hand practice kar sakte.. aur kya shadi k baad bhi itne time main hi ejaculation hojayegi.. kindly rep sir its a serious question..

raj November 1, 2013 at 5:27 PM

Q: What happen if you mustbate too much?

Answer

All of your symptoms can result from sexual exhaustion as a result of your chronic over-masturbation. If you want to change your ways, you need to first come to terms with why you masturbate so much. Masturbation, like drugs or sex, can be an unhealthy way of coping with problems. You need to heal yourself psychologically. In the meantime, I'll discuss what you've done to yourself physically and how you can heal.

Excessive sexual activity and over-ejaculation lead to overproduction of androgen hormones, causing adrenal and sex organ fatigue, and excess release of dopamine to maintain prolonged sexual arousal. Since dopamine is the precursor to the stress hormone epinephrine (adrenaline), excess dopamine results in the adrenal glands overproducing epinephrine and putting the body in a prolonged state of fight-or-flight stress. At the same time, norepinephrine is synthesized from dopamine and released from the adrenal medulla into the blood as a hormone, along with the stress hormone cortisol. Epinephrine, norepinephrine and cortisol fuel the fight-or-flight response, directly increasing heart rate, triggering the release of glucose from energy stores, and increasing blood flow to skeletal muscle. All of this has a severely taxing effect on the body. The hormone prostaglandin E-2, which serves an important function in sexual arousal, is also overproduced and has an inflammatory effect on the body, damaging tissues, nerves and joints, weakening immunity, causing muscular and nervous pain, and promoting infection, inflammation, and even cancer. Chronic elevation of epinephrine and prostaglandin E2 results in severe damage to brain cells and parasympathetic nerves in the liver, lungs, adrenalglands, heart, blood vessels, digestive system, pancreas, gallbladder, ovaries, uterus, cervix, testicles and prostate. As a result, you can experience a variety of symptoms, including depression, anxiety, bodily pains, vision problems, persistent sexual arousal and sexual dysfunction such as impotence and premature ejaculation in men and a lack of sexual stimulation in women. All of this over-activity and stress causes the pituitary gland and testicles (ovaries in women) to become disabled for a few days or even months, leading to a long refraction time or a long-term sexual exhaustion and inflammation. First, you may feel your muscles and joints become very tight and rigid upon ejaculation. An extremely exhausted adrenal function can cause an extreme low level of DHEA and cortisol, resulting in fatigue and pains throughout the body, including the back. The pain becomes severe at about 2-4 hours after ejaculating due to the sudden drop of DHEA, testosterone and DHT. You may experience pains for a couple of days until your prolactin and cortisol levels are returned to their normal ranges.

In order to reverse the ill-effects of excessive sexual activity, over-masturbation, or over-ejaculation, stop sexual activity for a few weeks. Let your body rest and replenish. Then you can come back to it with a lower frequency. A healthy habit is to ejaculate a total of three to four times a week. ViaPal-HGH-P, ArginOx and fish oil (1000 mg each meal) will help you gradually rejuvenate your neuro-endocrine function and boost your prostaglandin E-1/E-3, oxytocin and nitric oxide production for erection and orgasm. American ginseng and maca help to rejuvenate your entire body. Horny goat weed and yohimbe will help increase blood flow and nutrient absorption for a harder erection and better ejaculation control. Damiana and saw palmetto will heal your prostate, which is responsible for producing and releasing semen and which is most likely overworked with your excessive sexual activity or masturbation.

There are many alleged treatments for hair loss, but most fail to address a major underlying cause: a high stress physical response, sometimes triggered by over-ejaculation. During puberty, boys maintain an extremely high level of testosterone and DHT without stress and are therefore able to achieve a full head of hair. As they age, men with a high level of DHT and stress lose their hairs. Stress and its induced inflammatory factors in the bloodstream deplete melatonin production during the night and heat up the blood, causing hair loss. At the same time, men with low testosterone lose their hair. So in short, high levels of DHT and stress hormones and low levels of testosterone lead to hair loss. Over-ejaculation triggers excessive testosterone-DHT conversion in the prostate and testicles, leading to a stressful fight-or-flight state in the body. In this stressful state, the body produces high levels of cortisol, which induces high levels of prolactin and reduces DHEA, HGH and testosterone production. At the same time, excessive prolactin and epinephrine induces constriction of the arteries, leading to poor blood circulation everywhere in your body, particularly in the scalp and prostate. All of this contributes to hair loss.

A 2001 study examined the effect of a 3-week period of sexual abstinence followed by masturbation-induced orgasm. It found that abstinence over such periods “does not change the neuroendocrine response to orgasm but does produce elevated levels of testosterone in males.” A 2003 study showed that serum testosterone levels reach a peak seven days after abstaining from ejaculation. In short, the findings mean that excessive sex results in adrenal and testicular fatigue, leading to low testosterone level and hair loss. In addition, exposure to stress and steroid-related toxins are likely to increase the activity of 5-alpha reductase for greater testosterone-DHT conversion. Excessive amounts of the amino acid L-arginine in conjunction with a high level of androgen hormone can over-excite the nervous system for excessive testosterone-DHT conversion, triggering a stress response. To rejuvenate your nervous function for libido and reduce the epinephrine release from the hypothalamus, brain stem and adrenal medulla, supplement with ViaPal-hGH-J (or ViaPal-hGH-P if you are over 30), 5-HTP, DeToxiA, fish oil, borage oil, calcium, magnesium, and Vitamin-D. In addition, GABA can reduce oxytocin synthesis, limiting the stress response. Nitric oxide and cGMP reduce constriction in the arteries, improving blood circulation to the scalp and prostate. American ginseng and maca help to rejuvenate your entire body. Damiana and saw palmetto will heal your prostate, which is responsible for producing and releasing semen and which is most likely overworked with your excessive sexual activity or masturbation.

Acne is caused by a number of factors, including diet, stress, accumulation of dead skin cells, bacteria in the pores, use of steroids, poor hygiene, drugs and medication. In addition, acne can be caused by over-ejaculation. Excessive sex and masturbation can increase histamine, the super hormone DHT, the stress neurohormone epinephrine, and the inflammatory hormone prostaglandin E2 to induce acne outbreak. This sympathetic nervous action on the cells is exacerbated by a number of factors that can trigger the skin's neuro-endocrine function, leading to acne. Those factors include exposing the skin to heat or sunlight, excessive sex, stress, insufficient sleep, eating inflammatory foods — especially those high in Omega 6 fatty acids — and consuming caffeine. There are a number of treatments for acne. Medications can be effective in the short term, but they fail to address the underlying medical conditions causing acne. Proper hygiene is always important in keeping the skin clear of dead cells and bacteria. In addition, PinealTonin will reduce the release of epinephrine, histamine, and prostaglandin E2, thus reducing the chemicals vital to acne growth. Tea Tree Oil has been shown to be an effective anti-inflammatory in skin infections. American ginseng and maca help to rejuvenate your entire body. Damiana and saw palmetto will heal your prostate, which is responsible for producing and releasing semen and which is most likely overworked with your excessive sexual activity or masturbation.

By Ashok Koparday, Sexologist and Marriage Counselor, Sex Therapist, Accredited Premier World Class Best Treatment Sexual Health Center Samadhan India

December 2, 2013 at 7:57 AM

Hi,

To whosoever has posted this comment.

Thanks for visiting this site.

I wish you had left your name too if you had nothing to hide.

For all who are reading this:

सभी पढ़नेवालों के लिए:

I encourage people to read this. It is classic example of how to mislead with pseudo scientific knowledge. The dopamine, epinephrine (adrenaline) and rest of the high sounding jargon can be picked up from any site that gives scientific explanation of the mechanism of stress.

JUSTIFYING FALSE ASSUMPTION BY TRUE SCIENTIFIC UNRELATED INFORMATION

However, this has been attached cleverly to masturbation.

The very first line of second paragraph is wrong.

“Excessive sexual activity and over-ejaculation lead to overproduction of androgen hormones, causing adrenal and sex organ fatigue, and excess release of dopamine to maintain prolonged sexual arousal. ”

All other things based on a wrong thing cannot be right.

Example:

If I point at a boy and declare, “You are a girl”, then I give all the correct information of how a girl is and

tell you, "therefore you are a girl" this answer is going to be rubbish. The reason is I am fundamentally wrong when I label a boy as a girl.
So even if my description of girl is correct in every detail I have fooled you.

यदि आप लड़के को कहें, "तुम लड़की हो", तो शुरूवात में ही गलति कर दी.
अब आप ने किन्तु भी सही वर्णन किया लड़की का तो भी क्या लड़का लड़की बन जाएगी?

इसी तरह भाइ साहब ने शुरूवात में ही हस्तमैथुन के बारे में गलत बात बतायी

"Excessive sexual activity and over-ejaculation lead to overproduction of androgen hormones, causing adrenal and sex organ fatigue, _ _ _"

अभी आगेका लिखा किन्तु भी विद्वतापूर्ण हो, सही नहीं हो सकता लेकीन पडनोवाले के ऊपर विद्वता का प्रभाव पडता है और सुल गलती फिरे छुट जाती है .

यह कॉमेंट हम ने यहां जैसे हमारे पास आया वैसे के वैया रखा ईस लिए की आप को पता चले कि इन्टरनेट पे तो ज्यादा सावधानी रखनी पडेगी|

यहां जैसे बडीया दुर्लभ जानकारी मिल सकती है, वैसे गलत जानकारी भी मिलेगी|

स्वयं विचार करें और हो सके तो जानकारी डॉक्टर से परामर्श करें|

Even with the information given on this web site I suggest you don't accept it blindly. Think for yourself. If necessary express your doubts by Asking Doctor. Or consult any MBBS MD doctor near your residence.

*** और एक बात

आपको बुझार हुआ टायफॉइड, टी. बी., मलेरिया, कुछभी हुआ तो आप एम.बी.बी.एस. डॉक्टर के पास जाते हो|

फिर सेक्स कि समस्या के लिए क्यों नहीं जाते?

क्या १ १/२ साल कि पडाई में एम.बी.बी.एस डाक्टर को लिंग, हस्तमैथुन के बारे में कोई जानकारी नहीं होती?

सोचो सोचो सोचो

ram November 1, 2013 at 1:06 PM

All These doctors are cheating the public by saying masturbation is not harmful.If it is true ask these doctors to do it for 12 times a day .These doctors are waste fellow .Making the youth to become weak,so that they will get more cases to handle and they can earn more money.All the doctors are cheaters anti indians

Somnath October 25, 2013 at 11:21 PM

Sir, muzhe 7din ke bad dely naight folt hota hai.or mai 20 sal ka hu mera penis fold nahi hota.jab mera penis naram hota hai tab fold hota hai par usi time mera penis tait hogaya to bohot tras hota hai or aage ka jo part hota hai wo kisi se bi speارش nahi karta ye kosh problem hai. 3 hastamaithun 1 mahine mai kitni bar karna chahiye

Rajesh October 2, 2013 at 9:01 AM

Hello sir i m psyco is there any treatment for me

Akash Kumar September 19, 2013 at 2:31 PM

dear sir,
i am akash kumar, my age 21 .. i live in siliguri (west Bengal) , sir mera problem ye hai ki, main sex karte waqt jyada der sex nahi kar pata hu.. esse mere wife satisfied nahi ho pati hai,, mera birya bahut jaldi gir gata lagbhag 2-3 mint. me,, jiske karan main sex ka pura maza nahi le pata hu,, sir koi medicine ya upay batay taki main jyada se jyada der tak sex kar pau aur aapni wife ko sex ka sahi anand de pau,,

M. Khan September 19, 2013 at 7:03 AM

I m a male 22 yrs & i m a virgin.
1.I would like to ask you that i do masturbate in prone position, means on my bed, on my stomach, with out catching my penis, & i m doing this for last 7 to 8 yrs and i m ok with it without any problems till now.
Is it ok or should i stop...?
2.In this 2 or 3 days after masturbating my penis burns what sign is that,, should i drink more water.
Please Reply I m bit worried...

M. Khan

Premier World Class Best Treatment Sexual Health Center Samadhan India By Ashok Koparday, Sexologist and Marriage Counselor, Sex Therapist, Accredited

September 19, 2013 at 7:07 AM

Hi,
Salam Wale_kum

You have come to the right place to get authentic medical facts on sexual health.

It is perfectly okay to do masturbation in prone position, the way you have been doing it.
No need to stop it as masturbation is safe and beneficial sexual practice, especially for the unmarried.

You may drink more water to stop the burning. It is unlikely to be related to masturbation.

Have a fabulous time,

Happiness doctor,

Ashok Koparday
Sexologist Marriage Counselor

Praveen September 8, 2013 at 1:51 PM

Dear sir,

i am matubating always becoz if i see any hot heroin or my class girl hot
i feell so sexy and mastubate in my room my age is 15
tell me is that any serious or nothing serious i am waiting for u r reply thank u sir

Mayank pandey August 29, 2013 at 2:18 PM

Sir mera naam mayank h...
Sir meri umra 22 saal h..aur m pichle 8 saal se masturbation krta hu...jo ki ab maine 2 mahine se chod di
h...

Sir mere dost kahte h ki tune apna sara veerya in 8 saalo mai bahut kharch kar diya..jisse ki tera verya
banna bahut jald kam ho jayega... Jisse ki tu jyada umra tak sex ni kar payega..

IslIye sir ji mai ye janna chahta hu ki jyada masturbation karne se veerya ke nirmaan m kami aati h ya veerya
ek fix age tak bannte rahta h...

Sir please meri is problem ka answer de dena... Please please please... :'(

Ajit August 17, 2013 at 12:53 AM

Dear doctor, i thnk semen of an animal is similar to pollen of plants,thn pollen are adviced to take, why cant
semen?

kishor August 3, 2013 at 4:01 PM

sir plz anser i want to stop my masturbate

By Ashok Koparday, Sexologist and Marriage Counselor, Sex Therapist, Accredited Sexual Health Center - World Class - Premier - Best - Samadhan India
August 4, 2013 at 2:29 PM

नमस्ते जी,
आप को हस्तमैथुन क्यों बंद करना है ?
मस्टुबैशन को किसी भी मेडिकल किताब में बीमारी नहीं बताया. इस लिए इलाज भी किसी मेडिकल साइंस की किताब में नहीं है
जो पुरुष होते हैं उनका धात सुया अवस्था में बन ना शुरू होता है. आभी आप को धात बहर निकलना बंद करना है तो पुरुषत्व निकल ना होगा.
आप का क्या विचार है?

<http://mydoctortells.com/swapnadosh/> aap ko padna bahot bahot jaroori hai
happiness doctor

jagdeep singh July 28, 2013 at 1:13 AM

Hello sir mera name msndeeep hai sir main game kerta hu .mai ek athelte hu sir probllem hai ki mere ko
masturbtion ki habit hai .mai 1 week 2 3 bar maturbtion ker leta hu .sir mai ye pushna chahta hu
masturbtion kerne se koi weekness to nahi ati. jiska meri game ke upper
koi galt aser to nahi pdega

By Ashok Koparday, Sexologist and Marriage Counselor, Sex Therapist, Accredited Premier World Class Best Treatment Sexual Health Center Samadhan India
November 30, 2013 at 4:28 PM

Hi,
Masturbation ko achi tarah say matlab, scientifically jan nay ke liye yh

masturbation video

banaya hai aap dekhna.

narendra July 27, 2013 at 11:16 AM

Sir I am having a habit of Masturbation. Please help me to leave that Bad habit.
I am very disturb in my Life

I am waiting for your reply
thanx

Regarding

Narendra

Rasss-xx-mesh-xxxx

By Ashok Koparday, Sexologist and Marriage Counselor, Sex Therapist, Accredited Sexual Health Center - World Class - Premier - Best - Samadhan India

July 30, 2013 at 8:17 AM

Hi,

You have come to the right place to seek medical facts about your sexual health.

Masturbation is not an illness. It is a safe sexual outlet, very useful for teenagers who have high levels of sexual arousal due to hormonal changes. Masturbation does not cause any harm whatsoever (even if you believe you have done in excess or begun at early age). To know more read about masturbation or hastamaithun.

Happiness doctor,

(I have sent you personal email. Your name has been changed to respect your privacy.)

Prakash June 2, 2013 at 1:11 AM

Sir how I control my mastrubution..I dnt feel good,my age is only 16 in future it can effect my marriage life?
pls clear ny doubt

By Ashok Koparday, Sexologist and Marriage Counselor, Sex Therapist, Accredited Sexual Health Center - World Class - Premier - Best - Samadhan India

July 2, 2013 at 8:34 PM

Dear Prakash (name changed for keeping privacy),

Masturbation is a safe sexual outlet for teenagers. After marriage there is outlet for sexual desires when you have sexual intercourse. During adolescence the human body is being prepared for reproductive functions. Hence, sexual desires are powerful. You know going to prostitute is risky. Finding a girl friend just for this can be morally and socially challenging. The best outlet is masturbation. Safe, no risk of infections or unwanted pregnancy.

If you have doubts or more questions please feel free to [ask doctor](#).

Best wishes,

Happiness doctor,

Dr. Ashok Koparday

riya March 4, 2013 at 8:13 PM

after doing fingering(masturbation) i feel tired and feel pain in my legs and back for sometime...this is because of masturbation???

call April 24, 2013 at 7:31 PM

it is not because of masturbation, infact after doing masturbation people feels relaxed.It may because of the wrong posture or it is taking a lot more time than normal.People sometimes do masturbation without arousal due to which it take some extra time.For which sometimes these things happen.Otherwise its completely ok in masturbation

By Ashok Koparday, Sexologist and Marriage Counselor, Sex Therapist, Accredited Sexual Health Center - World Class - Premier - Best - Samadhan India

April 26, 2013 at 5:06 PM

Hi,

I hardly get such intelligent well informed comments. Thanks a ton for stopping by. You are a great help.

Best wishes.

fazz September 20, 2012 at 5:47 PM

Plz clear my doubts:

1) semen is rich in zinc and selenium if one ejaculates daily for several years he experience zinc deficiency resulting in sexual disorders.

2) masturbation is absolutely natural. But excessive masturbation is bad the disorders occur when one

ejaculates 2-3 times daily for 2+ yrs ..

Source: INTERNET

kk20 yrs September 20, 2012 at 4:29 PM

Plz clear my doubts:

1) semen is rich in zinc and selenium if one ejaculates daily for several years he experience zinc deficiency resulting in sexual disorders.

2) masturbation is absolutely natural. But excessive masturbation is bad the disorders occur when one ejaculates 2-3 times daily for 2+ yrs ..

Source: INTERNET

Dr. Ashok Koparday, Sexologist and Marriage Counselor, Accredited Sex Therapist, Medical Director: Sex Therapy, Education, Research Center, Samadhan, Mumbai, India

September 20, 2012 at 10:26 AM

Dear Ameya,

Dear Kala

DOCTOR'S REPLY:

Param Puja Asaram Bappu is not a sexologist.

The question you may rightly ask, "Then why am I feeling 'kamjori'. I'm not lying. I'm indeed suffering".

WHY KAMJORI WEAKNESS GETS ASSOCIATED WITH DHAT (SEMEN) LOSS IS GIVEN BELOW. Read carefully.

People like you are not suffering because of 'masturbation' or 'night fall', but it is feelings of guilt, which cause weakness and low self esteem. Guilt is a negative emotion, which causes increased secretions of sympathetic nervous system leading to tiredness, fear and other symptoms.

Be assured. Medical science routinely tests 'semen' in laboratory where you test blood, urine, stools. You can find for yourself that it neither contains any 'tonic' nor is it rich in calories.

Your well wisher,

The Happiness Doctor,

Ashok Koparday

kk September 20, 2012 at 10:20 AM

Thanks for the info:

people fear to do mas turbation coz there is sumthing called as HAPPEH THEORY. It explains how body becomes imbalance due to masturbation one side becomes small and another one large. I also know it doesnt cause to grow hair on palm and lot of stupid myths i have just 2 doubts : on internet i found dat ejaculating more than 4 times a week stimulates acetylcholine/parasympathetic nervous functions which results in over production of sex harmones due to which testosterone gets converted into DHT and cause hairloss, memory loss . Another is semen contains zinc when semen ejaculated oftenly there would be zinc deficiency and results in impotence. So plz explain clearly... Thanks

kk September 19, 2012 at 4:28 PM

Ayurveda calls semen as extremly valuable by repeating one drop of semen is 80 drop blood they tell semen contains white blood cells . Happeh theory proved that masturbation changes the shape of the body. Visit semenloss.info if it is really harmless then y r people who masturbated daily became weak and impotent ..

Dr. Ashok Koparday, Sexologist and Marriage Counselor, Accredited Sex Therapist, Medical Director: Sex Therapy, Education, Research Center, Samadhan, Mumbai, India

September 19, 2012 at 9:44 PM

Dear Brother,

Please show me in which textbook Sushrut or Charak has said 'masturbation leads to loss of semen, which leads to loss of 80 drops of blood. . . etc . . '

If masturbation caused impotence India's population would not be in billions the way it is today. If masturbation caused weakness we would have had Bournvita and Horlicks advertising how their products help remove weakness caused due to masturbation outside secondary schools and colleges.

I agree that today many people (mistakenly) believe that masturbation is harmful. It is the myth of this

century. Our kids will laugh at us, "Ha ha ha! How silly these people were? The semen that is lost during sex is the same semen that is discharged in friction with hand. All married people having sex should have weakness. All couples returning from Honey moon should have impotence or weakness, because they too lose semen".

If you believe that cat crossing the street in front of you is an ill omen then you can believe whatever myth you want to believe about masturbation.

Your well wisher,
The Happiness Doctor

karthik August 18, 2013 at 4:15 AM

sir i masturbate daily once for last 3 years ,is it cause any problem?

Anil August 15, 2012 at 1:07 PM

mai masturbation bandh karna chahta hoon,to mujhe batao ki es pe koi medicine maharstra me hai kya

Dr. Ashok Koparday, Sexologist and Marriage Counselor, Accredited Sex Therapist, Medical Director: Sex Therapy, Education, Research Center, Samadhan, Mumbai, India
August 16, 2012 at 5:06 PM

Anil

Why to stop Hastamaithun/Masturbation?

Masturbation koi bimari nahi hai.

*Ek Medical Science ki sacchai jan lo:
hastamaithun karne say kabhi bhi kisi bhi admi ko koi bhi nuksaan nahi hota.*

Esay padlena <http://mydoctortells.com/dhat/>

Aur bhi koi shanka ho to aap jaroor puch lena.

Dr. Ashok Koparday

sumit November 26, 2013 at 10:02 PM

do we have a medicine to stop masturbate

Zabar Loo March 24, 2012 at 5:41 PM

I cannot understand why guys on the internet say that they feel sleepy and need a nap after masturbating.

While I dont even feel a bit of sleepy.

I have never felt sleepy before.

Even you say that it makes you sleepy because of deep relaxation.I get relaxed,not too much,I dont get drowsy at all.I dont get energetic.All feels the same.

I heard oxytocin,prolactin and endorphins are released during orgasm,which makes us feel sleepy.

Then why dont I get sleepy?

(I dont want to sleep even, 16 years old male)

bharat January 19, 2012 at 10:43 PM

hi,sir i am 27 year old boy, looking to marriage in 8 months. my problem is when i watch porn i used to get full erection & masturbation though i ejaculate early. but when i actually tried to sex with women(prostitute) i never get erection. i m really afraid &y that cause me to do masturbation wildely due to frustration. now my everydays routine is got suffered, my weight is decreasing, suffering from memory loss, etc. pls help me out.

Anand January 11, 2012 at 12:38 AM

Hi dr iam masturbating from the age of 14 nowadays iam losinng hair is it dues to masturbation

Premier World Class Best Treatment Sexual Health Center Samadhan India By Ashok Koparday, Sexologist and Marriage Counselor, Sex Therapist, Accredited
January 19, 2012 at 7:32 AM

Hi Anand,

Masturbation does not cause hair loss. However, worry about masturbation may contribute to hair loss.

In none of the medical textbooks, neither allopathy nor ayurveda, nor homeopathy has masturbation been called an illness or cause of hair loss.

You may benefit by visiting a dermatologist.

Best wishes,
Happiness Doctor
Ashok Koparday

Consultant Sexual Medicine.

Mathews December 21, 2011 at 1:03 PM

I am 17 years old and i am trying to stop it tell me an good idea to stop this bullshit. Will it reduce my body weight or will it make me very leen?

Please tell me doctor.I am very much disturbed.

I want to grow big in size and in body size.

HI,

PLEASE READ <http://MYDOCTORTELLS.COM> AND <http://DOCTORTELLS.BLOGSPOT.COM> AGAIN AND AGAIN.

PLEASE CONTACT ME BY USING MY EMAIL

DR. ASHOK KOPARDE

Rajat December 3, 2011 at 2:28 PM

and does it effect my muscle growth through gym??????

HI,

PLEASE READ <http://MYDOCTORTELLS.COM> AND <http://DOCTORTELLS.BLOGSPOT.COM> AGAIN AND AGAIN.

PLEASE CONTACT ME BY USING MY EMAIL.

DR. ASHOK KOPARDE

Rajat December 3, 2011 at 1:58 PM

SENT PERSONAL REPLY BY EMAIL

I know all these facts but when I masturbate I m fine for some time but after few minutes I feel sleepy, hungry and tired. Why is that??????????????

HI,

*TIRED FEELING IS **ACTUALLY RELAXATION OF THE BODY. A VERY HEALTHY BENEFICIAL EFFECT.** COOL.*

PLEASE READ <http://MYDOCTORTELLS.COM> AND <http://DOCTORTELLS.BLOGSPOT.COM> AGAIN AND AGAIN.

PLEASE CONTACT ME BY USING MY EMAIL.

DR. ASHOK KOPARDE

maresh tambe October 31, 2011 at 8:39 AM

HI DR. MY NAME IS MAHESH,I AM 28 YEARS OLD MY PROBLEM IS I HAVE MASTERBEATING IN LAST 10 YEARS THAT REASON MY PENIS IS NORMAL CONDITION IS VERY SMALL LIKE A SMALL BOY PENIS.MY PENIS NOT FULLY EREICTED AND DISCHARG EARLY.NEXT YEAR I MARRIED.PLEASE HELP ME DR.

HI MAHESH,

THIS IS THE BEST PLACE YOU HAVE COME TO. DID YOU READ CHAPTER ON NEWLY WEDS? [MORE THAN 20 TOPICS THAT ARE MUST READING FOR NEW COUPLES ARE GIVEN HERE.](#)

PLEASE READ <http://MYDOCTORTELLS.COM> AND <http://DOCTORTELLS.BLOGSPOT.COM> AGAIN

AND AGAIN.

PLEASE CONTACT ME BY USING MY EMAIL.

DR. ASHOK KOPARDE

prashant October 8, 2011 at 3:53 PM

hello doctor

i m guy i had masterbute last 9 years but now a days i will stop and only once in a week i will do my problem is my penis is very small and very sensitive so doctor can u guide me any medicine please i am very distrub about that and any problem after marriage i saw in movies the penis is very big so i am shy also waiting ur reply

regards

shamim October 6, 2011 at 2:34 PM

sir i have done over usterbation/hast mathun at early stage now my age is 23 and suffered from night falls 1 or 2 times in a week, my health is look like aold man some body in my relatives asked me whats happen? i have concert a ayurvadic doctor they gAve virya stambh vati ,but after taking it i look like too worst my eyes has got down and face like an old man night falls happen that day when i take a rich food like egg or juice etc. I am very scared worried i dont joined any function couse of bad personality pls help me what i do.

ameya August 14, 2011 at 12:04 PM

Hello. This information on masturbation is false. If excessive masturbation is done, the brain is damaged. Semen contains a lot of energy. You can check 'The Secret of Eternal Youth By Param Pujya Sant Shri Asaramji Bapu' online. Also read effects of excessive masturbation in online artcles. The artilce which you have mentioned above will ruin many lives. I am a sufferer of this habit.

Premier World Class Best Treatment Sexual Health Center Samadhan India By Ashok Koparday, Sexologist and Marriage Counselor, Sex Therapist, Accredited
August 19, 2011 at 7:26 AM

Hi Ameya,
Greetings from <http://mydoctortells.com>

You have come to the right place to seek correct facts.

You are free to believe what you have been believing. However, in case you chose to use your own intelligence you may read my reply below.

That you are suffering is no surprise. The scientific fact is that you are not suffering because of masturbation, but **you are suffering because of the very WRONG beliefs** you have about masturbation. It makes you feel guilty, frustrated, helpless. This results in what doctors call pscyo-somatic illness.

In case you wish to use common sense you may read about masturbation with respect to spiritual teaching by the Mahatmas, Gurus, Swamis and Bappus.

Brahmacharya

Brahmacharya is a sanskrit word, which is derived from "brahmani charati iti brahmacharya'

ब्रह्मचर्य = ब्रह्मणी चरति इति ब्रह्मचर्य

charati is the base of words like 'aap ka acharan kaisa hai'

Arthat bramhacharya means one who is on the path to brahm, the ultimate self realization where "I" that we experience does not exist.

Brahmacharya is facilitaed by "indriya nighrah", which means this spiritual seeker has control over his sense organs and organs of action. It therefore means not being tempted by movie, bhel puri chaat, iphone, new pair of branded shoes, new clothes. Thus, the spiritual seeker is not pulled by temptations towards people, objects and situations. This is at the indriya level. However, a wise spiritual seeker will ask where is the 'temptation' created?

Temptation is created by 'kam' meaning desires. Lord Shri Krishna tells Arjun in the Shrimad Bhagwad Geeta that your enemy is 'kam, krodth' etc.

So if you are a spiritual seeker you will not be having any worldly desires. No attachments no aversion. To get this 'detachment' from all worldly things one method the spiritual masters taught was to get attached to 'God'.

If you are a sincere spiritual seeker your mind, your sense organs should be under your control. When you achieve that stage you will not be asking the questions you asked.

Even at thought level you should not be having 'desire'.
The four purusharth (effort) for people are

1. Dharm = Ethical
2. Arth = Money
3. Kam = Fulfilling desires. Getting children, Mercedes Benz car and Aldo shoes.
4. Moksha = Liberation

Brahmacharya that I described applies to those whose sole goal is “moksha”.

Another stupid belief is that semen contains some kind of magical, energy, special value.
One drop of semen = 100 drop of bloods

There are many such wrong beliefs. You can continue to believe along with other beliefs like TB is caused by curse, Mental illness is caused by devil, Paralysis is caused by demons. Railways are iron demons. You can choose any other.

India has plenty of myths.

Happiness doctor,

Ashok Koparday
Consultant Sexual Medicine Marriage Counselor

kaka July 24, 2011 at 2:02 AM

WE ALL KNOW THE TRUTH SO JUST SHUT UP FOR NOW
WE ALL KNOW THAT YALL WAANT TO DESTROY OUR BEAUTIFUL SOCIETY
WE ALL KNOW THAT THERE NO MORE DOCTORS ONLY RARE)
SO JUST SHUT UP
LIARS WE ALL SHALL BE FREE
FUCKING ZIONISTS I HAVE SOMETHING FOR YOU HERE
(.)(.) ITS MY ASS
LICK IT

Comments are closed.

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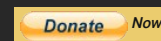
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