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FREE ASK SEXOLOGIST, BEST SEX TREATMENT, ERECTILE DYSFUNCTION, PREMATURE EJACULATION, PENIS SIZE, FEMALE SEXUAL DYSFUNCTIONS, VALUE BASED ETHICAL SEX EDUCATION

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side-effects-of-masturbation

Posted on [September 3, 2012](#) by [By Ashok Koparday, Sexologist and Marriage Counselor, Sex Therapist, Accredited](#)

To masturbate in excess causes weakness???



DON'T PANIC

You will find many web sites that say excess masturbation causes:

- Fatigue. Feeling tired all the time
- Lower back pain
- Thinning hair / Hair Loss
- Soft / Weak Erection
- Premature Ejaculation
- Eye floaters or fuzzy vision
- Groin / Testicular Pain
- Pain or cramp in the pelvic cavity or/and tail bone

98% people have WRONG BELIEF that to masturbate is bad, harmful.

Is it true that to masturbate in excess causes **weakness**, joint pain, backache, kamjori, reduction in weight, poor concentration, poor memory, mental/psychiatric illness, problems of शिग्रपतन premature ejaculation, erection problems, problems of pregnancy? To masturbate is considered a bad habit, bachpan ki galati, hand practice, mutlya marne, hand shaking, waste of energy, loss of **veerya dhat**. **What are the side effects of masturbation for 4 years and in excess?** DOCTOR'S REPLY: What r side effects of doing hand job for four years? Handjob known as masturbation, wanking or **hastamaithun हस्तमैथुन** does not cause any harmful health effects ever no matter how early in age you started doing or how many times or how many years you were doing. In fact hand job gives a safe method of release or outlet to sexual arousal. If a person was to forcefully compel himself and stop doing hand job it would be difficult for him to resist temptation of indulging in unsafe sex. Thus it prevents you from going to prostitutes and thus prevents you from getting sexually transmitted infections. You also can avoid love affairs and the problems resulting from such acts. These benefits can be considered as side effects of handjob.

To masturbate is safe. Real side effects of masturbation are:

Actual side effect of masturbation is that to masturbate is SAFE.

To masturbate: Prevents Sexually Transmitted Infections

If a person believes to masturbate is bad his strong sexual instincts might force him to indulge in sex, which has risks of Sexually Transmitted Infections.

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**To masturbate is safe:
Prevents unwanted pregnancy**

It is safe to masturbate also because it won't involve love affairs, thus preventing unwanted pregnancy or moral, social shame.

To masturbate is BENEFICIAL

If you are staying away from wife for reasons like job abroad then isn't it practical to masturbate rather than go to prostitute. This is one of the reasons for uncontrolled rise in HIV/AIDS. Or if wife is pregnant and sexual intercourse is not possible then will you not masturbate?

To masturbate is to get HEALTH BENEFITS

Sex has DENFINITE HEALTH BENEFITS. Side effect of masturbation is getting all these health benefits.

To Masturbate in Excess

It is **not possible** to masturbate in excess just as it is not possible to do sexual intercourse in excess. When opportunity, like honeymoon, privacy along with high sexual excitement, presents boy or girl masturbates/has sex more than once. When a person has sex/masturbation consecutively four times the body has an auto stop mechanism and the person cannot do more, cannot do in excess. Just as the body has automatic limitation to how much food you eat, however delicious, so too body has automatic limitation for sex as well as masturbation.

Note: **Masturbation or Sex Addiction** is very different from what people consider as excess masturbation. It is a rare psycho pathology that requires psychiatric treatment.

See more about weakness:



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4 thoughts on “side-effects-of-masturbation”

1. [mukesh](#)
[March 9, 2013 at 8:00 PM](#)

Hello doctor, my present age is 26 years. i am masturbating from the last 8yrs. i watch lot of porn and masturbating simultaneously. i could not resist myself from masturbating. my weight is 53kg and very lean. i lost all my concentration and not able converse in groups. i got fear while meeting with stranger fro first time. i look at girls in unusual way every time i see them and imagining of fucking them. i have failed in interviews so many time and unemployed. could you suggest me how to get rid of masturbating and watching porn so that i can lead my normally by concentrating on studies, meeting with friends and stranger easily, talk openly without fear and

loudly?

[Reply](#)

- [By Ashok Koparday, Sexologist and Marriage Counselor, Sex Therapist, Accredited March 10, 2013 at 5:27 PM](#)

Hello Mukesh (name changed for purpose of privacy).

I have already sent you reply. Please check your inbox.

Please read this attentively.

Your problem is not because of masturbation.

Your problem is because of low self esteem. To this low self esteem is added your WRONG belief that masturbation is causing you problem.

Whatever stress you have, masturbation, is helping to give you some relief.

stopping masturbation or watching porn is not going to benefit you.

You will certainly benefit by seeing a psychologist. Books like "You can heal your life" by Louise Hay can be very useful.

Share your lack of confidence with a mature well wisher, a teacher, or any other person whom you trust. They will also be able to help you.

Now be brave. You are a product made by God. You are a good soul. Take your life in your hand. Plan things properly and then work on your own plan one by one.

If you have additional questions feel free to ask.

Best wishes,

Dr. Ashok Koparday

[Reply](#)

2. v

[February 5, 2013 at 2:21 PM](#)

plz say iam 19 handjob is gud or bad for future and also now. wat r side effects of handjob? ?!

plzzz soon replyyy

[Reply](#)

- [By Ashok Koparday, Sexologist and Marriage Counselor, Sex Therapist, Accredited February 22, 2013 at 5:56 PM](#)

Hello,

Koi nuksaan kisi ko bhi kisi bhi tarah ka abhi ya future may handjob ki vajah say nahi hota.

Have fun,

If you have liked the site tell your friends.

Dr. Ashok Koparday

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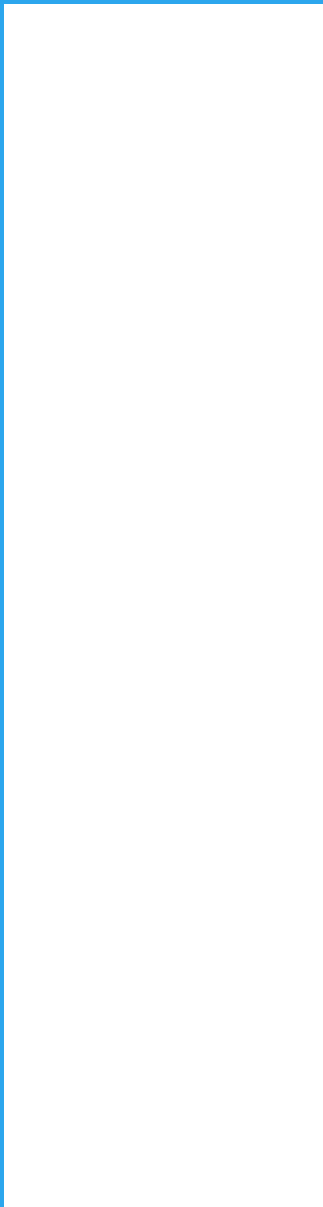
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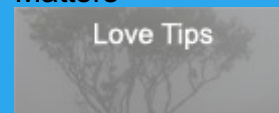
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