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nightfall

JANUARY 24, 2011 BY ASHOK KOPARDAY, SEXOLOGIST AND MARRIAGE COUNSELOR, SEX THERAPIST, ACCREDITED

Updated February 25, 2013

Nightfall Nocturnal Emission Wet Dreams Swapnadosh



eagle.dont-read-this-my-sex-doctor
(Photo credit: drashok)

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Best medicine-Keep cursor here

QUESTION

Hi Sir,
 I get night fall every week twice.
 This has made me very unconfident and dont let my gf touch me.
 I never faced such problems before.
 Can please help me with this?

MYDOCTORTELLS REPLY

What is night fall?

“ *Nightfall is nocturnal emission. It is involuntary discharge of semen during sleep.
This is as prevalent and as harmless as masturbation.
Swapnadosh/wet dreams is usually pronounced when male has not masturbated or not had sexual intercourse for quite some time. The pent up sexual drive causes semen to come out in sleep with or without erotic dreams.* ”

Why is nightfall normal?

Nightfall in boys/men is a type of normal sexual process of human body.

“ *Masturbation is hasta maithun. Hasta(hands) maithun (sex) is sex with help of hands.
Nightfall is swapna maithun. Swapna (dream) maithun (sex) is sex in sleep, which may or may not be associated with erotic dreams.* ”

What is swapna dosh?

“ *Night fall is popularly called as swapna dosh (fault in dream). There is no dosh (fault) in semen that happens during sleep.* ”

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**nightfall cause impotence? Does it destroy ways of getting pregnant?
I need pimple cure treatment. How to cure hairloss because of
swapnadosh?**

“ *No. Night fall does not cause impotence.* ”

You can take pimple cure treatment from Dermatologist/Skin specialist.
Ask Skin specialist how to cure hairloss. Swapnadosh does not cause these things.

Doctor, I want treatment to cure Nightfall. Tell me best medicine.

What is the best treatment? Tell me good medicine to stop this.

Best medicine = BURN WRONG beliefs about nightfall NOW

People have taken natural therapy treatments yet it does not stop. Others have wasted money on ayurvedic treatment. Ayurvedic remedy does not work because swapnadosh is not a disease.

Night fall is not an illness. It is normal, physiological process. It does not require treatment.

Why do I have Swapnadosh/Wet Dreams?

mydoctortells

Night fall is a good sign. This tells you, you are normal and semen is being constantly produced. If you pour more water in a cup the water will overflow. Similarly, if you are not having regular sex semen flows out. Dhat/semen is made by the body to come out not to preserve.

Chai k cup may paani dalte rahoge to paani bahar nikal k girega. Usi tarah say dhat, jo hamesha bante rahta hai, woh aap regular sex nahi karte to raat ko bahar ata hai. Dhat bahar nikal nay k li a hi banta hai. Andar rakhne k li a nahi.

QUESTION:

How to stop nightfall?

mydoctortells:

Why stop it? Why to stop wet dreams/swanadosh?

You don't have to stop wet dreams/swapnadosh. You cannot stop passing urine. You cannot stop passing dhat (semen), which is made to come out. It can stop if you have regular sex or frequent masturbation.

Wet dreams/swapna dosh does not cause any harm whatsoever no matter how often it happens or for how long it has been happening.

Wet dreams, nightfall, swapnadosh kabhi bhi koi nuksan nahi karta.

Then why do I feel weakness?

Will I not lose dhat, which is full of energy? Will I not feel weak? I get backache and feel dull. I cannot concentrate. I am worried. I have taken many medicines. Spent lot of money. I fear now.

mydoctortells

Dhat does not contain energy. It is old myth. Wake up.

You have feeling of weakness, aches and pains not because of dhat flowing out, but because you believe like thousands of other people that it is very very bad. Some people think swapnadosh/wetdreams/fall in night causes mental illness, sexual or pregnancy problem later in life. Some think night fall causes paralysis. Many such fears are in the mind due to WRONG BELIEF.

If somebody tells you, "You have cancer", will you not feel depressed. Your wrong belief about loss of dhat is equal to loss of energy causes you problem. Then you get more frustrated because even when you want to stop wet dreams it doesn't stop. You have gone to hakim and quacks, taken medicines, yet swapnadosh/wet dreams has not stopped. Will this not make you frustrated, worried?

IT IS IMPORTANT TO KNOW

*“Nightfall does not cause any harm whatsoever no matter how often it happens or for how long it has been happening.
Wet dreams swapnadosh kabhi bhi koi nuksan nahi karta.”*

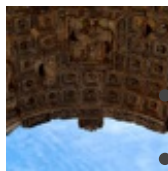
To ask doctor [ask \[at\] mydoctortells \[dot\] com](http://ask[at]mydoctortells[dot]com). send your problem in detail in your language.

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39 thoughts on “nightfall”

chintu

March 2, 2013 at 12:26 PM

mujhe karib 4 salao se night fall ho raha hai aur .
face mai pimpals zada ho raha hai .. & i have feeling so bed..so
i want to stop my night fall plz help me sir

[REPLY](#)

Ayurved Research

February 22, 2013 at 10:35 AM

NF Cure capsule is a unique blend of herbs that are beneficial in curing nightfall problem from the root. It is made up of natural ingredients and safe.

[REPLY](#)

By Ashok Koparday, Sexologist and Marriage Counselor, Sex Therapist, Accredited

February 22, 2013 at 4:56 PM

Namaste,

Thank you for visiting the site.

Medical science no more considers nightfall as a problem or disease or disorder. Nightfall does not cause any harmful effect what so ever. Hence, we do not prescribe medicines for nightfall.

Dr. Ashok Koparday

[REPLY](#)

chand nambiar

March 8, 2013 at 9:03 AM

Realy,it is true

[REPLY](#)

karan

February 17, 2013 at 1:28 PM

sir mari age 19 sal hai aur mana 5 year tak hand prtice ki hai aur ab mujha night fall ki
problam ho rahi hai pls. help me

[REPLY](#)

surinder

February 17, 2013 at 1:28 PM

sir mari age 19 sal hai aur mana 5 year tak hand prtice ki hai aur ab mujha night fall ki

problem ho rahi hai pls. help me

REPLY

By Ashok Koparday, Sexologist and Marriage Counselor, Sex Therapist, Accredited

February 22, 2013 at 5:28 PM

Namste Surinder (name changed to respect your privacy),

Aap k samasya k uttar may personal email bheja hai.

नमस्ते,

इस में अच्छा हो सकता है। आप को धात के बारे में ठीक से पता करना जरूरी है। यह जानकारी आप को

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

<http://mydoctortells.com/nightfall/>

<http://mydoctortells.com/swapnadosh/>

<http://mydoctortells.com/handpractice>

[Hastamaithun k barey may aap hindi may pad sakte hai](#)

yanha.<http://doctortells.blogspot.in/2012/12/blog-post.html>

मिलेगी

और शंका हो तो जरूर पढ़ने के बाद वापस पूछना।

If you have additional questions feel free to ask.

Best wishes,

Dr. Ashok Koparday

REPLY

girish

February 14, 2013 at 9:52 PM

sir night fall month me 10 se 15 bar ho jata hai or mai weak mahsus karta hu or mai confidance less mahsus karta hu .please help me

REPLY

Biren kumar

February 4, 2013 at 6:42 AM

Dear sir u r god 4 me sir my age now 24 years and i have problem nightfall 3 and 4 time in week plz give me sugest

REPLY

Biren kumar

February 4, 2013 at 6:51 AM

Dear sir u r god 4 me sir my age now 24 years and i have problem nightfall 3and 4 times in every seven days plz give me solution

REPLY

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

September 9, 2012 at 4:03 PM

QUESTION by B. Singh

sir i have to much nightfall problem and low sex desire can it cure in medicine.

DOCTOR'S REPLY:
*Hi B. Singh,
Nightfall is not an illness. It does not need medicines. Nightfall is totally harmless.
Dr. Ashok Koparday*

[REPLY](#)

Bala

August 28, 2012 at 9:55 AM

. Am 18 years old. Am not married. I have a problem of releasing sperm during my sleep. It making me worried and am losing all my strength. Please give me the remedy to overcome this problem. Please! Reply me Soon doctor. Am getting atleast twice in a week.

DOCTOR'S REPLY:
*Hi Bala,
You will be happy to know that night fall does not cause any problem at all. Wrong belief that it is bad/sin causes worry and therefore leads to problems.
Dr. Ashok Koparday*

[REPLY](#)

rakesh

August 28, 2012 at 9:09 AM

Dear doctor,
I am in problem with night emission since last 4 years about 3-5 times in a month due to excessive masturbation. I became too weak. Main problems are-

1. low sperm count
2. thin, short, bent penis
3. low amount of semen
4. Digestion problem..body became too lean
5. premature ejaculation
6. sunken eyes
7. excessive weakness
8. excessive Night fall
9. memory loss, weight loss, body growth loss.
10. i ejaculate glue/water like material even on touching a female or seeing a pornographic clip.

Male, 20 years old, unmarried.
Pls help me Dr.
Prescribe me the medicine for all my problems so that i get rid of these problems soon..thanks.

DOCTOR'S REPLY:
*This is an example of what people believe is caused by night emission/ night fall/ night discharge/swapna dosh.
It is important to remember that night emission does not cause this problem.
What causes this problem?
The false belief that I am losing something valuable energy rich substance at night gives rise to fear and depression and causes such problems.
See <http://mydoctortells.com/healthmeter/>

If doubts persist please ask again, but do read the details given about night fall here
<http://mydoctortells.com/nightfall/>

Dr. Ashok Koparday*

(For appointment call 9969377881)

REPLY

sajjan Singh

August 3, 2012 at 5:04 PM

Dear Sir,

I am masturbating since I was just reached at age of 14 year. And simultaneously starts Nocturnal Emission. Now I am turned 35 years old and getting very heavy pressure for marry. But due to so longer nearly 20 years of masturbating I am suspicious about my Sexual capability and temperament. Should I marry ? or is there any solution of my problem ? I never touched girl so I am very depressed and suspicious. Sir help me.

DOCTOR'S REPLY:

You will definitely not have any ill effects due to masturbation or nightfall even if it is done for many years or started at early age.

Your inexperience makes you tense. Some amount of tension is always present before marriage. From sexual health point of view you can certainly go ahead and marry with confidence. You will benefit greatly by reading this website <http://mydoctortells.com>.

Please read carefully the details given in <http://mydoctortells.com>. If still you have doubts or questions feel free to ask me.

*Dr. Ashok Koparday
Medical Director
Samadhan India: Center for Therapy, Education, Research in Sex, Marriage, Relationships.*

*Ex Teaching Faculty
Seth G. S. Medical College and K. E. M. Hospital
and
Grant Medical College and Sir J. J. Group of Hospitals
[For meeting the doctor prior appointment is essential.
You will have to call 09969377881 for appointment.]*

REPLY

harry

July 20, 2012 at 5:13 PM

Does Night Fall or Masturbation effects once skin i mean does we get pimples bcoz of that.?as when ever i masturbate or i have night fall i found a new Pimple on my face..!

REPLY

Suraj

July 15, 2012 at 4:45 PM

sir ,
mujhe week me 1 ya 2 bar nightfall hota hai,uske baad me thoda week feel krta hoo.
aur me jb koi porn dekhta hoo to penis erect ho jata hai aur me masturbate krne ki try
krta hoo to foreskin poori peeche nhi jati aur ejaculation bhi nhi hota..
plz suggest me how to solve the problem

REPLY

aniket

July 14, 2012 at 5:13 PM

sir muje sopndosh hai mere age 17 .shadi ke baad sex kar sakta hu kya? reply fast

“
Namste,
swapna dosh say kabhi bhi kisi ko bhi koi bhi nuksan nahi hota.
Shadi k baad sex karney may kabhi uski wajah say nuksan nahi hota.
Please read carefully the details given in <http://mydoctortells.com>.
If still you have doubts or questions feel free to ask me.

Dr. Ashok Koparday
Medical Director
Samadhan India: Center for Therapy, Education, Research in Sex, Marriage,
Relationships.

Ex Teaching Faculty
Seth G. S. Medical College and K. E. M. Hospital
and
Grant Medical College and Sir J. J. Group of Hospitals

REPLY

Rishabh

July 8, 2012 at 12:42 AM

Thnku Sir ... its help full .. thnks a lot ... m so tensd abut this but nw i feel so relx ... thnks agin ...

REPLY

Sagar

June 24, 2012 at 12:51 PM

Me janna chahta hu ke penis ki normal size kya honi chahiye ?

REPLY

shubham

June 13, 2012 at 4:29 PM

sir,
i m suffering frm night fall or nocturnal emission frm the last 3-4 years.....i have night fall approximately 3 times in a week.frm previous year only i started feeling weakness,memory losses,lack in confidence nd vibrations in my palms after doing some physical work.
I,therefore request you to please suggest me cure of this..
.please help sir.

“
REPLY
Hi,
IMPORTANT: Nocturnal discharge never gives rise to any health problem.

Incorrect information about sexual matters causes feelings of guilt and consequent problems. Please read the details given about masturbation [<http://mydoctortells.com/masturbation/>], nocturnal discharge [<http://mydoctortells.com/nightfall/>] on this web site.
There are other very useful topics.

If doubts persist please send details of your problem directly to my email.

Regards,
Dr. Ashok Koparday
Consultant Sexual Medicine

REPLY

pintu

May 13, 2012 at 12:20 AM

hi,sir
i am pintu
i am 16 years old
i have some problem when i see a xxx movie and talk with any girls.then my penish would go stand.and i fell much weakness.i have done night fall once a week .my health is very weak.my sex time is only on 1 or 2 minutes.please sir save me.and give me suggistion

REPLY

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

July 8, 2012 at 8:34 PM

REPLY

It is natural for penis to stand (become erect) during sexual arousal. Night fall and masturbation are healthy and do not cause any weakness or any body or sexual problems.

Please read the scientific information given on this website. If the doubts persist send me an email.

Dr. Ashok Koparday
Consultant in Sexual Medicine

REPLY

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

August 22, 2012 at 6:40 AM

Hi Pintu,

Nightfall does not cause any weakness. If your health is weak just do a simple blood test to check Hemoglobin (Hb). Tell the pathology laboratory that you want to check Hb. If your Hb is low it means your weakness is because of anemia. It is not because of nightfall or loss of semen/dhat.

The normal time when having sex is from 1 minute to 3 minutes only.
Please see <http://mydoctortells.com/dhat/>
and
<http://mydoctortells.com/topic/men/male-sex-problems/premature-ejaculation/>

More details on timing on premature ejaculation or early discharge is given here also <http://asksexdoctor.blogspot.in/>

REPLY

pintu

May 13, 2012 at 12:18 AM

hi,sir
i am pintu
i am 16 years old
i have some problem whe i see a xxx movie and talk with any girls.then my penish
would.and i fell much weakness.i have done night fall once a week .my health is very
weak.my sex time is only on 1 or 2 minutes.please sir save me.and give me suggestion

[REPLY](#)

Aniket

January 22, 2012 at 4:14 AM

Sir i suffr frm night fall abt 6~7 tyms a month, i go to gym nd take extra protein food,
does bcz of tht these night falld happens??? and evn i cant get easily sperm in hand
masturbate, does its huge mattr of concern???

[REPLY](#)

Aniket

January 22, 2012 at 4:06 AM

Sir i suffr frm night fall abt 6~7 tyms a month, i go to gym nd take extra protein food,
does bcz of tht ths happens??? and evn i cant get easily sperm in hand masturbate, does
its huge mattr of concern???

[REPLY](#)

kalasingh

December 15, 2011 at 10:10 PM

I sure that night fall make weakness to man.....
therefore all people should eat & drink cool foods and juice than we may stop the night
fall.....

“
*HI,
YOUR INFORMATION IS WRONG.
PLEASE READ [HTTP://MYDOCTORTELLS.COM](http://mydoctortells.com) AND
[HTTP://DOCTORTELLS.BLOGSPOT.COM](http://doctortells.blogspot.com) AGAIN AND AGAIN.
PLEASE CONTACT ME BY USING MY EMAIL.
DR. ASHOK KOPARDE*

[REPLY](#)

sachin

December 4, 2011 at 12:45 PM

SENT PERSONAL RELY

hi doctors,
i m facing night fall problem in 12 time in month .and saw any hot movie that time i feel
very wakness my pinis size. and loss my erection. plz suggest proper medicine and how
to solve my problem
plz help me.

“
*HI,
PLEASE READ [HTTP://MYDOCTORTELLS.COM](http://mydoctortells.com) AND
[HTTP://DOCTORTELLS.BLOGSPOT.COM](http://doctortells.blogspot.com) AGAIN AND AGAIN.
PLEASE CONTACT ME BY USING MY EMAIL.
DR. ASHOK KOPARDE*

[REPLY](#)

saurabh

November 19, 2011 at 9:14 AM

sir nighth fall month me 10 se 15 bar ho jata hai or mai weak mahsus karta hu or mai confidence less mahsus karta hu .please help me

“ HI,
MAIN APKI BAAT SAMAJ RAHA HUN. AAP DEFINITELY THEEK HO SAKTEY HAI.
PLEASE READ [HTTP://MYDOCTORTELLS.COM](http://MYDOCTORTELLS.COM) AND
[HTTP://DOCTORTELLS.BLOGSPOT.COM](http://DOCTORTELLS.BLOGSPOT.COM) AGAIN AND AGAIN.
PLEASE CONTACT ME BY USING MY EMAIL.
DR. ASHOK KOPARDE

REPLY

sandeep

May 26, 2012 at 3:39 PM

doctor ji mere ko nightfall ko problem hai .muje nightfall 1 saal se ho raha hai. mera ager abhi hai 15 saal .mere ko nightfall ek week me 2 se 3 bar hota hai. please help me sir

REPLY

Harry

June 20, 2012 at 3:58 PM

dnt watch Xxx movies and dnt think about sex during night dream this will definetely help u in ur night fall try it guy

REPLY

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

July 8, 2012 at 8:41 PM

JAWAB

Nightfall say KABHI BHI KISI KO BHI KAMJORI NAHI AATI HAI. Dhat jo nightfall mein ya hastamaithun may jaata hai us say nuksan nahi hota. KYON KI DHAAT MAY KOI TAKAT NAHI HAI. Dhaat hamesha bante rahta hai aur ya to stree say samband rakne k baad, yaa nightfall, yaa hastamaithun is raste say nikal ta hai.

Ap ko aur bhi shanka bani rahi to muzhey siddha email bhejiye.

Dr. Ashok Koparday
Consultant in Sexual Medicine.

REPLY

anuraag

October 8, 2011 at 8:10 AM

i get nightfall every week thrice can it affect the health.. my weight is around 53 kg and

my thighs are too thin ...and i think this is due to nightfall is it true?

[REPLY](#)

Nikhil pitale

September 12, 2011 at 1:02 PM

In night fall or while removing sticky thing it will creat some problem in future for our health please give detail info.,

[REPLY](#)

LAVALY

September 8, 2011 at 8:15 PM

SIR
MUZE 2 YEARS SE SAWAPN DOSH HO RAHA HAI SIR JALD UPCHAR BATAO

[REPLY](#)

sahil

August 24, 2011 at 10:06 PM

i suffer nightfall continously for four days n day after it or two days after it this again happens four next days
i feel tied n depressed for whole day...i had also taken medicine for about four months bt had no result

[REPLY](#)

aasif

March 10, 2013 at 4:41 PM

sir help me i have big probalam my life me 10 saal pehle hand practice kiya karta tha par ab sab kuch chod diya lekin us ka asar mujhe ab ho rahahe nightfull ke roop me kam se kam week me 2-4baar ho jata he kabhi to peshab karte waqt bhi ho jata hemera sparm bahut hi patal ho gaya he aur pennis ka size bhi kam he aur sextime bahut hi kam he is ke liye koi upaay bataey.me shadi shuda ho sir me ni bahut dr ko degaye hy mai baut dubla hu mai mota hona chata hu aur khata sahi hu par mujhe jab lagta hai to mujhe turant night full ho fata hai my email xxxxxxx9@yahoo.com

[REPLY](#)

By Ashok Koparday, Sexologist and Marriage Counselor, Sex Therapist, Accredited

March 10, 2013 at 5:15 PM

Hello Asif (name changed for privacy),
I have sent personal reply to you through your email. Please check your inbox.

आप ने पूछा जिस बारे में उसकी सारी जानकारी माय डॉक्टर टेल्स डॉट कॉम में दी है। बहोत लोगों को इस का लाभ हुआ है।

आप की परेशानी १०० % ठीक हो सकती है।

आप प्लीज पढ़ना फिर वापस कोई संशय हो तो हमें पूछना।

डॉक्टर अशोक कोपर्डे

[REPLY](#)

keshav singh

August 18, 2011 at 1:21 PM

mujhe karib 4 sallo se night fallow ho . plese koi upchar bataiye

[REPLY](#)

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