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VAGINISMUS TREATMENT

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VAGINISMUS TREATMENT

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Vaginismus Treatment

By Top Sexologist of India, Dr. Ashok Koparday

Best Sexual Health Treatment Clinic in Mumbai, Samadhan Health Studio, Center of Excellence


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Vaginismus meaning

Vaginismus is involuntary contraction of the pubococcygeus muscles at the time of insertion of penis. Forcible insertion of penis, as a result, gives rise to pain (Dyspareunia). The consequence: There is no insertion of penis in vagina during coitus. This is called unconsummated sex or unconsummated marriage. Some couples only turn up for treatment because they want pregnancy.



Vaginismus 3 pictures

Click to download 1. [SMALL](#) and 2. [BIG](#) picture, both animated, depicting vaginismus in action. Pictures show you EXACTLY what is happening. This 3. [picture](#) gives analogy of railway going inside a tunnel

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Vaginismus symptoms

1. Pain at attempt of insertion of penis (Dyspareunia). The pain ranges from mild as discomfort at insertion to severe tearing pain.
2. Bleeding during First Sex. Often forcible sex in the presence of vaginismus causes results in bleeding.
2. Anxiety related to sex in the female.
3. Surprisingly, in India, vaginismus presents as Erectile Dysfunction and/or Premature Ejaculation in the male.

I have discussed this here <http://mydoctortells.com/wrong-diagnosis-erectile-dysfunction-newly-wed/>

This may appear paradoxical, but in India, especially when the groom has self doubt he concludes that the penis is not going in because of premature ejaculation or because of erectile dysfunction. Self doubt is often present in innumerable boys before marriage.

Self doubt occurs due to inexperience or

bad sexual experience in the past or because of feeling of inadequacy about the size of his penis or inadequacy arising due to rapid discharge.

or myths related to masturbation, nightfall, loss of vital semen virya Here, the male partner wrongly believes HE HAS PROBLEM.

It never occurs to him that there could be problem in the entrance of the vagina.

wrong-diagnosis-erectile-dysfunction-newly-wed



Erectile Dysfunction, Stiffness is less, Hard on not as before, Diminished Sexual Desire, Premature Ejaculation, Penis is small in size, *kamjoori* **ALL these Male Sexual Problems are wrongly diagnosed.** This happens in Newly Wed Men who say, "Because of Weak Erection my penis has not yet completely entered vagina during sexual intercourse."

4. Pregnancy gets delayed
 5. Misunderstandings – Relationship Discords – Divorce
- Often due to sex taboo, neither the boy nor the girl go for treatment. Worse. They may land up in the hands of quack.
- Misunderstandings multiply in response to avoidance of sex.
- Blaming.
- Feeling of defeat and depression.

May lead to divorce.

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Dyspareunia and Vaginismus

Dyspareunia is a medical term for difficulty and painful sexual intercourse. One of the causes of dyspareunia in newlywed is vaginismus.



Vaginismus causes

Unfortunately, vaginismus is not uncommon in India.

Most girls who experience vaginismus have fear about penetration of penis.

The fear of pain and bleeding is ubiquitous. Often this girl has heard from her friend or relative, "Initially, it is painful. Then later on it becomes okay."

When a girl is told sex is painful and when she anticipates pain, will there not be reflex contraction as a means of protection?

In India where there is orthodox socio-cultural upbringing even touching "private" part is shunned. Talking about "naughty" things is taboo for good girls.

Good girls are defined as those who do not talk about sex or do "those kind of things".

Insertion of finger, tampon, or any object and per speculum or per vaginal examination by doctor can be difficult, painful or impossible due to vaginismus.



Vaginismus Treatment at Home

Rohan is married to Smita, who is a corporate executive.



Vaginismus Self Treatment

If a girl learns to use tampons for periods (menses) instead of sanitary napkins it will act as an effective preventive measure for vaginismus.

Unfortunately, tampons do not do well in the market in India and several countries where even touching private parts is shunned.



Vaginismus is curable

There are definite methods by which this anxiety leading to vaginismus can be cured.

The results are excellent with the guidance of competent experienced Sex Therapist.

If urologist, gynecologist, sexologist or some doctor incompetently handles the treatment of vaginismus, as they very often do, the situation becomes complicated and frustrating. In spite of this, an experienced sex therapist can do wonders.

Cooperation and commitment of both partners makes all the difference in treatment outcome.



How to get Pregnant with Vaginismus

Often the couple is married for over 3 years when they visit me. Their desire for pregnancy has reached zenith. Attempts at overcoming vaginismus has left them frustrated.

When the frustrated couple is more eager to get pregnant than solve the issue of vaginismus or unconsummated sex there is still a SOLUTION.

Please know that PREGNANCY IS POSSIBLE in spite of vaginismus even when the marriage is unconsummated.

WHAT IS THE SECRET?

The semen has to come in contact with vagina. This is all that is required. Penis

acts as a dropper to deposit semen in vagina. The same can be done by simple means at home. Use a finger, an ink dropper, a spoon or an empty syringe (without needle) to scoop semen and bring it at the opening of vagina.

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Surgery, Dilator, Kit & Kegel Exercises for Vaginismus

I have not required dilator any kit or Kegel Exercise for the treatment of Vaginismus.

A surgical procedure called Fenton's operation was previously advocated to broaden the vaginal introitus.

This is unnecessary.



Vaginismus PDF

[Click here to download PDF file of Vaginismus Treatment.](#)



Vaginismus Doctor

Diagnosis, Investigations and Medicines

There are no investigative tools or diagnostic laboratory tests for vaginismus. Attentive history taking by an expert is enough to give conclusive diagnosis of vaginismus.

I have never ever had to do per vaginal examination.

The only medicines that may be required are lubricant and PDE5 inhibitor tablet (like Viagra ©).

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Vaginismus Treatment

Vaginismus Cure: Doctor's Role is Crucial

1. Psycho Sexual Therapeutic Counseling is of paramount importance in the treatment of Vaginismus.
2. If necessary KY Lubricating jelly or [Lignox 2%](#) cream can be used.
3. She can practice inserting finger in vagina in privacy either when alone or with partner.
3. As a part of therapy there has to be NO attempt at insertion of penis in the vagina. (have you noticed I use the word 'insertion', not 'penetration'.)
Reason: Every single unsuccessful attempt at insertion brings the couple several steps back in the treatment procedure.
4. Sex Joy Therapy is advised. The couple engages in wholesome, full fledged, ecstatic sexual intimacy. The focus is on her pleasure. Shamelessly, they indulge in any form of erotic sexual pleasuring (except insertion of penis in vagina).
(See the four chapters on [Female Satisfaction](#).)
She can use her pet masturbatory method and indulge in her private sexual fantasy that arouses her.
5. She is enabled to orgasm.
6. At the height of sexual excitement she inserts a finger in vaginal introitus or asks him to gently insert a finger.
At the peak of sexual arousal there is flood of endorphins because of which body's 'pain' threshold, 'hate', and 'disgust' threshold rises.
7. When one finger insertion happens with ease, then two finger insertion is attempted.
8. After series of such sex play she becomes confident of insertion of penis.
9. In a sex position that is advised by the doctor or preferred by her the next step is begun.
She hold the erect penis and directs it at the entrance of vagina.
10. The insertion of penis in vagina is accomplished.
To arrive at 10. several attempts may be required before the penis is able to glide in smoothly.



CONCLUSION: Vaginismus Treatment

Vaginismus is curable. Vaginismus treatment becomes quicker and easier with expert medical guidance from a competent Sex Therapist.



References: Vaginismus Treatment

HOW TO INSERT PENIS IN VAGINA



Tips for newly wed. How to enjoy honeymoon. Common sex problems in honeymoon/suhagarat/first sex. How to insert penis in vagina. Sex – A User's Manual by Ashok Koparday, Best Sexologist Mumbai India 3 step technique

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HINDI

sex-how-to-insert-penis-in-vagina



"i am not able to insert my dick in her cunt. i think i hve penis weaknes . how to make penis strong plz tell how to do insertion in sex _ _ _ "

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unconsummated-first-sex-no-penetration



'unconsummated sex', 'unconsummated marriage' is NOT UNCOMMON. Newly wed get disturbed and suffer silently. Couples with unconsummated marriage have come to me for therapy 3 days, 3 months, 3 years and even later than 6 years after marriage. Let us know what, why of

unconsummated marriage, about 'vaginismus', which is common yet UNDETECTED even by Doctors.

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<http://mydoctortells.com/topic/women/female-satisfaction/>

how-to-maximize-female-sexual-satisfaction



Take special time for her even when not with her by SMS, Email chats, phone calls romantic greeting cards. This builds anticipation and arousal. Teasing, mischief, cocky comedy brings excitement .

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<http://blog.drmlpani.com/2014/04/the-unconsummated-marriage.html>

<http://www.webmd.com/women/guide/vaginismus-causes-symptoms-treatments>

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