

## Problems of Women

### 11.1 Female Masturbation

**Q.** I am 24 years old and have been indulging in masturbation since the age of 13 years. I am about to be married and therefore worry about damage to my hymen and the result it might have on the attitude of my husband. Do you think my husband will feel any difference if the hymen is ruptured and suspect my character. Would you advise that I inform my husband about this?

**A.** It would not be wise to say any such thing to your husband because he may not feel any difference and by talking about such a sensitive matter your relationship may be spoiled for no reason at all. The hymen is generally not affected by this action. Even if the hymen is ruptured due to natural or un-natural causes there is no difference in the performance of sex. Moreover there is a great likelihood that your husband has also indulged in masturbation.

### 11.2 Bathing during menstruation

**Q.** Is it all right for women to bathe during menstruation?

**A.** Bathing during menstruation it is not only permissible but preferable, as cleanliness is more needed during this period.

### 11.3 Hysterectomy and Sex

**Q.** Because of certain medical problems doctors are advising me to have my uterus removed. Will my sex be affected by this operation?



- A.** Libido and sexual activity are not affected by hysterectomy.

### 11.4 Vaginismus

**Q.** We have been married for a year but intercourse has not taken place because my wife experiences severe pain on an attempt at penetration. This condition has not only destroyed our sex life but also has deprived us of children.

**A.** This condition is known as Vaginismus i.e. the muscles around the vagina become so tense that pain occurs even at the insertion of a finger. This usually occurs due to excess fear of intercourse. Although very troublesome, this condition is easily treatable. First of all force should not be used, rather, the wife should be relaxed with love, affection and sexual fore play. When she is relaxed, a lubricated finger should be inserted in the vagina. Starting from the little finger and every other day using the other fingers should be enough to cure this condition. If the problem still remains then a lady doctor should be asked to use mechanical dilators to relax the vagina and the surrounding muscles.

### 11.5 Female Orgasm

**Q.** My wife does not have an orgasm during each and every intercourse. Could you please tell us how to overcome this difficulty?

**A.** It is normal for women to have orgasm during some sexual encounters and not in others. Even in American women Kinsey's statistics showed that only in 50% episodes did they have orgasm. I am sure that it is probably much less in our culture. However better results can be obtained if the



husband is loving, affectionate and pays greater attention to sexual fore play.

**Q.** Is it possible for a woman to have multiple orgasms during a single intercourse?

**A.** Some women, in some instances, can have multiple orgasms.

**Q.** At the end of intercourse is there a discharge of some liquid in women just as in men?

**A.** Firstly during sexual excitation some liquid exudes from the vagina in various amounts but at the end of intercourse there is no specific discharge as in a man. There are however a few small glands in the female genitals which may exude an insignificant amount of fluid at times.

**Q.** I am 21 years old and have been married for 4 years but I have no sexual desire nor have any pleasure during intercourse. However my husband doesn't know this. Would you advise that I inform him? Is there a way I can feel sexual excitement and pleasure.

**A.** I think it is better to confide with your husband. Both of you should read proper literature on the subject and try to use methods of exciting each other. If that doesn't work, help from a sex therapist should be in order.

### **11.6 The right age for pregnancy**

**Q.** Is it true that the chances of a woman having a pregnancy decrease after the age of 40 years?

**A.** A woman becomes fertile when she reaches puberty and remains so till menopause. Menopause occurs between the ages of 45 and 55. However with modern treatment it is



possible to impregnate a woman beyond this age with an egg from another young woman and carry the pregnancy to term with the use of artificial hormones.

### **11.7 Measles in pregnancy**

**Q.** I am five months pregnant and recently visited a family where there was a patient of measles. Do you think I can get this infection and will my baby have some deformities? However I would like to tell you that I myself had measles some time ago when I was not pregnant.

**A.** If the mother gets the measles, especially in the first three months of the pregnancy there is a great likelihood of the fetus being deformed. However, as you have already had an attack of measles you are probably immune to this disease and moreover your pregnancy is more advanced now and so the danger of abnormality is insignificant.

