

SEXUAL DYSFUNCTION: A LIFE STYLE DISORDER

*Shraddha Soni,¹ Jai Prakash Singh²

¹ Research Scholar, ² Associate professor,

Department of Kayachikitsa, Faculty of Ayurveda,

Institute of Medical Sciences, Banaras Hindu University, Varanasi

ABSTRACT

Sexual dysfunction is result of life style disorder commonly like alcohol consumption, drug and smoking abuse as well as lack of physical activity and unhealthy eating. It also becomes the cause of many chronic diseases like cancer, heart disease, diabetes, stroke, obesity and type II diabetes. Lifestyle diseases are defined as diseases linked how people live their life.

Keywords – NCDs (Non Communicable Disease), CVD (Cardiovascular Disease), HBV (Hepatitis B virus), SD (Sexual Dysfunction).

INTRODUCTION

Normal sex relation is necessary in healthy life. A reduced sex may be result of a number of problems physiological to psychological disorder. It can be said that dysfunctional sex relation may result in various family problems or sex related illnesses like; AIDS and NCDs are caused, to a massive extent, by four behavioral risk factors: tobacco use, unhealthy diet, insufficient physical activity and harmful use of alcohol.¹ According to WHO, low and middle-income countries and the poorer people in all countries are the worst affected by deaths due to NCDs and NCDs are strongly associated with life style disorder.² Because of a unhealthy lifestyle and faulty dietary habit, developing countries like India faces an economic loss of \$236 million in 2015 .That is why in order to tackle the global impact of NCDs, it has to be aggressively confronted in the most affected areas and communities. Dysfunction of sex relation is the problem of most of societies that is mostly associated with NCDs and it has a significant effect on mental and physical health.

SEXUAL DYSFUNCTION IN MEN AND WOMEN

There have been few studies on women. In the case of women the percentage of sexual dysfunction is 25-63% in all over. When the female sexuality is disturbed, reaction may be family disputes and divorce and also effect on reproduction status. Persistent reduction in sexual interest and desire including disorder of subjective and genital stimulation can be define as sexual disorder of female. Difficult, painful and a incomplete intercourse are associated with the lack of emotional intimacy also a reason of sexual disorder.³ A study conducted on US presents a scenario that as compare to

men women are more likely affected by sexual disorder (men 31% ,women 43%), among that 20% women went for medical treatment rather than it only 10% of men consulted to doctor for their disorder. In the case of men due to the change in environmental factor and life style Sperm count and semen volume have decreased during the past 50 years.⁴ In men, decreased testosterone levels often result in low libido, also in women hormonal change effects similar.

FACTOR AFFECTING SEXUAL DYSFUNCTION

Alcohol and smoking

According to recent clinical researches that excess alcohol consumption may result in permanent damage of the nerves in the penis thereby. Smoking caused a reduction in sperm concentration and motility, an increase in percentage of abnormal forms.⁵ Alcohol drinking may be a risk factor for male infertility since it affects testicular function.⁶ Women who drink over can take longer to become pregnant and can suffer from menstrual and fertility problems.

Sleeping disorder

Sleep hours are directly related to mental and physical health and the physical health is most important very much for healthy sex. Reduce sleeping hour can trigger the production of stress hormone cortisol that contribute a major role in reducing testosterone hormone. A study on women found that women who have fewer hours to sleep are 14% less interested in sex compare to women who have taken proper sleep. Sleep also impacts overall immunity and health, both of which contribute to strong fertility in both men and women.⁷

Depression

Both depression and antidepressant pills can affect libido.⁸ If you are continuously taking antidepressant pills or if you are suffering from signs of clinical depression, it's no wonder that your sex life is suffering a major set-back. One of the major out of come of depression is reduced interest in sex.

NCDs

SD is drastically connected with NCDs, and obesity is a major cause of non-communicable disease. Men who have a waist size larger than 40 are more likely to have erectile dysfunction than men whose waists are smaller. Research indicates that obesity is associated to specific sexual dysfunctions such as loss of desire, poor sexual function and avoidance of sexual encounters.⁹ In previous studies, it was suggested that there are three possible mechanisms through which obese people may have sexual impairment: a) insulin resistance and associated hormonal changes, b) dyslipidemia and related drugs, and c) psychological problems.¹⁰ Psychological factors (such as poor

sexual self-esteem leading to difficulty in allowing or initiating sex) or biological factors (such as musculoskeletal problems) might also be involved.¹¹

CVDs are risk factors for the emergence of SD. The prevalence of sex dysfunction depends on severity of heart disease. In addition, symptoms of depression associated with CVD and SD, which emerge during the recovery of patients with heart disease, marked by physical and psychological adaptations, contribute to the impairment of sexual responses. Therefore, SD can occur following the development of CVD.¹² Chronic HBV infection like liver cirrhosis are highly related to several psychological disorder anxiety and depression.¹³ An injury in spinal cord is also results in sexual dysfunction. Altered sexual function may be consequence of compression of cauda equina, peripheral neuropathies, or injuries to the peripheral autonomic nervous system.¹⁴

Dietary habit

Consumption of any food which is high fat in excess leads to weight gain, which is the number-one sex drive killer for any man. Fat is the worst nutrient that a man can have for his sex drive is too much of it. Generally, any dietary item that leads to excessive weight gain can kill a man's sex drive. Consuming Trans fatty acids are most harmful for sex life that can cause reduce and abnormal sperm production in men and badly effects female gestation. Fried foods are a major danger to men. The trans-fats found in food item including fast food and junk food which are became a major meal at this time especially for youth cause a massive drop in libido and can even cause abnormal sperm production. High in trans-fat foods including cookies, candy and other processed foods, high source of simple sugars, which may reduce blood flow and cause inflammation that leads to the erectile dysfunction of men because a proper blood flow is important for male sex arouse. An unhealthy diet, in low vitamins and mineral leads to SD. Zinc is too much responsible for fertility so foods like almonds, sesame seeds, leafy green vegetables and brown rice should be included in diet. Foods rich in Vitamin E can also help, protein is also very important for semen quality. Flavonoids in dark chocolate are also beneficial to activate libido. Additionally, Omega 3, in diet improves blood circulation and neurological connections of testes.

RESULT

Sexual dysfunction in both men and women is strongly associated with the way we live our life. But because of lack of awareness we are not considering it as life burden disease. Healthy sex is most important for mental and physical satisfaction so for living a healthy life a change in life style is mandatory that will also reduce risk of chronic disease.

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