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Sexuality

- Sexuality has been a consistent focus of curiosity, interest, and analysis to humankind
- Depictions of sexual behavior have existed from the time of prehistoric cave drawings (Ajanta) through da Vinci's anatomical illustrations of intercourse, literature (Kamsutra to MM Jayasi) to current pornographic sites available on the Internet

Sexuality

- Sexual behavior is diverse and determined by a complex interaction of factors.
 - Biological makeup
 - The perception of being a man or a woman
 - Reflects developmental experiences with sex throughout the life cycle
 - Relationship with others
 - Life circumstances, General sense of self
 - Culture
 - Personality traits

Sexuality

- Sexuality encompasses all those thoughts, feelings, and behaviors connected with sexual gratification and reproduction, including the attraction of one person to another.
- Something more than physical sex, coital or noncoital, and something less than all behaviors directed toward gaining pleasure

- Plays a central role in most of our lives. It is a key factor in our principal relationships and the formation of our families. It is also a common source of problems.
- People may also use sexual activities to gratify nonsexual needs, such as dependency, aggression, power, and status



Deodorant



Biscuit

Psychosexuality

- Psychosexual is used to describe personality development and functioning as these are affected by sexuality
- Primary source of motivation. Just consider the amount of time spent thinking and planning for sex, let alone the time spent in sexual behavior itself

Abnormal Sexuality

- Sexual behavior that is destructive to oneself or others, that is markedly constricted, that cannot be directed toward a partner, that excludes stimulation of the primary sex organs, and that is inappropriately associated with guilt or anxiety.

Normal sexuality

- Normal sexual behavior brings pleasure to oneself and one's partner, involves stimulation of the primary sex organs including coitus
- It is devoid of inappropriate feelings of guilt or anxiety and is not compulsive.

Psychosexual factors

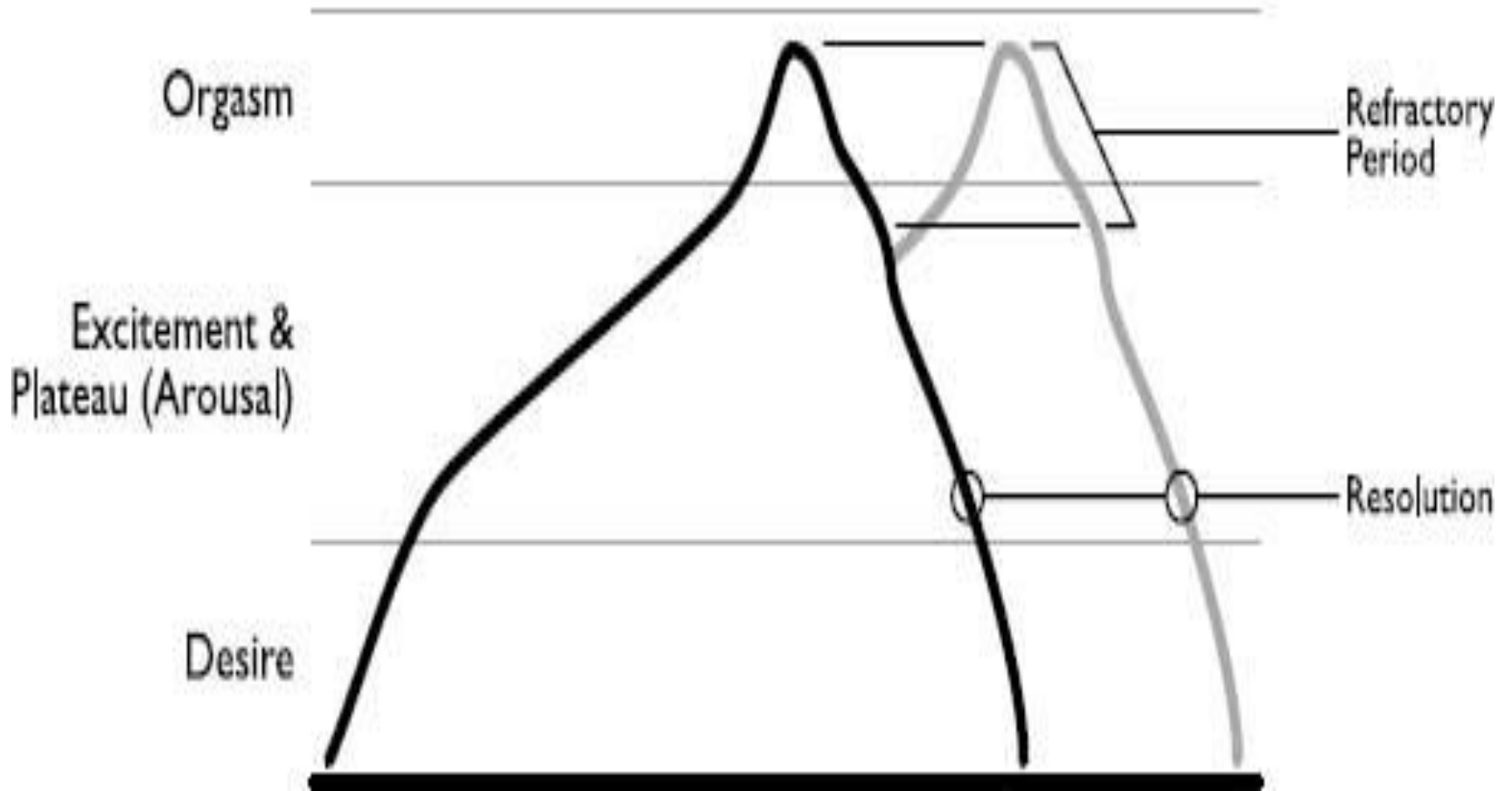
- **Sexual identity** is the pattern of a person's biological sexual characteristics
- **Gender identity** is an individual's sense of maleness or femaleness. By the age of 2 or 3 years, almost everyone has a firm conviction that “I am a boy” or “I am a girl.”
 - **Gender role**

Psychosexual factors (cont.)

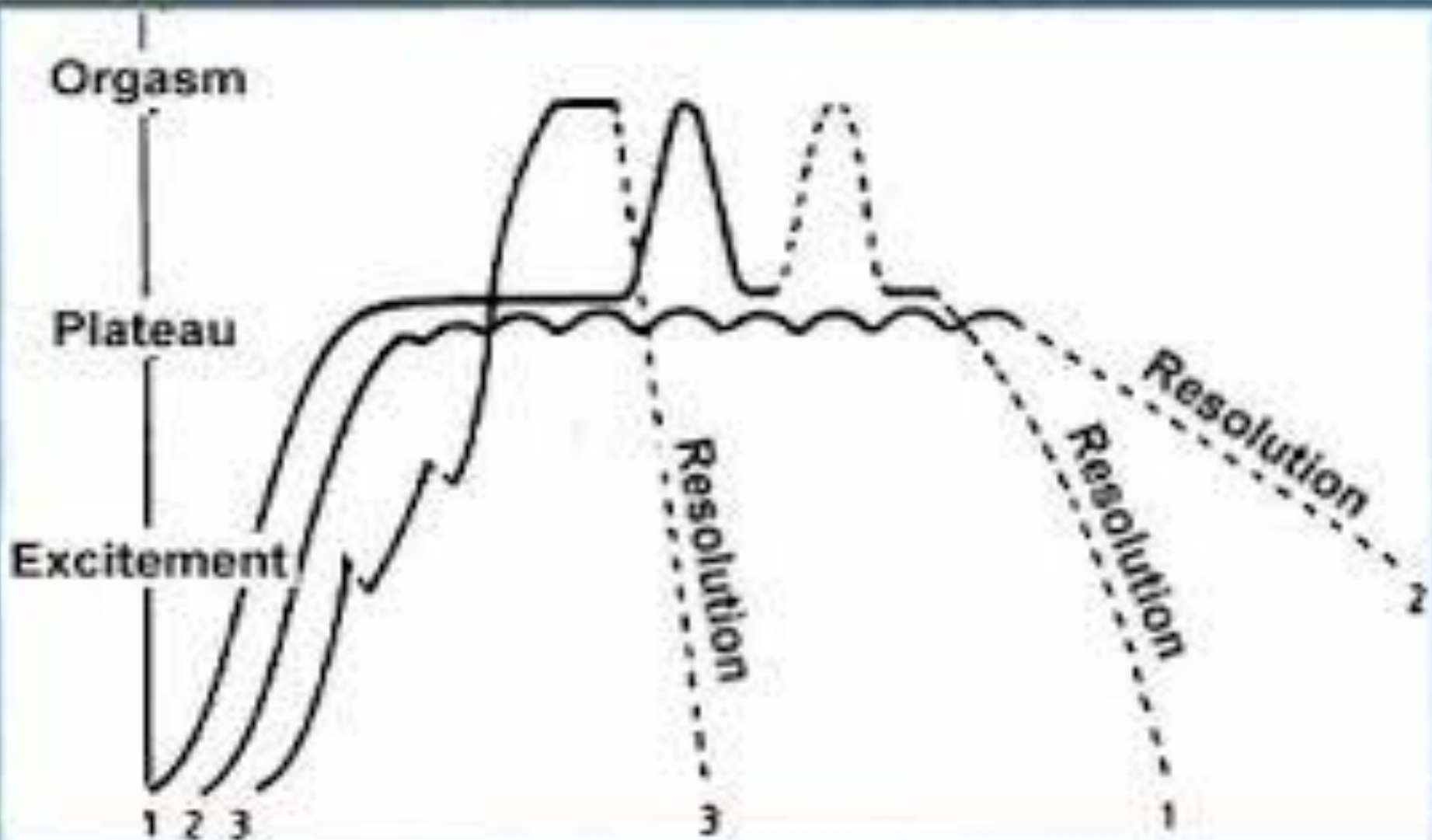
- **Sexual orientation** describes the object of a person's sexual impulses: heterosexual (opposite sex), homosexual (same sex), or bisexual (both sexes).
- **Sexual behavior** includes desire, fantasies, pursuit of partners, autoeroticism, and all the activities engaged in to express and gratify sexual needs. It is an amalgam of psychological and physiological responses to internal and external stimuli

Male Sexual response

Males



Female sexual response



Masturbation

- Masturbation usually is a normal precursor of object-related sexual behavior, universal and healthy component of psychosexual development
- Masturbation is a psychopathological symptom only when it becomes a compulsion beyond an individual's willful control. Then, it is a symptom of disturbance not because it is sexual, but because it is compulsive.
- It is also symptomatic of sexual problems when it is the only sexual activity of a person who has an available intimate partner



It's NORMAL! यह एक सामान्य प्रक्रिया है



पुरुषों के लिए



प्रीकम- यौन उत्तेजना के समय वीर्य निकलने से पहले निकलने वाले चिपचिपे पदार्थ (प्रीकम) का निकलना एक सामान्य प्रक्रिया है।

संभोग करने के लिए लिंग के छोटे-बड़े आकार का कोई फर्क नहीं पड़ता है। उत्तेजना के समय नसों का लिंग पर दिखाई देना सामान्य स्थिति हैं।

स्वप्नदोष एक स्वाभाविक प्रक्रिया है। यह किशोरावस्था से आरम्भ होकर किसी भी उम्र में हो सकता है।



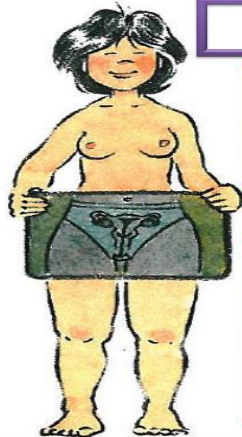
हस्तमैथुन एक सामान्य प्राकृतिक क्रिया है। शरीर के अन्य द्रव्यों जैसे लार, आंसू, पसीना आदि की तरह वीर्य भी निरंतर बनने वाला सामान्य पदार्थ है। इसकी मात्रा एक प्रकार से असीमित होती है। वीर्य के शरीर से निकलने पर (चाहे सम्भोग, हस्तमैथुन, स्वप्न दोष या पेशाब के साथ हो) कोई दुष्प्रभाव नहीं पड़ता है।

यौन क्रिया के दौरान कभी-कभी लिंग का ढीला हो जाना एक सामान्य प्रक्रिया है।



कभी-कभी अपनी इच्छा के विरुद्ध जल्दी स्खलित हो जाना एक सामान्य प्रक्रिया है।

स्त्रियों / महिलाओं के लिए



स्त्री के योनि का ऊपरी 1/3 हिस्सा ही यौन संतुष्टि के लिए पर्याप्त रूप से संवेदनशील होता है।

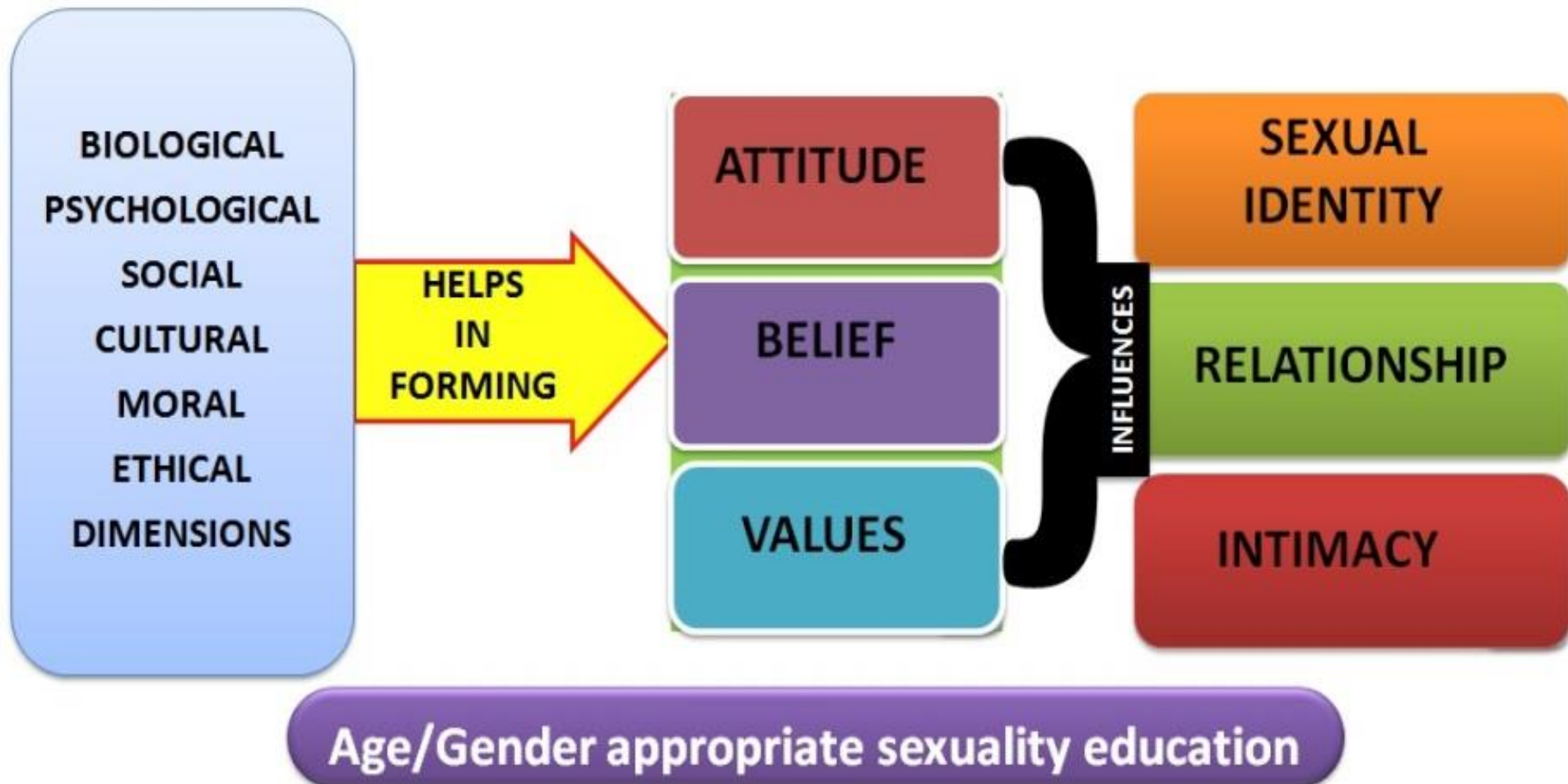


अधिकांश महिलाओं की यौन संतुष्टि सेक्स सम्बन्धों के दौरान क्लाइटोरिस पर पड़ने वाले दबाव पर निर्भर करती है।

स्त्रियों की यौनेच्छा उनके स्तन के आकार या अन्य किसी यौन अंग की बनावट पर निर्भर नहीं करती है। बल्कि यह स्त्री के स्वयं के स्वभाव पर निर्भर करती है।



Conceptual framework of sexuality education



Sexual disorders

- Sexual dysfunction:
 - Sexual desire and arousal disorders (ED)
 - Orgasmic dysfunction
 - Ejaculatory dysfunctions (PME)
 - Sexual pain disorders (Dyspareunia, Vaginismus, post coital headache etc)

Sexual disorders (cont.)

- Gender dysphoria (gender incongruence)
 - Children, adolescent, adult and late life
- Paraphilic disorders (Disorders of sexual preference)
- Sexual orientation (Homo-sexuality)

Thank You