

Dr. Ajay Gupta

MASTURBATION

**Advantages and Disadvantages
For Educational Purposes
(No Pictures)**

e-Booklet

Free Download

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****Acknowledgment****

I have written this eBooklet to raise awareness and dispel myths surrounding masturbation. As a modern allopathic practitioner, I have based this work on my professional knowledge and understanding. Please read it and feel free to share it with your colleagues. I dedicate this eBooklet to Lord Krishna (Om namoh bhagavate Vasudevaya). I aim for this work to be conflict-free and extend my gratitude to everyone who has directly or indirectly supported me in its creation.

Dr. Ajay Gupta. Doctor of Skin & V.D.

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MASTURBATION

Masturbation is the act of stimulating one's own genitals for sexual pleasure. It's a natural and common behaviour among both men and women.

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Definitions:

Masturbation: The self-stimulation of the genitals, usually leading to orgasm.

Genitals: Sexual organs; in men, typically the penis, and in women, the clitoris and vagina.

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Male and Female Ratio:

Men: Studies show that about 95% of men masturbate at some point in their lives.

Women: Around 85% of women also masturbate at some point in their lives.

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Advantages

Sexual Pleasure:

Provides enjoyment and pleasure.

Stress Relief:

Releases endorphins, which can reduce stress.

•**Stress Relief:** Releases endorphins, which can reduce stress.

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Advantages

Better Sleep:
Can help you relax and fall
asleep.

Improved Mood:
Often makes you feel
happier and more relaxed.

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Advantages
Sexual Awareness;
Helps understand what you like
sexually.

Safe:
There's no risk of sexually
transmitted infections (STIs) or
pregnancy.

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MASTURBATION

Advantages

Sexual Awareness: Helps understand what you like sexually.

Safe: There's no risk of sexually transmitted infections (STIs) or pregnancy.

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Disadvantages

Physical Discomfort:
Overdoing it can lead
to
soreness
Or
irritation.

•**Safe:** There's no risk of sexually transmitted infections (STIs) or pr

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**Interference with Daily
Life;**

If done excessively, it might
interfere with daily activities
or responsibilities.

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MATURBATION ADDICTION

This term is basically controversial because there is not enough research to support this. In this condition person can no longer suppress their urges to masturbate and compulsive engage in the behaviour

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Do animals masturbate?

Yes, animals also engage in masturbation. For instance, monkeys and apes are known to be involved in this activity.

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Is masturbation a sin?

Medically, no. It is not considered a sin from a medical perspective. Historical texts and ancient scriptures indicate that this activity was known in ancient times.

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Is masturbation right or wrong after marriage?

Masturbation is not wrong after marriage. It can be a normal activity when a spouse is away or during pregnancy. Couples can also practice mutual masturbation.

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Summary:

Masturbation is a common and normal activity with several benefits for both men and women. It helps with sexual pleasure, stress relief, and sleep.

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However, it's important to balance it so it doesn't cause physical discomfort or interfere with your daily life. Feelings of guilt or shame about masturbation are usually due to cultural or personal beliefs and can be addressed by understanding that it is a natural part of human sexuality.

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**I have no interest in
conflict over this
eBooklet**

THANK YOU

Please Forward