



HEALTH TIP

To treat inflamed gums, gently massage your gums with your fingertip. Rinse your mouth with cold black tea; the tannin in the tea acts as an astringent and reduces bleeding

ask the sexpert |

DR MAHINDER WATSA



1 I am a 28-year-old married man. During intercourse I ejaculate quickly, after which my penis loses erection. Is there any medication to solve this problem?

Your penis is behaving normally. Adopt the stop-and-start method to learn better control. You don't require medicines.

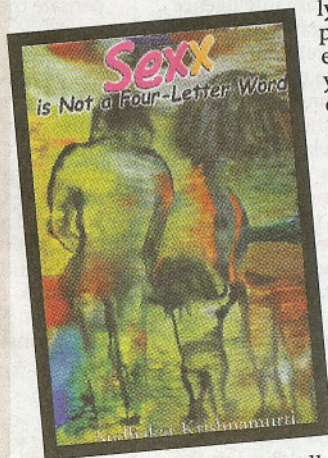
2 I am a 27-year-old married man. What kind of food should my wife eat to increase her sexual desires and what should she avoid? Besides the food you both normally eat, give her the food of love and care.

3 I am a 33-year-old woman and my husband is 50. We have a 10-year-old son. We have been married for the last 11 years. I don't enjoy having sex with my husband anymore. I feel very uncomfortable; he is too old. I don't know how to convey this to my husband. I am afraid he will feel depressed. Is it mandatory to have sex with him? Fifty isn't old. Help your husband blossom by suggesting different things to do, which also includes sex. Why don't

LET'S TALK A

BOOK EXTRACT

A few moments later, the maid came back to say that the call was not for my wife but for me and that the lady was getting a bit hysterical. Thankful-



ly, it was the pre-mobile era, mind you, or this chick would have caught me in the loo even, I'm certain. She sounded that desperate. Finally, I took the call.

"Thank God, doc! You

really had me worried. I thought you were out of town or that you were avoiding my call. We need to see you right now! There's been an accident. My husband's been badly hurt. Can you come home immediately, please?"...

... 'You'll probably need to go to trauma care,' I said, hoping that the poor guy had not sustained a serious head injury or broken a limb...

... 'Doc, I have not rung you up for social support as a doctor's friend. My husband's accident is andrological. That's the reason

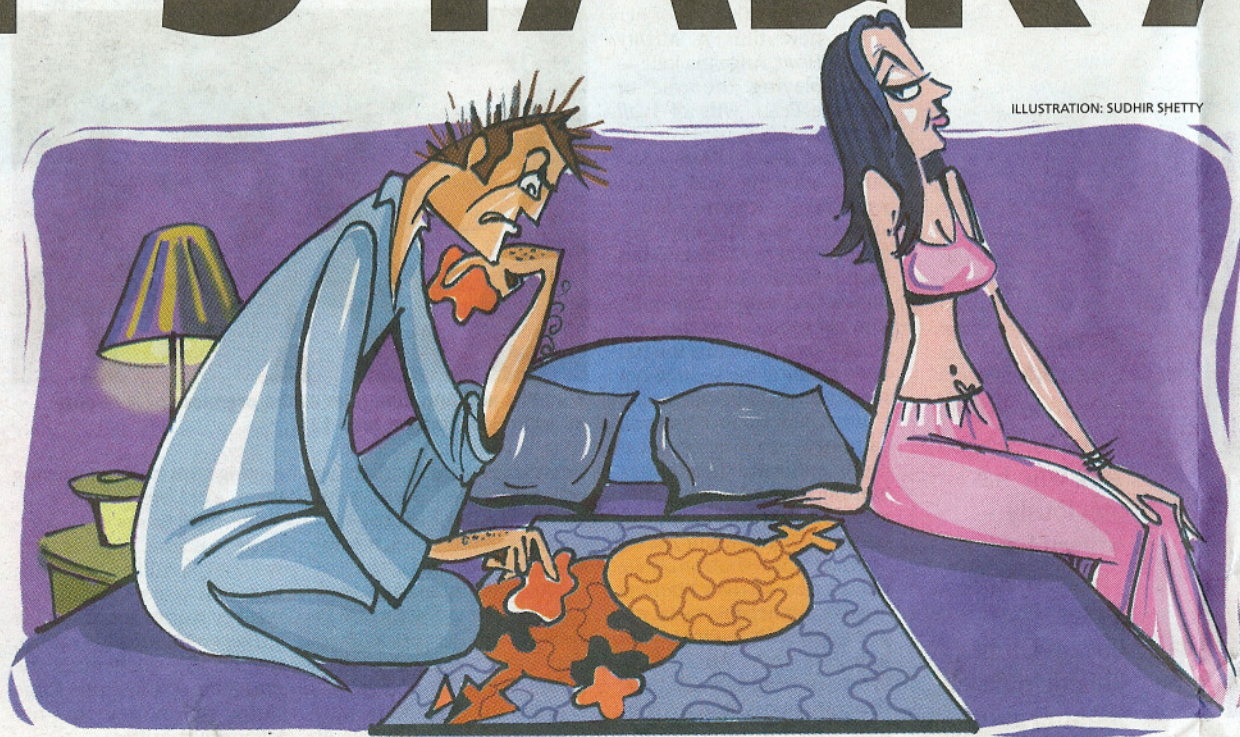


ILLUSTRATION: SUDHIR SHETTY

why I have called you. He has injured his penis badly. It's all swollen up and looks like an overripe brinjal. I am really scared. What should we do? He is in a state of shock and I can't even tell anyone else in the house about this. Only my in-laws are here now. How can I even think of telling them something like this? If I know them, they're sure to blame me even for this...

... 'I can't even take him to the hospital you have suggested, doc. Everyone knows

us there. It's so embarrassing. Can you see him somewhere more discreet?"

'Yeah sure,' I replied, and gave her the address of another place nearby. 'I'll see you there in fifteen minutes.'

Luckily, I hadn't been drinking and, it being a Sunday, was able to leave for the hospital immediately...

...After what seemed like an eternity, a car screeched into casualty. This is one thing I can never understand about India

and Indians. They are late even for emergencies! I was hoping that the poor guy's baingan had not become baghaara, or bhartha, by now. I rushed him to the examination room after giving him a shot of potent analgesic. He dozed off in no time.

Examination revealed that the penis had really swollen up enormously and had become a boggy, spindle-shaped mass. A distinct rent was palpable along the shaft. This was a classical case of what is known as a

**HEALTH TIP**

Rough, chapped lips can be softened by rubbing gently with softened cocoa butter or honey

ABOUT SEX

fracture of the penis.

I applied a dressing to the aubergine organ and stepped out to discuss the matter with the wife...

...'Can you please tell me in a nutshell what happened, just so that I can get an idea? You don't have to tell me any details that you might find embarrassing.'

'Thanks for that, doc. It is pretty straightforward actually. My husband's been bringing home a lot of porn magazines and XXX videos lately, and wants to try out all those acrobatic positions depicted therein. When I tell him that those are all fake and trick photography, he tells me that I don't know anything. So I just indulge him. What else to do? Today, he wanted to do it in the bath tub. "Sunday Special", he called it. I had oil in my hair and had a face pack on, but he didn't care...'

...It has been my experience that women are

always better at providing andrological histories than men. I guess it's easier for them. Tell the truth and finish it off. There are no macho issues involved.

I explained to the lady that immediate surgery would be the best option for her husband although there is a school of thought that believes in waiting and watching. With the latter approach, I explained to her, recovery time is much greater/more, the swelling last much longer, scarring may occur, and the rent in the 'fracture' site doesn't get closed properly. Aesthetic appearances are also much better with immediate operation, recovery is faster, and sexual intercourse can be resumed much earlier.

That last bit seemed to impress her. 'Let's operate, doc. How soon can we do it?'

Two days later, Mr Deep Purple left the hospital, looking quite fit. I didn't hear from them

for some time. Usually, no news is good news.

A few months later, I met them at a mall and made polite conversation. 'Is everything all right?' I inquired.

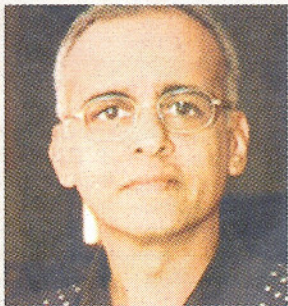
'Depends on how you define 'all right', doc,' said the wife. He's gone and bought four anti-skid mats for our bathroom now.'

(Sexx is Not a Four-Letter Word by Sudhakar Krishnamurti, Rupa & Co, Rs 95)



6 Sex education in our nation is a joke

Dr Sudhakar Krishnamurthi, writer of *Sexx is Not a Four-Letter Word* tells **Vishwas Kulkarni** that the future of Indian sex lies with funksters such as himself, and not the Indian government



How has your book been received so far?

It has been received very well. There are some reviews I have posted on www.sinaflw.com. That's the acronym of the book's title: *Sexx is Not a Four-Letter Word*.

How can one make sex education more accessible in this country? It was recently

banned in Maharashtra.

Sex education works only in edu-tainment format. Sex is fun, pleasurable, exciting. It doesn't have to be depraved, clinical, disgusting. The first thing we have to do is eliminate the diagrammatic, antiseptic, biological motif we use when imparting education. Kids these days have access to cyber porn. Sex comes to them as a funky pop-up on their desk top. They are not going to find a diagram of the uterus very titillating or enticing. Governments and educationists need to involve experts from the field of sexual health. Sex education in our nation is a joke. For instance in Karnataka, they teach it in gender-segregated system. Girls are taught separately from boys. I want to tell these lawmakers that we couldn't have created a nation of one

billion with such hypocrisy.

Is the Indian male learning to perform better?

The Indian male is learning a hard truth. That he better perform better or his lover/ spouse is going to move on. In a modernising society, the woman also has earlier lovers to compare his performance with. So he can't brush it under the carpet and call her a barren woman or a slut. He is going to have to get better in bed, or end up alone.

Why is the Indian male bad in bed? What ails his sex education?

Ignorance. He does not know that performance is important for partner. Also, his vision of the woman he is having sex with is already impure due to culturally imbibed biases. She is

unchaste to him (in his head). The only exceptions to this bias are mothers and sisters as epitomised on Indian celluloid. Duality and hypocrisy are huge problems for the average Indian male. The average Indian male also needs to learn that women also need to orgasm. It's not only about penetration. That's quite a bunch of issues. What say?

There are several spam messages vis-à-vis penis enlargements. What is the message you'd like to give the average Indian male?

There are two chapters in my book to dispel this myth. The size obsession has been as old as mankind. It's all in the individual's mind.

Why is it that despite the AIDS epidemic we haven't learnt a

lesson?

That is something we need to ask our government and educationists. As an andrologist, I've devoted my life to sex education with sincerity and love. Don't depend on this government. The future of Indian sex can only blossom through private channels and voices. My book is an example of genre.

What is your next project?

I want to propose age-appropriate books for children to introduce them to sex education. It's not going to be that biological diagram sort of rubbish. But a gentler version. Like introduce it in the format of family itself. So there will be a Mama Bear and Papa Bear. And there will be a Brother Bear and a Sister Bear. I want to make sex friendly and warm. Not disgusting and clinical.