

# SEXUAL PROBLEMS OF MALES

## 8.1 Adolescent Genital Development

Adolescence is a period in which a number of anatomical and physiological changes take place in the genitals, as well as the rest of the body. Most youngsters, and some grown ups, have doubts whether the changes are normal or abnormal. Unfortunately nobody in our society, including the parents and teachers, is willing to inform them about a little, but important, matter like this. Even the newspapers, magazines, radio and television consider this subject taboo and, furthermore, there are hardly any authentic books on this subject. In fact parents and teachers strictly forbid youngsters from talking about this matter, even the asking of questions is considered sinful and dirty.

The only forum in which these matters can be discussed is the company of peers and, as can be expected, the peers do not have accurate knowledge either, so that they transmit distorted information to each other and often cause further problems.

The result is that most youngsters consider the anatomical and physiological changes of adolescence to be a symptom of disease. They start worrying; develop depression, which can become very severe at times, leading to inactivity and even bodily and mental symptoms, including death wishes and suicide attempts. As is usual in depression, they start losing



weight have a disturbed appetite and sleep, and get aches and pains in different parts of the body, and this reinforces the youngsters' belief that they are suffering from some terrible disease.

Usually they are so embarrassed at the discussion of sexual matters that they do not seek out medical opinion and instead, may often land in the clutches of quacks, who frighten them even more by declaring that they are suffering from severe sexual pathology, for which prolonged and expensive treatment is necessary and by this method extract huge sums of money.

Unfortunately medical doctors also do not have adequate knowledge to help them deal with this problem. Firstly, patients are not provided privacy in the average general practitioner's clinic. The usual practice is to see the patients in the company of a crowd and in such conditions no one can be expected to talk about sensitive sexual concerns.

If some youngsters do consult a general practitioner, they will not be able to get proper guidance as this subject is ignored even in the medical college. There have been many medical students and young doctors who have come to us with just these sexual concerns and if the medical education system can not remove this misunderstanding from their own students, then it is hardly expected that their graduates will be able to help the public in these matters.

It is a conspiracy of silence, combined with embarrassment, which starts at the home with the parents, and continues with the teachers in school, and later of college and the university, extending even to the teachers of the medical colleges.

The Government controlled radio and T.V. stations have a clear, written policy on this matter, i.e. the word "Sex" cannot be mentioned in any program, even though they can present romance in dramas and sexually exciting music, as well as



films with dances, rape scenes and other sexually provocative matter.

The magazines and newspapers are relatively free, but even they are very cautious in these matters, because they feel that if they print any such discussion their readers will go against them and the circulation may thus suffer.

Lastly, there is a section of our population, which unfortunately includes even doctors, who feel that the religion of Islam forbids such a discussion. They feel that the youngster will ultimately learn by trial and error, especially after marriage and they do not think that this causes any damage to the mental, physical or sexual life of the youngsters, before or after marriage.

We would be very happy if the above was true, but unfortunately we are approached by hundreds of youngsters, who are living a life of misery and mental torture, because of the supposed genital abnormalities, and who are not able to function properly, either in their education or on their jobs, due to this extreme mental tension, so much so that some of them have become sick with classical symptoms of depression and several have contemplated suicide.

Similarly numerous examples of newly married youngsters have come to our notice, whose marriages have broken up due to these misunderstandings, as these simple matters were considered serious illnesses by either one or both of the spouses, and some times their families too. This has often led to family feuds and a lot of unnecessary heart aches. Thus ignorance of such matters is always injurious.

As far as the religious argument is concerned this can be easily refuted if one reads the Holy Quran and Hadees of the prophet<sup>(1)</sup> wherein these matters are discussed in quite detail, and these alone could provide the needed sex education for a normal person.



Moreover, we need this information in order to follow the rules and regulations of cleanliness (پاکی) as Islam prescribes. For instance, shouldn't a youngster know that he needs to bathe after sexual intercourse with his wife, but he does not have to do so if only a certain amount of fluid has oozed out in sexual excitement, as washing the genital organ is enough cleanliness in this case. Shouldn't the youngster know that semen does not require that kind of cleanliness (پاکی) that, for instance, is required for other pollutants like urine and feces and that dried semen can either be rubbed off or a few drops of water sprinkled on it and that is enough to make the clothes or the body clean (پاک) again. Further that semen is not considered unclean (ناپاک) by a number of Islamic scholars and the rest of the scholars who do consider semen pollutant (ناپاک) consider it as a very minor pollutant (ناپاک) and if the clothes are dry then rubbing off the dried semen is all it takes to make it quite clean (پاک). However, we know that the reverse is thought by most of our people, which leads to a lot of problems related to sexual intercourse and provides a lot of obstruction in sex between husband and wife, which results in conflict and an unhappy married life.

Shouldn't the youngsters know that love and sex between husband and wife is nothing to be ashamed of, not to be considered sin or evil or bad, rather the prophet(1) has clearly stated that affectionate behavior, talking, caressing between husband and wife as well as sexual intercourse are equivalent to worship (نفل عبادت). How many of our people know that and believe that and follow that concept? Instead even when husband and wife engage in love and sex, they do it under a mistaken concept that this is dirty, embarrassing and even sinful and something that had better be avoided, especially our women are ashamed and embarrassed on being conscious even of the thought of sex. No wonder that the relationship of most of the couples in our country is far from affectionate and loving.



Some Islamic scholars have been bold and have tried to give proper sex education, according to the Hadees and Quran; and one example is the Bahishti Zewar (بہشتی زیور) by Maulana Ashraf Ali Thanwi, but though this is a book which is generally socially acceptable, even then the few pages where there is a reference to sex are either sewn up or glued together, so that it is made certain that the youngsters do not benefit from this sex education either, even though it is derived from the Quran and Hadees. Unfortunately we are so embarrassed about our sexual life that we attempt to censor even the Quran and Hadees on this issue!

## Common Sexual Misconceptions in Young

### 8.2 Penis is not long enough

Most youngsters think that their penis is too small, although they have no standard from which to compare. In the books it is generally stated that the penis which is four inches at the time of erection is within the normal limit.

Some people believe that even in the retracted state the penis should be long. We usually reassure them that the penis is like a natural antenna, which comes out when opportunity for sex is imminent but disappears when there is not such opportunity, and thus in the retracted state, even if it is hardly visible that should not be considered abnormal.

There have been many conjectures as to why most males worry about the penis being short. A number of causes have been put forward. A point of view is that if one looks at his own penis in a standing position then the structure of the body is such that the abdomen obstructs the view, and therefore the penis looks smaller, while if one is looking across at another person's penis there is no obstruction of view and the other's penis may look larger, even though on measurement they be equal in length.



People also start worrying after they see genital organs in blue films, which appear large, either due to the inclusion of special kinds of males who have been chosen because of their abnormally large genitals or due to some photographic tricks, the genitals may appear larger than life.

Lastly the youngster may not have taken into account the individual differences in the body organs which naturally occur between people; even in our country some people are tall, above six feet, and others are short and may be only five feet, in the same way, the length of the genital organs may also vary somewhat.

However, it must be remembered that as far as fertility is concerned the length of the penis is no obstruction; also as far as one's own pleasure during intercourse is concerned the length of the penis has no bearing on that. As far as giving pleasure to the wife is concerned even for that the length of the penis is not important because the sensitive areas of a woman are not deep in the vagina but on the surface of the vulva and adjacent area as well as the clitoris, labia majora, labia minora and only an inch or two of the superficial portion of the vagina. This area can be easily reached by a penis which is only three inches when erect. Moreover, it has also been pointed out that the vagina, in its natural resting phase, is not a hollow tube but rather a closed space, in which the walls meet each other and completely obliterate the space, thus even a small penis can and will produce the required pleasurable sensations.

A patient said that his penis was small for his height and build saying that it was four to six inches when it was erect. He said that he had seen other people's penises and felt that his was smaller. The therapist replies "Unfortunately, in our culture, many men are concerned about the length of their penis. For men, there appears to be only one size penis, - too small."



The patient felt that because he was big in size his penis should also be bigger than others. The therapist replies: “Not necessarily. There have been a number of studies comparing body build and size with penis size and the results have shown that there is no direct relationship between the two.”

Concerning the feelings that others have a larger penis than the person himself, the therapist replies “There are several things involved here. For one thing, when you look down at your own penis, it’s foreshortened as compared to looking across at someone else’s.”

When you are looking at your own penis, it is only natural that it will look shorter as compared to looking across full length at someone else.”

“Another important fact is that there is no direct relationship between the penis in its flaccid or limp state and when it is erect. In fact, there is a tendency for the smaller flaccid penis to lengthen more upon erection than does the longer flaccid penis.”

There are variations between men in limp penis size just as there are variations in nose or finger lengths. However, there is no way of predicting how long each penis will be upon erection. Usually, when erect they all end up being fairly close to the same size.

Masters and Johnson have reported that the greatest increase from the limp to erect state occurred in a man with one of the smaller penises, while the smallest increase after erection was observed in a man with one of the larger penises. Under full erection, both organs were identical in length. The average erect penis is around five or six inches. The length is not important, usually an erect penis beyond four inches is considered normal.



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The average length of the female vagina is about three to four inches therefore a penis of three or four inches is quite adequate.

The vagina, moreover, is not a large hollow tube. In fact, it is not an open space, but rather only a potential space, because the walls of the vagina usually touch each other. The marvelous thing is that the vagina is capable of adapting to whatever size penis is inserted. If you think about it, it can adapt to something the size of your little finger, as well as something the size of a baby's head, given sufficient time. Another fact that is important is that there are very few sensory nerve endings inside the vagina. There are some pressure nerve endings in a muscle that encircles the vagina, but this is only about an inch deep. Most of the erotic sensations that a woman experiences come from the clitoral area, the large lips (vulva) and the small lips (labia minora), and the immediate area around the entrance to the vagina.

### **8.3 The thickness of the Penis is less**

There is some variation in the circumference of the penis in different youngsters, and therefore it is better not to worry about minor differences in the thickness of the penis, for as explained before, this is not important for successful intercourse.

Some youngsters complain that their penis is thinner at the root. This is a normal physiological and anatomical fact and so should not cause any worry. It should be remembered that the penis is more like a balloon which is fixed to the pubic bone and that it gets the erection from the blood that rushes into its venous sinuses and that leads to an increase in size, and since the parts that are attached to the bone do not contain that much of blood as the parts that are free and in





front, therefore the anterior portion becomes more swollen than the portion that is fixed to the pubic bone.

#### **8.4 The Penis is Bent to one side**

Most youngsters have a concept of a metallic, mechanical penis that should be at right angles to the pubic bones and not inclined the least to the right or to the left, or down or up. Normally this never happens, as the penis is not made of bone or any other hard substance and it is not fixed to the pubic bone as if by screws, rather it is made of loose tissue which is fixed to the pubic bone and when it is engorged with blood and there is erection, the chances are that it will incline either to the left or the right or little bit down or up and this should be no cause for worry.

If you hold up your own finger in front of you, you will see that it is not straight, smooth and round like a pencil but rather a little bit crooked and has a different circumference at different levels. In the same way if you closely observe the rest of the fingers, you will find the same characteristics, but you know that your hand and your fingers are perfectly well, and that they are hundred percent functional. In the same way the penis may appear a little bit out of skew as compared with a straight object but does not interfere with its performance and therefore should cause no worry.

Some people think that intercourse should be possible without manually guiding the penis into the vagina but this is rarely so; most of the time a little bit of direction has to be given with the hand even to a properly erect penis, so that it enters the vagina and then the rest of the up and down movements can be done without holding it. This is especially so in the early period of marriage when both husband and



wife are inexperienced, and the vaginal tissues are tight, the hymen is intact and a lot of fear is often associated in the mind of the wife and a lot of anxiety in the mind of the husband. It is commonly thought that this condition results from masturbation but one must understand that this is not so.

### **8.5 There are prominent veins on the Penis**

In infancy and childhood the penis is small, the blood supply of which is limited and therefore the superficial veins are not visible, especially due to the excess of subcutaneous fat, but as adolescence appears, anatomical changes occur, and the subcutaneous fat disappears, the veins enlarge and become visible. This is a normal change but most youngsters think that this is an abnormality and this anxiety has been fueled by the misguided traditional healers and other quacks who declare it to be a serious disease.

It must be remembered that veins are present under the skin all over the body. In places where there is more subcutaneous fat these veins are not visible, but in places like the penis, where subcutaneous fat is almost absent, the veins become visible. Similarly the veins are visible on the back of the hand and therefore the visibility of veins should not be considered as an abnormality.

However, there is a condition which occurs in the testicles or rather on the skin of the scrotum, in which bunches of veins become visible, which is known as varicose veins and if this is present the doctor should be consulted and these should be removed, for sometimes these can cause infertility.

### **8.6 The Penis Is Very Small When Retracted**

Some youngsters worry about the size of the penis, even in the retracted state, because there is an erroneous opinion that in this state also it should not be too small. The penis is



like a radio antenna, which can be pulled out to its maximum length when needed and when it is not needed it can be pushed back i.e. when sexual activity is not contemplated its size reduces greatly so that it does not interfere in a man's locomotion or other activities.

### **8.7 Erection of the Penis is less than before**

People who reach their twenties or thirties start to worry about the fact that the intensity of the sexual feelings, as well as the strength of the erection, is not as much as it was during adolescence. It must be remembered that whereas a man remains fertile and sexually competent all his life, but there is a diminution of the intensity of the sex drive as the age progresses and this is a normal physiological fact of life. The greatest storm of sexual desire comes in the ages between 15 to 20 years of age, after that it subsides somewhat, and with the passage of years, it goes down gradually, although a normal man will always remains capable of sexual intercourse, as well as, retain the ability to produce children.

A similar example can be seen in the field of sports. Most members of the national sports team are about 20 years of age. As soon as they cross 25 it is felt by all that they are not as efficient as before and therefore very few people remain in first class international sports above the age of 30. This is not to say that they are paralyzed after that or cannot work or play or do the ordinary chores of life, but this points only to the fact that a man at 30 years is not as efficient, physically and otherwise, as he was at the age of 20 years and this is something that is normal, acceptable and universal. Therefore, this physiological decrease is expected; but a man of 30 or more can still perform sexual intercourse adequately, marry, have children and do all the things normal for any person.



### **8.8 The Nature of Semen**

Some youngsters worry about the quality of the semen, too thick or too thin, or coming out with force or without force, or that the amount is less or more. It must be remembered that even a drop of semen contains millions of sperms and therefore the above characteristics of semen do not matter much, since just one sperm is needed to produce a child. Moreover the nature of the semen has no effect upon the quality and enjoyment of sexual intercourse.

### **8.9 Hair on the Genitals**

It is normal to have hair on the external genitalia and in the pubic region, including the testicles. Sometime the hair may also be present on the root of the penis. However, if in a male by adolescence, hair does not appear on the face or other parts of the body, then a doctor should be consulted. Hairs in the pubic region are also present in girls. Hairs on the chest are present in some males but the thickness may vary; some have a thick growth and some have just a few hairs visible.

Youngsters also worry about the falling of the hairs of the head and both girls and boys are affected by this. It must be remembered that the hair on the head keep on falling and being replaced by new ones. This is a normal physiological cycle and so if there are a few hairs in the brush or comb or on the pillow this should be no cause for worry. However, if there is a disease or excessive hairs are falling then a doctor should be consulted.

In middle aged men a typical balding of the head takes place, especially on the top and the front of the head and this is also a normal physiological aging process. This occurs more in some families and less in others. If somebody wishes to re-grow hair he can have hair transplantation and for this a skin specialist or plastic surgeon should be consulted.



### **8.10 The Penis can't be erected at Will**

Some people think that a penis can be made erect at will, just like a finger or an arm, and when this does not come about they start to worry about their sexual health. It must be remembered that an erection cannot be caused on order or wish. This is a physiological process much like appetite. Just as hunger or appetite cannot be caused at will, similarly erection cannot be caused at will. Just as proper physiological and environmental circumstances are necessary for causing an appetite, in the same way, proper physiological and environmental stimuli are necessary for causing erection. A person will feel hungry when a few hours have elapsed since his last meal and/or when he is presented tempting, tasty food and the environment is also conducive. In the same way a person will have erection when he has sexual thoughts, some time has elapsed since the last sexual activity, and/or the environment is sexually stimulating.

### **8.11 Oozing of white clear discharge from the Penis**

A white thin prostatic discharge oozes from the penis, especially in unmarried youngsters, whenever they are sexually excited, either due to sexual thoughts or reading sexual materials or seeing sexual films, or being in the company of the opposite sex. This is as much a normal physiological response as the process of salivation on seeing tasty food. However, our youngsters are mortally afraid of this, because our traditional healers and other quacks call this a very dangerous condition and give it the name of (زَيْل) (literally meaning 'flow'). They say that it causes sexual and physical ill health; it is even stated that every drop of semen is more precious than blood. The age old formula goes like this: "100 drops of milk are equal to one drop of ghee (clarified heated butter), 100 drops of ghee are equal to one drop of blood and 100 drops of blood are equal to one drop of semen".



Some people can get quite a copious discharge in this manner while others discharge less, in either case there is no cause for concern. Whether it is prostatic discharge or actual semen oozing out, both these secretions are meant to be discharged to the outside, just as urine is meant to be discharged outside; or saliva is secreted in the mouth and if we spit it out many times a day no health problem will result; in fact if this discharge does not occur in sexual excitation then that is something abnormal and not the other way round.

Sometimes this discharge occurs at getting up in the morning, before, during, or after urination, and/or defecation and that also does not have any pathological significance. Connected with this is another matter that worries the youngster and that is the thinking that this discharge causes pollution (ناباک) of their clothes and bodies, and that washing of the clothes and bathing of the body is necessary for performing prayer. This is definitely not so, whereas bathing is necessary when semen is forcefully ejected, as in sexual intercourse, masturbation, or nocturnal ejaculation, however after oozing of this discharge just washing the penis is enough, and bathing is not required. Moreover, it must be remembered that semen is considered clean by most scholars of Islam and no washing or cleaning of it is needed even for offering prayers. The other scholars who differ from this point of view also consider semen as a very minor pollutant and they advise that if semen is dried up on a cloth it should be just rubbed off and if it is wet and the spot can be seen, a little water can be sprinkled on the spot and that should be enough to purify (پاک) the clothes. Certainly semen is not considered as great a pollutant as urine and feces etc. which require complete washing of the body or the garment.



### **8.12 Dribbling of drops after urination**

Some youngsters complain of the dribbling of a few drops after urination. This is probably due to the few drops of urine remaining in the urethra and they should be guided accordingly. An easy method of handling this problem is to stroke the urethra after urination, starting at the root of the penis and then continuing forward to the tip; repeat this process two or three times, then dry the penis with toilet paper or wash with water. After that there will be no problem.

At times there is no actual dribbling and these youngsters only have the “feeling” that drops are coming out, because on examination neither do they feel wetness nor any smell. This is a psychological condition and is called an “obsession” and if this is very marked and causes worry, they should go to a psychiatrist for proper treatment.

### **8.13 Up and down movement of the testicle**

Some people are worried about the up and down movement of the testicles. They should be reassured that the skin of the scrotum is elastic and the purpose of this elasticity is that the testicles be kept near the warm body in the winter season so that they remain at a moderate temperature and be kept away from the body, as much as possible, in the summer season so that they should again be kept at a cooler temperature. And this ensures the constant, all year round, proper temperature for the testicles, which is necessary for their healthy functioning. Thus if the testicles are pulled up near the body in winter and they are stretched out away from the body in summer, this is the way it should be.

Often one testicle is a little lower than the other and this is also a normal condition and should be no cause of worry.



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### **8.14 Diminished Erection**

Some people worry that their erection may not be sufficient for intercourse although they have no way of measuring this erection; nevertheless the thought keeps nagging them. If married men can penetrate their spouse, then the erection should be considered proper. As far as unmarried men are concerned they must remember that the penis does not consist of bone or any other hard material but rather it is a soft tissue and the erection that comes about is because of the blood that fills up its veins and sinuses. This is almost similar to a balloon, which is filled up with water, and the expectation of hardness should not be much beyond that kind of water filled balloon.

### **8.15 Prominent Breasts in Boys**

During adolescence the secondary sexual characteristics of boys and girls gradually become prominent. This includes the enlargement of breasts in girls, but sometimes even boys temporarily develop a little prominence of the breasts during early puberty. However if the breasts remain prominent even after puberty then this should be considered abnormal and a doctor consulted.

### **8.16 Moles on the penis**

Occasionally moles may be present on the penis, just as they may be on any other part of the body. If they are small they should be no cause of worry, however if they become big they should be removed surgically.

### **8.17 Nocturnal Enuresis**

At birth the baby has no control over his urine, but by the age of 3 years a child develops control. Up to four years of





age we may see occasional loss of control, especially at night. If a child urinates in its clothes after this age, even at night, it is considered abnormal. Scolding and punishment should not be used as deterrents. Rather rewards should be given for the nights that the child goes dry. Moreover the child should be trained to hold his urine for long periods during the day.

When a child is under stress nocturnal enuresis is more likely to occur and thus this should be a signal to the parents to try to reduce the stress on the child, and to provide him or her a more relaxed, comfortable and loving atmosphere.

If these measures don't work then a psychiatrist should be consulted.

### **8.18 Peyronie**

Sometimes hard knots develop in the penis, and this may be associated with some bending of the organ too. When this condition is severe there may be discomfort on erection. Occasionally the penis may be so bent that intercourse may be impossible. If this condition is giving problems a urologist must be consulted.

## **8.19 Frequently asked questions**

### **1. Aphrodisiac Foods**

**Q.** Please let me know which foods can increase the sexual power of a person. Do these foods have any side effects?

**A.** There is no known food that can bolster the sexual prowess of a person. However good physical health is a pre-requisite for good sexual health, therefore all foods that are necessary for good health should be taken.

### **2. Oozing of white clear discharge**

**Q.** I am 24 years old and consider my self physically and sexually normal. However I have recently seen an



advertisement which states that oozing of white clear discharge on sexual excitement is a sexual disease and leads to sexual weakness. Please let me know about the veracity of the statement?

**A.** During sexual excitement this kind of discharge is secreted by the prostate gland and is quite normal. The amount of this discharge can vary in different persons. Moreover one does not need to take a full bath because of this discharge for purification (پاکی), just washing of the discharge is enough.

### 3. Increase of Semen

**Q.** Is it possible to have the amount of semen increased with some treatment?

**A.** There is an erroneous concept that sexuality and/or fertility is based on the amount of semen discharged. In fact every drop of semen has millions of sperms and therefore increase in the volume of semen should make no difference.

### 4. Density of Semen

**Q.** I am 27 years old and have been married for six month. My sexual performance is satisfactory. However I feel that the discharged semen is very thick in density. Is this condition normal?

**A.** The density of the semen is immaterial for sexual and physical health, or fertility.

### 5. Hair on the body and sexual prowess

**Q.** Is hair on the body, including arms, legs, chest and genital organs directly proportional to the sexual prowess of the individual? I am 35 years old and feel that the density of the hair on my body is getting less than before. Does it mean I will get sexually weaker too?



**A.** Although hairs on a male body are dependent on male sexual hormone Testosterone, yet the hairs on the body are not directly proportional to the sexual performance of the person. In some cases where there is a lack of Testosterone in the blood, hairs on the body, as well as other secondary sexual characteristics are lacking.

### **6. Female hair and sexuality**

**Q.** Do excessive sexual hairs on a female body mean that she has more sexual desire?

**A.** Females develop some hairs on the body, especially the genital area on puberty, but there is no direct relationship to the density of the hair and sexual desire. If the hairs become excessive it may be a sign of an endocrine disorder.

### **7. Masturbation in the male**

**Q.** I am a 22 years old youth. I masturbate almost 10 times a month. Will this act cause some abnormality in my sexual system, or hinder me from sexual intercourse or the production of normal children after marriage? Is there any way I can get rid of this habit?

**A.** As far as it is known masturbation does not cause any physical or sexual disability. However many youngsters consider it to be dangerous for physical and sexual health, as well as a sin and therefore get depressed. Then they develop the symptoms of depression i.e. loss of appetite, insomnia, loss of weight etc. and attribute this to the act of masturbation.

Although, three of the Imams of Ahlay Sunnat (as well as Imam Jaffer Sadiq) consider masturbation as a sin, but Imam Ahmed Bin Humbal has stated that it is not so.

**Q.** The medical profession declares masturbation perfectly safe for physical and sexual health, but whenever I masturbate I feel palpitation and depression for almost two days after words.



**A.** It is true that masturbation by itself does not lead to any physical or sexual disturbance. However, as stated before, those youngsters who believe the contrary are affected psychologically and so develop these and other symptoms.

### **8. Delayed Puberty**

**Q.** My son is 14 years old. He has no testicles and the penis is also small. He is also over weight. What kind of treatment does he need?

**A.** Sometimes at birth the testicles do not descend into the scrotum. If this is not corrected in time by surgery then the testicles degenerate and the male hormone is not produced, and due to this the secondary male characteristics do not develop. Thus it is necessary not to delay the treatment of boys who have un-descended testicles. In the case of your son you must get help from an endocrinologist.

**Q.** I have only one testicle in the scrotum. This was discovered in a recent physical examination. Will this affect my future sexual capability?

**A.** Some times one or both testicle do not descend into the scrotum, then it is important to get treatment for this as soon as possible, for otherwise they degenerate and the male child loses his source of the male hormone, testosterone, and thus does not develop the secondary male sexual characteristics. In your case you are lucky that one testicle is normal as that is sufficient to provide you the quantity of male hormone needed for sexual performance and the secondary male characteristics.

### **9. Testicular Varicose Veins**

**Q.** A bunch of veins has appeared in my scrotum. Will this affect my sexuality?

**A.** This abnormality is known as Varicose veins. This is an abnormal growth of the veins. This can occur in the scrotum as well as other parts of the body. This causes no serious abnormality in the testicles except that in some cases



the fertility of the patient is reduced, in which case the veins should be removed surgically.

### 10. Short penis

**Q.** I used to masturbate in the past, and as a result my penis is smaller in comparison with my other friends. Will my sexuality be affected by this abnormality?

**A.** Masturbation does not cause any abnormality in the penis. Moreover just as the height and weight of different people differ, in the same way the length of the penis of different people may be different.

A penis is generally considered normal if on erection it is four inches or more.

### 11. The best age for marriage

**Q.** What is the best age for boys and girls to be married?

**A.** A person is considered an adult, sexually and physically, after the age of 18. This is the period when sexual impulses are the maximum. In an ideal society boys and girls would be encouraged to get married at this age.

Islam encourages early marriages in order to avoid extramarital sexual involvement, which is not only a sin but also leads to physical and psychological abnormalities.

### 12. Parents' selection of spouse

**Q.** To what extent should a boy and a girl in our society depend upon the parents to select a spouse?

**A.** Whereas Islam lays down that a boy and a girl cannot be married without his or her consent, it also encourages the persons being married to obtain permission of their parents.

Many Islamic scholars think that the marriage or Nikah of a girl, who has never been married before (سكينة) is not legal without a father's consent. However this is not so for those women who are widowed or divorced, nor is it so for men.



In our society the boys and girls are lucky that they can obtain suitable matches without having to undergo prolonged extramarital sexual experiences, with all the disease and suffering that is involved.

However Islam encourages boys and girls to know about the characteristics of their prospective spouses and to meet them before marriage in the presence of their families.

### **13. Medical and sexual examination before marriage**

**Q.** Is it useful to have a medical and sexual examination before marriage?

**A.** A medical and sexual examination before marriage can be very helpful towards a successful married life. This can discover any physical, psychiatric or sexual abnormality so that the prospective spouse knows in advance. This can also include advice on the proper sexual relationship. It is better to learn about the illnesses of their prospective spouses, if any, so that serious problems do not develop in future life.

### **14. Lack of body hair**

**Q.** I am an eighteen year old boy but up till now have few hairs on my face, body and genital area. Is this caused by a sexual abnormality and would it interfere with my future sexual life.

**A.** One of the secondary male characteristics is the presence of hair on the body. Unless other male members of your family have the same amount of hair and are sexually normal, you must consult a doctor to ascertain whether your male hormones are within normal limits.

