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On sexual health awareness at Mumbai BKC

Workshop



Sexual
pleasure



Sexual
Health

Sex positive

- **Feeling good about your body, Enjoying sexual pleasure, being comfortable with your**
- Sexual orientation and Gender identity,
- Healthy Relationships are parts of healthy Sexuality.
- Healthy sex life means knowing what you do and don't want to do Sexually
- Being able to Communicate that to your partners
- Should be able to respect your boundaries.

Sex Positive

1. Love affection Sexual Intimacy Contribute to Healthy Relationship and Individual Well Being
2. Whereas Illness, Mixed Emotions and Unintended Consequences Affecting Sexual Health
3. Sex has been shown to Promote better sleep habits, less stress, more happiness, etc.
4. Our bodies Thrive on the Chemicals Released during Orgasm

- Is The forgotten link between reproductive and sexual health and Rights

Sexual health, wellbeing and pleasure are now all interconnected – for Men and Women



Sexuality Triangle

Sexual pleasure is a fundamental part of Sexual rights, Sexual health, and Sexual Well-being.

The Benefits of Sex

Physical



Pain Reduction



Cardio Health



Immunity Booster



Improved Fitness

Emotional



Stress Relief



Happiness



Enhanced Intimacy



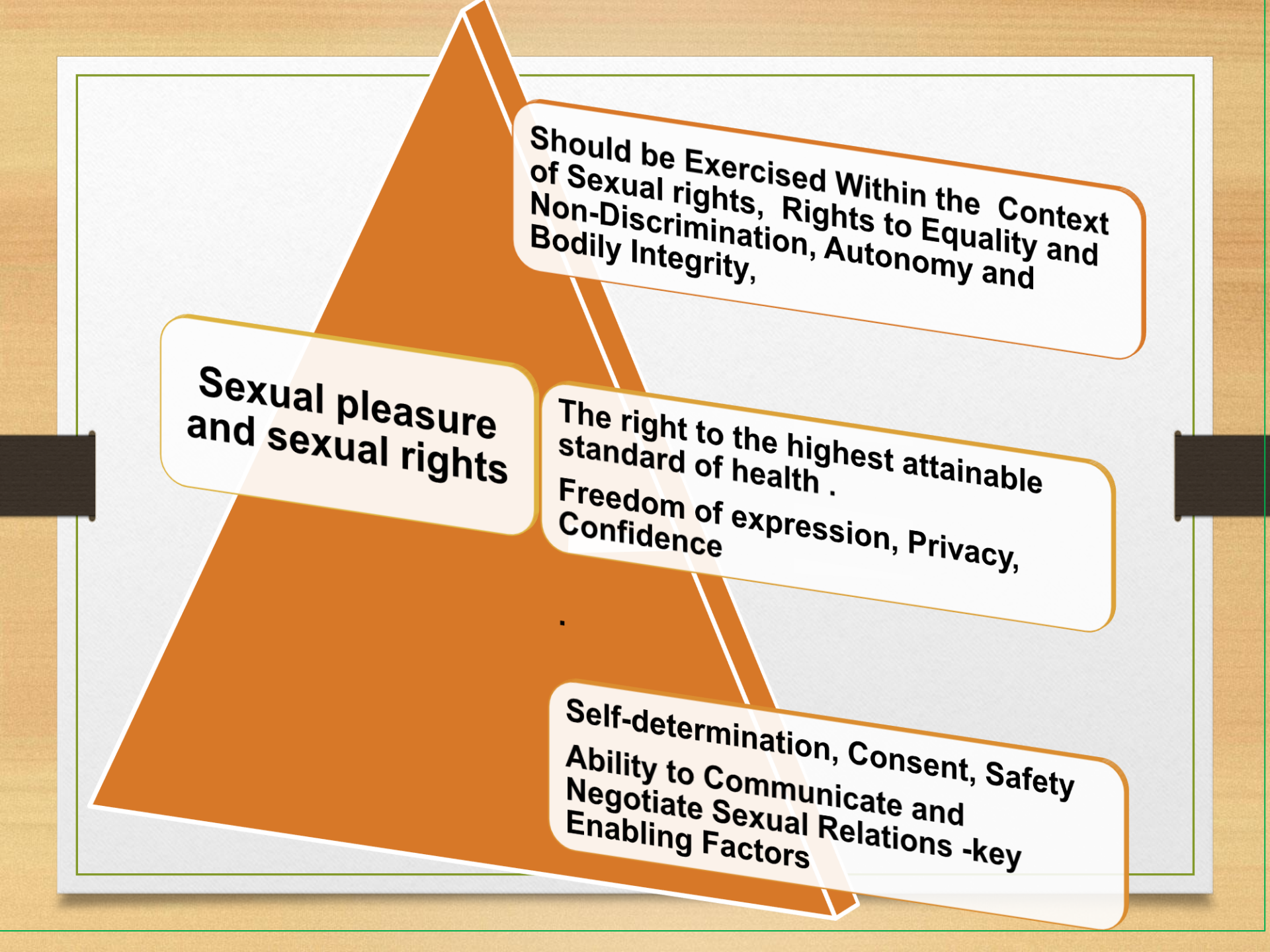
Maintaining Good Self-Esteem



Sexual pleasure

What
even is
pleasure?

- “Sexual pleasure consists of those positively valued feelings induced by sexual stimuli.
- Encompasses a broad range of sexual pleasures,
- From the soothing sensations of sensual massage, to the explosion of feeling that accompanies orgasm.”
- “Sexual pleasure is defined as a sense of well-being derived from the experience of being sexual and ,is an essential component of sexual subjectivity.”



Sexual pleasure and sexual rights

**Should be Exercised Within the Context
of Sexual rights, Rights to Equality and
Non-Discrimination, Autonomy and
Bodily Integrity,**

**The right to the highest attainable
standard of health .
Freedom of expression, Privacy,
Confidence**

**Self-determination, Consent, Safety
Ability to Communicate and
Negotiate Sexual Relations -key
Enabling Factors**

Your
sex expectations
matter



Treasure
your
pleasure



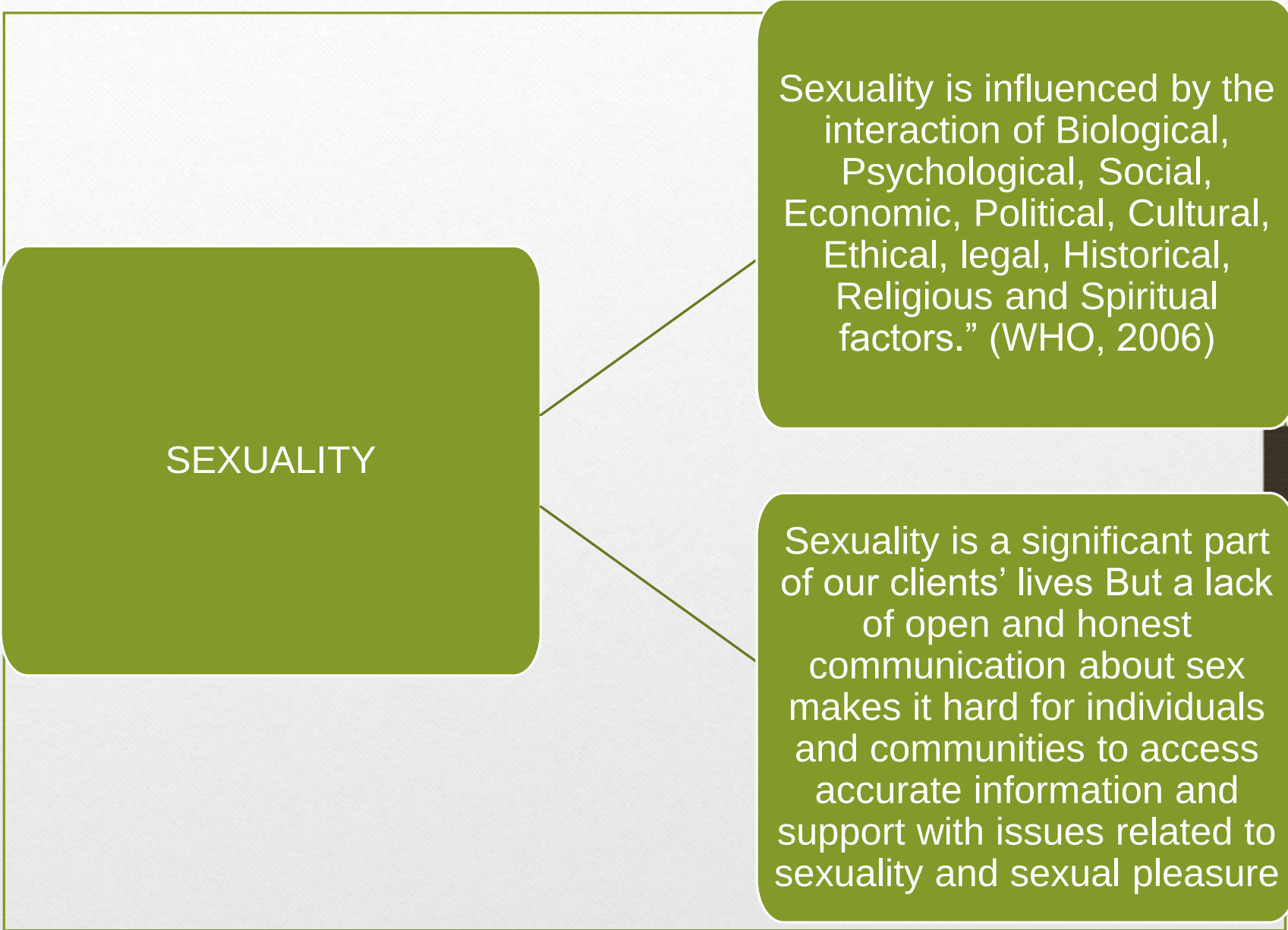
Sexuality is “a central
aspect of being human
throughout life

Sexuality

It is more than
assigned sex at birth-
and the gender you
were socialized as

Has broad
range of
behaviors
and
processes
includes
Eroticism,
Pleasure,
Intimacy

SEXUALITY



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graph LR; A[SEXUALITY] --- B[Sexuality is influenced by the interaction of Biological, Psychological, Social, Economic, Political, Cultural, Ethical, legal, Historical, Religious and Spiritual factors." (WHO, 2006)]; A --- C[Sexuality is a significant part of our clients' lives But a lack of open and honest communication about sex makes it hard for individuals and communities to access accurate information and support with issues related to sexuality and sexual pleasure]
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Sexuality is influenced by the interaction of Biological, Psychological, Social, Economic, Political, Cultural, Ethical, legal, Historical, Religious and Spiritual factors." (WHO, 2006)

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GENDER EXPRESSION

The way a person communicates their gender identity to others by the way they dress, act or refer to themselves

GENDER IDENTITY

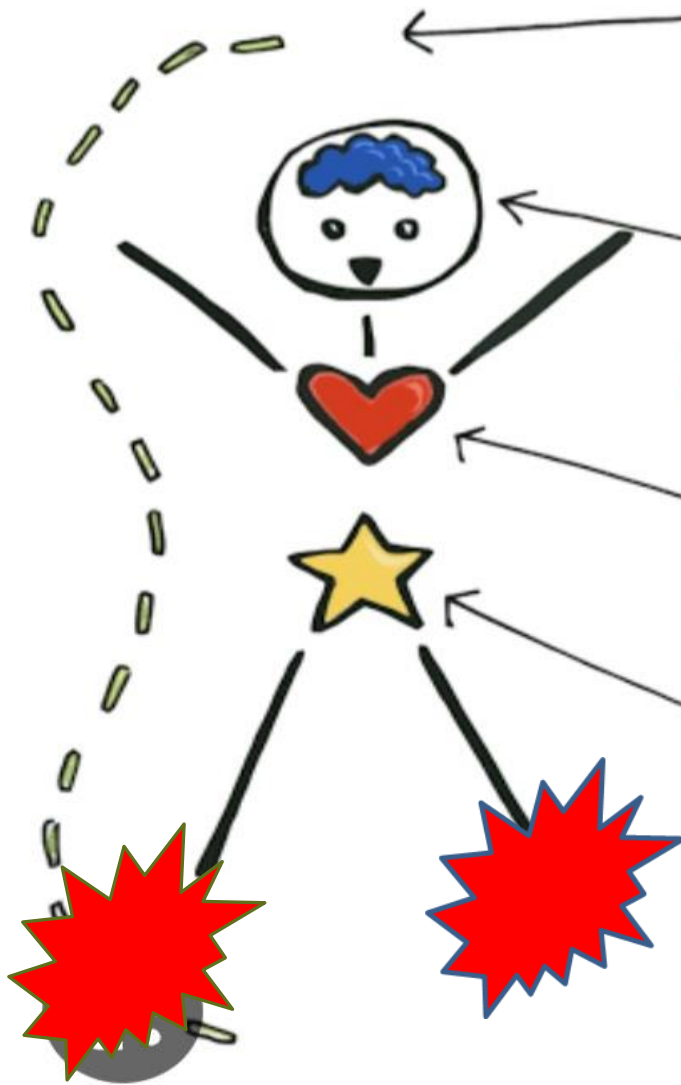
A person's internal sense of being a man or a woman or anything in between

ORIENTATION/ATTRACTION

A term to describe sexual and/or romantic attractions to others

SEX

The labels, male, female, or intersex, given to someone at birth based on their body parts



SEXUAL ORIENTATION



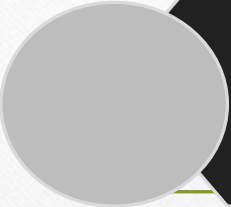
A person's capacity for profound emotional and sexual attraction to, and intimate and sexual relations with,

Different gender

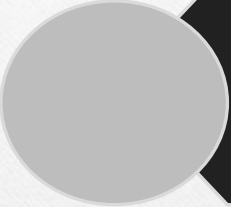
Same gender

More than one gender.

Sexual Orientation



What is and is not a sexual orientation has been shifting tectonically under our feet in the last few years. Two things are happening simultaneously.



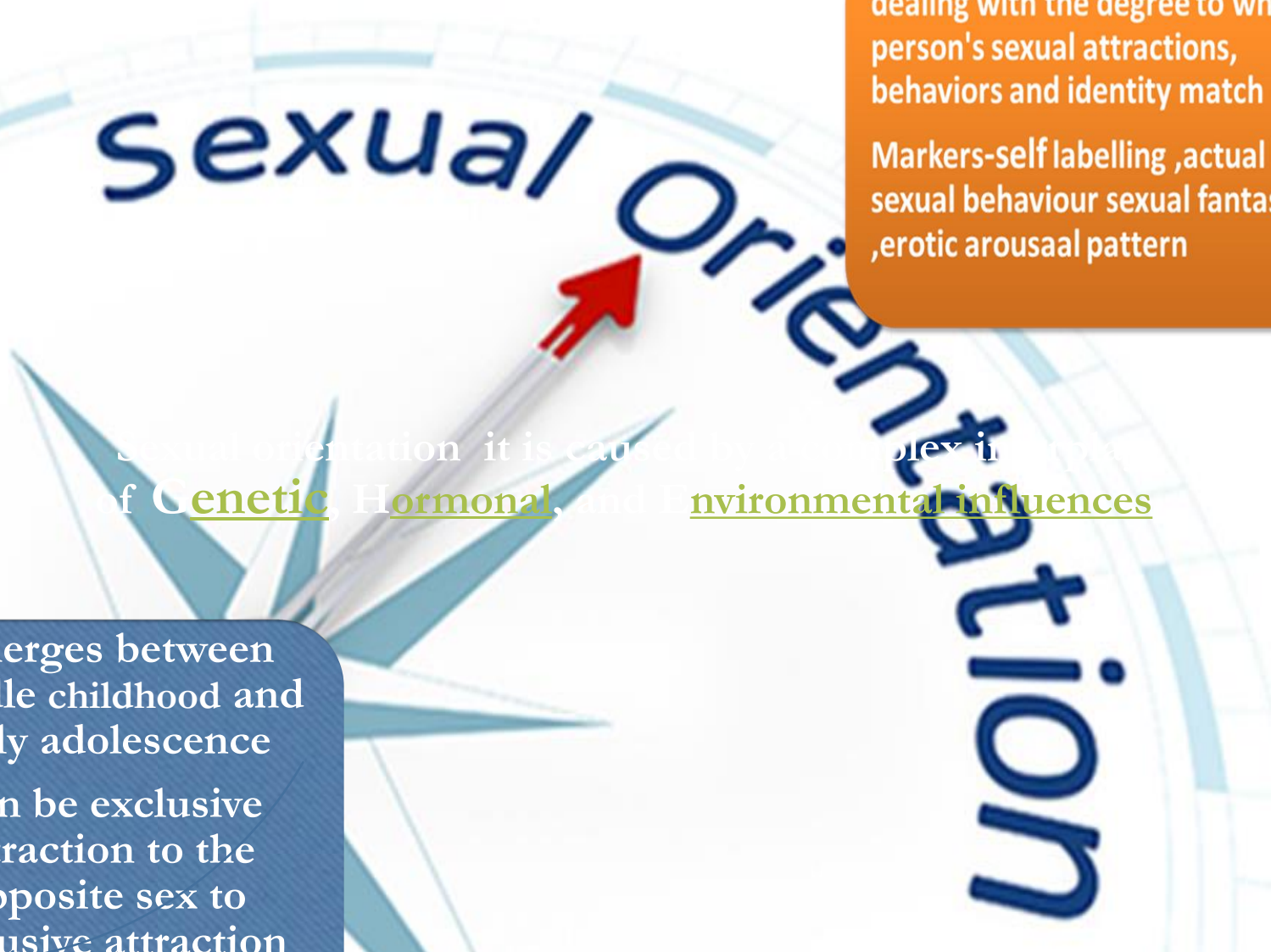
Scholars keep adding new sexual orientations to the list, while more than a few experts are questioning whether it exists at all.



“Women tend to have a relational or partner-centered orientation to sexuality,” rather than a sexual or genital-based one.



“Socially flexible” and relationally responsive.



Sexual Orientation

Concordance or discordance.
dealing with the degree to which a
person's sexual attractions,
behaviors and identity match

Markers-self labelling ,actual
sexual behaviour sexual fantasy
,erotic arousal pattern

Sexual orientation it is caused by a complex combination
of Genetic, Hormonal, and Environmental influences

Emerges between
middle childhood and
early adolescence

Can be exclusive
attraction to the
opposite sex to
exclusive attraction
to the same sex-

SEXUAL ORIENTATION

GENDER/ GENDERS an INDIVIDUAL is SEXUALLY/ ROMANTICALLY ATTRACTED to



HETEROSEXUAL
DIFFERENT
GENDER



✓ GAY
X HOMOSEXUAL
SAME GENDER



BISEXUAL
2+ GENDERS



PANSEXUAL
ANY GENDER



ASEXUAL
MAY NOT
EXPERIENCE
SEXUAL
ATTRACTION

TERMINOLOGY is CONTINUALLY EVOLVING

LGBTQ-Lesbian ,Gay ,Bisexual ,Transgender, Queer, Intersex ,Asexual

Gay and Lesbian-Gay is used as an Umbrella term to people who are attracted to the same sex The general usage is gay for men and lesbian for female

Bisexual –A person who is attracted to male and female

Pansexual-A person who is attracted to people regardless of their gender

Dem-sexual- A person who is only attracted to someone only after developing a close emotional bond

Asexual –A person does not feel any sexual attraction towards anyone

Transgender –A person who does not identify with the biological sex that they are assigned with at birth

Non Binary-A person who does not identify with either male or female

Gender fluid –A person who does not prefer to be identified by any gender

Intersex –a person who is born with biological sex characteristics that are not reference to someone's sexual orientation and gender identity

Sexual health

Sexual Health -The world Health organisation's working definition of sexual health –states a positive state of wellbeing

Sexual health is “a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity

Sexual health requires a positive and respectful approach to sexuality and sexual relationships, having pleasurable and safe sexual experiences, free of coercion, discrimination and violence

For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled.” (WHO, 2006) Sexual rights: “

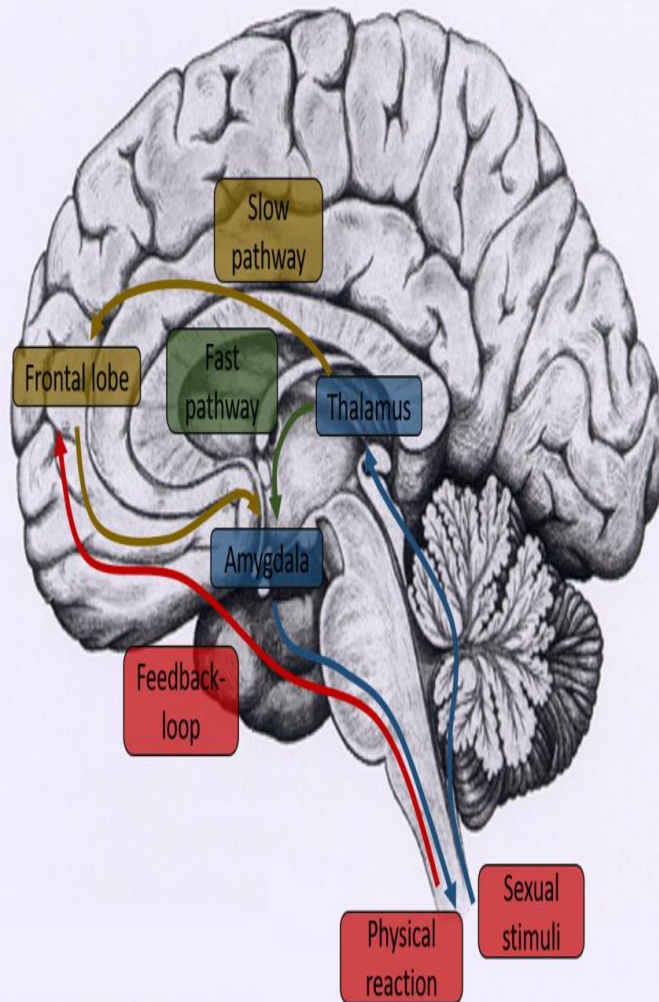
the possibility of having
pleasurable and safe
sexual experiences

free of coercion,
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and violence

SEXUAL HEALTH
a state of physical,
emotional, mental
and social wellbeing

requires a positive
and respectful approach
to sexuality and
sexual relationships





**Sexual stimuli in both
sexes are processed
in two ways,**

1-Slow Cognitive

2-Fast-Automated

1-Slow Cognitive

- **Thalamus-Gate of consciousness**
- Are preprocessed through cognitive (frontal lobe) and experience-based hippocampus
- On evaluation they are then categorized as sexual, which leads to top-down modulation of sensory processes.
- Processing of sexual stimuli is influenced by learning experiences (e.g., previous experiences, knowledge, expectations, context), and volition (e.g., decisions, motivation),
- and not exclusively by the present physical characteristics of the stimuli

- **2-Fast Automated pathway,**
- Stimuli are evaluated due to their emotional valence (amygdala), which leads to a reaction that is independent of consciousness.
- ~~Results in a timely delayed genital physiological reaction (erection and lubrication)~~
- Both pathways interact with each other, similar to the processing of other emotions.
- His discrepancy of societal expectations and inner experiences can lead to such a feeling of uncertainty,
- As a result, women stop trusting their own perceptions of their body.
- The consequence can be a discord between genital-physiological and experienced sexual arousal.

- **Additionally, this can lead to distorted answers about the state of arousal of female participants in experiments**
- **Due to societal expectations, because sanctions in the form of negative evaluation by the investigator are feared**
- **In men, the measured genital reaction is mostly in concordance with the reported arousal,**
- **Simply put, men are genitally aroused by what they report to be a turn on.**
- **However, for women, the reported arousal and genitally recorded reaction are on weakly correlated;**
- **Genital reaction does not translate as strongly to report experienced arousal**

Female Sexuality



The goddess movement and its members encourage finding power in femaleness, that one does not have to be masculine to be powerful,



And that there is an innate strength in being female that all women and woman-aligned people should be able to feel comfortable in portraying.



Role of self-esteem, personal attractiveness and competence, as well as freedom from sexual dysfunction, sexually transmitted diseases and sexual assault/coercion..

Being able to experience sexual pleasure, satisfaction, and intimacy when desired.

Being able to communicate about sexual health with others including sexual partners and healthcare providers

Sexual Health

Behavior towards the opposite gender, gender standards, and moral codes

Sexual problems, how to identify them, their solutions, and therapy

Factors affecting sexual Health

Physical health –

Maintaining sexual health helps in preventing STD and other reproductive health issues regular check up and safe practices lead to healthier sexual life

Emotional and mental health

Positive sexual experience have a beneficial impact on emotional and mental health ,promoting intimacy ,trust ,and bonding relationship

Relationships – Sexual health plays crucial role in building and managing healthy satisfying relationship between partners

Reproductive health – Understanding and Managing Sexual health is essential for family planning and making informed decisions about reproductive choices

Role of lifestyle factors on sexual health –

1-Diet and Nutrition – Balanced and nutritious diet

2-Exercise –Regular physical activity

3-Stress Management -Sleep

4-Substance use and alcohol ,Smoking

5-Cultural and religious beliefs

6-Relationship Quality –

7-Chronic respiratory Illness

8-Musculoskeletal and connective tissue disorder

9-Pain syndrome ,muscle spasm and stiffness Flexibility ,mobility

10-HIV infection ,

11-Side effects of various drug treatment used

12-Low testosterone levels

13-Cancer

14-Psychological responses –

Psychological :- Low self esteem ,Trauma ,Depression ,Stress
Performance Anxiety Impacts sexual Desire and performance

Hormonal

1-Menopause –in women the decline in estrogen and progesterone during menopause can lead to vaginal dryness ,decreased libido and changes in sexual arousal

2-Andropause –Men Menopause leads decline in Testosterone result in reduced sexual desire ,erectile dysfunction and fatigue

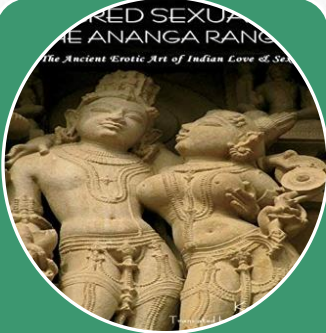
3-Pregnancy –Hormonal changes during pregnancy can cause fluctuation in sexual desire sensitivity and responsiveness

4-Postpartum period –Hormonal changes and physical discomfort or exhaustion may impact sexual activity

5--Chronic illness affecting sexual Health The mechanism of interference may be neurogenic ,vascular ,endocrinal ,musculoskeletal ,psychologicalzz



Conclusion Take home Points –



Although sexuality has long history in the Indian literature is not discussed openly due to various reasons



Feeling good about your body, enjoying sexual pleasure,
Being comfortable with your sexual orientation and gender identity,
Having healthy relationships are also big parts of healthy sexuality



SEXUAL HEALTH –
is the ability to embrace sexuality throughout our lives, it is an important part of physical and mental health



Being aware of how lifestyle choices can affect sexual health allows individuals to make informed choices can affect sexual health allows individual to make informed decisions to promote a fulfilling and satisfying sexual life



Important to seek help from qualified medical professional for sexual health concerns

a natural protocol for
SEXUAL HEALTH & VITALITY