

Unconsummated Marriages

DR. ALOK SHARMA

MD, DHA, MICOG.

Consultant Obstetrics and Gynaecology

**Civil Hospital, Sunder Nagar, Mandi,
Himachal Pradesh**

India.

DR. ALOK SHARMA

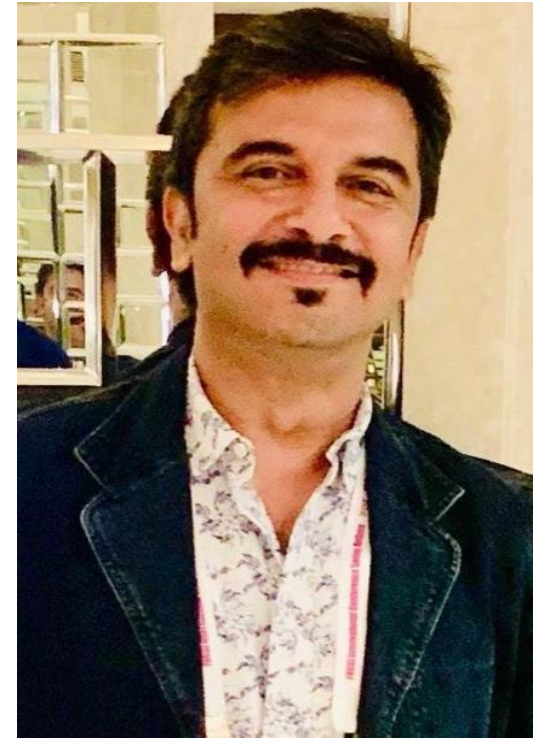
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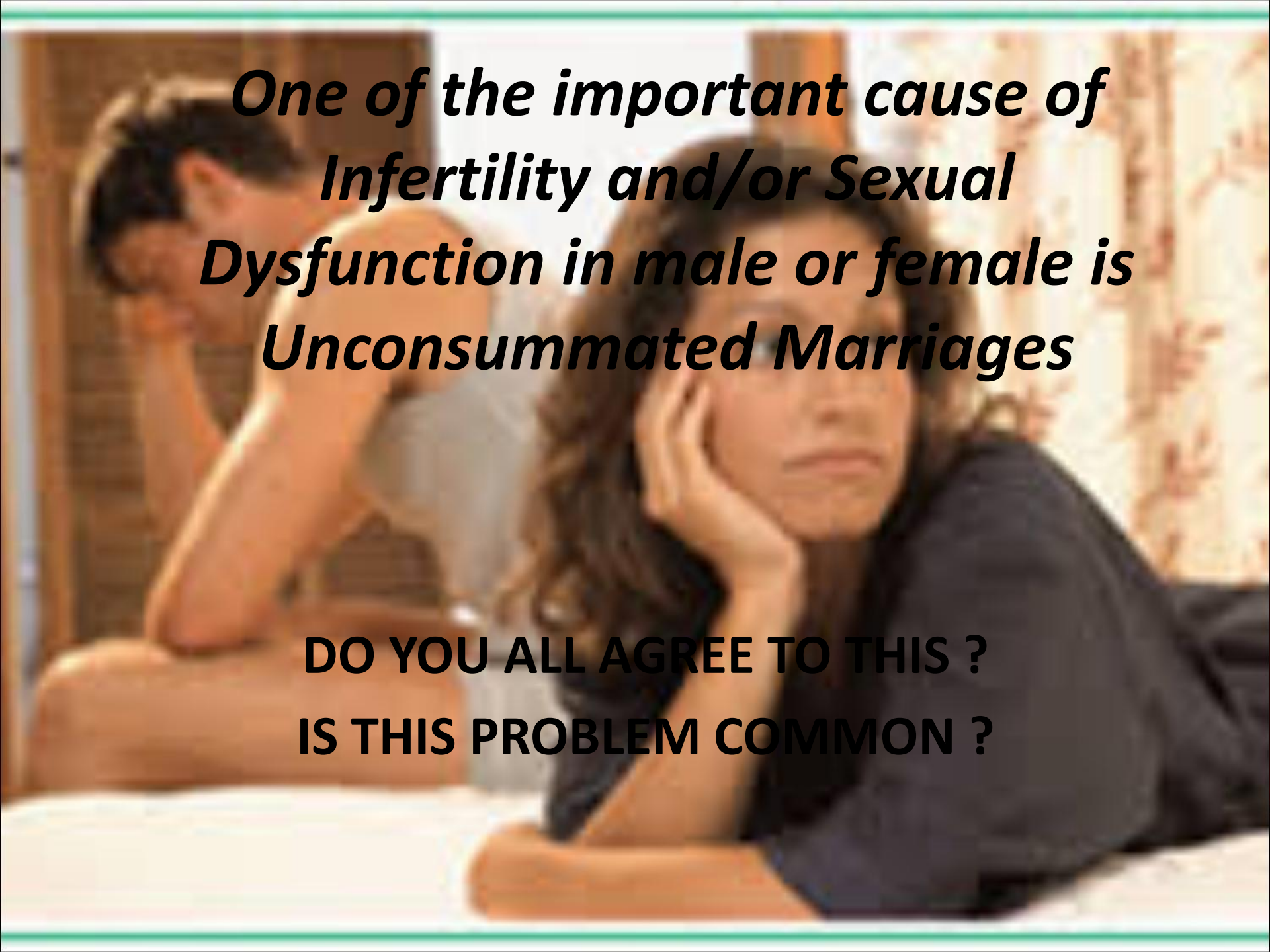
Consultant Obstetrics and Gynaecology
Civil Hospital, SunderNagar, Mandi, Himachal Pradesh.

Ex. Assistant Professor

**Dr Rajendra Prasad Government Medical College, Kangra at
Tanda, Himachal Pradesh, India.**

- **Founder Secretary of Indian Menopause Society-Shimla Chapter.**
- **Founder Secretary of Indian Fertility Society-Himachal Pradesh Chapter.**
- **North Zone Coordinator Of Hello Tomorrow CMEs.**
- **Advisor to Sexual Medicine Committee FOGSI.**
- **Member of Public Awareness Committee FOGSI.**
- **Member of Adolescent Health Committee FOGSI.**



A photograph of a man and a woman in a bedroom. The man is on the left, shirtless, leaning over. The woman is on the right, wearing a dark blue shirt, resting her head on her hand and looking away with a thoughtful or sad expression. The background shows a bed with white sheets and a patterned curtain.

***One of the important cause of
Infertility and/or Sexual
Dysfunction in male or female is
Unconsummated Marriages***

**DO YOU ALL AGREE TO THIS ?
IS THIS PROBLEM COMMON ?**

Introduction

- Unconsummated marriage means that couple never have sexual relationship. But studies have shown that sometimes not only the intercourse cannot be consummated at the first try, but it could also be delayed for years and even would never happen; this is called unconsummated marriage.
- Different physical, mental, social and cultural factors are effective in occurrence of this disorder, so it should be considered multi-dimensionally.
- Unconsummated marriage mainly is due to vaginismus in the woman or premature ejaculation in the man.

Consummation?

- To bring to completion or fruition
- To complete (a marriage) with the first act of sexual intercourse after the ceremony.
- To fulfill (a sexual desire or attraction) especially by intercourse.

Consummation or consummation of a marriage

- In many traditions and statutes of civil or religious law, is the first (or first officially credited) act of sexual intercourse between two people, either following their marriage to each other or after a prolonged sexual attraction

Coitus /Genital Intercourse

- The terms "coitus" and "coition" (lat. coire: to go together) refer to the insertion of the penis into the vagina - probably the most common form of sexual intercourse. It is also the only kind of sexual intercourse that can lead to the conception of a child.

Coitus /Genital Intercourse

- For most couples in most cultures “sex equals intercourse.” People believe that intercourse is natural and instinctive.
- There have been human societies where sexual contact between males and females was restricted to coitus.
- Such societies usually put a heavy emphasis on the procreative function of sex and discouraged all sexual pleasure, especially in women.
- Indeed, there are still some men for whom any other loveplay is a ridiculous nuisance.

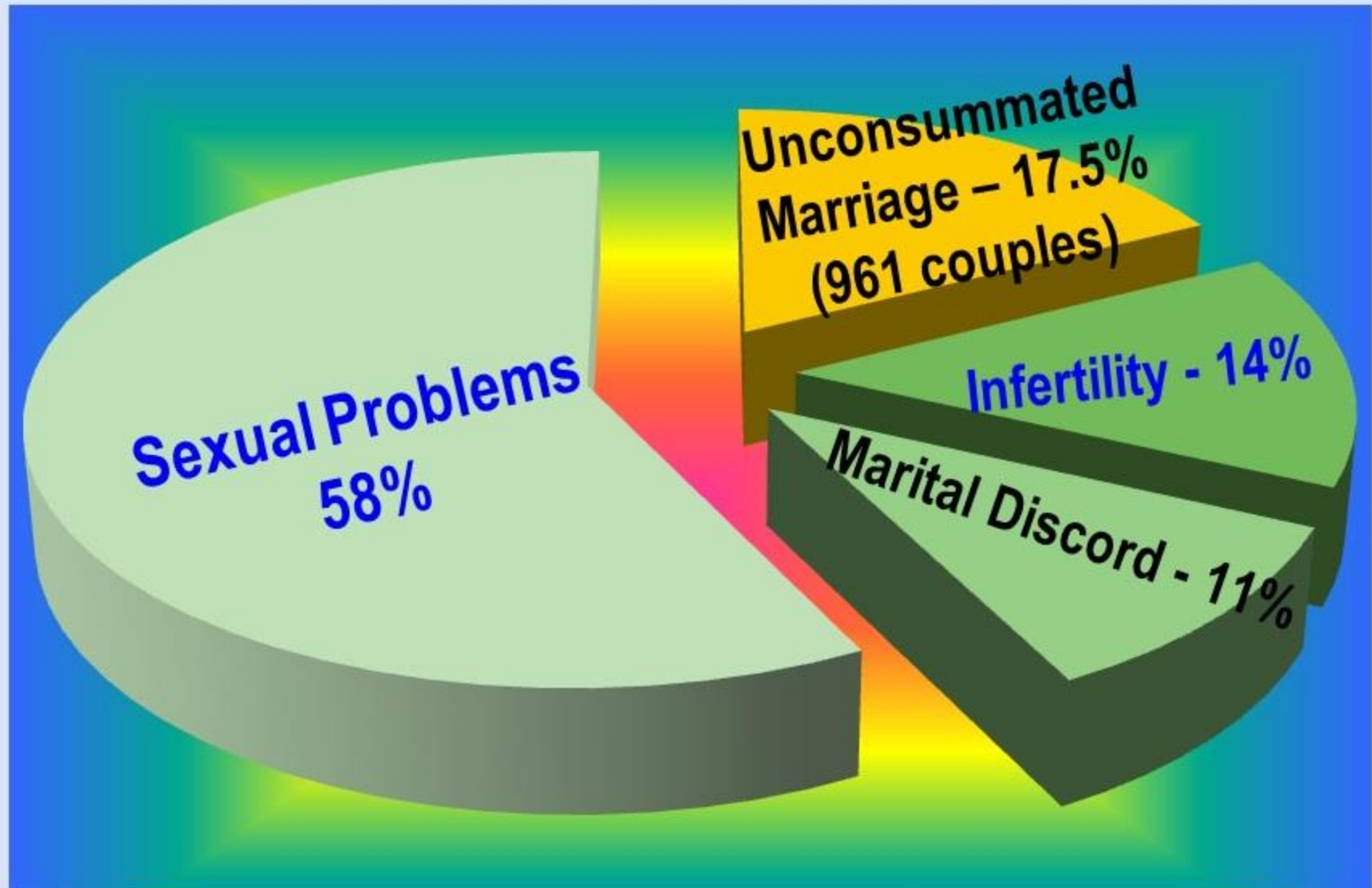
Wedding Night scripts

- Originally, marriage served to integrate couples into an intricate system of community ties and obligations, and it was primarily based on economic and political functions rather than romance. Marriage regulated sex and the wedding night fulfilled the ritual of permitting sex.

Wedding Night scripts

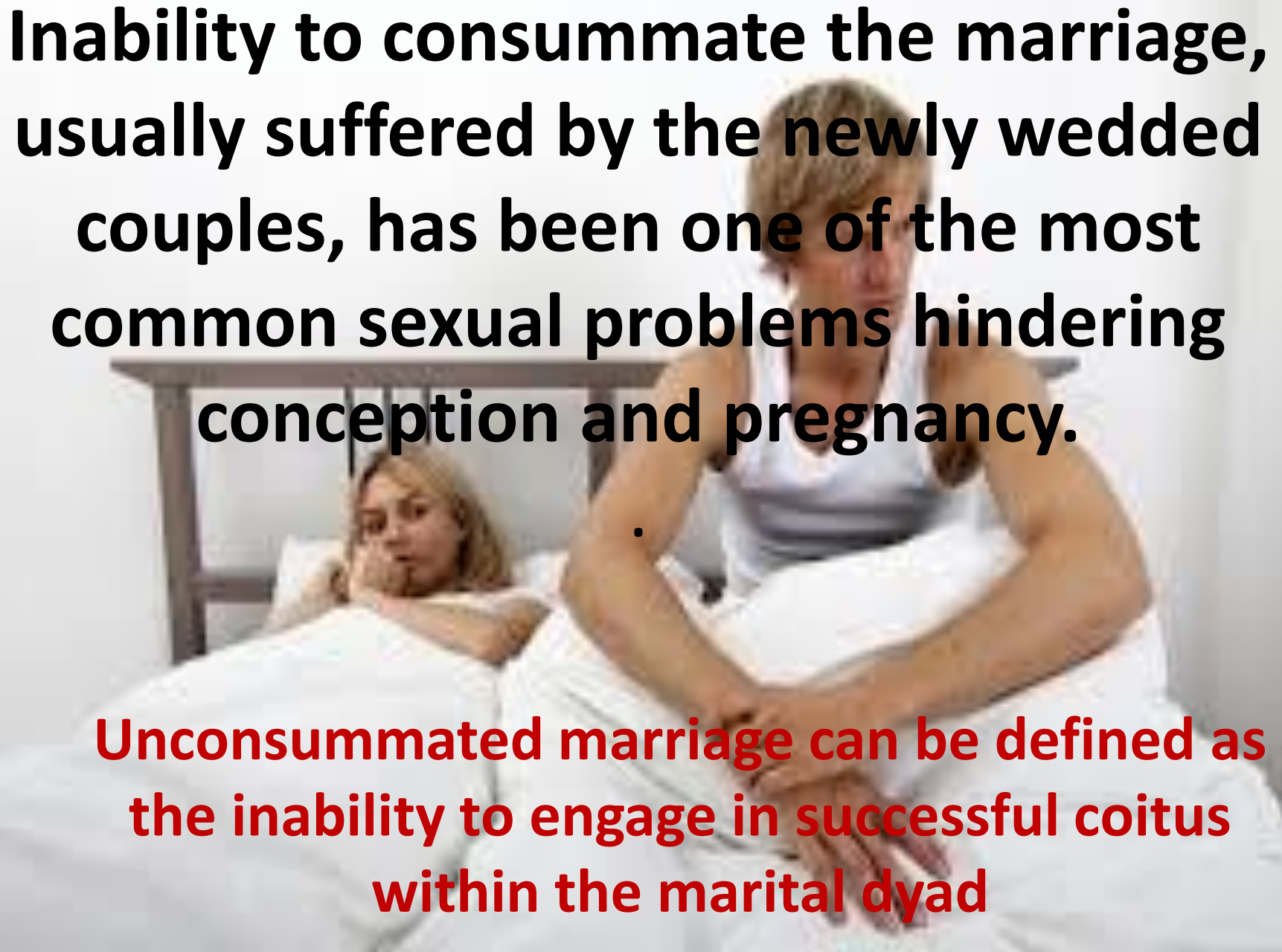
- Yet, some people in discussing the specifics of their own wedding night, consider the ritual of sex on the wedding night as the necessary act to solidify the union of the two people.
- While others dismissed its purely sexual significance, they insisted the night to be about intimacy and a private celebration of the marriage.

Dr. Promodu's Institute's data from Jan 31, 2006 to Jan 31, 2013



Patients with Sexual Problems - 10977

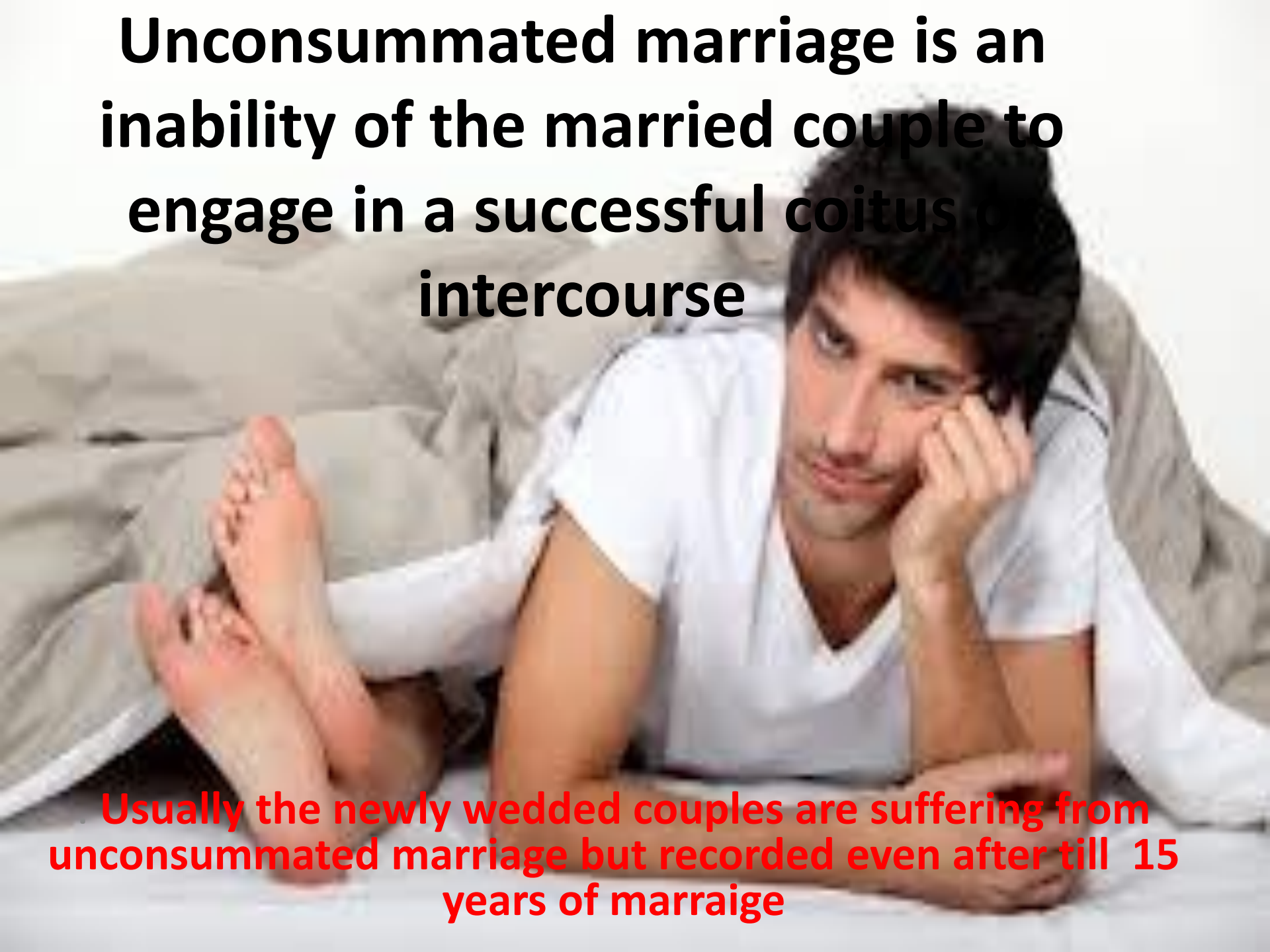
Inability to consummate the marriage, usually suffered by the newly wedded couples, has been one of the most common sexual problems hindering conception and pregnancy.

A photograph of a man and a woman in a bed. The man is sitting up, looking down with a sad expression. The woman is lying down, looking towards the camera with a concerned expression. They are both wearing white tank tops. The bed has white sheets and a wooden headboard.

Unconsummated marriage can be defined as the inability to engage in successful coitus within the marital dyad

Unconsummated marriage is an inability of the married couple to engage in a successful coitus or intercourse

Usually the newly wedded couples are suffering from unconsummated marriage but recorded even after till 15 years of marriage



Where does the problem lie

A problem with the sexual functioning in one or both of the partners in a couple can prevent intercourse

Reasons

- lack of sufficient sexual information,
- sexual performance anxiety,
- vaginismus,
- lack of privacy,
- history of sexual abuse,
- unreal fears, cultural and
- social factors,
- strict religious rules,
- sexual limitations applied by the family and the society and also specific costumes about the first sexual intercourse,
- premature ejaculation and erectile dysfunction

Unconsummated marriage is a devastating condition with grave consequences for the couples and families.

‘honeymoon impotence’



Male, female and combined factors were found to be responsible for non-consummation of marriage.

Unconsummated marriage is a devastating condition with far reaching psychosocial consequences for the couples and families. Many couples continue to suffer for several years with the inability to give birth to a child and a few end up in divorces

Male factors

- Erectile dysfunction was found to be the top ranking cause accounting for 79.37%
- Followed by premature ejaculation 12.01%,
- Lack of sexual desire 3.92%,
- Homosexual orientation 2.79%,
- Sexual aversion disorder 1.31% and
- Disorders of sexual preference 0.61%.

Female factors

- Females vaginismus was the commonest cause accounting for 95.23% followed by
- Sexual aversion disorder 2.46%,
- Sexual desire disorder 1.85% and
- Lesbian orientation 0.46%.

Couple factors

**Marital discord was found in 12.22%
of the couples.**

Why unable to consummate

- They may be ignorant and inhibited about sexuality.
- Sometimes either of them might have had experience of coitus with another mate, but unable to perform with the index partner.
- Usually in our culture husband and wife may not have any experience in penetrative intercourse before marriage.



Often the anxiety resulting from repeated attempts at intercourse contributes to the sexual dysfunction



- One or both partners may be **anxious** that penetration will be **painful**, that there will be **bleeding**, or that the woman will get pregnant.

While a certain amount of anxiety surrounding sexual activity is normal, when one or both partners are overly anxious, sexual function can be affected in the following ways:

- **The male** partner may have **difficulty maintaining an erection** strong enough to allow penetration or he **may lose his erection** just prior to intercourse. **Anxiety** may contribute to **premature ejaculation**, also just prior to reaching penetration.

- **The female** in **Anxiety** may prevent the woman from relaxing enough to allow penetration. She **may close her legs** or contract her vaginal muscles. This presentation is referred to as **vaginismus**, defined as the persistent or recurrent difficulty of a woman to allow vaginal entry of a penis, a finger, and/or any object, **despite her expressed wish to do so.**

- While anxiety may indeed be a factor contributing to and perpetuating many sexual problems, there are many components to sexual problems, including physiological ones, but there may be a physical problem also
- Therefore, each partner in a couple presenting with an unconsummated marriage should undergo a physical exam.

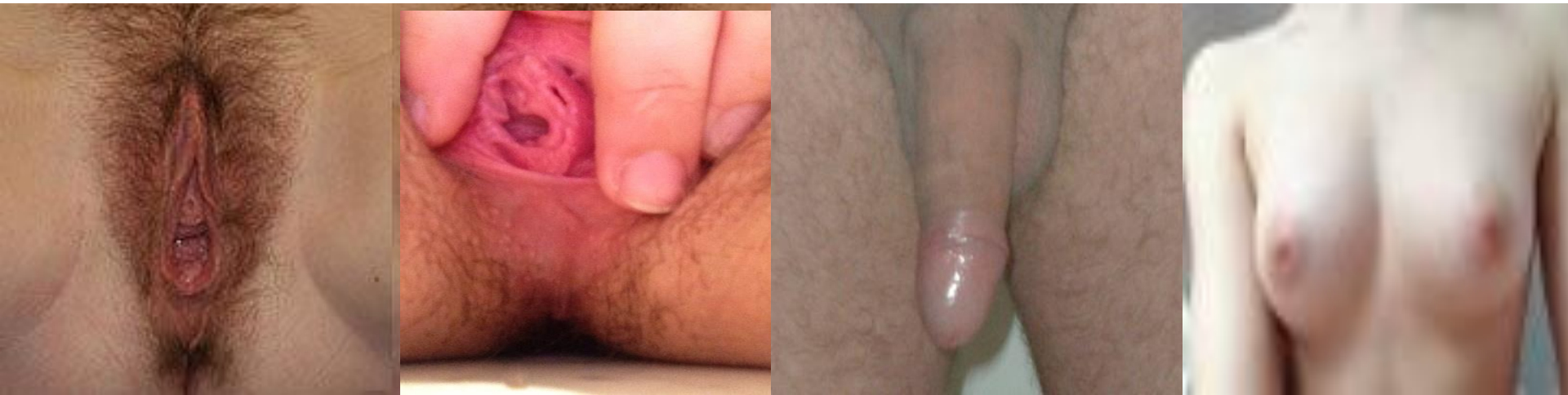
Physical presentations of the female partner that might prevent intercourse

- Sexual pain disorders such as localized **vulvodynia**, also known as vulvar **vestibulitis** syndrome. A common condition is characterized by pain with touch at the entry to the vagina, which can prevent intercourse.
- A woman's **hymen** may be a barrier to intercourse. Some women have a very thick hymen, or a septate hymen, which is a thin piece of membrane running vertically which separates the vagina in to two sides
- While most of these conditions can be addressed with counseling and physical therapy, including use of vaginal dilators, in most cases a septate hymen needs to be repaired surgically. Male external genitalia examination

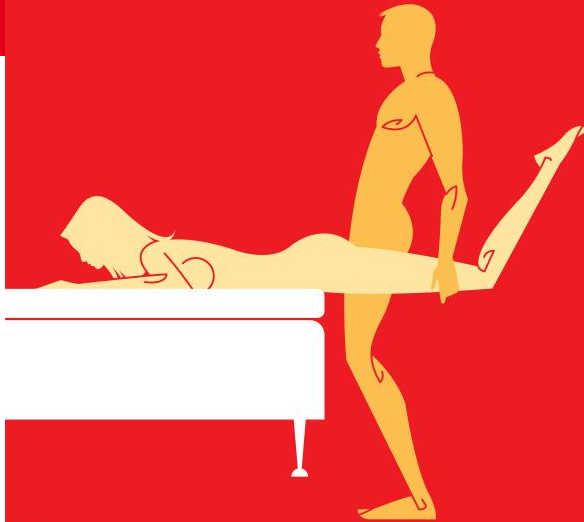


Lack of anatomical knowledge

- Frequently, lack of knowledge about sexual anatomy and physiology may contribute to a situation whereby attempting intercourse feels awkward and un-natural.
- Often all that is needed is some basic anatomical information and positioning advice



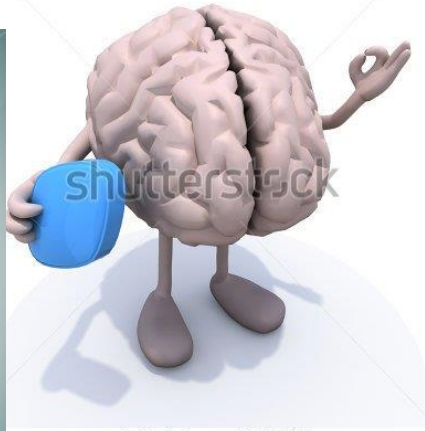
Knowledge of Sexual positions



Statins give men better erections: Scientists find cholesterol-busting drugs can help combat erectile dysfunction



Sildenafil :the blue pill



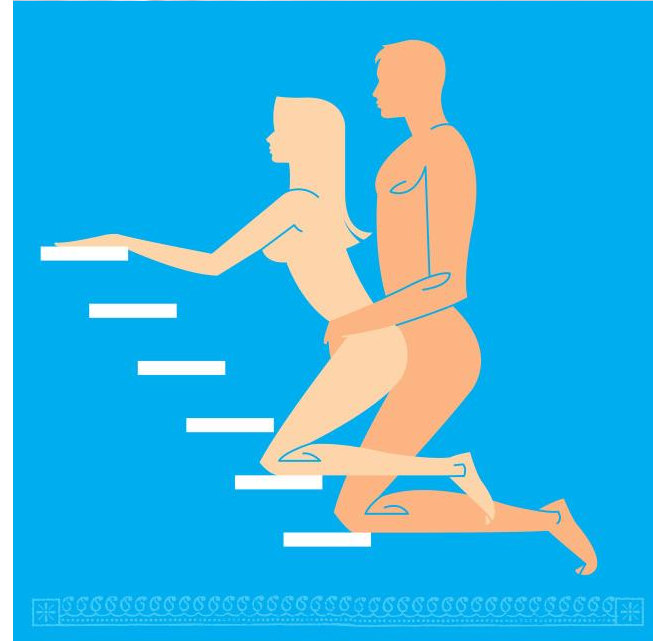
foreplay

- a couple may report that the woman's vagina feels dry and excess friction prevents intercourse. In this case, the couple may be advised to ensure that intercourse take place when the woman is sufficiently aroused after plenty of exciting foreplay. Over the counter lubricants or oils may be very helpful.



Positioning

- While some people are physically active, very aware of their bodies, and comfortable with movement, other people are less so and may simply have not figured out how their bodies move in order to comfortably find a position for intercourse. **One or both of the partners may have mobility problems or difficulty getting in to or maintaining a position. A woman may have difficulty keeping her legs open or a man may not be able to hold his weight up on his arms.**
- In these cases as well, consultation with a physical therapist may be helpful in providing exercises and positioning advice.



Effects of unconsumated marriages

- severe marital distress,
- frustration, depression and
- anxiety for the couple.
- Gradually it leads to adjustment problems
- and hostility between the couple and
- may even end up in divorce.



Talking about sex

- Doctors or Parents
- Non-judgmental, understanding approach
- Start with general enquiries
- Acknowledge the difficulty in talk
- Encourage the person to talk about sex
- No assumptions

Myths

- **Sex = Intercourse.**
- **Man should be sexual leader.**
- **Women should not initiate sex.**
- **Respectable people should not enjoy sex too much, should not masturbate.**
- **If sex is not good something is wrong with the relationship.**

Myths on day of marriage first nite and marital life

- Sex with virgins increases sex power
- Once homosexual always homosexual
- Suhagrat should be red
- No approved aphrodisiacs
- Size does matter
- No sex in pregnancy, menses

Common triggers

Psychological

- Relational problems
- Life stress
- Anxiety
- Depression
- Fear of pregnancy or STD
- Lack of knowledge of sex
- Negative sexual history



- **Environmental-**

Space, Children, Physical discomfort

- **Physical-**

Pain, Illness, Drugs, Alcohol, Childbirth

- **Partner problems-**

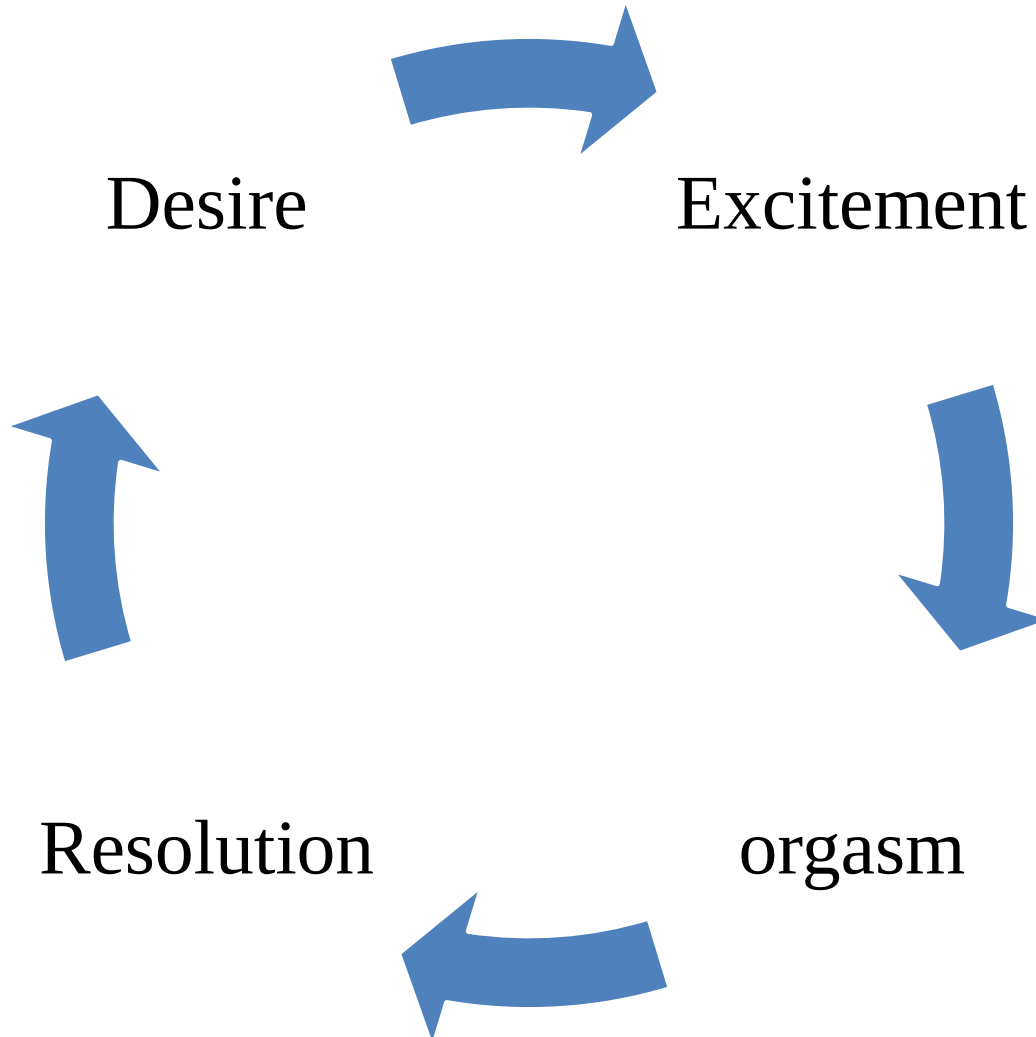
Non-responsive partner, Preference problems, Disinterest



Defining sexual dysfunctions

- Inability to participate in activity
- Sexual dysfunction in all occasion
- Duration of six months
- Significant stress or interpersonal difficulties
- No h/o drug use, physical disorder, mental disorder

Stages Of Sexual Activity



Investigation

- **Local examination for injury**
- **Investigate for sugar blood pressure**
- **Infection**
- **Constipation**
- **Serum prolactin, Testosterone,Thyroid hormones**
- **All routine blood investigation**

Treatment

Rx

- Multi-dimensional approach included methods like
- narrative exposure therapy,
- educating the anatomy of female and male reproductive system,
- correcting misconceptions,
- educating foreplay,
- educating body exploring and non-sexual and sexual massage and penetrating the vagina first by women finger and then men's after relaxation.

- Dual Sex Therapy-
Establish communication in marital unit, Misconceptions dealt
- **Foreplay as an enjoyable alternative to intercourse**
- Imagery



Sensate focus exercises-

Heightening sensory awareness

- Stage1-partners touch each other
- Stage2-partners touch each others genitals
- Stage3-Mutual touching
- Stage4-women on top

Kaegel's exercises

Pelvic floor muscles, Vaginismus

- Breathe normally-Quickly contract and relax
- Contract muscle count three relax
- Inhale slow contract three, hold three, relax three
- Muscle relaxed bear down

- Vaginismus- Vaginal dilations with fingers, dilators



- Antianxiety & Antidepressant Medicines-
Escitalopram, Sertraline, Imipramine.
- Hormone Therapy-
Testosterone (sex drive in both male and female), Hormone Replacement Therapy
- Water based lubricants, Saliva
- Antibiotics

Treatment depends on the nature of each couple's problem

Treatment of unconsummated marriage includes

- medicines,
- sex therapy,
- operation or a
- combination of any of these methods.

Unconsummated marriage is a condition in which 100 percent cure or recovery can be assured if the couple is willing to undergo the treatment.

Role of the gen practitioner



Role of a psychiatrist



Role of a gynaecologist/andrologist

Role of alternative medicines

Ayurveda AYUSH



Homeopathy THE FRIENDLY HOMEOPATH



Maganetic/electric medicine THE R.M.P.

The ROAD side seller of all powerful drugs

The advertisments on 303 /JAPANI TEEL etc

3 दिन में पूरा फायदा
स्वप्नदोष धातु
रसायन कल्प
मेरे पति रोज लेते हैं
पत्नी की भरपूर सन्तुष्टि के लिये
शेर जैसी ताकत व चीते जैसी फुर्ती के लिये
हजारों मरीजों पर आजमाया हुआ
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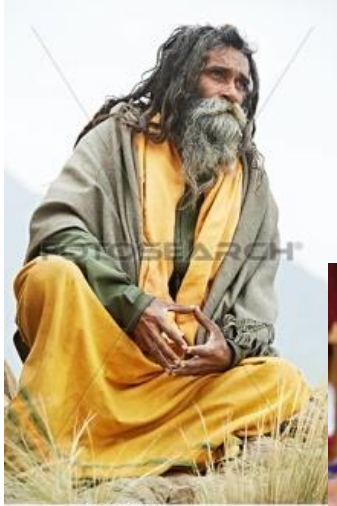


जगजीवन दवाखाना
हमारे चैप जी नाडी नयन देखकर हर बीमारी का ईलाज करते हैं जैसे-
बैट दर्द, गैस, लीवर कमजोर, जीता में सुजन, सोरी का टिका रक्ता,
नामदी, खुदरी, रक्ता दोष, शीघ्रमल आदि - नाडी फीस-20 रु.
नजला, नजला,
डल्लू कमजोर,
डल्लू का डल्लूपन,
माच बाली बेका,
कमर व जोड़ी में दर्द,
रुजक, तिरिक,
दस्त गुगर, बर्ष,
का पतलापन, यात,
का गिरना, तिके,
सहकोष का दोष,
का बड़ा हो जाना,
दमा, सैस फूटना,
मेदा, लुश्क, पथा,
बसस, बुकी या
मस्से वाली बवासी,
जली के रोमा जैसे
कमर काटना, प्रम,
माहवारी में कम,
प्रादी के 10 या 20
किल तक बनावनहु,
शिष्टरेव्य जी से मे

Role of the hypnosis



Role of religious priests to drive away the evil spirits witch craft



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Role of NARCOANALYSIS



Role of sex under sedation/anaesthesia



Role of counsellors



Child sex education

- Age old topic
- Start as early as possible
- Give books to read about sex education by doctors
- Children's will experiment but will be safe
- Studies have shown sex education has not increased incidence of sexual activities



- A new terminology Instead of UM, the term “Unconsummated Relationship” could be useful to describe all over the world a relation were sexual intercourse never succeeded after a 6 months period of attempts and where a social pressure is not relevant and privacy is guaranteed. In cultural systems where marriage is mandatory to have sex, it is obvious that “relationship” means “marriage”.

- “First attempts dysfunction” could be a useful term to describe the impossibility to perform an intercourse because of social-cultural pressure to have an erection and then an intercourse as soon as possible, with the aim to be “integrated” in the society. In cultural systems where marriage is mandatory to have sex, it is obvious that “first attempts” means “honeymoon” and “bride defloration”.



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