

Hari Datt Sharma

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tips



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**SEX**

Hari Datt Sharma



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## Preface

Many kinds of sexual myths are prevailing throughout the world in many cultures and societies. These are based on misconceptions and fallacies arising out of hearsay, superstitions, bigotry or faulty sexual education. These are the main causes of many psychological sexual problems.

The fact that sex is of fundamental importance, can hardly be overemphasised. Sex is the very foundation of existence.

The basic sex drive is a universal experience, but what turns people on, differs from culture to culture. Sex still makes some people feel uncomfortable and embarrassed partly because it has been associated for so long with unacceptable and dirty feelings. Sniggering is sometimes a way of covering up these feelings. Embarrassment also comes from the secrecy surrounding the sexual act. Secrets mean you have done something wrong. In societies where sex has been open and free from ideas of guilt; it is accepted much more easily as being normal and natural.

A person may be a millionaire, a world leader, an athlete, a wrestler or a distinguished scientist—but still feels inadequate doing a simple act of sex that is common for animals and birds. It is because animals and birds never think about it. They just respond to changing levels of sex hormones which stimulate or curb their reproductive urge. But in the case of men and women, instincts have been crippled by anxiety resulting from negative pre-

conditioning normally based on expectations of family and norms of the society.

The logic of the various religious leaders is that because sex is necessary to keep the human race going, therefore the sole purpose of sex is reproduction. But it is not accepted by all. You might as well say that since food is necessary to keep the body going, the sole purpose of eating is to stay alive, which won't convince anyone who enjoys rich foods.

If the only purpose of sex were reproduction, nature would have arranged for human females to come on heat only once a year which is sufficient to reproduce the species. While a great deal of sexual activities directly or indirectly relate to reproduction, but having children is not the only purpose of sexual activities. Sex provides release from tension. Sex is stimulating. Any satisfactory sexual experience heightens perception, alleviates boredom and awakens new interests.

Sex offers companionship and intimacy as most of us are afraid of loneliness. Sex can also be used as a weapon. Desired behaviour can be coerced by withholding sex as a punishment or offering it as a reward. Sex is also a form of recreation, available to all classes and conditions of people throughout the world. Pornography, blue movies and dirty jokes are significant form of entertainment. Sex can also be used as an inducement to buy or sell. With such a powerful medium at our disposal, we surely owe it to ourselves to know as much about it as possible.

How you enjoy sex is also a matter of personal preference and is no one else's business. Just as no two people have exactly the same taste in food or clothes, so no two people like exactly the same thing in bed. Perversion

is the name we give to other people's variations; to our own we call preference.

For good sex, we need a relaxed and comfortable setting, plenty of good feelings, self-esteem, placing a higher value on own worth. It is a quality which is particularly likely to develop with age and is absolutely necessary for good sexual relationship. But with an increase in number of sexually transmitted diseases, it is necessary for the readers to differentiate between the rights and the wrongs.

Gone are the days when men had to put up with log-like stiff partners. It is now accepted that educated girls have sexual appetites every bit as large as those of men, and have every right to have them satisfied. So, it is not surprising that men feel the pressure on them to perform.

I am sure this book will entirely change your attitude towards sex, and will prove to be an informative, educative and enjoyable reading material for you.

**Hari Datt Sharma**



## Male Sex Organs

Research findings show that some men suffer from an emotional concern that they possess a penis that is abnormally small, a concern based in part on the individual's visual perceptiveness when looking downwards at a flaccid penis, a viewpoint that distorts the true size. The complex may also be supported by the emphasis in literature and other art forms as well as folklore and pornographic material on male genitals that are unusually large.

### *Myths about the Size of the Penis*

Penises vary greatly in shape and it is a myth that a bigger penis is necessarily better. One of the cherished illusions men have about their sexual performance is that the bigger their penis, the better they will satisfy their partner. It is an illusion nourished by pulp fictions and girlie magazines.

The kind of men they read about in novels and stories have penises as hard as iron and as long as a barber's pole, always ready for action. As soon as the penis loses an erection, there is another one raring to go. In these stories, rarely do people come across floppy or remarkably small penises, the kind that droop a little and need coaxing to come into action. Stories of sex with animals by women also confirm their belief in this myth.

### *The Reality about the Size of the Penis*

Despite all the fears and boasts, penis size does not vary markedly from one person to another. There are some large penises around, just as there are some men whose erection can last a long time and return after a short time. But there is far less difference than is generally supposed.

### *Circumcision*

It is a minor operation to remove the foreskin from the man's or boy's penis. This is done for religious reason among Muslim community or sometimes for medical reasons.

Does it make one a better lover if one has been circumcised?

People often think that men who have been circumcised cannot control ejaculation.

Another view is that a circumcised person can continue for longer duration of sexual act than a non-circumcised person. But both these views are myths. During erection, the foreskin usually draws back from the sensitive glans (the head of the penis). So at this stage it is hard to tell if someone has been circumcised.

Being circumcised or not, it makes no difference to the sexual enjoyment.

### *Small Penis Complex*

Sex researchers have found that penises vary in length between 5 to 10 cm when limp, but when they are erect they all average at about 15 cm. Those, that are smaller when relaxed, increase in size more than larger ones. In other words with erection, the difference tends to level out. One erect penis is much the same size as every one else's.



### *.The Size of the Penis Makes no Difference to Sexual Enjoyment*

Forget everything you have been told about penis size. Even if it is undersized, even then it can satisfy the woman better than a big penis. Some men are so obsessed with the idea “bigger is better” that they do not feel adequate even though they are normal. It is now firmly established beyond doubt that penis size makes no difference to women’s sexual enjoyment.

### *Chromosomal Anomalies*

About one male in a thousand has a penis which is unusually small due to a chromosomal anomaly. It may have XX rather than XY chromosome sets. In medical language it is known as **Klinefelter’s Syndrome**. The extra chromosome means that such individual usually develops feminine breasts and has a low sperm count. They also tend to be obese and display a low level of sexual interest.

There is no relation between **penis size** and **body size**. However there are slight racial differences. Orientals on average have smaller penises than Caucasians. Negroes have larger penises.

However plastic surgeons who perform penis enlargement, report a flourishing business. The results

report extension of about one to two inches. It entails releasing the penile shaft from the ligaments and drawing a flap of skin from the pubic area to cover the added length. But it is not worth the time, trouble, money and pain suffered in this connection.

### *Quacks often Dupe the People*

As most people worry about the size of their penis, so charlatans exploit this situation very well to their own advantage. They easily and gladly separate fools from their money for medically approved apparatus or techniques that promise to enlarge penis. Indian quacks prescribe strange types of medicines like massage of the penis with the special oil prepared from a type of lizard (*Sandey-Ka-Tel*). It is just to befool the people. It does more harm than good.

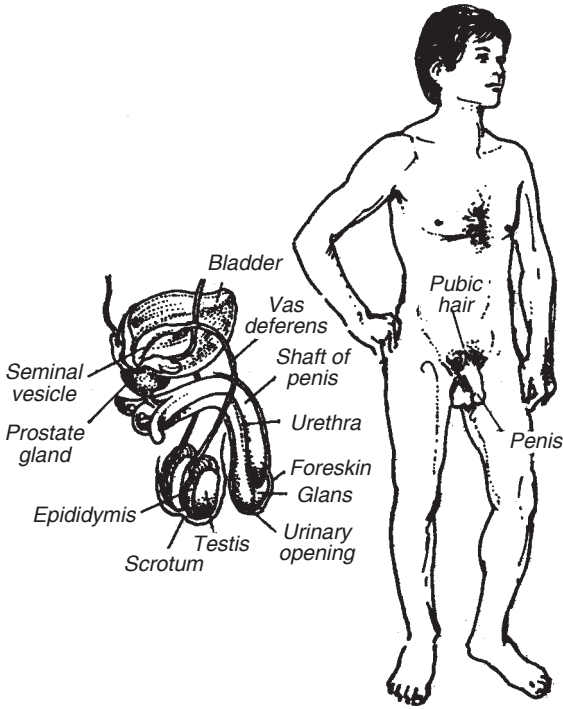
All the techniques and apparatuses prove ineffective and at worst they can be harmful. Some vacuum like devices can rupture blood vessels in the penis. Sex findings indicate that no pill, potion, exercise, masturbatory technique or external device can affect penis size.

My advice is—Don't worry, feel happy. Your penis is quite normal. When any man who feels anxiety about his penis and reluctantly or hesitantly engages himself in sexual play, the result is the lack of satisfaction.

In evaluating himself, a man must take into consideration his genital inheritance and what physical characteristics his parents and grand-parents handed down to him.

### *Anatomy of Male Sex Organ*

The sex apparatus in a man is only an exterior limb. It is more visible than woman's. The penis is generally less cloaked in mystery. This can be both an advantage as well as disadvantage. Penises have an annoying habit of



*Male reproductive system*

becoming erect at the wrong time and refusing to do so at the right time. They also cause a great deal of anxiety to their owners because of their shape or size.

The biological sexual function of the penis is to penetrate the female vagina and deposit sperm. It is also the urinary outlet. Generally it remains flaccid but in response to erotic stimuli it becomes erect and engorged with blood. Erection increases its length and girth. The erection and softening of a penis are fascinating to watch. Both can be brought on by various physical and mental stimuli, but neither is routinely under voluntary control.

Normally it hangs limply downward, but in its erect state it points horizontally outward or slightly upwards at an angle. A penis has no muscles along its length,

nor any bone, just a ring of muscles around the base which tightens during sexual excitement and helps to keep it erect.

### *The Penis*

The penis is made up of a long shaft and sensitive tip which is called **glans**. The glans has an opening in it. This is the opening of the **urethra**, a narrow tube which performs the dual function of carrying urine from the bladder and semen from the **vas deferens**—the tube which leads from the **testes**. But it never performs both the functions at the same time. During erection, a small muscle closes off the entrance to the bladder so that no urine can be passed. So it is not possible to pass urine and ejaculate at the same time.

The shaft is covered with loose, wrinkly darkish skin which extends over tip to form the foreskin. The head is studded with a mass of nerve ending which make it the most sensitive part of the penis. The whole of the rim or ridge where the head joins the shaft is capable of providing some very pleasant sensations.

On the underside of the shaft is an exquisitely sensitive area the **ferrum**, which looks like a tightly stretched bowstring. Even the lightest touch applied to this part of the penis is enough to produce an erection.

### *Scrotum and Testes*

The loose pouch of wrinkled skin which hangs down behind the penis and which contains the testes is called the Scrotal sack or Scrotum. It has slightly coarse, slightly hairy skin.

The testes produce sperms and testosterone, the

hormone responsible for the sex drive. The testes can only produce sperms at a temperature of 35°C, which is 2°C cooler than the temperature inside our body. Each testis contains about 100 m long tiny coiled tube. Sperms are made inside these tubes from puberty until well into old age. When a man ejaculates, replacement sperms are made in these testes. These tubes also transport sperm-laden semen to vas deferens, which are muscular tubes. They are about 40 cm long. When a man ejaculates, sperms are squeezed through these tubes and out of the penis.

About a teaspoonful of semen that comes out, carries almost 400 million sperms. Nature makes sure that atleast one sperm reaches the egg.

### *Myths about the Testicles*

Many men assume that the size of testicles influences sexual power and performance. Normal testicles do not depend upon size or shape. Most men have two testicles but some men have one non-descended testicle and they are able to function perfectly well. Sex drive is mainly influenced by thought patterns and not by the anatomical shape of any organ. Both testicles are never the same. Mostly one hangs lower than the other.

### *Being Normal*

Most people have doubts about themselves in one way or another. If you think you are not normal, your body will not function normally. In 99% of cases, when people believe that something is wrong with them, it is a fact that their problem is psychological rather than physical. In sexual matters we seem to be obsessed with being normal.

A person may be a rich man or may be a distinguished leader—but still feel inadequate in a simple act of sex that is common for animals and birds. This difference is due to

negative preconditioning, concerning our normally based expectations of family and society.

***Other Factors***

80% of men have erection problems periodically. It is normal.

20% of men are bothered about premature ejaculation, due to lack of control.

10% of men have difficulty reaching orgasm and ejaculating semen.

If a man is able to satisfy the woman of his choice in any way that they mutually decide, he can consider himself normal.

