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MASTURBATION AND ORIGANUM MAJORANA (A RARE HOMOEOPATHIC REMEDY)

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ABSTRACT

Masturbation is a self- stimulation of the genital organs, done to achieve sexual pleasure. It is done using sex toys, vibrators or bare handedly using fingers. Masturbation leads to mood enhancement, relieves stress, enhanced sleep, enhanced self esteem, etc. Guilt is a common after effect of masturbation, which is majorly due to pressure from society and culture. Erectile dysfunction, decreased sperm count, change in curvature of penis, mental illness are common myths of outcome of masturbation, which are not scientifically proved till now. There are many medicines in homoeopathy used to treat the after effects and increased desire of masturbation. Origanum majorana is one of the rarely used homoeopathic medicine for increased desire of masturbation, especially in females.

Key words: Masturbation, Origanum majorana, sweet marjoram, Homoeopathy, Kent's Repertory.

INTRODUCTION

Masturbation, what you think and what it really is?

Masturbation is self-stimulation of the genitals and/ or other sensitive areas of your body for sexual arousal or pleasure, done to achieve orgasm. Different people use different ways in order to achieve this orgasm via masturbation. To do this they may use fingers, sex toys, vibrators etc.^[1]

Countries like Australia, China, Croatia, Denmark, Finland, Germany, the UK, and the USA shows the maximum prevalence of this practise. Also, male show an increased rate of its practise as compared to females. ^[2]

Benefits of masturbation:

Common benefits of masturbation are as follows:

- Mood enhancer
- Releases stress and anxiety
- Release sexual tension
- Improves your sleep
- Enhanced self esteem
- Better understanding of your own wants and needs
- Relieve menstrual cramps
- Decreases vaginal dryness and help in decreasing pain during sexual intercourse.
- One study suggested that, people assigned male at birth (AMAB) who ejaculate frequently may have a lower risk of prostate cancer.

There are certain myths of masturbation like, which have not been scientifically proved till now:

- Visionary loss,
- Mental illness,
- Change in the curvature of penis,
- Erectile dysfunction (ED)
- Decrease in sperm count and

- Decreased libido

Although, guilt is commonly seen after masturbation. The major reason of this is the prohibition of masturbation by society and culture, which at many places consider it as a sinful practise. [1,2,3,4]

Homoeopathy, how it works?

Homoeopathy is a system of medicine, which originated in Germany in 1796. It is based upon the principle of 'similia similibus curentur' which means like cures like, which in hindi is said as 'zeher hi zeher ko kaat taa hai'. It works on the individualised concept of treatment which means that every individual patient is cured by a homoeopathic remedy which bears symptoms similar to those of the homoeopathic remedy utilised for his treatment. Commonly used homoeopathic remedies utilised in the treatment of patients who are disposed to masturbation are phosphoric acid, selenium, lycopodium, agaricus muscarius, nux vomica, etc.

Origanum majorana – a rare homoeopathic medicine:

Origanum majorana is one of the rare remedies used in homoeopathy system of medicine. This is a plant remedy prepared from 'sweet marjoram' (Origanum). Origanum marjoram is a milder and sweeter alternative to spicier oregano. [5]

Dr. Cessoles and two young women proved this remedy on themselves. They showed specific effects on sexual organs and that too especially in female provers, thus it has an enhanced effect on the sexual organ system of females. Dr Constantine Hering has also collected the proving symptoms of this homoeopathic medicine. [6]

Rubrics present in the 'Repertory of homoeopathic materia medica by J.T. Kent' indicating the homoeopathic medicine, Origanum majorana in first and second grades are as follows:

Mind, lasciviousness, lustful

Mind, nymphomania

Genitalia male, masturbation, disposition

Genitalia male, seminal emissions (nightly)

Genitalia female, desire, increased

Genitalia female, desire, increased, menses, during

Genitalia female, desire, violent

Genitalia female, desire, violent, masturbation, driving her to

Genitalia female, desire, widows, in

Genitalia female, irritation

Genitalia female, itching

Genitalia female, itching, voluptuous

Genitalia female, leucorrhœa

Genitalia female, masturbation, disposition

Genitalia female, sterility

Genitalia female, sterility, excessive sexual desires from

Genitalia female, tingling, voluptuous

Generalities, onanism, from ^[7]

Other characteristic symptoms of *Origanum majorana*, given in various materia medica and which indicates its use, are as follows:

"Impulse to run." "Heat of head; as the heat increased the head was involuntarily turned from side to side." Symptoms were < evening on lying down (vertigo); and < at night (excessive thirst). Thoughts of marriage which dispel sadness in her. Erotomania with an inclination to commit suicide in a young girl. There is a great sexual irritation, deep moroseness. She believes herself as lost or despised. There is a great sexual excitement driving her to onanism; scarcely a day passes without indulgence. There are lascivious dreams. A strange symptom is that whenever she meets a man whose appearance is pleasing, she is driven to commit self-abuse — Nearly idiotic from masturbation. There is sexual irritation along with leucorrhœa and an irritation of pudenda, in an unmarried woman in her

13

forties. Also, there is flatulence of uterus. There is swelling and itching of nipples along with pain in breasts. [6,8]

CONCLUSION

Hence, *Origanum majorana* shows a close relationship with patients especially females, who are disposed to the habit of masturbation. [6,8]

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CONFLICT OF INTEREST

There is no conflict of interest.

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