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Complete Sex Guide

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**CHAPTERS** (*press control and click on the chapter names to go directly to the respective chapters*)

1. [Abstinence: Brahmacharya - Essence Of Character Building And Concentration](#)
2. [Restraint – The Best Sex Medicine](#)
3. [Sex thoughts Before Marriage – Good Or Bad?](#)
4. [Difference Between Normal And Obsessive Sexual Thoughts](#)
5. [How To Get Rid Of Sexual Thoughts](#)
6. [Why Ancient Indian Sages Used To Wear Tight Undergarments?](#)
7. [Contraception - Different Methods and Which One Suits You?](#)
8. [Precautions While Taking Ayurvedic Medicines Containing Kshara](#)
9. [Masturbation – Questions and Answers](#)
10. [Is Masturbation Wrong?](#)
11. [Is Masturbation Homosexual In Nature?](#)
12. [How to Overcome Masturbation Side Effects](#)
13. [Masturbation – Healthy Practices That You Should Follow](#)

14. [For Men – Before You Enter Into Live In Relationship](#)
15. [Live In Relationship – 13 Things To Consider For Women](#)
16. [“I Am Afraid of Sex”](#)
17. [Male Marriage sex counseling: Prepare Yourself Two Months Before Marriage](#)
18. [First Time Intercourse Tips – How To Have Sexual Intercourse For The First Time?](#)
19. [Tight Foreskin Home Remedy And Ayurvedic Solution](#)
20. [Sex Tips: How To Avoid Tiredness Causing Decreased Sexual Desire](#)
21. [How To Foreplay Slowly?](#)
22. [When To Enter Her?](#)
23. [How To Give Signals?](#)
24. [How Long To Do Sex? What Is The Ideal Sex Time?](#)
25. [Low Sex Drive After Marriage! How To Regain Sex Drive?](#)
26. [Are You Sexy For Your Husband?](#)
27. [Show Cleavage Occasionally To Keep Your Husband’s Interest In You](#)

28. [Woman Foreplay Tips: Should She Be Proactive During Sex?](#)
29. [Sex and Exercise: What is the Connection?](#)
30. [12 Effective Tips For Sex Power Increase](#)
31. [Nutrition And Sex Power – Exploring The Mutual Relationship](#)
32. [Foods to Improve Sex](#)
33. [Chyawanprash For Sex Power increase – Does It Help?](#)
34. [Ayurvedic Medicine For Sex Power – How Does It Work?](#)
35. [Urad Daal Recipe For Sex Vigor](#)
36. [Amla Natural Remedies For Erectile Dysfunction](#)
37. [Licorice Sex Recipe](#)
38. [Intercourse During Periods: Comprehensive View](#)
39. [Sex During Pregnancy](#)
40. [After Sex: What To Do?](#)
41. [Talking During And After Sex](#)
42. [Premature Ejaculation: Remedies & Tips](#)
43. [Exercises To Prevent Premature Ejaculation / Erectile Dysfunction](#)
44. [Male Health – Masturbation Technique To Cure Premature Ejaculation](#)

45. [Husband Has Premature Ejaculation? 12 ways You Can Help Him](#)
46. [Why Does My Husband Masturbate?](#)
47. [Caught Husband Masturbating. What Do I Do?](#)
48. [What is infidelity? Effects Of Infidelity On Body And Mind](#)
49. [Male Health – Are You Inviting Infidelity In Relationship?](#)
50. [Female Health – Are You Inviting Infidelity In Relationship?](#)
51. [How to get over infidelity? 12 Easy Steps For a Smooth Transition](#)
52. [How Diabetes Causes Erectile Dysfunction? Ayurveda Solutions](#)
53. [Headache During Sex: Reasons, Solutions And Home Remedies](#)
54. [Infertility Facts – Ayurvedic Treatment For Infertility](#)
55. [Tips To Maintain Hygiene](#)
56. [Pros and Cons of Many Times Sex in a Day?](#)

57. [Healthy Sex Tips For A Fruitful Relationship And Meaningful Life](#)
58. [Mutual Masturbation: An Effective Sex Tool For Both](#)
59. [What To Do When Husband Has Problems](#)
60. [What To Do When Wife Has Problems](#)
61. [Master The Art of Role Playing](#)
62. [Rules of Oral Sex](#)
63. [Sex Games: Add Fun To Sex](#)
64. [What Your Five Year Old Kid Should Know](#)
65. [What Your 16 Year Old Child Should Know](#)



## CHAPTER 1

### **ABSTINENCE: BRAHMACHARYA – THE GREATEST TOOL TO IMPROVE CONCENTRATION**

Of all the methods and techniques to improve concentration, memory, courage, and positivity, Abstinence – Brahmacharya is the novel most and greatest technique, if you have some faith in spirituality. Though it looks like a spiritual belief, Ayurveda also approves of benefits of abstinence.

#### **Abstinence meaning:**

- Abstinence is Brahmacharya in Sanskrit. Abstinence refers to refraining one's mind and body in indulgence of sex and sex related matters.
- At the outset, it appears as if it covers only physical aspect. But it also covers the mental aspect.
- If you indulge in sex, there is lack of abstinence at the same time, if you imagine about having sex, then also there is lack of abstinence.

- Lack of abstinence is there if one thinks, sees, hears, chats, touches, indulgence with a desire of sex, there is lack of abstinence.
- It is almost near to impossible for common people to practice abstinence at the highest level but it is possible to follow abstinence at certain levels based on one's own capacity and comfort.

### **Benefits of abstinence: Why abstinence?**

- Brahmacharya is told as one among the three pillars of life. (other two are – food and sleep).
- **Ayurveda details:** The Ojas – the essence of immunity is told as byproduct of Shukra (the hormones, semen and other components of sex). Hence, preserving Shukra leads to improvement in immunity.
- **Swamy Vivekananda** was able to memorize whatever he used to glance, in a book. By reading a few lines of a paragraph, he used to get the meaning of the rest of the paragraph. He used to say that if one practices absolute abstinence for a period of 12 years, continuous, a special Nadi (nerve power) called Medha

Nadi (Medha = intelligence) develops in one's brain, which leads to tremendous memory and concentration.

- Abstinence leads to multi-fold improvement in concentration, memory and courage.
- For students, teenagers and children, abstinence is highly recommended.
- Abstinence leads to character building.
- Abstinence imbibes reliability, strength in character and trustworthiness.
- Abstinence is the fuel for spiritual journey. No spirituality without abstinence.

### **How to practice abstinence**

- At the outset, it looks almost impossible to follow absolute abstinence.

It depends upon one's mind strength, practice and perseverance.

- If not full abstinence, teenagers can at least resolve to avoid sexual activities at least till a particular point of time in their lives.

- For married people, abstinence can be practiced at any available occasions, as in case of pregnancy, menstrual periods, being distant to each other etc.
- Keeping oneself away from stimulations such as TV, wrong company etc helps follow abstinence.
- **Pranayama** helps to keep the mind cool, calm and concentrated.

### **A Hindu opinion about abstinence:**

Modern western scientists have poor knowledge of universe.

Much of it is still a big mystery to them. They do not know prana or the astral body or the subtle elements. Our great rishis

(ancient sages) on the other hand understand all this and hence

study the effect on them when sex or any other physical/mental

act is performed. It is a fact that he who has wasted the vital

energy by sex or masturbation becomes easily irritable, loses his

balance of mind. The body and the mind refuse to work

energetically. The vigor is missing days after sex/masturbation.

Ojas is a Sanskrit word which literally means "vigor". According to

the principles of Ayurveda, it is the essential energy of the body which can be equated with the "fluid of life".

Those who practice Ayurveda say that Ojas is the sap of one's life energy which, when sufficient, is equated with immunity and, when deficient, results in weakness, fatigue and ultimately disease. According to Yogic science, semen exists in a subtle form throughout the whole body (astral). It is found in a subtle state in all the cells of the body. It is withdrawn and elaborated into a gross form in the sex organ under the influence of the sexual will and sexual excitement. A true celibate possesses tremendous energy, a clear brain, gigantic will-power, bold understanding, and retentive memory.

"Part of the human energy which is expressed as sex energy, in sexual thought, when checked and controlled, easily becomes changed into Ojas. It is only the chaste man or woman who can make the Ojas rise and store it in the brain; that is why chastity has always been considered the highest virtue.

The "Ojas" is that which makes the difference between man and man. The man who has much Ojas is the leader of men. It gives

a tremendous power of attraction. Ojas is manufactured from the nerve – currents.

It has this peculiarity: it is most easily made from that force which manifests itself in the sexual powers. If the powers of the sexual centers are not frittered away and their energies wasted (action is only thought in a grosser state), they can be manufactured into Ojas.” -Swami Vivekananda

So, follow abstinence and be abstinent up to your capacity and till the time your mind is capable and enjoy its benefits.

## **CHAPTER 2**

### **RESTRAINT – THE BEST SEX MEDICINE**

Often in a sexual relationship, the tendency to over involvement and eagerness of having more creates frustration and takes away the enjoyment.

Sex is the function of a calm and happy mind. More eager and more excited you are, more the expectation, less is the fun. So, lack of calmness is the primary cause for most of sexual problems like premature ejaculation, erectile dysfunction etc. and restraint is the best sex medicine.

In a sexual relationship, being routine and casual harms the fun. If you can show some restraint and avoid everyday sex, include some excitement and surprise, it really helps to keep the freshness.

#### **How to show the restraint:**

Do not crave for sex. Have a mental balance.

In a married relationship. there are natural times when sex can be avoided, like

- during periods,

- during pregnancy,
- when the partner is ill
- when you or the partner is tired etc.

Use these time gaps to show pure love to your spouse. it helps not only to improve your relationship, it boosts the sex experience at a later stage.

Giving each other space is the deciding factor to the fruitfulness of the relationship. This rule holds good even in sexual life.

Physiologically, if sex is had once in 2 or 3 days, it gives sufficient time for the male reproductive system to produce good quantity of sperms and semen leading to good erection and ejaculation.

So, the best sex medicine for conditions like tiredness, premature ejaculation etc - **Restraint.**



## **CHAPTER 3**

### **SEX THOUGHTS BEFORE MARRIAGE – GOOD OR BAD?**

Sex thoughts are common to most of us. Once we enter into teenage, due to the influence of hormones in our body, humans will start having natural affinity towards the other sex. But is it normal? Is it okay? How much of sex thoughts is fine? When we need to do something to control it?

#### **Sex hormones / sex steroids -**

Once after attaining teenage, naturally there will be secretion of sex hormones, also called as sex steroids. These are - androgen in male and estrogen and progesterone in female. Due to the influence of these hormones, there will be natural attraction generated towards the people of other sex.

You are getting sexual feelings means that you are a normal human being, and you are eligible to have a love and sex relationship after marriage.

Hence, any sex thoughts that you are getting is quite a normal phenomena. But since we are human beings with social

responsibilities, those sex thoughts need proper direction so as to build a strong character of ourselves.

***We should never allow sex to rule us. Instead, at all the times of our lives, and in all consciousness, we should always have a good control over our sexual behavior and sex thoughts.***

### **When sex thoughts are bad?**

- If you are getting excessive sexual thoughts causing disturbance in work.
- You are losing your concentration and piece of mind.
- You are developing guilty feeling about your sexual ideas.
- Sex feelings haunt you 24 X 7
- You get sexual feelings even with elders of your family.
- You have started losing weight, feel nervous to go outside, get tremors while talking to others.
- Sometimes, you even think of suicide.

### **When sex thoughts are not bad?**

- You have a good control over your sexual thoughts.

- Sexual thoughts do not disturb your health, personality or day to day activity.
- You have complete understanding of physiology of masturbation.

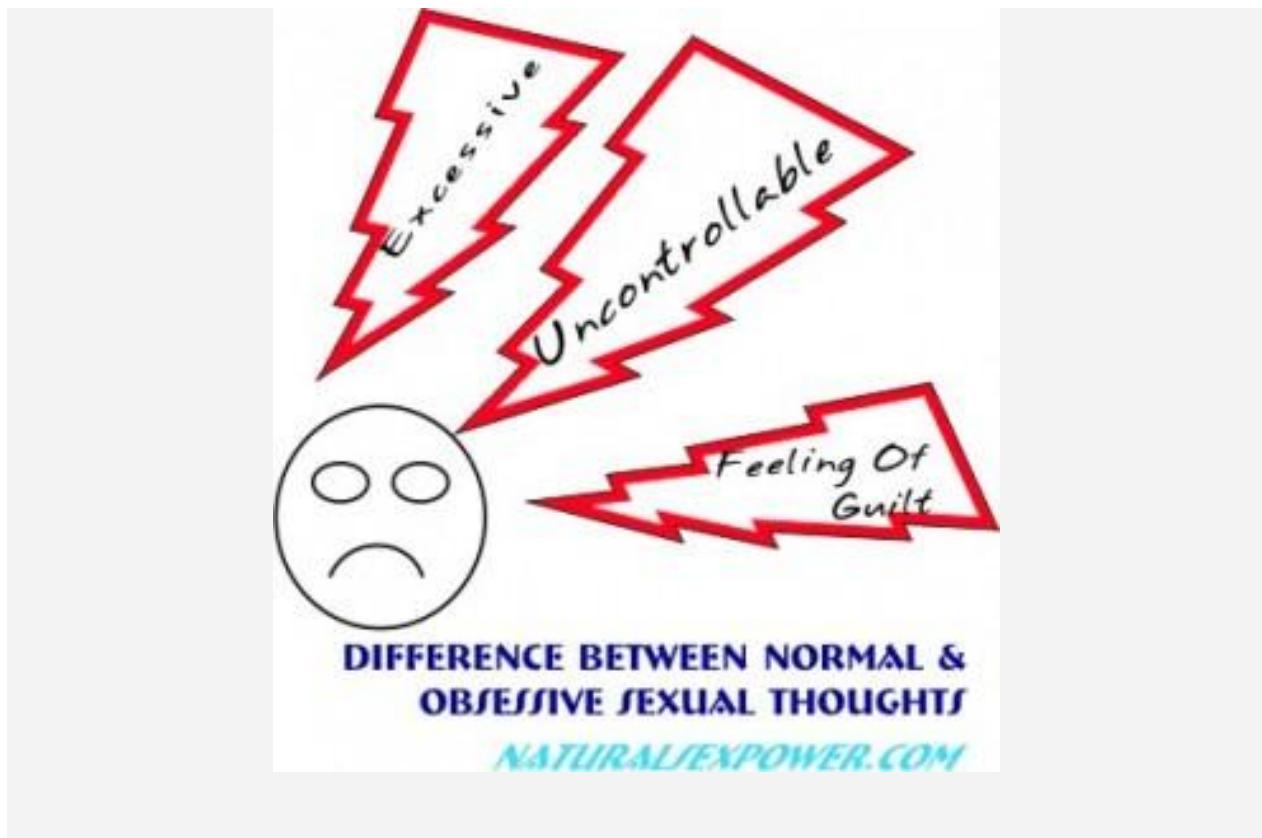
### **Summary -**

- Sex thoughts are quite normal to everyone and they are not bad.
- They are influenced by the sex hormones that are produced inside our body, which starts during teenage.
- We should develop our personality in such a way that we should be able to control the sexual thoughts at our will.
- For a better future for ourselves, we should not allow sex thoughts to harm our concentration and peace of mind.

## CHAPTER 4

### DIFFERENCE BETWEEN NORMAL AND OBSESSIVE SEXUAL THOUGHTS

Sexual thoughts are very normal for any healthy human being. But how much is normal and how much is unwanted and at what stage it becomes obsessive? The knowledge of clear demarcation is immensely helpful in tackling the problem with suitable, effective measures and remedies.



## **Normal sexual thoughts**

Sex thoughts before marriage is quite a normal and *essential* phenomenon.

- Being attracted to a film star on TV,
- Getting urge to masturbate once or twice a week / fortnight,
- Sexual thoughts that do not harm the normal course of the day,
- Sexual thoughts that do not produce guilt in the mind
- Having a good control over sex thoughts,
- Occasional urge to watch a little porn,
- Not having altered feelings while talking to friends and colleagues
- Thoughts that do not affect your [productivity](#)
- Rare / occasional, temporary, harmless attraction towards others, in spite of having a good spouse


## **Obsessive sexual thoughts -**

Your sexual thoughts are obsessive in nature if,

- You cannot control it even after many efforts

- Leads you to abnormal sexual activities
- Masturbating multiple times in a day continuously for weeks together
- Getting sexual thoughts about everyone around you
- You cannot study, you cannot work, due to them.
- Sex thoughts that have blasted your confidence, making you fall into depression, making you think of suicide.
- More you try to control, more it gets back to you.
- It has made you to avoid people around you. You do not feel comfortable mingling with society.
- It has made you to confine yourself to your room.

The three basic differences between normal and obsessive sex thoughts is

- 
1. Excessive
  2. Uncontrollable
  3. Feeling of guilt

**It is not as bad as you assume -**

Obsessive thoughts can be very well controlled with proper treatment, counseling and lifestyle changes.

If you can get rid of the 'guilt feeling' attached to those thoughts, half the battle is won.

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## CHAPTER 5

### HOW TO GET RID OF SEXUAL THOUGHTS

Sexual thoughts come naturally to everybody. But sometimes the timing of these sexual thoughts and the frequency with which they haunt you everyday may leave you restless. Here are a few tips to help you get rid of sexual thoughts.

#### **How to Get Rid Of Sexual Thoughts -**

**Accept the fact** – You are getting these sexual thoughts because you are a normal and healthy human being. If you were having some mental problems or if you were having any illness, you might not get any sexual thoughts at all. So getting them is a sign of health. Accept this fact first.

#### **Stop feeling guilty about sex:**

Sex is a natural biological phenomenon. Any creature on this earth has to indulge in sex for its survival. Sexual thoughts are a natural way in which body and mind is getting prepared for sexual act in future. Hence if you are getting sexual thoughts, you are not committing a sin. Stop feeling guilty about it and just chill.



## **Proper knowledge -**

Right knowledge about sex thoughts is very important.

If you think you are getting normal sexual thoughts, then there is nothing to worry. But if you think your sexual thoughts are obsessive in nature, then try the following tips -

**Respect yourself** – Even if you are getting uncontrolled sex thought, there is nothing to worry. Everything can be corrected. But you need to start respecting yourself. Whenever you get such thoughts, stop blaming yourself or blaming your life.

**Make sure sexual thoughts are harmless** – Whenever you have sexual thoughts, make sure not to act on them. Just come out of your room to an open place or stay away from your object of your sex thought (for example your girl friend in case of men, and boy friend in case of women).

**Stop watching porn** – You are already engulfed in sex thoughts and over that you are watching porn means, you are not helping yourself. Get a strong mind control and stop watching porn. It will only worsen your problems.

**Go and meet people** – Most of the times, excessive sexual thoughts are accompanied with fear to go outside and mingle with people around you. Conversely, talking to people and mingling with them will keep you in real world and help you get rid of sex thoughts.

**Do not restrict yourself to your room** – If you do not get anybody to engage with, when you are getting those obsessive thoughts, at least come out of your room and have some fresh air outside. More you see the real world around you, more chances that you will not dwell in those thoughts.

**Exercise – Gym / yoga / jogging / walking / outdoor games** – anything that you like, just stick on to it. A good physical health will boost your self confidence and brings about mental balance. Jogging early in the morning is a good way of self analysis and planning the day better.

**Pranayama** – Pranayama helps to gain control over your breathing pattern and in turn helps to control mind.

**Meditation** - Meditation helps you to concentrate on things that are important in your life. It helps you to streamline your energy

for the goals of your life. Spirituality is the way forward for you.

Embrace it.

Pray for mental strength and you will definitely win.

**Good books** – Good spiritual books, spiritual magazines, self help books, and biographies of people whom you admire the most – like Steve Jobs, Swamy Vivekananda etc. Collect them and start spending at least one hour per day.

**Have a goal in life** – Determine where you want to see yourself in another 5 years, 10 years and so on. Start working towards your goals. Let these sexual thoughts be there at one side, while you run towards your aim.

### **Have a disciplined lifestyle**

- Get up early in the morning, do some exercise or jogging, bath, pranayama, meditation, reading, breakfast, work / college.
- Before going to bed, plan your next day.
- Always use alarm clocks.
- Fix a time for everything, even for smaller things like watching tv, facebook etc. Do not do anything which is not in your plans.

Strict lifestyle helps you learn self discipline. Get rid of laziness.

### **Avoid certain foods**

Avoiding junk food, aerated drinks, onion, garlic, excess sweets, non veg, egg and oily food for a while helps you to control sex thoughts. As per Indian belief system, these types of food are Tamasik in nature. I am not saying to avoid them totally, but avoid temporarily till you gain a good hold of your life.

Avoid excess of alcohol and smoking.

**Keep your room in order** – Cleaning and keeping your room in order keeps you engaged with work. Apart from it, a clean surrounding begets clean mind.

**Concentrate on nutritious food** – Healthy nutritious food along with exercise helps to have a good physical and mental health.

**Ayurvedic medicine** – There are good Ayurvedic medicines to control excess sex thoughts. Consider meeting your Ayurvedic doctor.

## **CHAPTER 6**

### **WHY ANCIENT INDIAN SAGES USED TO WEAR TIGHT UNDERGARMENTS?**

If you ever have observed the undergarment of ancient Hindu sages, you can observe that they use to wear it very tight. There was a particular reason for this, which was helping them to concentrate hard on Divinity. The tight undergarment used to hold testicles very close to the body. The body is a natural source of heat. Tight undergarment helps to keep the scrotum very near to the body. This was causing sperm destruction due to body heat.

#### **Spirituality and sexuality**

The essence of spirituality lies in complete absence of sexuality. Hence ancient sages used to deteriorate the quality of sperm and semen and were converting the sexual power into spirituality by intense spiritual practices.

Sperms are very sensitive to heat. They die with a little rise in temperature. Hence a muscle called as cremaster keeps the

testicles suspended in the scrotum sac in males. This helps to keep the sperms away from the body heat.

Taking a note out of this practice, people who are just about to get married and for people seeking treatment for infertility should avoid wearing tight underwear.

However, a research article mentioned in wikipedia states that no such strong evidence is found relating wearing of tight underwear and sperm destruction.

**But the clinical study report is worth doubting due to the following reasons -**

**1. Ancient evidence** - The evidence and hint towards sperm destruction by tight undergarment is there since ancient times.

**2. Heat destructs sperms** - Even a slight increase in temperature during summers, sunbath, mobile phone radiation, hot water bath for long period of time can harm the quality of sperms. Hence there is more than one reason to believe that tight undergarments do have harmful effect over the sperms.

**3. Cold treatment** – For people with low quality and quantity of sperms, dipping the scrotum in very cold water for 5 – 10

minutes in a day is advised. This helps to keep the temperature of scrotum low and improves sperm quality and quantity.

Hence, unless you are a follower of Brahmacharya, it is better to avoid tight undergarments.

Another reason to avoid tight undergarments is - to maintain straightness of penis. Because, usually the penis lies in a bent position within a tight fitting underwear.

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## CHAPTER 7

### CONTRACEPTION: DIFFERENT METHODS AND WHICH ONE SUITS YOU?

**Birth control** or contraception is a method to avoid or interrupt pregnancy.

It is basically of two types:

1. Temporary: Such as use of condom.
2. Permanent: Such as surgical procedures such as vasectomy and tubectomy.

#### **Brief introduction about each of the contraceptive methods:**

**1. Vasectomy and tubectomy:** These are the safe surgical methods done on father and mother respectively. Any one among the couple undergoing this surgery is enough to avoid pregnancy permanently. It is done when the parents already have children and wish to have no more children.

The basic technique adopted here is – to block the path of sperms or ovum.

The surgery is pretty simple and is pretty safe.



**When to adopt this technique:** This technique needs to be adopted once after you have children and you wish to avoid the chances of conception permanently.

**2. Oral contraceptive pills:** These are the hormonal pills that are administered to the wife on a daily basis. The basic idea is to change the hormonal pattern in the female, so as to avoid release of ovum (egg).

This is adopted as a temporary technique, usually after the first child, till the time parents decide to have the second child.

This is also adopted as a technique, soon after the couple had unprotected sex, within 72 hours after sex.

**3. Contraceptive injection:** It is the hormonal injection which stops the ovum production for a period of around 2 – 3 months.

**4. IUS and IUD:** These are the devices which are placed inside the uterus of the woman. Though it will not avoid conception (fusion of sperm and ovum), it avoids the landing of the fused mass into the uterus, thereby leading to development of the fused product into fetus.

This is usually adopted after the first child, till the time parents decide to have their second child.

**5. Male and female condoms:** This helps to avoid the entry of sperms into the uterus, thereby avoiding the fusion of sperm and ovum.

**6. Sprays and gels:** there are a lot of vaginal sprays available which helps to kill the sperms soon after sexual intercourse.

### **7. Natural methods:**

There are four natural methods involved in contraception:

a. **Post delivery period:** In the initial 2 -3 months after delivery, the feeding mother will not have hormonal influence to release ovum.

Hence sexual intercourse will not lead to conception.

b. **Abstinence:** complete avoidance of sex leads to lack of conception.

c. **Safe period method:** In a female having 28 days cycle, the egg is released on the 14th day. Hence if intercourse is avoided a few days in and around this period, there will not be any chance for conception.

Caution needs to be exercised because periods can be irregular with variable dates. Hence, to be on the safer side, in a woman with 28 days periods cycle, if condom is used starting from 9th day of the period till the 20th day, there is maximum chances that there will not be any conception. The rest of the times, couple can have sex without any condom.

d. **Withdrawal method:** It is a method wherein the man withdraws penis just when he is about to ejaculate in an intercourse. Thus avoiding the entry of sperms into the vagina. There is a risk in this method because, if the man forgets to withdraw, then there is a great chance of failure.

### **Which contraception method to adopt soon after marriage?**

It is a good idea to incorporate right contraception techniques soon after marriage at least for a period of 6 months. Because, a new relationship, there are a lot of things to learn about each other, a lot of adjustments in lifestyle to be made. Hence it is good idea to wait for at least 6 months till the couple decides to have child.

In this period, I would recommend to adopt a combination of male condom method and safe period method.

Consult gynaecologist to have the right assessment of safe period of wife.

And during the period of release of eggs, use condom.

On other than this period, have natural sex.

**The disadvantage of contraceptive pills:** The female have a natural hormonal system running in them. It is not a good idea to disturb the natural hormonal balance of the female. The oral contraceptive pills tend to avoid the release of eggs. Nowadays, the trend of a disease called Polycystic Ovarian Syndrome (PCOS) is very rampant. In PCOS, there is a problem in the release of eggs. Hence, I do not recommend contraceptive hormonal pills which tend to disturb the natural hormonal process in the woman.

**The disadvantage of intra uterine devices:** IUDs such as copper T do not avoid conception but they avoid the lodging of the conception product inside the uterus. This method is also against to the nature. Because, once the conception is achieved, there will be natural changes in the woman in hormones and

overall system. If we diffuse the conception by not giving a chance for lodging in the uterus, it will be thrown out of the body and hence pregnancy is discontinued. But the female body again needs to re-adjust itself.

Hence I would recommend relatively natural methods of condom and safe period methods as best methods of contraception, for temporary contraception.

## **CHAPTER 8**

### **PRECAUTIONS WHILE TAKING AYURVEDIC MEDICINES**

#### **CONTAINING KSHARA**

Kshara is an important Ayurvedic herbal ingredient in many of the Ayurvedic medicines. In Ayurvedic practice, Kshara is useful in the treatment of digestive diseases like anorexia, indigestion, in diseases of urinary tract etc. But if you are a young man, there is a precaution to be considered, if you are taking Ayurvedic medicine containing Kshara ingredient.

#### **What is Kshara?**

It is prepared from particular herbs by burning the herbs in open air and dissolving the ash in water, filtering and drying.

#### **Side effect of Kshara –**

In Ayurvedic texts, it is told as – “Ksharo pumstvopaghaateenaam”

It depletes the quantity and quality of semen and sperm, on long term usage. Hence, if you are a young man, getting married in an

year, or married man looking for conception, better to avoid long term usage of Ayurvedic medicines containing Kshara.

### **Ayurvedic medicines containing Kshara -**

- Kayam Churna
- Shivakshara Pachana Churna
- Agnitundi Vati
- Chitrakadi Vati
- Antrakutara Gulika
- Ashmari tablet
- Calcury tablet
- [Cystone](#) tablet & Syrup
- Renalka Syrup
- Alsarex tablet Etc.

**Note:** It does not mean that the medicines should be avoided.

But it is advised not to use the medicines for a long period of time.

Your Ayurvedic doctor will be the best person to make the judgement.

## **CHAPTER 9**

### **MASTURBATION: QUESTIONS AND ANSWERS**

Masturbation is one of the topics with huge controversy, misconception and lack of awareness. The only way to eradicate the misconception is to explain it more and more in all possible ways. Here are a few frequently asked questions about masturbation and answers.

#### **Is masturbation wrong?**

Not it is not. It is a natural and voluntary process of expulsion of collected semen out of body.

#### **Is masturbation normal?**

Urine gets collected in the bladder; it is expelled out by urination. Similarly, the sperm gets collected in male reproductive system, which is expelled out by masturbation. So, it is as normal as urination.

#### **Is masturbation sin?**

From religion point of view, it will be inappropriate to comment on masturbation, because it is a subjective issue. But from a



physiological and health point of view, masturbation is as normal as urination. So, it is not a sin.

### **How many times one can masturbate?**

The question about how many times masturbation is a subjective issue.

Physiologically, the total sperm collection occurs within a period of 3-4 days, after its expulsion. So, once or twice a week can be considered as an average period.

### **Can one do daily masturbation?**

Daily masturbation can be done. But there are better things to do on a daily basis, you see. There is no harm with it. But better to concentrate on much important things in life.

### **Does masturbation cause AIDS?**

No. It does not. Masturbation is very safe and healthy habit.

### **Does masturbation cause sexual problems after marriage?**

No. Absolutely not. In fact, masturbation is a sign of good sexual health. So, it can be related with erectile dysfunction or any such other sexual problems.

### **What is masturbation addiction?**

If one feels like indulging in it for multiples times in a day, if one develops guilty feeling towards it, but can stop doing it, and the negative complex keeps worsening, such a condition is called as masturbation addiction.

### **How to get over masturbation addiction?**

Consult a health expert, without any hesitation.

### **What are masturbation side effects?**

It does not have any side effects. One should never develop any guilty feeling towards it. If one involves in excessive masturbation – like more than once a day, everyday, one may suffer with lack of concentration, feeling of weakness, nervousness, guilty feeling, stressed eyes, sleep disturbance etc.

All of these are temporary in nature.

### **Who can do masturbation?**

Whoever feels like doing it, can do it. Usually men start it from 12-14 years of age.

### **Does masturbation encourage penis growth?**

You should not masturbate just to improve the penis size. your age, the body hormones etc contribute to the size of the penis rather than the habit of masturbation.

**Conclusion:**

Masturbation is very healthy and natural habit. In fact, it is a sign of good health.

Masturbation once or twice a week is very healthy. Though, there is no rule that it should not be done daily.

It does not cause any sexual disease as such.

## CHAPTER 10

### IS MASTURBATION WRONG?

#### Is masturbation wrong?

This question rings in every man's mind, usually in the teenage – is masturbation wrong? Is masturbation safe? Does it cause sexual impotence?

Here is an attempt to unearth a few facts about an act, which almost every man indulges with *Masturbation*.

**Masturbation facts:** In a new born, there will be many organs, muscles and bones in different growing stages. Gradually all the organs grow up and start performing their normal functions. This maturation is caused by proper release of hormones at proper time. When the child enters teenage, at the age of 14-18, gradually sex hormone production takes place leading to exhibition of male sexual characteristics like development of beard, moustache, axial hairs, pubic hairs, attraction towards female etc. Likewise, there also starts sperm and semen production.

Imagine a tank, in which water is getting filled up. If the water is totally filled up to its brim, the water overflows, out of the tank.

Similarly the produced sperms in the (seminiferous tubules of the testis) gets stored & matured in epididymis.

To make it further simpler, the sperm is produced and stored in the testis.

But when the sperm volume exceeds the storage capacity, it tends to overflow. Either through the process of masturbation or during night. (called as night fall).

**Why masturbation?** Masturbation is a safe method of evacuating the sperm along with semen, which is naturally secreted in the testis.

**Advantages of masturbation:**

It is a sign of good mental and physical health. (Did you ever heard that one feels like masturbating during fever or any other physical illness?)

It gives a chance for the man to confirm his maleness.

It helps to evacuate the semen from time to time.

Done in a frequency of once in twice or thrice a week is absolutely safe and healthy.

If done with sufficient gap of 2 – 3 days, it helps to improve confidence.

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## **CHAPTER 11**

### **IS MASTURBATION HOMOSEXUAL IN NATURE?**

It is an opinion that is prevalent in some youngsters that masturbation is a sign of homosexuality. Let us explore the truth or myth behind this belief.

Masturbation is a way of expression of our sexual behavior. It is type of trial that we do with ourselves. Both men and women indulge in masturbation.

Masturbation is NOT a sign of homosexuality. It is just a way to of expressing our normal sexual desire. It is like practicing before the actual match.

#### **When masturbation becomes a homosexual act?**

However, during masturbation, if you are imagining about people of same sex, and imagining having sex with person of same sex, that they may hint towards the homosexual behavior.

But if you are imagining the person of opposite sex, then there is absolutely nothing to worry. It is absolutely not a homosexual act.

As long as you are feeling attracted to opposite sex, that means, if you are a man, and feel attracted to women, and do not have any sexual feelings towards men, then there is absolutely no need to fear about homosexuality.

As long as you are practicing healthy masturbation, there is absolutely nothing to worry.

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## CHAPTER 12

### HOW TO OVERCOME MASTURBATION SIDE EFFECTS

Masturbation as such is a very healthy habit. However, some people, especially youngsters feel guilty about it and start to experience a complex of symptoms, called as masturbation side effects.

**Masturbation side effect** can manifest in the form of symptoms like feeling of weakness, headache, lethargy, excessive sleepiness, inability to concentrate on studies or job, tremors, increased heart beat, internal fear, lack of confidence, lack of proper erection, night falls etc.

#### **Reason for these masturbation symptoms -**

- Lack of knowledge or information regarding masturbation.
- Misconception or false knowledge regarding masturbation.
- Excessive masturbation habit – In some cases, due to hormonal imbalance or lack of self-control, one really starts indulging in masturbation multiple times a day leading to weakness.
- Fear, once set in mind, brings about psycho-somatic symptoms.

Meaning – the symptoms thought over in mind get exhibited as

physical symptoms.

### **Tips to overcome masturbation side effects -**

In a few cases, proper information and counseling is suffice to bring the excessive masturbation habit under control. In such cases, even the masturbation side effects will fade away.

Here are few tips -

***Concentrate on your studies*** - In the young age, there is nothing more important than studies. What you become in future is entirely dependent upon how hard you study today.

***Develop good hobbies*** – Hobbies are a great thing to develop. Painting, singing, dancing, writing, reading etc. keep your mind busy and over time, everything will be all right. Hobbies instill confidence and extra skills and defeats depression.

***Avoid sources of temptation*** – Avoid those tempting late night tv programs, adult movies, etc. keep yourself busy with one or the other more useful things.

***Keep away myths of masturbation*** – Like I said, know in detail about masturbation, that it is a healthy habit if done, once in a while. It is absolutely safe habit.

**Pranayama** – Pranayama is one of the excellent ways to control excessive masturbation. It helps to control mind and invest mind in more useful things in life. Ayurveda explains that masturbation is due to aggravated Vata.

Pranayama helps to control Vata and thus helps in controlling masturbation.

**Go to bed early and get up early** – The early morning hours is called as *Brahmi Muhurtha*, is the time in which one can have maximum concentration. So, Ayurveda recommends you to get up early. This way, you will be busy with your daily work and studies. It also instills confidence. Try it.

Even after all these attempts for more than two months, if one can not control masturbation more than once a day, it is right time to seek medical help. There are effective ways and effective Ayurvedic medicines to beat masturbation side effects. So, do not hesitate to consult your doctor at the earliest.

## **CHAPTER 13**

### **MASTURBATION – HEALTHY PRACTICES THAT YOU SHOULD FOLLOW**

Masturbation is a healthy and ethical way of exhibiting sexual feelings. Masturbation is like a double-edged sword. You have benefits from it, if you practice it in a healthy way and at the same time, if you over-indulge, it may have minor, repairable health consequences.

#### **Healthy practice of masturbation -**

##### **1. Not every day –**

Everyday masturbation will cause -

- Increase of 'Vata' in Ayurvedic terms.
- Makes you feel weak and dull
- Makes you feel tired
- Makes you feel suffering from lack of confidence
- Lack of memory and concentration
- Makes you feel lazy

Ideally Masturbation once or twice in a fortnight is recommended.

## **2. Do not waste too much time –**

In teenagers, studies and career should be given due priority rather than sexual thoughts and feelings. Hence it is not advisable to indulge in masturbation for a longer time. I would recommend finishing the job within 10 minutes.

## **3. Schedule it properly -**

Avoid masturbation ahead of exams / interviews/ your first presentation and use time and energy to prepare yourself.

## **4. Do it alone**

Never involve others in masturbation. It may lead to severe complications.

## **5. Never use rough objects**

It may harm your genitalia. Take care.

## **6. Practice abstinence -**

- On some occasions, just restrain from masturbation for as long as you can – to months and years together and concentrate on spiritual, academic, professional and social aspects of life. It will make you a better man. Try it.

- It helps to have a good control over mind.
- Good control over mind is the secret of success in your future sexual life.
- Remember – Abstinence / Brahmacharya is very powerful.

### **7. Have an ethical mindset –**

Do not lose yourself to the practice of masturbation. Remember, sex is only a part of life. It is not the aim of life.

### **8. Never develop guilty feelings –**

Like I said, masturbation is a healthy habit. Even if you are over-indulging, try to practice self-control. But never develop a guilty feeling. Feeling guilty about dents your confidence.

**9. Restrain during illness -** Put your health ahead of sexual desires.

**10. Night** is better than morning.

**11. Don't hesitate to seek guidelines -**

- For any of your doubts about sexual issues, never hesitate to discuss with your like-minded friends, your friendly parents or a smiling doctor.
- Things will be easy to sort out at an early stage than later.

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## **CHAPTER 14**

### **FOR MEN – BEFORE YOU ENTER INTO LIVE IN RELATIONSHIP**

Live in relationship is a great way to take your love to next level.

But it is very important that you have thought about all the scenes well before you get into living in with your beloved.

Meeting your lady love for a couple of hours in a day is different than spending days and nights together with her. Hence, a little mental and physical preparation helps both of you to enjoy life better.

#### **1. Is she the gal for ya?**

- Can she stick with you?
- Can she tolerate your negatives?
- Can she come back to you after an altercation?
- Can she digest and negotiate a little discomfort and pain?
- Can she be there when you are down?

#### **2. Are you the guy for her?**

- Can you tolerate her impatience?



- Do you think you have patience to listen to her even when you are totally tired?
- Are you sure that you are the love of her life?
- Are you sure this is the right next step of your love life?

### **Financial aspects -**

You should be financially more sound than her. You should be able to handle your family (to be) even if she stops earning. You are the one responsible for paying the bills, in case.

### **Physical relationship -**

You are living in, means you have better freedom than a love relationship all right. But do not be too over excited about it and make her feel that the purpose of whole thing was sex. Respect her privacy and be patient.

### **Your freedom -**

A girl in your life means you *have* to give more time for her. Strike a balance between your individual life, work, friends, family and her.

### **Loyalty -**

I hope nothing in this aspect needs to be said because you both are already 100 % loyal to each other... I presume.

Overall, in a live in relationship, It is majorly (if not absolutely) your responsibility for overall smoothness.

**Please remember -**

- 1. More the freedom, more the responsibilities.*
- 2. Patience and dutifulness are the keywords in a live in relationship.*

## CHAPTER 15

### LIVE IN RELATIONSHIP – 13 THINGS TO CONSIDER FOR WOMEN

Live in relationship is one of the most viable option to many aspiring youth, who wish to hit a balance between work – life balance in big cities. Some use live in relationship as a prior step for marriage. But before committing yourself into a live in relationship, there are many aspects and precautions to consider, especially if you are a woman.



Live in relationship

**Start with suspicion** – You know him since a long time all right, you have spent a lot of time with him already. But this is for the first time that you will be spending days, weeks and months

together with him. There is a difference between short appearances and long roles. Ask yourself many a times,

*Are you ready?*

*Is he the guy?*

*Is it just infatuation?*

*Is it the right time or can you wait for a couple of months?*

*Is there any chance of early breakup?*

### **Security - Trustworthiness**

Always before committing to live in relationship, just make sure that you feel secure with him. Feeling of love, comfort and security is crucial **before** you start living with him.

### **Your place or his place or a new one?**

It will be ideal if the place is near to your other friends or colleagues.

### **Physical intimacy**

Sexual relationship is quite common while living in. Can you say to him like -"*not today*"..?

Does he have patience and self restraint? If yes, then green.

Have you got any doubt that he is doing all these for sex? If yes, then RED.

### **Work life balance**

Have a detailed discussion regarding work timings of you both and how would each of you give time to each others?

### **Is he completely loyal to you? and you..?**

The level of mutual commitment is higher in live in relationship, than in a love relationship. Hence, mutual loyalty is the very cornerstone of your life. Hint of disloyalty may end up in severe consequences.

### **Financial sharing?**

Having a clear discussion about financial sharing and how both of you would pull the life cart forward is very necessary.

### **Do your parents know?**

It is very essential that your parents or at least a couple of elders in your family and your friends know with whom and where are you living.

### **Coping with his friends, hobbies and habits**

Living with him means knowing and coping with friends, hobbies and habits. Make sure to check the quality of his friends. It is also a better idea to discuss about your live in plans with a couple of his friends.

Make sure that his hobbies and habits does not bother you.

### **Basic amenities**

Make sure that the place of living is fully sophisticated with domestic gas connection etc. to avoid problems.

### **Your secrets – how much to let him know?**

Things like facebook and email passwords, bank account details, your actual salary, your passport etc – better that all these are safe with you and you only.

### **Knowing when to breakup**

Let him know very clearly up ahead that single mistake, simple disloyalty, bad behavior will have the contract terminated.

### **Back up plan – What ifs?**

Always have answers and be ready for -

1. What if he suddenly becomes arrogant at a night?

2. What if he comes home fully drunk?
3. What if he starts smoking heavily in your room?
4. What are the steps involved in break up?
5. If it is a break up, who will leave the place and go away?

*Always remember, prevention is better than cure.*

## CHAPTER 16

### "I AM AFRAID OF SEX"

This is the sentence in many of young men, who are fantasized with the idea of sex, who would read here and there some matter related to sex, and feel confident about it by means of masturbation and by being attracted to the opposite sex. But still a small hitch lies deep within their hearts.. "Frightened of sex." "How it might turn out during actual scene?" "How she will react to my moves?" "Whether she will be happy with me?" "Whether I will be happy with her?" are some of the questions that haunt some men during adolescent period and in some cases, even at later stages. So, here are some of the sex help tips to get over this fear of sex.

1. Get the facts correct about sex by reading some good books. (or contact me for any doubts to be cleared) Pornography is OK but does not help much. Because what it is shown there is not fully real. Normal act of sex cannot be compared with that.
2. Check for smooth retraction of prepuce over glans penis. (retraction of the skin flap over the tip part of the penis.) If it is



not smooth, or if you are feeling pain during retraction, or if the retracted prepuse is getting struck there, then practice to retract it quite regularly. If you are unable to, or have some doubts, better to discuss this with your doctor once and get the issue resolved.

4. Get your lady into your confidence. Sex is not a man's exhibition of his power and capability in front of woman. It is an act of mutual love and honesty. So, share your inhibitions, and I am sure, she will also be more than happy to accept you as you are.

5. It is OK to fail at the first attempt. There is always next chance and room for improvement.

6. Stop worrying about sex fears and feel free. If you have any doubts, get that cleared and feel confident. Remember fear begets fear. Negative thinking is no good.

7. For women, having thorough knowledge of sex keeps the fear away.

## CHAPTER 17

### **MALE MARRIAGE SEX COUNSELLING: PREPARE YOURSELF TWO MONTHS BEFORE MARRIAGE**

There is only two months left for marriage. There is little relationship already built up with your fiancé. How to take it further to have a successful sexual life after marriage? Let us talk in detail about that.

#### **Marriage sex counseling**

##### **1. Healthy love relationship -**

Make sure to develop a good interactive love relationship with your fiancé. Either direct one to one talk or just telephone talk, let there be fun, love, mutual interest and happiness. Try to understand each other, understand what are the positives, what are the negatives and how you can improve them together etc.

##### **2. Explain your home and family condition**

She should know in detail about your family members, their nature, and how she can cope up with them. She should also be aware of your financial condition. This helps to avoid hype and overspending after marriage.

### **3. Consult a gynecologist together -**

It will be ideal if you both go together to a gynaecologist and have a sexual counseling and also knowledge about which contraceptive method to adopt etc. (You can get this info even in my book – complete sex guide)

### **4. Masturbation -**

Till this time, masturbation was your way of exhibiting your sexual desire. After marriage, it will be through actual sexual intercourse. Hence there will be little effort required to get adjusted. But everything will fall in place after first week of marriage.

### **5. Do not overhype first night.**

Your first night should be to just initiate physical intimacy. It may lead to sex or may not. But do not try hard to get success in the first attempt. Understand that you may not succeed fully in the first attempt and be cool about it. No one rides a bicycle on his first attempt. If possible, convey this message to your fiancé well ahead so that there is no embarrassing situation. Just tell that “I

have heard friends saying it may not be successful at the first attempt, but usually everything goes fine within a week time”/

## **6. Adjusting your lifestyle -**

You were a free eagle flying wherever you want to, till this time. But you will have to adjust for a better healthy and suitable lifestyle from now on. Stick to regular sleeping time, diet etc. Bring more discipline into your life.

## **7. Do not overhype -**

While talking to fiancé, cut a few jokes about yourself and be human. Do not pose as a superman. It may create unreachable expectations.

**8. Ayurvedic medicine** – Ayurveda explains a few medicines and therapies that help improve sexual power. Consult your doctor for the same.



## CHAPTER 18

### FIRST TIME INTERCOURSE TIPS – HOW TO HAVE SEXUAL INTERCOURSE FOR THE FIRST TIME?

First time intercourse can be a moment of nervousness to anyone. Sex education is at very low levels, in many countries. This has caused confusion, anxiety, stress and fear surrounding the first time sex. Here are a few first time intercourse tips on how to have sexual intercourse for the first time.

**1. Put love ahead of sex** – Sex should be the act of love rather than love being a reason for sex.

You know she will be your life partner.. all that things that you plan for your future, she will be a part of it. So, basically, she IS your life. So, take care.

**2. Sex bleeding** Do not expect wife to bleeding during first sex. Because, with the kind of physically active lifestyle that woman follow these days, it is more likely that the hymen will be ruptured already. Intercourse bleeding might not always happen and it is not a criterion for judging once virginity.

**3.** Do not expect to perform to your 100 % at the first go.

Discuss with her openly and let her know that since it will be first time for you both, there is more chance that things might not go according to plan. and would get better and better as you spend more time with each other. This talk will reduce the tension for both of you.

**4. Plan for contraception:** Apart from performance, you should also be conversing about your contraceptive plan, if you want to delay pregnancy. I suggest you to adopt condom method, as it is safe and hassle free. If her menstrual cycle is of 30 days, then use condom starting from 10th day of the cycle till 20th day. During the rest of the time, no need of condom or any other contraceptive method. Oral contraceptive pills come with a lot of side effects. So avoid it. If in doubt, consult your doctor to take help regarding contraception.

**5. Pain during sex** – Not all first time sex are painful. So do not expect it to be painful.

**6. Virginity** - Do not think or doubt about the virginity of your partner.

It will not only cause unnecessary tension in your relationship, but also makes you lose the fun in sex. Remember – trust and belief are the golden characteristics of long & fruitful relationship. Cheers!

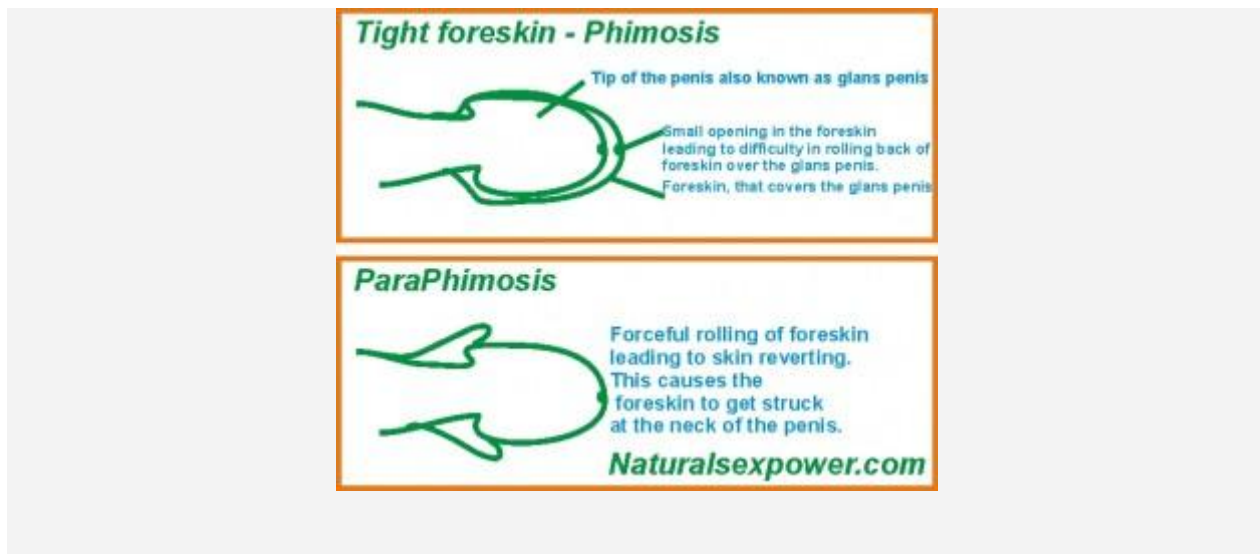
## CHAPTER 19

### TIGHT FORESKIN HOME REMEDY AND AYURVEDIC

#### SOLUTION

Tight Foreskin refers to tightness in the skin covering the tip (end) of the penis. It leads to difficulty in person to roll back the foreskin over the tip of the penis. This can lead to difficulty in sex. There are quite a few home remedies to resolve this condition.

#### How to know if you have tight foreskin:



While in normal condition or while having penis erection, is there any difficulty in widening the opening the skin at the tip of the penis?



If you try to widen the opening of the skin at penis tip, does that pain?

Do you have any difficulty in passing urine?

Do you feel any pain at the penis tip while having erection?

Are you unable to roll the foreskin back over the penis tip?

Is there any bleeding or white hard patch at the penis tip?

If 'yes' is the answer for most of the above questions, then there is maximum chances of you having a tight foreskin.

Tight foreskin is called as phimosis in medical terms.

### **Why Muslim men usually do not have this condition?**

All Muslim men undergo circumcision operation during childhood.

Here, the foreskin is removed. Hence there is no question of difficulty in stretching the foreskin.

### **What may happen if tight penis foreskin is left unattended?**

If tight penis foreskin is neglected, if foreskin is forcefully rolled back during first time intercourse, then it may lead to permanent

reverting of skin over the glans penis. This will lead to severe pain and difficulty in bringing back the foreskin to the normal position. This condition is called paraphimosis.

If forcefully skin is reverted back over the penis tip, then it may cause abrasions over the glans penis (penis tip).

### **What can you do to prevent tight foreskin problem?**

Many times in a day, try to stretch the foreskin as wide as possible. You can do it whenever you go for passing urine.

While doing so, slowly try to revert the foreskin over the glans penis. (To remind you, glans penis is the tip of the penis, which lies beneath the foreskin).

### **Tight skin home remedy:**

Use Nirgundi Taila (an herbal oil) or Eladi coconut oil (also known as Eladi Kera Taila). Apply any one of this oil between foreskin and tip of the penis and slowly widen the foreskin as wide as you can.

If it is done continuously for a period of 2 – 3 months, the foreskin will gain stretching capacity and can easily be reverted back completely.

### **How does it help?**

Foreskin has natural stretching capacity. Ayurvedic oil application further helps to improve the skin strength and stretching capacity. This helps to widen the opening of the penis covering skin. Hence foreskin will easily revert back over the penis tip.

### **Special care:**

Do not try to fully revert the skin over the glans penis at the first attempt only. If you overstretch it, foreskin may go back but it may be very difficult to bring back the foreskin to normalcy. (This condition is called as paraphimosis).

If you are struck with paraphimosis condition, Apply the above said oil and try. If you are not successful, contact your doctor immediately.

### **When to go for surgery for phimosis?**

Even after prompt attempts for 2 – 3 months, there is no improvement, then surgery is the best option. This surgery is called circumcision. It is a very minor surgery. You can go home the same day. You will need to take medicines for 1 week. And have normal sex activity after about 2 months, after the surgery wound is completely healed and you can have normal sex activity.

### **First night embarrassment**

In some people, who do not know about this condition, while trying for the first time sex, the foreskin may forcible roll back over the glans penis and may get stuck there. Or due to severe pain, the foreskin may not roll back over the glans penis.

### **If you are a batchelor male,**

Try if you have any difficulty in rolling back the foreskin. If so, consult a doctor and try the stretching.

### **If you are a lady,**

Get to know this condition. If you come across this simple problem in your husband, encourage him to get treatment.

## CHAPTER 20

### SEX TIPS: HOW TO AVOID TIREDNESS CAUSING DECREASED SEXUAL DESIRE

The modern-day lifestyle demands us to attend to multiple tasks in a single day. Personal health, Office works, time bound commitments, relationship, family and friends need a lot of attention. It is natural that you get tired by the end of the day and all that you want to do at night is just sleep. In most of the times, the enjoyment in life, in the form of sex is lost due to decreased sexual desire. So, here are a few tips for sexual health to keep yourself fit and active throughout the day.

**1. Exercise and sex** - Morning is best time to work out rather than evening.

Ayurveda explains Vyayama (gym and exercise) to be done in the morning.

Going gym at evening hours may leave you tired by night leading to sexual desire decrease. (Read here to know the relationship between sex and exercise)

**2. The afternoon naps.** It is better to take a 15 minutes nap in the afternoon and also soon after you come home. Please note According to Ayurveda, taking nap before food rather than after food. So a nap, at the right time will re-energize you and helps to fight decrease sexual desire.

**3. Strict time schedule maintenance** - We often commit mistake by doing office related work at home and vice versa. If at all, the office work needs you to work at home also, then fix a time schedule and stick to it. This way, your family members will know at what time you are free and what time it is best to avoid talking to you.

**4. Taking bath soon after coming home** in the evening makes you feel fresh and active. Ayurveda explains Snana (bath as *Vrushya* – improves sexual health).

**5. Nutritious food, fruits and juices** - Eating healthy, avoiding junk food, too much oily food stuff and taking more of dry fruits, fruits, juices etc are vital for keeping yourself energetic throughout the day and also at bed.

6. If you are feeling excessively tired and burnt out through out the day, even though you had proper rest, you might be suffering chronic stress and tiredness. Ayurvedic treatment would help you resolve this problem.

7. **Habits like smoking** and excessive alcohol decrease sexual power and also the overall health. Please avoid both.

8. Some diseases like Diabetes, TB, chronic diseases may decrease sexual performance and power. A proper Ayurvedic assessment and treatment will be very helpful to get rid of the sexual weakness due to diseases.

9. **Ayurvedic herbal massage and sex:** There are good Ayurvedic oils, useful to improve sexual health and to get rid of tiredness. Getting Ayurvedic massage with a therapist is one thing, how about getting a massage from your spouse? And giving back the same? The idea itself is erotic isn't it? Just try once and I bet you will enjoy. But it requires privacy of course.

So, these are a few of my tips to fight fatigue, thereby to improve sexual health.

## **CHAPTER 21**

### **HOW TO FOREPLAY SLOWLY?**

Remember that slow and steady is the rule of great sex.

#### **While sucking boobs –**

Do not directly go for undressing the boobs and chest.

Kiss while she is wearing dress.

Slowly move inside.

Do not start sucking or concentrate on nipple and areola (the black area around nipple).

Go to other parts away from nipple and then suddenly start attacking nipple aggressively when she does not expect you to.

Same rule applies to sucking umbilicus. Slow while starting and aggressive once reaching the centre.

Same rule applies in general to any move be it fondling the boobs, buttocks, etc.

Things that your hands can do with her boobs or any part of the body –

Touching smoothly, rubbing, pinching, grabbing, holding

squeezing Things that your lips can do with her boobs or any



body part - gentle touch of lips, sucking, biting with lips, gentle bite with teeth, playing with tongue, licking, licking with a pointed tongue. Biting / sucking with tongue and upper lips.

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## **CHAPTER 22**

### **WHEN TO ENTER HER?**

#### **How to know she is excited?**

- The nipples will be erect and pointed.
- Vagina will be wet totally.
- Moaning.
- Muscle contraction
- Horripulation

#### **When to enter?**

1. Vagina wetting is very important sign. It indicates her excitation and also that the vagina is properly lubricated, so entering will be easy.
2. Once the vagina is wet, it is your choice to enter early or late. Just make sure that there be an element of surprise. Entering while she is not expecting, sometimes entering early and delayedly can be mixed up so as to keep her guessing and to keep the love quotient high.

## CHAPTER 23

### HOW TO GIVING SIGNALS?

This chapter is about giving signals to the partner to express your desire for a romance session. It can be tricky to give signals, especially during initial periods, due to shyness. It is also not a good idea to say "Darling, let's have sex". Signals add that little amount of secrecy and lead to enhanced ecstasy.

*The trick here is to give the signal and behave as if nothing has happened.*

*To behave as if you did not mean to give signals.*

#### **For women:**

**Getting naked suddenly:** This is a weird method of expressing yourself.

You may not do it openly.

#### ***Try these tricks:***

Taking bath, while the bathroom door is not fully closed (provided you and husband are alone at home).

Changing cloths in the bed room, while the room is not locked, or half open.

When he is in the bed room, and you are wearing or removing dress, just drop the dress and behave as it was done accidentally.

**Revealing dresses:** Showing parts of boobs, cleavage, umbilicus, butts, wearing saree below navel region, wearing deep neck dresses, bending forward, when you know for sure that he is watching, etc.

**Sleep in a sexy position:** When he is just entering the room, sleep in a sexy position. – Like, sleep by showing your navel region or sleep with your boobs in pressed condition, or butts up. The idea is to tempt him so hard that he should start making love immediately.

**Rubbing buttocks or boobs against husband:** This can be done as if doing involuntarily.

Acting and accidentally touching penis and butts:

Acting and accidentally hugging and kissing.

**Some direct methods:**

Winking sexily, giving a flying kiss, sudden deep smooch, sudden intense hug etc can also be tried.

Once in a while, direct signals help to ignite the passion like never before.

### **For men –**

Men can be little more straight-forward than women when it comes to signaling, because of comparatively less shyness.

**Getting naked suddenly:** The same technique as explained above.

**Dirty talk** – “You are looking irresistibly horny today”

**Hinting talk** – “I remember my romantic days”, “I remember 5th of April (honeymoon date)” etc.

Kissing and testing

Sweet childish talk

Touching boobs, buttocks, or accidentally kissing them...

Suddenly grabbing boobs.

Sudden smooch.

## **CHAPTER 24**

### **HOW LONG TO DO SEX? WHAT IS THE IDEAL SEX TIME?**

How long to do sex? what is the ideal sex time? are most frequently asked questions about sex. We need to look into different parameters before we arrive at the right answer for this question. Let us explore these parameters.

#### **1. Are you satisfied?**

How long will you eat an ice cream? Till you are satisfied with it. So, if you are husband or wife, if both of you are satisfied, then it is right time to stop sex, have a little fun chat and go to sleep.

#### **2. Do not compare.**

You might have heard from your friends that they have sex for two hours. But it is not about them. It is about you two – husband and wife. Hence do not give a damn about what others say. The bottom line is, have sex till both of you have enjoyed full orgasm and are fully satisfied.

#### **3. Watch for orgasm symptoms**

For men, it is usually ejaculation. Other symptoms are – horripulation (body hairs stand erect), he starts grabbing you hard, moaning etc.

For woman, vagina becomes totally wet, horripulation, moaning, etc.

Once either of you reach orgasm, excite the partner fully and complete the sex with maximum excitement.

- Ideally speaking sex for a minimum period of 1 minute is required for complete satisfaction.
- Foreplay time can vary between minutes to hours.

## CHAPTER 25

### **LOW SEX DRIVE AFTER MARRIAGE! HOW TO REGAIN SEX DRIVE?**

You were having good sex drive while being bachelor, There was good erection, mood was happy and everything was all right. You married and there is low sex drive after marriage? How does that happen? What is the cause and how to regain sex drive?

**Before marriage**, we do not indulge in sexual thinking much, except for while watching porn etc. There is a sense of mystery about sex in our minds, there is a sense of joy-awaiting-in-future, there is a sense of amazement and happiness. There is a sense of fantasy. This fantasy and happiness keeps our sex drive high.

Remember mind, sex drive and erection are inter-related.

Once after marriage, that fantasy is realized, but sometimes, mind may think that "so this is it?" and the amazement is demystified.



There is no more secrecy or fantasy about sex. This kind of demystification sometimes exhibits in the form of lack of sensation in penis, lack of interest in sex or low sex drive.

### **Sex everyday -**

Soon after marriage, many indulge in everyday sex or many times sex in a day. This leads to onset of boredom and tiredness, taking away the fun that sex used to bring to you. This is also a major cause for low sex drive after marriage.

### **Lack of attraction towards wife -**

Now that you live with your wife 24 X 7, your wife may no more be the object of fantasy and enthusiasm, that she was, prior to marriage. This may also lead to low sex drive.

But do not worry. It is just a normal phenomenon. It will go away if you follow these ideas -

**1. Include fantasy** and surprises in your sex life.

Like, sex in bathroom kitchen, sex with cloths on, going for second honeymoon, naughty talks, oil massage sex, pinching,

hugging kissing etc. It keeps the sex interest alive and it boosts your relationship with your wife.

**2. No Sex** - Always do not target to have sex. Have some romantic nights, without sex. Just romance.

**3. Do not think too much** - While having sex, do not worry about penis length, level of sexual excitement etc. worry about your love, romance, and the enjoyment.

**4. Do not have it everyday-** It leads to tiredness and boredom.

**5. Concentrate on nutritious food.** If you feel tired soon, consider raisins, sugarcane juice which are powered with natural sweetness and act as instant energizers.

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## CHAPTER 26

### ARE YOU SEXY FOR YOUR HUSBAND?

#### Checklist to assess yourself:

1. You have not cracked a funny, childish joke with your husband at least since one month.
2. You wear the same old gown or night dress over and over, without caring whether it is good looking or not.
3. You never spend at least ten minutes in front of mirror.
4. You do not care about your weight gain, or pimples, or scars on your face.
5. You never care to shave underarms, or for waxing.
6. You have not thought that you should look good in front of your husband.
7. You sometimes complain too much about your husband, for reasons where complaining can be easily avoided.
  - a. You do face make-up at least once a day.
  - b. You are conscious about your weight and have adopted exercise as a daily routine.

- c. You are jovial with your husband and crack jokes. There is laughter in your relationship.
- d. You take care of each and every part of your body.
- e. You not only take care of your looks when you are going outside, but you also take care that you look good in front of your husband, even at home.
- f. You avoid complaining or scolding your husband, wherever you can manage the things by yourself.

If 1 – 7 points best describe you, then there is good chance that this article will help you. But if a – e points describe you, then you already know the points that I am explaining further.

Being sexy and lovable to your husband is not your duty, but it is your right. Love, sex and romance are the connection and bonding factors in a marriage / committed relationship. For women, being good looking and being 'lovable' is very important to win the attraction and romance of the husband over years after years.

At the beginning of any relationship, there will be natural attraction and natural love and affection towards each other. But

the real challenge starts when you travel through the initial years and reach the midpoint of your relationship.

On a long term relationship, it is known fact that the mutual love, respect, values and sharing of feelings are the basic foundations.

BUT I would say, sex relationship, mutual attraction and romance are really equally important.

**Here are the reasons –**

1. Even after many years of marriage, though there is strong love relationship between you and your husband, men usually enjoy more if there is beauty, romance, and affection in it.
2. There is no other 'tool' to handle / manage / manipulate your husband than romance and sex.
3. Looking good is your birth right. Having a beautiful wife is equally your husband's right.
4. In some occasions, having a non –good looking wife brings boredom in relationship and may cause husband to look for other sources of beauty.

I am not saying that you should turn Marilyn Manroe, your husband is not James Bond after all, but you certainly can improve your looks to become better in your looks.

### **How to make yourself sexier?**

1. Most of the men do not like underarm and pubic hair. Get rid of them.

Shave at least once a week.

2. Go to a beauty parlour and get herbal facial done at least once in 2 or 3 months.

3. Make sure to keep up a good hair style.

4. When at home, do not leave your hair carelessly. Give proper attention to hair styling even at home.

5. Keep the home and bed room neat and clean. Use a good room freshener.

6. Exercise or play an outdoor game with your husband at least half an hour a day. It not only helps you prevent diabetes, hypertension, obesity, but it also helps improve your bonding with your husband.

7. Keep an extra eye on your tummy. Let it not grow to show bulges. Do abdominal crunches to keep the tummy lean. Avoid crunches during periods.
8. Choose and wear correct sized bra, so as to hold the breasts in good position.
9. Keep butts in good shape with exercise.
10. Get proper treatment for black heads, blemishes, stretch marks, and such other skin problems.
11. Do not wear the same old dress at home. Make sure to choose good coloured cloth to wear even at home.
12. Do not be boring and irritating to your husband at bed. Do not take up debatable and controversial issues about family at bed time. Make sure to finish those issues well before bed time.
13. Sex does not meant to be had with the same old sex position. Try different sex positions.
14. Do not indulge in sex just for the sake of it. Make sure to have a good mixture of kissing, hugging and foreplay sessions.
15. Once in a while, wear sexy and revealing costumes at least at bed time.

16. Say "I love you" to him, at least once a week.
17. Make sure to have freshness in relationship with jokes, lot of laughter, childishness, rawness naughtiness and happiness.
18. Try some sex games - like removing cloths one by one during the game of chess or carum, as and when a pawn of the opponent is lost  
Spraying perfume on one part of the body and your hubby should be blindfolded and will have to smell you to know where the perfume was sprayed. Having bath together etc.
19. Unless you have a genuine reason, do not say no for sex, when he suggests.
20. Do not hesitate to express your eagerness to have sex. Your husband would love it.
21. Do not develop aversion towards sex. Sex is safe to have till any age.
22. Try sexual variants such as mutual masturbation, hugging and kissing, sex talk etc.
23. Watch a porn movie and try to imitate moves.

**Bottom line:**



For a successful long term relationship, having good physical relationship is as important as mutual love and respect.

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## **CHAPTER 27**

### **SHOW CLEAVAGE OCCASIONALLY TO KEEP YOUR HUSBAND'S INTEREST IN YOU**

Boobs and cleavage are most attractive part for any man's eyes. If you are married for long and if you think that boredom is setting in your sexual relationship with your husband, then occasional cleavage show is a good idea. It helps to revamp your sexual life.

#### **Cleavage: ever attractive point in woman:**

Though your husband has seen you naked umpteen number of times, your cleavage will still be an attractive part of you to him. Because, it creates secrecy, it creates longing, it makes him to see more.

Cleavage show is often more attractive than full boob show, because of the shape that it holds and because of secrecy factor.

#### **It should be occasional**

If you show cleavage daily, he may get used to see them regularly, which will take away the secrecy and 'surprise' factor.

### **It should be non- intentional, accidental**

You should never give a hint to him that you are showing cleavage intentionally. It should be like, natural, without your effort, while you are doing something, it just happened. If he gets to know that you are intentional, it will take away the hidden fun. It will slightly affect the attraction that it generates in his mind.

### **Show it from a distance**

Better if he is not very close to you, when you expose cleavage. Better that he is at a distance. If he is very near to you and starts love making immediately, it is good. But it will take away that long-lasting attraction that you want to create in his mind.

### **Timing is very important -**

It should not be for a too short a time, that he never notices it. It should not be too long that he gets bored seeing it. That perfect timing is very important.

### **Take care to avoid third parties.**

Make sure that there is nobody else in the room or house, when you try it. Your aim is to attract your husband *only*.

### **Be ready for sex, or be patient.**

Even if there is no immediate success, the positive sex appeal that you create will have accumulated effects over a period of time. So, if he starts lovemaking it is fine. If he doesn't then also there is nothing to worry. You are winning.

### **A few ideas for cleavage show -**

You both are getting ready to go for shopping, you are getting dressed, and forgot closing the door. (Can be dangerous, if someone else is in the home).

Your cleaning the floor, while he is reading newspaper on a chair, right in front of you and you just flaunt cleavage while you concentrate on cleaning the floor.

Just take any chance when you can bend a little in front of him, say serving food in dinner.

### **Avoid-**

Scratching your chest, squeezing your boobs, yawning, or making ugly faces while you attempt this. He will definitely look away.

## **CHAPTER 28**

### **WOMAN FOREPLAY TIPS: SHOULD SHE BE PROACTIVE DURING SEX?**

Foreplay is the indulgent time before the actual sex. Foreplay is very important for good sex experience. During foreplay, woman and man both have active roles. But how much active should a woman be? Should she be leading the foreplay? or should she allow her man to lead forward? The answer is hidden in mindset of both the partners.

#### **Initial days of sexual life**

In the initial days of sexual life, usually man will be more active and leading during foreplay. In the initial period of sex (or love relationship), it is better and safe for women to avoid being proactive during foreplay.

Though the husband may ask wife to be active in foreplay in the initial days. But still wife may choose to avoid being so. A very active wife in woman may trigger a sense of suspicion in husband's mind. *"Is she a master in sex already?"*

Man is a little more dominant than woman in sex. Man would like to make woman learn the art of sex. The shyness and the initial inhibition that the woman shows, makes man to feel complete and it increases the love between the two.

### **After a few months of sexual life**

Once after passing initial days of sex life, woman can be more proactive and she can even be leading during sex. Because, by this time, the suspicion quotient in men will be faded away.

**Note:** It may seem that I have put my opinion about proactive role of woman in foreplay from a man's perspective. I may seem to be inclined to be male domination. But the issue is not about male / female domination. The issue is all about mutual co operation between husband and wife to achieve a successful sex life.

## CHAPTER 29

### SEX AND EXERCISE – WHAT IS THE CONNECTION?

- Sex and Exercise are quite interestingly related with each other. For any person, seeking a good sex health, exercise is highly recommended and vice versa.
- Exercise improves the strength of the muscles, leading to improved flexibility, ability to retain a sex posture for as long as desired.
- Exercise also helps in improved breathing pattern, leading to better control over breathing during sex, which is a very important factor.

Because according to Ayurveda, the ejaculation is controlled by Vata, and so also is breathing process. So, better control over breathing pattern is very much helpful in case of premature ejaculation.

- Exercise gives a person a lot of confidence. In terms of good physique good health and also peaceful mind. Confidence and good looks are very essential parts of sex.

- Exercise promotes normal secretion of sex hormones such as testosterone, leading to good sex health.
- Ayurveda explains that exercise improves strength of the individual, to combat stress and diseases. which is good for general health and as well as sexual health.
- Sex is also a form of exercise. An hour of sex will help in burning 100 to 200 calories on an average. (or even more).
- Many of the Ayurvedic herbs such as Ashwagandha, Shatavari, Shilajit etc are useful both in Ayurvedic bodybuilding and also to have sex power increase.

**Caution** – Anything in excess is harmful to the body. So also is exercise.

Both Ayurvedic and modern fraternity have proved that excessive exercise leads to decreased sexual interest.



## CHAPTER 30

### 12 EFFECTIVE TIPS FOR SEX POWER INCREASE

Decreased sexual interest haunts everybody at one or the other point of time. So, it is very important to use techniques to keep your sexual life, pleasurable and enjoyable. Here are 12 tips for sex power increase. Hope they are useful to you.

**1. Don't have it everyday.** Maintain a gap of one or two days.

Sex, as a part and parcel of daily routine may make you feel bored and eventually might lead to decreased sexual interest.

**Many times sex in a day** , very rarely is fine.

2. Always have an element of surprise in your moves, or your general behaviour, or the gifts that you choose. Surprise makes the moment exciting.

**3. Different sex postures** – You may start feeling bored by same postures.

So, different intercourse postures will not only helps to have improved sexual health, but also helps you to keep fit by burning a few more calories.

Sex postures that do not allow complete insertion make the act fun and exciting.

4. Try out some SAFE sex fantasies. Sexual fantasies are the imaginary scenes that you plan and enact with your spouse.

5. Do not undress all of a sudden. Slow and steady... always wins the race.

6. **Wear a condom**, it delays the pinnacle giving more time to enjoy. In some men, rolling back the foreskin of the penis helps delay excitation. The tip of the penis (the end bulged part) in men is the point of excitation.

Making delay in its excitation helps delay ejaculation and gives ample time for foreplay.

**7. Exercise** - Sex and exercise are connected to each other.

**8. Black gram** – Black gram has been hailed as one of the effective diet for sex power increase. so, eating Dosa, or other food dishes made of black gram for 2-3 times a week will help in good sex health.

**9. Get rid of diseases** – Maximum sexual bliss can be had only if you keep yourself healthy and hygienic. So, get proper

treatment for your diseases and do not allow them to grow to chronicity. Diabetes and hypertension may be causes for decreased libido, which has to be given proper treatment.

**10. Take care of your partner.** Love is such an important element to ensure mutual enjoyment. Please know the feeling of the partner. Ladies usually will be in a slightly different mood nearing to their periods. Working women will be usually encountering higher stress levels. So, please take care.

**11.** Ayurveda explains that food with sweet, salt and sour taste enhance sexual power and bitter, hot, too much spicy food articles lead to decreased sexual interest. asparagus, Ashwagandha, grapes, dates, meat, egg, chocolates are a few food items for sex power increase.

**12. Sexual herbal supplements** – You might need herbal supplements if you have following conditions.

- If you have diabetes or hypertension, due to which you are suffering from decreased libido / erection difficulties.

- If you are suffering from / recovering from a chronic disease, which is leading to decreased libido for a prolonged period of time.
- None of the above tips are working, even after trying consistently over a period of time, it is a better idea to consult a sexologist.

## CHAPTER 31

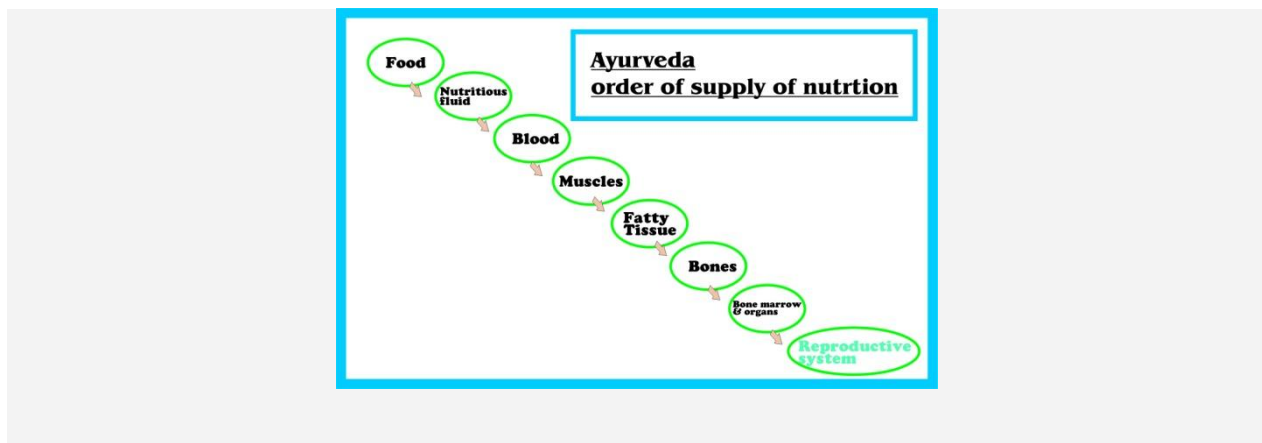
### NUTRITION AND SEX POWER – EXPLORING THE MUTUAL RELATIONSHIP

Nutrition and sex power are directly related. The overall nutrition level of the body has direct effect on sexual health. A well nourished body is very much needed for successful sex life for both husband and wife. Ayurveda explains how -

#### What is nutrition?

Nutrition means the process of providing good quality of food for enjoying health, growth and longevity.

#### Ayurveda concept of nutrition -



The food that we take, gets digested at the level of stomach and intestines and forms a fluid called as 'Rasa' containing all the nourishing qualities of food. This Rasa circulates all over the body

through the media of blood and nourishes all the blood cells, which in turn nourishes all body organs, muscles, fat tissue, bone and bone marrow and in the end, reproductive system.

Here reproductive system also includes the hormones and all other agents influencing sexual life.

Hence, a properly nourished body is a basic prerequisite for good sexual health

It is a matter of wonder, how the ancient scholars had explained this fact.

**This theory can be substantiated by following points -**

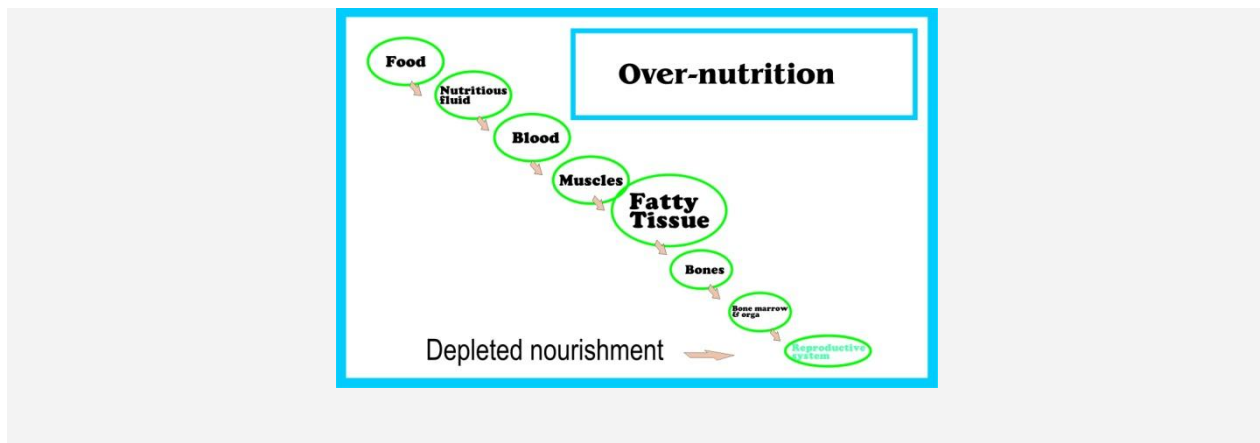
1. Both men and women having undernourished body and who are underweight often suffer from sexual problems such as lack of sex vigor, erectile dysfunction, premature ejaculation etc.
2. Women who are under-nourished (as in anorexia nervosa) suffer from cessation of menstrual cycles, or lack of initiation of menstrual cycle (lack of onset of menarche).
3. Quality and quantity of sperms and semen are also related to what we eat.

## What is the point?

For a good sex power,

- Concentrate on highly nutritious diet.
- Make sure to include a good combination of vitamins, minerals, fat, proteins and carbohydrates.
- Avoid junk food, aerated drinks, smoking and excess alcohol.
- Use natural anti oxidant herbs such as [Amla](#)
- Exercise regularly and keep your body fit.

**Remember** – over-nutrition is as dangerous as under nutrition.



With over nutrition, only the fatty tissue gets nourishment, depriving bones and further reproductive system of nutrition.

Hence, over nutrition also causes depleted sex power.

## Related aspects of nutrition -

A healthy digestive system is required for absorbing nutrtrion.

Regular exercise and physical activities make sure that the absorbed nutrition is properly utilized by the body.

Mental calmness, happiness also affect how our body utilizes the available nutrition.

Hence, for good sexual health, good digestive power, regular exercise and happiness of mind contribute positively.

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## CHAPTER 32

### FOODS TO IMPROVE SEX:

**Lcorice sex recipe** – explained further

### Other food recipes to improve sex:

Sweet and sour tastes generally improve sex urge and food with astringent, hot, pungent and bitter properties generally decrease sex interest.

- Egg recipes like omlet, boiled egg.
  - Chicken
  - Black gram recipes like Dosa, Vada.
  - Dry fruits like pistachio, badam, dry grapes, dates, saffron
  - Milk combination with badam, dry grapes, dates and saffron
- help improve sex power and desire

Sugar cane juice

## CHAPTER 33

### **CHYAWANPRASH FOR SEX POWER INCREASE – DOES IT HELP?**

Chyawanprash is a famous Ayurvedic medicine used for rejuvenation purpose. It is helpful in improving immunity, body strength. Chyawanprash acts as natural anti oxidant.

Chyawanprash is empowered with nature's best herbs such as Dashamoola, raisins etc. But does it help to improve sex power?

If yes, then how?

#### **Does chyawanprash cause sex power increase?**

- First up, Chyawanprash is not directly meant to increase sex power. Chyawanprash is mainly used for the purpose of rejuvenation.
- Chyawanprash helps to maintain optimum nourishment for all the body tissues.
- Chyawanprash helps to boost immunity and to fight minor infections.

- Chyawanprash helps to increase respiratory health and is widely used in the treatment of respiratory conditions like asthma.



### **How chyawanprash improves sex power?**

#### **1. Chyawanprash helps in improving the quality of semen in male and ovum in female.**

One of the Chyawanprash benefits according to ancient traditional text books is -

***"Shukrasthaan doshaan chaapi apakarshati "***

Chyawanprash helps to balance Tridosha at the level of reproductive systems in male and females. cleanse the semen and ovum and helps to relieve anomalies.

Chyawanprash is also traditionally mentioned to improve sex power.

## **2. By improving overall body nutrition level -**

According to Ayurvedic concept, having a perfectly hale and healthy body is a prerequisite for good sex power. Chyawanprash is useful in improving optimum nourishment of all the body tissues. Hence it indirectly helps for sex power increase.

## **3. Powered with natural aphrodisiac herbs -**

There are many herbal ingredients in chyawanprash having natural aphrodisiac effect. They are -

- **Amalaki** – Amla
- **Gokshura** – Tribulus terrestris
- **Raisins** – dry grapes
- **Vidari** – Puereria tuberosa

Thus chyawanprash improves sex power by direct and indirect methods *on long-term use*.

But since it is a product for general health improvement, immediate increase in sex power may not happen. It will take a minimum of couple of months to observe the results.

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## **CHAPTER 34**

### **AYURVEDIC MEDICINE FOR SEX POWER – HOW DOES IT WORK?**

There are many Ayurvedic medicines for sex power explained in Ayurveda. Now a days Ayurvedic sex medicines are often inquired over the counters of Ayurvedic shops. There are a few notorious herbal manufacturers making spurious herbal products by adding powders of Sildenafil citrate (Viagra). They spend a lot of money into marketing and sad to say these brands become super hit overnight.

But there are numerous authentic Ayurveda products that help in improving sex power. Sexual problems occur in many forms. Similarly, based on the sexual problem, like erectile dysfunction, loss of libido, premature ejaculation etc, the choice of Ayurveda medicine has also to be made intelligently.

Critics dismiss all Ayurvedic aphrodisiacs as placebos and they act just because patient believes that it improves sex power. But it is not true.

Successful sexual relationship is achieved by -

- good emotional bonding
- good overall body nutrition
- good health
- happy state of mind, devoid of fear, depression and anxiety
- good erection and orgasm

### **How does it act?**

#### **1. Achieving optimum nutrition to all body tissues -**

We have learnt that optimum nutrition of all body tissues is a prerequisite for sex power. Often, correction of overall nutrition state of the body helps to increase sex power.

#### **2. Relieving depression and anxiety**

Depression, anxiety, fear about sex is a common hurdle.

Misconceptions about masturbation and sex leads to further disbelief in one's own sex power. Here, imparting proper knowledge and suggesting ayurvedic medicines to relieve depression and anxiety helps to increase sex power.

**3. Improving mind power and control** – In many people, lack of control over mind is a big hurdle for achieving and holding

orgasm for a long time. This results in premature ejaculation. For this issue, there are a few herbal medicines which helps to improve mind power and control.

**4. Helping in erection** – There are several herbs known to improve erection. These are used in the treatment of erectile dysfunction and premature ejaculation.

**5. Improving the quality of semen** – Quality of semen is an important part of sexual health and has indirect relationship with sex power.

**6. Improving the quality and quantity of sperm** – These types of herbs are used in the treatment of infertility.

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## CHAPTER 35

### URAD DAAL RECIPE FOR SEX VIGOR



Urad daal or black gram is one of the widely used dietary ingredient in Indian kitchen. Urad daal is also known to improve sex vigor. Let us find out how to make a Urad daal recipe and what are its benefits.

#### **What you need?**

Urad daal (black gram) – 10 grams

Ghee - half table spoon

Milk – half a glass.

Sugar / Jaggery – Two table spoon full.

Cardamom – two grains.

### **Procedure for Urad dal recipe:**

Take Urad daal and soak it for about 5 – 6 hours.

Fry Urad dal in the ghee .

Heat the fried Urad daal in the milk.

Add cardamom, jaggery or sugar and heat till it converts into a uniform mass.

Drink it while it is warm. at night. before or after food.

The proportion explained above is for one serving.

You can take it continuously for a week or so, or occasionally.

### **What can you expect?**

One of the authentic and ideal sex recipe for improvement in sperm quantity and quality.

Improvement in sex vigor and sex power

Improvement in strength and sex interest.

## **CHAPTER 36**

### **AMLA NATURAL REMEDIES FOR ERECTILE DYSFUNCTION**

In many of the natural remedies for erectile dysfunction Ayurveda uses sugar, ghee and honey in combination.

Amla or Indian gooseberry is one of the cult herbs of Ayurveda used both for the purpose of rejuvenation and as natural aphrodisiac. Let us learn about Amla natural aphrodisiac remedy from an Authentic Ayurveda text book.

#### **Disclaimer:**

This home remedy looks very simplistic. But it is very effective. This remedy is mentioned in one of the Ancient Ayurveda text book called Chakradatta.

#### **What you need ?**

Fresh Amla – around 4 – 5

Dry Amla powder – 5 grams

Honey – 1 table spoon

Ghee – 1 tea spoon

Sugar – 1 tea spoon

### **How to prepare?**

Take fresh Amla. Grate it very small pieces.

Squeeze it to extract juice.

Mix this juice with the dry Amla powder and triturate it with the Amla juice for three minutes.

Roll it into the form of a bolus and take it along with sugar, ghee and honey, at night, before food.

### **Note:**

Every time, fresh amla juice needs to be extracted.

**How long to take:** 6 – 8 weeks for maximum benefits.

### **What results to expect:**

- Noticeable improvement in erectile dysfunction.
- Improves sex energy, sex power
- Amla is very rich in Vitamin C and is a natural anti oxidant.
- It is a natural remedy for tiredness
- Good for stomach, liver, eyes, voice.

This remedy is not ideal for diabetic people. As an alternative, they may drop honey and sugar from this formula.

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## CHAPTER 37

### LICORICE SEX RECIPE

Licorice used in Ayurvedic medicines since ages, is also used in a sex recipe for sex power increase. It is called as Yashtimadhu in Sanskrit. Botanical name – Gycyrrhiza glabra. Its aphrodisiac recipe is mentioned in an Ayurvedic text book called as Chakradatta – Here is the simple way to do this very easy to make recipe for sex power.

#### **Method of preparation of licorice sex recipe –**

1. Take one tea-spoon full of licorice powder.
2. Mix it with ghee and honey.
3. Make it a licorice candy.
4. Consume it with half a glass of milk at bed time.

**Ghee and honey proportion:** Ayurveda says that ghee and honey should not be taken in equal quantities. So it is better to take ghee and honey in different proportions.

#### **Benefits of licorice sex recipe –**

It helps to improve sexual performance.

## CHAPTER 38

### INTERCOURSE DURING PERIOD – A COMPREHENSIVE

#### VIEW

“Is it safe to have intercourse during periods” is one of the most debated topics. There are those who say, it is fine, and there are those who are skeptical about sex during periods. Before we get into whether it is ok or not, let’s get rid of some of the myths about sex during periods.

**myth no. 1** – Sex during period causes AIDS. This is really an absurd myth.

unsafe sex with people who have already contracted with HIV causes the infection.

**myth no.2** – Intercourse during period causes spread of sexually transmitted diseases. No. unsafe sex with those having STD causes the spread of the disease.

**myth no.3** - Sex during period is a sin. No, as long as it is done between husband and wife, with mutual consent.

So, once we have got myths out of our brains, here are some of the arguments regarding whether or not, sex during period is safe.

1. Many modern health experts say that it is no wrong to have intercourse during menstrual period. Since menstrual cycle is a natural phenomenon and during periods, there is only the outflow of superficial layer of uterine endometrium, there is no harm to have sex during periods.

2. There are some experts believing that – sex during periods might cause the reverse flow of the menstrual blood (shed layer of uterine endometrium) through fallopian tubes and may end up in a condition called as Endometriosis. where in the pieces of uterine endometrium (superficial detached layer) gets lodged on to other body parts such as ovary, intestines, etc. causing abdominal pain during periods and other symptoms.

3. Ayurveda explains the act of sex aggravates Vata factor.

During menstrual flow also, there is aggravation of Vata and Pitta. So, act of sex, during periods, would aggravate Vata to a greater extent causing pain and other complications.



**My personal advice** – Dont you think just resting yourself for those 3-4 days is a better idea?

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## **CHAPTER 39**

### **SEX DURING PREGNANCY**

In a pregnancy, the first three months are very sensitive and high level of care is necessary. Hence it is better to avoid sex during first three months.

It is relatively safe to have sex during 4th, 5th and 6th month.

But following precautions are very essential.

1. Any movement pressurizing the abdomen should be avoided.
2. Better to keep the sex and foreplay to a limited amount of time, rather than long periods. She may feel tired and exhausted.
3. Sex positions avoiding abdomen pressure such as knee bent position is suitable.
4. While thrusting, better to make it slow.
5. Cleanliness is really very important.
6. It is safe to play a few sex games, role playing, mutual masturbation techniques etc that are explained in the other chapters.

7. It is better to avoid sex during the last three months. As the baby weight will be increasing and any pressure on abdomen may lead to premature childbirth.

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## CHAPTER 40

### AFTER SEX PERIOD: WHAT TO DO?

- The time period soon after sex is very important. Some men just pull up the cover and sleep due to tiredness, which is a very bad habit.
- The after-sex period is the time where you enjoy your love with your spouse. Spend a little 5 -1 0 minutes in hugging kissing, chit chatting.

It really helps to extend that joy and happiness.

- It gives the feeling to both of you that you just had spent the moment of your life.
- Do not take up a controversial issue to chat during this period. It is the time that you relax. Any debate at this moment will spoil total mood of the scene.
- For men, who have premature ejaculation problem, they can indulge in stimulating the clitoris (the front part of the vagina), which gives pleasure to women.
- Try sleeping naked, hugging together whole night, sometimes.
- Or just wear the undergarments and sleep hugging together.

- If you had sex during the day time, just sleep together and spend some time at least half an hour, before resuming your work.

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## **CHAPTER 41**

### **TALKING DURING AND AFTER SEX:**

#### **How to do dirty talking?**

Dirty talking is an amazing way of getting close to each other. It makes the couple childish and brings masala to the relationship. If u were naughty from the early days of relationship, it can be easy for dirty talking. Childishness and naughtiness are so important to keep the relationship peppy and alive.

In case you wish to talk dirty with him / her but are unable to do so, try these things –

For men –

Send an adult sms to her.

Wink to her very sexily.

When two are alone and are about to have sex, just say a few sexy words

like “I wanna grab you hard”, “I like your boobs very very much”, “the most round thing in this world is your butts” “I wanna squeeze you”,

It may be little embarrassing in the early days but it will be fun.

Once after you are ok with little fun talking switch to moderate mode –

“I will beat your boobs with my dick”

“your boobs are as smooth as an orange, I will suck it raw”

### **hard core**

“I will fuck you from all holes possible!”

“I wanna fuck you hard, harder hardest”

“I wanna fuck your ass”

while reaching orgasm, try this sentence – “I want to fill your vagina with my semen, shall I?”

While groping her boobs – “Do I own these boobs?” “Can I kiss them? Can I spill my semen on them?”

### **For women –**

Send an adult sms to him.

### **Don'ts while sex talk –**

Do not compare him with anyone.

Do not abuse him.

Do not hurt ego.

It should be a light joke to spark smiles and go wild. It should not end up in a war.

It should be naughty but it should not be disrespecting.

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## CHAPTER 42

### PREMATURE EJACULATION: REMEDIES AND TIPS

Premature ejaculation is quite a common complaint experienced by many. In some, it occurs for a long period of time, and in most people, it appears just for a short period of time. Nevertheless, the embarrassment and the feeling of lack of enjoyment affects all in same measure. I hope this article will cover most of the effective premature ejaculation tips -

#### **Premature ejaculation tips**

1. Do not get over excited in the beginning of foreplay acts. Make up your mind to enjoy at least 10 minutes of foreplay and be gritty enough to stick to your plan.
2. Do not undress yourself too soon. Undress the partner first and engage in foreplay, consciously suppressing your tempted feelings. I know it is not that much an enjoyable idea. but still, you got to do it to a. help your partner to have enjoyment and b. to have enjoyment to yourself *at the right time*.
3. Excite the partner by cuddling, kissing, touching and tingling on her right zones. Inside of the thighs, back of the neck, lips,

breasts, navel region are the key areas to concentrate. Caressing, cuddling, hugging, kissing, squeezing and all that. Do trial and error and get to know which are the sensitive areas in her body to get her excited easily.

4. Do not allow the partner to work on your penis or groin area, early in the foreplay, this way, the untimely early excitement can be avoided.

5. Discuss with the partner about your temporary problem, which you both *together* can get rid of very easily. This also helps in easing the tension out. This way you will also get the partners confidence and help. After all she is your loved one right? So, she will be more than happy to just help you out of this *temporary situation*. I do not see anything called embarrassment or shame is sharing your problem with your beloved partner. According to me, sex is neither a means for man to show his strength over woman, nor it is a tool to attract / woo a woman. I suppose it is a superb way to express love and faith with each other.

6. Have sexy talks with the partner during foreplay, without *you meaning it*. I mean, you do not get excited with your talks. Make her excited.

7. It is always a good habit to let the partner know when you are going to ejaculate.

8. Be pleased to know that it is your body, not a machine to just to put on a switch and the thing gets erected and maintained as it is as long as it is wished. The physiology involves emotional factors, weather, the surrounding, the mood, what you had taken etc.

9. Bottom of the story is get her excited to the fullest, then undress, and have enjoyment.

## CHAPTER 43

### EXERCISES TO PREVENT PREMATURE EJACULATION /

#### ERECTILE DYSFUNCTION:

Premature ejaculation is a problem faced by many men.

Premature ejaculation means ejaculation (ejection of semen) before proper erection, or before the couple are ready for it.

Erectile dysfunction is lack of proper erection of the penis. It is usually found in diabetic people.

There are a few techniques by which the muscles of penis and scrotum are strengthened, thereby avoiding the problem.

**1. Pranayama:** According to Ayurveda, the process of ejaculation is controlled by Vata. It is naturally scene that breathing is altered during sex. Hence a good control over breathing goes a long way in helping in avoiding premature ejaculation. Pranayama also helps in good control of mind. Good control of mind leads to avoidance of early excitation and helps avoid premature ejaculation.

**2. Do not excite the tip of the penis:** During masturbation or during foreplay, do not excite the tip of the penis. Tip of the penis stimulation leads to sexual excitation and orgasm. Hence delaying stimulation of the tip of the penis helps to avoid premature ejaculation.

**3. Pulling up pc muscles:** The PC muscle is the muscle that below the scrotum, the one which contracts while passing urine. While you are sitting comfortably, try to pull up the muscle voluntarily during inhalation and hold it there, for 10 seconds, and then leave it. Do this at least five times at a stretch, five times in a day. This exercise can be practically practiced at any place that you wish.

**5. Squeeze technique:** During foreplay or masturbation, once the penis is hard, squeeze the penis, right below the head of the penis (tip of the penis). This helps to release the tension of the penis and delays ejaculation, by discontinuing the erection.

**6. Watch porn with your clothes on,** without touching or concentrating on genitals. This helps to get good mental control.

## CHAPTER 44

### MALE HEALTH – MASTURBATION TECHNIQUE TO CURE PREMATURE EJACULATION

Masturbation is a healthy habit which can be effectively used to cure premature ejaculation. Often premature ejaculation is caused due to lack of self control and early stimulation of tip of penis (also called as glans penis). But this masturbation technique helps to stimulate the tip of penis as lately as possible.

#### **How to do masturbation to cure premature ejaculation?**

**Logic:** In premature ejaculation, the tip of the penis (glans penis) gets excited early leading to ejaculation. Practice and techniques to delay the stimulation of glans penis helps to cure premature ejaculation.

**Technique:** While doing masturbation, just do not remove the underwear and practice masturbation with your under garment on, till the time you ejaculate. Of course the level of excitement will be less with the brief on but it will help you learn the excitation. You can control the time of ejaculation better.

Another way this technique helps is – the stimulation of penis will not be continuous hence you will be successful in learning the mind control.

**Tips:** Even during sexual intercourse, it is a good idea to keep the undergarment on as long as possible. It helps to avoid early stimulation and excitation of penis. Just try and succeed.

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## CHAPTER 45

### HUSBAND HAS PREMATURE EJACULATION? 12 WAYS YOU CAN HELP HIM

If your husband has premature ejaculation problem, then there are a lot of things that you can do, which would help him get over this problem. For that, a clear knowledge about this sex problem is necessary.

#### **What is premature ejaculation?**

It is a condition where husband ejaculates very early during sex. Say, within half a minute. Husband is not able to control his erection for long.

#### **What you can do about it?**

**1. Assurance:** Be understanding and assure him that, if not today, very soon he will be all right and you are completely satisfied with him. (though you may not be satisfied for the time being. ) This will boost his confidence and relieve his fear and anxiety. Fear and anxiety are the biggest reasons for premature ejaculation.



## **2. Praise him**

Whenever he lasts bit longer than usual, say every time, he used to ejaculate within a minute, but this time, he lasted for 3 minutes, just praise him and say that you enjoyed and liked that a lot. This will boost his ego and confidence. Relaxation of mind is primary requisite to cure premature ejaculation.

## **3. Foreplay with cloths on**

Another major reason for PE is – early excitation of tip of penis. This can be solved by doing foreplay with cloths on. This helps him to better control himself. This helps him to hold erection for a longer period of time. So, make him remove his cloths, especially underwear very late during the foreplay. Mean time, make him cuddle, hug and kiss you so that you are fully excited.

This is simply adjusting the timing of excitation.

## **4. Sleep naked**

Sometimes, when you both do not have any sex plans, just remove all cloths and sleep naked. Simply grab his penis and rub gently, while you have some romantic talks. This helps him to

familiarize your body and thus will have better control over his erection.

### **5. Masturbate him with his pants on.**

During foreplay, while he has his undergarments on, just hold his penis and do gentle rubbing.

### **6. Gentle masturbation before insertion**

Once after you had foreplay with his cloths on and then you are naked, just when he removes his underwear, just hold his penis in your hand and just do gentle massage. This helps him for good erection before insertion.

### **7. Naked bath**

Often have naked bath together. This helps to de-sensitize his over sensitive penis.

### **8. Seduce him at odd times.**

While he is getting ready to go to office, or while he is watching TV, or discussing something over the phone, just seduce him, by, for example, rubbing boobs against his penis, or just grabbing his penis, kissing it, or grabbing his butts etc.

Do not continue it and leave it there. This will train his mind to learn and practice self control. Because, he can not continue with foreplay and sex at that time, as he is busy. But he will have mild excitation, which he is supposed to control.

### **9. Revert his foreskin backwards**

In Some men, before insertion, reverting the foreskin (the skin that covers the tip of the penis) backwards helps relieve premature ejaculation.

### **10. Guide him and you take the charge**

Sometimes during sex, rather than allowing him to doing everything, you get on his top and take charge. You seduce, hug, grab and kiss him and take charge. This will release his tension of *'what to do next'*

### **11. Encourage him to masturbate you.**

While you work to improve his erection, it is equally important that you get your enjoyment. Due to PE, if he ejaculates early, just ask him to gently kiss your vagina and to play with his fingers. Guide him, guide his hands into you. Guide him to kiss

you wherever you want. Request him not to go to sleep all of a sudden. Talk romantically and talk with love.

## **12. Start and stop technique**

During sex, after both are naked, after insertion, just make him stop and remove his penis. You can not ask him to stop. But you can *make* him stop. For example, by saying that you heard someone knocking the door, or just saying that you are feeling little pain in the current sex position, you heard your mobile ring, etc.

This helps him to relax a bit and it delays ejaculation.

Overall if you really love him and if he really loves you, you can definitely find a solution for your husband's Premature ejaculation problem.

## **CHAPTER 46**

### **WHY DOES MY HUSBAND MASTURBATE?**

Married men usually masturbate. It is a common thing. But when the wife discovers it for the first time, it can be embarrassing.

Here are a few answers to why does my husband masturbate?

#### **Old habits die hard**

Masturbation is a healthy way of expressing one's sexual desire.

Most of the men have this habit naturally, as sexual desire is a natural phenomenon. Before marriage, men would fantasize about movie stars or get excited by reading sex stories and usually masturbate. But after marriage, the tendency towards masturbation decreases as they start enjoying sex life.

But even after marriage, most men continue masturbation.

Because they are used to it. Sometimes, the fantasy thing that they think in their mind is more exciting than the sexual act.

#### **Tightness**

While masturbating with hand, the penis is held tight, which gives them extra excitement and satisfaction.

## **Bored sex life**

sexual problems, relationship problem, recurrent quarrels tends to take away the fun attached with sex. Sex for most men is a way of relaxation and way to express love. When love is lost in relationship, sex life gets hit by boredom. This drives men towards masturbation.

## **Just for a change**

Many use masturbation as an extra way to express their desire, apart from sex acts.

## **unsexy wife**

It is not about body color or beauty. It is about being presentable and adorable.

One good thing to know, if he is masturbating at home – at least he is not indulging with other women.



## **CHAPTER 47**

### **CAUGHT HUSBAND MASTURBATING. WHAT DO I DO?**

Caught husband masturbating? Not a big issue. Men usually masturbate even after marriage. Old habits never die. But when wife catches husband masturbating, it can be embarrassing. It makes wife to think why masturbation instead of sex. While there are different reasons for men masturbating after marriage. What wife should do after noticing it is also very important.

#### **Accept the fact.**

Men do masturbate even after marriage, even while having great sex life.

#### **When you see him first doing it**

Do not over react. Take it normal. Just ignore it and move on. If you react or through him a series of questions, he will feel embarrassed and cause confusions.

#### **Indulge in his masturbation**

Mutual masturbation can be fun and exciting. Often, in stead of having sex, you masturbate him. (and let him also do you). It can

be effective way of sex alternate. If you do not know exactly how to do it, just rub the penis by holding it little tight. He will take it forward. As and when you master the art, you can also use boobs, umbilicus and butts to assist in his masturbation. It will increase the love quotient between you two many folds. Try and enjoy it! It may not be as enjoyable for you as for your husband. Just note a point that the tip of the penis is the excitation point. Excite the tip only at the end.

**Be presentable and adorable.**

Sometimes, lack of fun in sex becomes a major cause for men masturbation. So, be presentable as far as you can. Do not quarrel unnecessarily, always wear clothes that suit your personality. Be sexy for your husband.



## **CHAPTER 48**

### **WHAT IS INFIDELITY? EFFECTS OF INFIDELITY ON BODY AND MIND**

Infidelity or un-trustworthy-ness is lethal relationship problem. A moment of uncontrolled, misdirected desire can blow away the trust, love and emotions that had taken decades to build up.

Infidelity affects health, irrespective of the other partner knows about it or not. Even if the secret is held in the minds, overall health of the person starts deteriorating.

#### **What is infidelity?**

- Not being loyal to the spouse.
- Double timing when in a pre-marriage committed relationship.

#### **What is not infidelity?**

- A widow / widower seeking new relationship.
- Seeing someone else, after breakup.

#### **Ill effects of infidelity on mind -**

- Every time you are forced to cook up lies,
- Mind is always facing fight or flight scenario

- Mind working extra time to cook up lies and finding explanations to give, to spouse and whoever smells suspicion
- Tremendous stress.
- Fear, nervousness, anxiety, depression, confusion
- Though you may feel to be healthy and happy, the effects of stress start getting exhibited on your body.
- Laziness
- Suspicion of betrayal and breakup
- Financial woes adding on stress

### **Physical problems -**

- Stress leading to early onset of High BP, Diabetes, heart problems.
- Weakness, feeling tired all the time
- Higher risk of incidence of sexually transmitted diseases like AIDS, Gonorrhea, Syphilis etc.
- Premature ejaculation, Erectile dysfunction, Loss of Libido
- Menstrual irregularities in woman

### **Social problems -**

- Risk of family breaking down into pieces
- Financial instability
- Risk of losing name and fame in the society
- Risk of losing happiness in your life, forever.

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## CHAPTER 49

### **MALE HEALTH – ARE YOU INVITING INFIDELITY IN RELATIONSHIP?**

Men have lot of things to concentrate on, in a family setup. While the husband concentrates hard to earn money, to run business and to maintain family, equal importance should be give to maintain greenness in his relationship with wife and to avoid infidelity in relationship.

#### **You are inviting female infidelity in relationship if,**

- You do not have at least 30 minutes a day to hear to your wife.
- You do not care what your wife is saying, about her health, about her concerns and about your children.
- You come home too late at night and go to work too early in the morning.
- You come home drunk every day.
- You never take your wife outside for a tour, temple or a hotel.
- You abuse her mentally, verbally or physically.
- You do nothing to solve the problems that exists between your wife and other family members.

- You have not created a congenial environment for her in your home.
- You suspect every of her moves.
- You are not loyal yourself.
- You praise other women in front of her.
- You turn down all of her requests.
- You do not care to fulfill her basic needs and requirements.
- You do not let go even a single occasion to insult her.

**Bottom line -**

Small problems in marriage, little misunderstandings, behavioral incompatibility, ego issues, can lead to infidelity.

It is the duty of both husband and wife to maintain mutual interest and invest their time and mind to keep greenness in relationship.

## CHAPTER 50

### **FEMALE HEALTH – ARE YOU INVITING INFIDELITY IN RELATIONSHIP?**

Infidelity in relationship, lack of belief quotient in relationships and breakups have become so common that a long-standing relationship nowadays has become a matter of wonder. While it is important for you to maintain your personal integrity, by maintaining utmost loyalty, it is equally important for you to create an environment around your husband (or boy friend), so that he also feels compelled to maintain fidelity in relationship. It is not like you are '*forcing*' him to maintain fidelity, it is like you are not forcing him towards infidelity.

It is not that you can not live, if he gets into infidelity, it is like you are doing your bit to strengthen the foundation of your relationship with him.

#### **You are destabilizing your relationship and inviting infidelity in relationship if,**

- You are not sharing your office or daily experiences with him, freely

- You are not patient enough to listen to his grievances
- You are not bothering to ask him for coffee, snacks, meals or breakfast
- You are not offering your shoulder at a time when he needs you the most
- You are not responding to his good night wish at night.
- You are crossing his budget everytime. "Honey, do whatever, I need that necklace this week only, and that dress by next week"
- You are no more his best friend that you were, once upon a time
- You are neglecting your children's issues
- You are not respecting the elders of the family. "Hubby, I can not tolerate your mother's blabbering anymore"
- You never let go a chance to point out his negatives
- You compare him with your other male friends
- You praise your other friends more than once in a day for more than a week

- You do not forgive little mistakes that he do, and you point them out every time. (remember two words for a strong relationship – Forgive and Forget)
- You bang down the plate of food in front of him with a big sound, every-time, while serving food
- You do not share your feelings with him, good or bad
- You do not generate a feeling of you-and-he-are-a-team
- You scold him in public or assault him physically!
- You are not a loyal partner yourself
- Last time you kissed him was only in the wedding!
- You train your kids in such a way that they begin to hate dad -  
“When papa comes home, scold him with harshest words, if he does not bring your video game as promised”
- You use your kids to target him. “Tell your papa that he is the biggest idiot in the world” , “work hard, become a real man!, do not be a loser in your life, *like your father*”
- You have made your home a real hell for him
- You have made your home atmosphere so worse that he starts coming late from the office



- Your murmurs start as soon as he comes home from office and stops only after he is fast asleep

*Take Care of your beloved hubby !*

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## **CHAPTER 51**

### **HOW TO GET OVER INFIDELITY? 12 EASY STEPS FOR A SMOOTH TRANSITION**

Metro lifestyle, facebook, internet chatting with unknown people, hectic schedules and commitments, complicated relationships – the reason to put the wrong step forward can be many. If you were indulging in infidelity, for a better future for yourself and for those around you, it is never late to think about coming out of infidelity. How to get over infidelity is a tough question to answer. It is more of a personal decision, based on ethical and emotional grounds. Here are the steps and issues to consider.

#### **How to get over infidelity? Steps to follow -**

##### **Don't tell it to your spouse -**

- Many feel to tell it all to the spouse and promise them loyalty for life. Many think revealing will help them get rid of guilty feeling. Many think that their spouse will definitely forgive.
- But you never know. Your husband or wife has not faced this situation before. This might give him the shock of his and he may ditch you.

- Even if the relationship is continued, there will be many fissures and hurdles and both of you will take a long time to adjust to the new emotional environment, or would never be able to adjust yourself.
- Odds are more than evens. Do not tell anything to your spouse.

**Do not give signals to your spouse to know if you can tell or not.**

Many try to forecast what would happen if you reveal your hidden relationship. Many ask hinting questions to the spouse to check what would be the reaction.

It is not worth trying because,

- His original reaction to the shocking news may be entirely different than the reactions that he gives to your probing / hinting questions and scenarios.
- She may smell the rat and ditch you instantly.
- There can never be a guarantee for the quality of outcome of your experimental moves.

**Make the exit from your secret partner, safe and smooth.**

- Do not mess up the issue.
- Use utmost smartness.
- Use your words and moves with utmost care.
- Make sure that the nightmare never ever returns to your life.
- Ditch her once and for all.

### **Don't waste time in feeling guilty about yourself.**

It is not the time you sombre about past and feel guilty about yourself. It is the time for action. Stop infidelity further worsening your mindset. To correct yourself and build a better future.

*Everyone in the world deserves a second chance, so do you!*

### **Avoid all sorts of distractions**

Burn whole of your past memories, gifts, greeting cards, old dresses, whatever that brings back those bad memories, get rid of them, completely.

### **Let the love take the driver's seat.**

- Concentrate and give your full attention to the one who is made for you, your spouse.
- Give your full attention to him / her. Fill up the void in both of your lives.

- Forgive his mistakes, it helps to forgive yourself.
- Engage in love-full talks, plan for visiting place of worship, a family trip or an outside dinner, at least once a month.

**Consider attending a counseling session.**

You might have missed some view-points that you require to know. A third party counselor will be ideal to consult. He will help you explore all the pros and cons and he will be able to make your decision firmer and steps clearer.

**Do not tell it / involve any other family members or friends.**

They may take advantage of your past secrets, may be in the future, if not now. Hence keep your decisions, emotions and memories to yourself.

**Engage more with family members.**

- When was the last time you kissed husband, hugged your children or respected elders? It is the time to do all those.
- Be a real part of the family, at least now.
- Attend to all family members.
- Become an indispensable cog in the wheel of your family.

- Take up extra responsibilities in the family.

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## CHAPTER 52

### HOW DIABETES CAUSES ERECTILE DYSFUNCTION?

#### AYURVEDA SOLUTIONS

Diabetes and erectile dysfunction are connected to each other.

Erectile dysfunction is one of the complications of diabetes.

Diabetes being a lifestyle disease, can affect many body systems.

But a strict lifestyle and a few smart measures can help in solving the erectile dysfunction problem associated with diabetes.

#### How diabetes causes erectile dysfunction?

**Tiredness** - Diabetic people often suffer with tiredness.

Tiredness leads to lack of interest in sexual activities, leading to sexual problems.

**Mood** – Diabetes with its other complications may affect general confidence in a person. Sexual activity has the influence of physical, psychological and emotional factors. Hence, mood disturbance in diabetes may cause erectile dysfunction and other sex problems.

**Muscle strength** – Diabetes may cause muscle weakening.

Erection also requires strength in penile and perineal muscles. Glucose uptake and utilization capacity of muscles does not happen in coordination in diabetes.

**strength and health of veins and arteries** - One of the complications of diabetes is depleted strength of blood vessels (blood pipes). The process of erection also requires strong vein strength.

**Ayurveda concept** – Sweet taste has a positive effect over sexual strength. Because the sweetness – glucose is not utilized, there is lack of sexual strength in [diabetes](#).

**Measures and remedies for erectile dysfunction** -

**Strict control of blood glucose level** - The first step to take is to bring down the blood glucose level to normal range. Do it with right medication, exercise, lifestyle and diet changes

**Exercise** -Exercise for diabetes helps to control blood sugar level. Apart from this benefit, it also helps to keep up the health of nerves, muscles and blood vessels, which is crucial for a good



sexual health. It helps to ensure maximum utilization of available glucose and to keep muscles strong.

**Use more of these herbs** – These herbs have good influence to control diabetes and also improves erectile dysfunction.

Nutmeg, Asparagus, Ashwagandha and **Amla** are the good herbs to include.

**Ayurvedic treatment** – Panchakarma, massage therapy, reflexology etc help to a great deal.

**Ayurvedic medicines** -There are many Ayurvedic herbal medicines which help both to control diabetes and to treat erectile dysfunction. Consult your Ayurvedic doctor today.

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## **CHAPTER 53**

### **HEADACHE DURING SEX: REASONS, SOLUTIONS AND HOME REMEDIES**

Headache during sex / intercourse affects more men than women. People with history of headache and migraine episodes are more prone for this. It also affects a few others who do not have headaches otherwise. Reason for headache during sex can be physical, mental and emotional. While headaches of severe kind, which persists / recurs many times, need proper diagnosis and treatment, there are a few basic precautions and home remedies that may help you avoid headaches during intercourse.

#### **Reasons for headache during sex**

In Ayurvedic terms, intercourse is a Vata activity and headache during sex occurs due to imbalance of Vata and Pitta.

#### **Solutions for headache during intercourse**

As the cause lies in Vata and Pitta imbalance, measures to balance them are quite helpful.

#### **Awkward / strenuous sexual positions**

- Avoid bringing head to a very low position, when you are on top.
- Do not strain neck. Neck strain may also reflect as headache.

### **Too fast orgasm**

- Avoid quickly reaching orgasm, too early and too fast straining.
- Try gradual arousal and orgasm,
- Play passive role,
- Do not exert too much pressure on yourself.
- Have a control on breathing.

### **No fasting**

- Do not fast ahead of sex. Keep yourself well nourished.
- Consider sex at about one hour after food.

### **Not too late at night**

- Make sure that it is not too late in the night.
- Delaying sleep increases strain and increases the chances of headache trigger.

### **Feel relaxed -**

Tensions, anxiety, stress, worries, increase chances of headache.

Keep family and work issues separate.

## **Take care of stomach -**

Stomach complaints like gastritis, ulcers increase chances of headache.

## **Pitta balance**

Consider having a few raisins ahead of sex. Or consider drinking tender coconut water / sugarcane juice on the evening. It helps to balance Pitta.

## **Avoid worsening Vata**

- By not talking over the phone for very long time, ahead of sex.
- By not eating very spicy food.
- Consider applying coconut oil to head.

## **Get treatment -**

- Get treatment for migraine or headaches which exist at other times as well.
- Get your High BP, Diabetes and obesity under control.

## **Two home remedies -**

- **Amla powder** - one teaspoon before food, on the day of sex, with honey / ghee / warm water.

- **Triphala powder** - one teaspoon before food, on the day of sex, with honey / ghee / warm water.

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## **CHAPTER 54**

### **INFERTILITY FACTS – AYURVEDIC TREATMENT FOR INFERTILITY**

You have been trying to conceive for a while and are not successful yet, the suspicion about infertility may start growing on you. Whether or not to consult a doctor becomes a matter of confusion. Under such circumstance, there are a few things that you should know and few steps to follow.

#### **Infertility facts –**

If the wife has been taking oral contraceptive pill and stopped it very recently, then it might take anywhere between 3 months to 1 year for the body hormones to settle down and ovulation to restore. Hence no reason to lose hope within that period.

I personally do not recommend oral contraceptive pills (OCP) as a measure of contraception to anyone and especially for those who do not have any child. OCP messes up the hormonal balance in a healthy woman, and after stopping ocp, restoration of normal hormonal production may take time.

Soon after marriage, if a couple is trying for conception, they may give a try upto one year period. After which it is better to consult a doctor right away.

Both husband and wife should consult the doctor together.

Both husband and wife have to give up smoking and excess alcohol consumption habit, if any.

It is ideal to have sexual intercourse on alternative days between 10 – 22 days of menstrual cycle, if the menstrual cycle is of 28 – 30 days.

It is ideal to try for conception within 35 years of age, for both men and women. Chances for conception from there on goes down year by year.

**Causes for infertility in men** - Husband might be having varicocele, hernia, any structural deformity in the reproductive system, that might be causing problems in sperm quality or sperm count.

Poor nutrition, obesity, sedentary life habits are a few known causes for infertility in men and women.

Over exposure to pesticides, certain drugs can also cause infertility.

Heat can cause decreased sperm count or quality hence it is advised

- Not to keep laptop over the lap
- Not to wear tight pants
- People working near furnaces should always exercise caution.

**Causes for infertility in women** - Women might have infertility issues because of blockage of fallopian tube, endometriosis, problems in egg release (ovulation), PCOS, etc.

sometimes, lack of suitable sex position causes semen to spill out, leading to infertility. In such cases, it is ideal to stick on to man on top position. Woman need to sleep in supine position (face facing upwards) for 5 – 10 minutes after intercourse to avoid spillage.

**Ayurvedic treatment for infertility -**

**In women -**



If the cause is structural defect, like blockage of fallopian tube, Ayurvedic treatment will not help.

In cases of PCOS, irregular menstrual cycle etc, Ayurvedic treatment will be of use.

Ayurveda can help to lose weight, improve nutritional levels and to improve overall lifestyle of both husband and wife.

**In men,** there are effective medicines to improve sperm count, quality and motility. But for structural problems like varicocele, it is better to undergo surgery, after which Ayurvedic treatment can be taken to improve sperm count and quality.

naturalsex.

## **CHAPTER 55**

### **TIPS TO MAINTAIN HYGIENE**

Hygiene is the most important factor of sexual relationship.

Consider these points:

#### **For men:**

- While bathing, at least once a week, revert back the skin above the head of penis and wash off the white collection with water.
- Wash the penis thoroughly after sex.
- It is a good habit to shave underarm and pubic hairs.
- Oral hygiene is also very important. Bad breath can really hurt your relationship. Visit your dentist regularly.
- Use a good herbal mouthwash, at least once a day.
- Chew a chewing gum once a while.
- Consider using mouth freshener.

#### **For women:**

- Take care of vagina hygiene. Do not neglect. Wash thoroughly after visiting bath room, and after sex.
- It is a good habit to shave underarm and pubic hairs.

- Oral hygiene is also very important. Bad breath can really hurt your relationship. Visit your dentist regularly.
- Use a good herbal mouthwash, at least once a day.
- Chew a chewing gum once a while.
- Consider using mouth freshener.
- If you have foul discharge, then ask your husband to use condom till the time issue is resolved.

## **CHAPTER 56**

### **PROS AND CONS OF MANY TIMES SEX IN A DAY**

How many times sex in a day is normal? Are there any supplements to empower me to have many times sex in a day? are queries that I usually receive. While sex frequency is really a personal issue, there is a strong need to look into this issue from multiple view-points.

#### **what is sex?**

Sex or intercourse is a biological process. It is one of the basic needs of human beings, like hunger and thirst. It is a magical process of nature. Sex is a process of procreation by recreation. It is a game of hormones in the body.

It is a game of feelings. Sex is an expression of love.

#### **How many times sex in a day?**

Sex frequency is dependent upon factors such as

- One's health, emotions, hormone levels and body type
- Mutual understanding between the couple
- Mood at a particular point of time
- Basic instinct

- Comfort etc.

So, with these criteria, having many times intercourse in a day, or once in a day, or once in two or three days, anything is normal.

Having said that, if you are forcing yourself to have many times sex, if you are pushing your body and mind deliberately for sex, if you are falling behind supplements for having many times sex in a day, I call that abnormal and unhealthy.

While determining sex frequency, the best adoptable way is to listen to your body, mind and emotions and go with it, naturally.

- You live, you have your own goals to achieve in your life and sex is part of your life - is correct.
- You live and you live to have sex only in life, your only goal in life is to have sex – is not correct.

### **Speaking in terms of Ayurveda, having too much sex**

- Leaves you exhausted,
- Makes you easily irritable, anxious and depressed,
- Takes away your strength,
- Kills your concentration,

- Takes you away from your soul,
- Leads to many diseases if you opt for unprotected sex, or sex with multiple partners.

**So, the bottom line is** - see sex as a part of your life, as a basic nature of your body and do not see sex as your hobby or the aim of your life.

### **how many times masturbate?**

Please read the above article by replacing 'masturbate' in place of the word 'sex'

## CHAPTER 57

### HEALTHY SEX TIPS FOR A FRUITFUL RELATIONSHIP AND MEANINGFUL LIFE

Healthy sex is very essential for a meaningful relationship and meaningful life. 'Healthy sex' involves balance, understanding, patience, co-operation, finding happiness together. While most of the people target 'excitement' and 'short-term happiness' during sex, I would rather recommend to target long-term happiness and a successful sexual life.

#### **Healthy sex tips:**

**1. Single sex partner:** Multiple partners, betrayal in relationships, one night stands and behaving impulsively on the spur of movement causes imbalance in sexual life and breaks the backbone of the relationship – trust.

**2. Self control:** You come home with the plan of sex and find that the spouse is having a headache or is excessively tired, wisdom lies in self-control. The practice of self-control helps to put love ahead of sex. Self control and restraint also helps to fight ***premature ejaculation***.

**3. Care for partner:** In showing concern towards happiness of the spouse, avoiding possible painful postures, showing **restraint** when the spouse is ill.

**4. Using contraception:** Proper knowledge and adoption of contraception to avoid unwanted pregnancy helps unnecessary pregnancy and abortions. In some cases of premature ejaculation, use of condom helps to delay the stimulation and excitation and leads to **sex power increase**.

**5. Avoiding sex during periods:** Which may cause many health problems.

**6. Forcing the partner:** For everyday sex or many times sex in a day, forcing for sexual alternatives such as anal sex, when the partner is not interested may lead to misunderstanding and bitterness in relationship.

Overall, the difference between healthy sex and unhealthy sex practices can be summarized as follows.



<b>Healthy sex practice</b>	<b>Unhealthy sex practice</b>
Sex with single partner	Multiple partners
Self control and mental control over desire	No control, dominating and overpowering
Care for partner	Your enjoyment is what matters.
Long time perspective	Tonight is the night
Long and strong relationship	One night stands
Sex as part of life	Sex as aim of life
Sex at proper age	Sex at teenage

natural

## CHAPTER 58

### MUTUAL MASTURBATION: A POWERFUL SEX TOOL

Sex is not all about having intercourse. It will get boring if you only concentrate on intercourse. Mutual masturbation is a technique where you will not end up in intercourse, but you end up in achieving orgasm by other methods.

It is very useful in the following conditions:

1. You are bored of the same old process of intercourse
2. When you achieve orgasm early and your partner is not yet there.
3. When husband has problems like premature ejaculation or erectile dysfunction, he can masturbate wife to at least give pleasure to her.
4. When wife has problems such as foul smelling vagina (suggestive of infection), or lack of mood, she can masturbate husband to at least give pleasure to him.
5. Overall, this technique can be used as stand by method when one of the couple is not in mood for intercourse.

6. It can also be used as a technique during safe period method of contraception.

But this needs mutual consent and co operation.

### **Mutual masturbation techniques:**

**Her boobs vs your penis** – 1st with the tip of penis on around nipples then moving to nipples then into ejaculating between her boobs.

**Her umbilicus vs your penis** – same as above.

**Fingers in her vagina** - If you have premature ejaculation problem, then this technique is very useful. Just stimulating the clitoris gently will help her orgasm, even without intercourse.

### **Sex toys into vagina**

**Wife masturbating the man's penis** in the same way as men do for themselves.

This can be coupled with smooch session for a perfect orgasm.

You hand masturbating on her body.

You rubbing ejaculating on her buttocks

She rubs her vagina against your knees, shoulder, arms etc.

These are a few useful techniques.

## CHAPTER 59

### WHAT TO DO WHEN HUSBAND HAS PROBLEM

If you have the premature ejaculation or lack of erection then it can be frustrating for your wife, which may lead to complications.

You need to understand that –

- Though you are having problems, it is your duty to give pleasure to her or else, it may cause fissure in relationships.
- Though you are having problems, you are capable of giving pleasure to her.

#### **If you have premature ejaculation:**

1. Concentrate hard on giving pleasure and foreplay. Though you may lose semen early, be energetic and enjoy thoroughly in foreplay.

Smooch hard, grab her hard and play with vagina for a very long time.

2. Concentrate on her excitation points. Inside of thighs, breasts, nipples, inside of arms, ear lobes, back side of the ear, neck are a few excitation points.

3. While fore-playing, concentrate on vagina. There is a part called clitoris. This is female excitation point. Initially when the vagina is not wet, it is not a good idea to stimulate clitoris. But once after vagina is slightly wet slowly start tickling and playing with clitoris.

Remember that the pressure that she derives out of stimulation of clitoris is equal to the orgasm.

4. Bottom-line is, if you have premature ejaculation; do not show your disappointment to her. Take it cool and make her enjoy your company.

**If you have erection problem:**

Contact a good Ayurvedic doctor who would prescribe Ayurvedic medicines to improve your condition.

It will take time till you fully recover from the problem.

Till that time, do not be this-hearted and indulge in foreplay as explained above.

## CHAPTER 60

### WHAT TO DO WHEN WIFE HAS PROBELMS

This is a case where, wife has trouble reaching orgasm or trouble having intercourse. In such case, she can use the following techniques to satisfy husband.

#### **Here are the techniques.**

Do not stop him to use your body in the ways he enjoys. Be 100% co operative with him.

Let him kiss you for as long as you like... take initiative by yourself and you start kissing him wildly.

Let him use suck or handle your boobs the way he likes.... you only wear 'inviting' costumes to attract him.

Let him use your nipples, umbelicus and buttocks the way he likes, while foreplay, You only take put his hands on your butts and encourage him..

Be like a doll in his hands. Be naughty, be playful and keep his entire concentration, attraction and love towards you. Become naked whenever he wants and co-operate with him.

Be innovative. – How about wearing a saree, without any blouse, bra or panty? And be like that the whole day with him, on a Sunday.

How about gently squeezing his penis and scrotum, just when he is about to start to office?

How about squeezing his butts, in a shopping mall or any other public place?

How about rubbing your boobs to his arms while in a queue?

How about being completely naked and opening the door? When he just returns from the office?

How about wearing transparent lingerie and having dinner together?

How about a naked dinner? Naked bath?

Try all those.

Also try some sex games - like removing cloths one by one during the game of chess or carum, as and when a pawn of the opponent is lost..

Spraying perfume on one part of the body and your hubby should be blindfolded and will have to smell you to know where the perfume was sprayed.

These are the techniques to keep his attraction and romance alive.

### **Techniques to give him sexual satisfaction:**

During all these foreplays, Once you know that he is just about to reach orgasm, make him ejaculate externally.

This can be done by

1. Holding the penis in your hand and gently stroking it till he ejaculates, while you wildly smooch him with deep tongue.
2. (Ask him to keep the penis clean) - kissing his penis, licking the length of penis, gently sucking it with mouth and when he is just about to ejaculate, remove it and use hands to ejaculate him.

Remember, during this oral sex, his body needs to keep still and you need to move. If he starts moving his body, then penis may enter too much into your mouth which will create problems.



3. Make him to ejaculate between your buttocks (on the buttocks, not inside the anus), on your nipples, on you boobs, between your boobs etc. Let him ejaculate wherever he wants.

**Some tips to catch attention of husband:**

When alone with him, wear a transparent saree, below umbilicus. Wear a low neck blouse and sleep in such a manner that when he enters the room, he will be bowled over by your cleavage and navel show. During normal circumstances, reveal your cleavage 'unintentionally' and make your face as if nothing has happened. During normal circumstances, touch your boobs 'unintentionally' to his shoulder or back or hands, and make your face as if nothing has happened.

When he is downstairs, watching at you, when you are getting down, make sure to add a little extra jump to your steps so that he sees your bouncing boobs.

When you are sitting together, say reading newspaper or watching a photo album, while trying to point out something on the paper or album, just gently rub your boobs against his arms and behave as if nothing has happened.

## **CHAPTER 61**

### **MASTER THE ART OF ROLE PLAYING**

Bored of same sexual acts, try role playing.

#### **What is role playing?**

Imagining you and spouse in different roles, wearing costumes as per the roles, as per different situations and ending up in having a steamy sex session.

Examples will best describe it:

#### **Maid + Rich Boss**

Maid is wearing a revealing costume, and is cleaning the room, where boss is sitting. Boss gets tempted and puts hands on maid, maid resists initially to give up finally.

#### **Doctor + Patient**

Male doctor starts examining the wife thoroughly, asks sexy questions like, do you have tickling sensation between your thighs etc, and the game starts.

#### **Cop + robber**

Male cop has caught the sexy robber red handed and is about to punish her.

Female robber pleads him to set her free, in return, wishes to do anything he wants. The cop starts stripping her.

### **Princess + Prince**

You: Oh my prince you saved me.

Him: Of course, for such a beautiful princess.

You: What could I ever do to repay you \*wink wink\*

Him: I'll show you (starts to undress u etc).

### **Masseur and client:**

Lovers work every part of the body with scintillating sexual touch.

Tips: be seriously into role until reaching orgasm.

Be co operative and encouraging.

Housewife + milk man

In a bar a stranger picks you up to have fun

Boss + secretary

Police+Complainant

Doctor + Nurse

Sexy flight attendant and a traveler

Oil masseur once wife, then husband, on two different occasions.

Rape scene

Teacher + student

Aunty and boy

Strip tease, dance

King + dancer

Queen + servant

These are the different scenarios which can be elaborately played to end up in sex.

If you or your spouse is of serious type, then it may be difficult for role playing.

Childishness and silliness are the two main pillars of role playing game.

**Some other forms of role playing can be followed via:**

**Cybersex** - Via instant messaging, E-mail, Internet chatrooms, or cyberspace forums, lovers can have tech sex of all types.

Maximum satisfaction is realized in how much you choose to touch yourself versus your keyboard.

## CHAPTER 62

### RULES OF ORAL SEX

#### **Oral sex:**

Oral sex can be had both on husband and wife.

Two things are very necessary for oral sex.

1. Mutual agreement
2. Cleanliness

**Oral sex on husband:** Here, after foreplay, when penis is erect, wife gently puts the penis into her mouth and gently moves to and fro, by which the husband feels pleasure.

#### **Precaution:**

Husband needs to keep the penis clean.

Better that husband lies down and wife is on top. The penis should not enter deep into her mouth. So, if wife is on top, then she can control the entry of penis into her mouth. Some women like it when husband ejaculates inside the mouth only, but many would like husbands to withdraw penis once after reaching the orgasm.

In such circumstances, husband can ejaculate between wife's breasts, or they can have intercourse for mutual satisfaction.

This method can be adopted once a while when normal sex seems boring.

Or when wife is not in mood, but is ready to co operate, but husband has interest.

In some cases, wife may not be willing. In such case, husband can wear fruit flavoured condom for oral sex.

### **Oral sex on wife:**

Here, Husband gently plays with vagina with tongue. Once after reaching orgasm vagina may become wet. Hence, towel can help to wipe of and continue.

There is a sexual position called 69 where, both perform oral sex on each other simultaneously.

## CHAPTER 63

### SEX GAMES: ADD FUN TO SEX

#### Lick the word

Both naked. Husband writes a 3 word sentence on her body and she has to guess it correctly.

Husband can write using palms – good for breast and buttocks – squeeze and enjoy while you write.

Husband can write using finger – Good for writing around nipples umbilicus, vagina, near lips.

Husband can write using penis

- good for around penis – withstanding the urge to enter it will be an enjoyable challenge.

- Good for around nipples – try avoiding touching nipples.

Withstanding will be difficult but enjoyable. Write with force on her boobs.

- Good for around umbilicus.

- If she allows, good for around lips.

Husband can use the tip of his tongue –

- Good for around nipples. Write with pressure and enjoy.

- Good for around umbilicus.
- If you are ok with it, good for around vagina as well.
- Good for over lips.

The same game, reversed. Wife writes words on husband's body. She can use finger, palm, tip of tongue and even vagina. She can also use her hairs. Using hairs makes him uncomfortable, which adds to the fun.

Writing on a platform – The same writing game can also be played by

- spilling some gel on the body and writing over it.
- Using a banana
- Using a fruit juice etc.

**Reward system:** If husband guesses it correct, he will tie her hands and have one minute of her for his own. And vice versa.

**Rules:** Not to end up in sex very early in the game. No teaching with the words.

**Tips:** write vulgar and sexy sentences like: - "fuck your boobs",  
"suck your nipples"

"fuck your round buttocks" "I want your boobs"



For females – “I want your banana” “wanna squeeze dick”,  
“wanna squeeze balls” “fuck you hard” “fuck you everywhere”

**2. Public fun:** It is a challenge taken up before going to market or any such place. Predetermine the challenge. Like husband will kiss her nipples (over the cloths) at least twice. Or wife will catch his dick. Whoever wins, will get free 3 minutes at night.

Caution: Watch out those store cameras and public.

**1. No ejaculation night.** On this ‘holy’ night, both will not ejaculate.

If man starts ejecting semen or wife starts getting wet they lose the game. Rule is not to touch other genitals. But other parts are open for playing.

**2. Trying different sex postures.** – or multiple sex postures in a single attempt.

3. Watching a porn movie together, naked. Without touching each other. Whoever moves first loses the game.

**4.** Like removing cloths one by one during the game of chess or carum, as and when a pawn of the opponent is lost..

- 5.** Spraying perfume on one part of the body and your hubby should be blindfolded and will have to smell you to know where the perfume was sprayed..
- 6.** Having bath together, without touching genitals of each other.
- 7.** sex without smooch.
- 8.** Sex with full cloth on.
- 9.** Sex without using hands
- 10.** Sex without using lips

## **CHAPTER 64**

### **PARENTING TIPS: SEX EDUCATION – WHAT YOUR FIVE YEAR OLD KID SHOULD KNOW**

With the ever-changing pattern of parenting, it is very important that certain things are known to your kids at certain ages. Sex education raised a dust of controversy in recent period of time.

#### **Consider these sex statistics –**

More than 20% of children are sexually abused before the age of 8.

Evidence that a child has been sexually abused is not always obvious, and many children do not report that they have been abused.

Over 30% of victims never disclose the experience to ANYONE  
30-40% of victims are abused by a family member.

So there is something about sex, that your five-year old should be knowing.

Try telling them the following things. They will be helpful for the safety of your kid and to stop child sex abuse.

1. What are genital organs and buttocks. genital organs are useful in throwing out the waste products of food out of our clean body.
2. Nobody should touch or play with the genital organs or buttocks.
3. You also should not touch genital organs of other kids. Because it might be dirty and you may also get dirty.
4. If somebody is touching the genital organs repeatedly, forcibly hugging or kissing you repeatedly and if you are not feeling ok with it, tell that person, whoever he is, uncle, aunt etc, that you are not liking it and they should not be doing it to you. Then immediately you should come and tell to me.
5. Suppose someone takes your cloths off, unnecessarily, then do not allow him to do that. Do not allow someone to take your naked pictures. If someone is doing such things, then immediately you tell it to me.
6. Whenever you are talking to someone, and if they are using any kind of ugly language, and if you get doubt, come and tell to me.

7. If someone is showing you, naked and ugly pictures of people, come and tell that to me immediately.

**Consider these parenting tips.**

Whatever your kid goes through, he or she should be encouraged to report that to you. It is your responsibility to create such an atmosphere in your home so that your kids have absolutely no problem to tell anything in the world to you.

Never scold your kid whenever he comes and tells you something nasty.

Take him into confidence, console him, cajole him and explain him in simple terms, what is right and what is wrong and what should be done in future etc.

If you get a doubt that someone in your family or outside is behaving suspiciously with your kid, then do not wait till disaster.

**JUST ACT!** Keep your kid away from that person, convey to that person that what is done is wrong. Remember, awareness and courage to act are the key to stop child sex abuse.

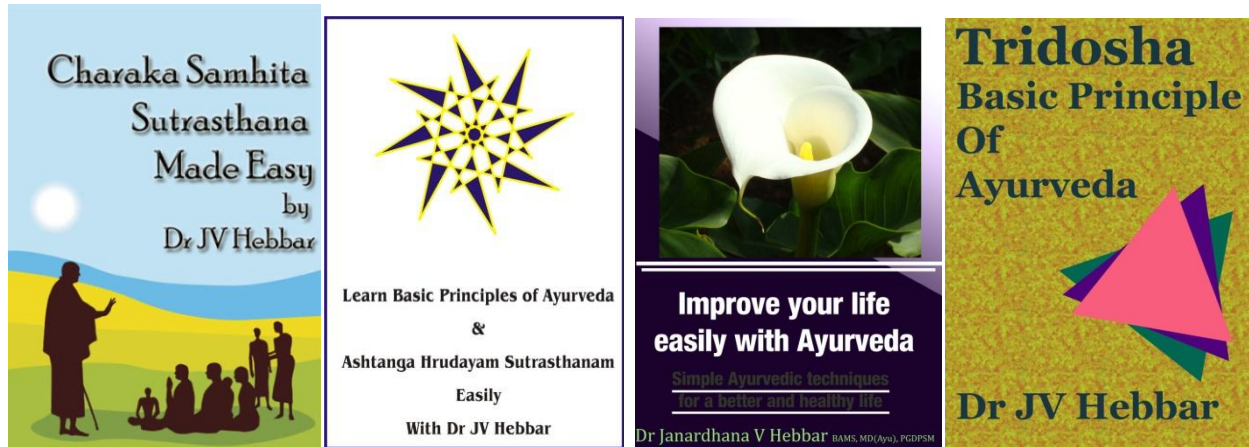
## **CHAPTER 65**

### **SEX EDUCATION FOR A 16 YEAR OLD BOY OR GIRL**

If you think that you cannot effectively convey the below mentioned points, then it is better to take your child to a counselor.

Your 16 year old boy or girl should know about these points:

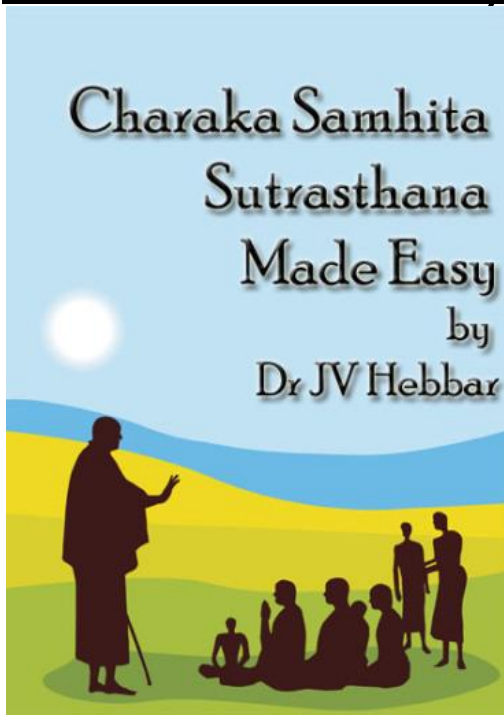
1. What is sexual intercourse?
2. What is abstinence? (Refer to my chapter on abstinence)
3. How abstinence helps to improve concentration
4. Abstinence is the essence of character building.
5. Abstinence is the tool for a better future.
6. It is right to have sex only after marriage.
7. Character building, education and career building are always more important than sex.
8. Masturbation details. (Refer to my chapters on masturbation)



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## **Chapters:**

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Chapter 3 Aragvadheeya Adhyaya

Chapter 4 – Shad Virechana Shatashriteeya Adhyaya

Chapter 5 – Matrashiteeya Adhyaya – Ayurvedic Dietetics

5.1 Herbal Smoking – Benefits, Rules, Side Effects, Blends To Try

5.2 How To Do Ayurvedic Nasya Treatment At Home? Nasal Drops For Long Life

5.3 Ayurvedic Way Of Teeth Brushing And Tongue Scraping

5.4 Tambul – Pan Chewing – Right Method And Benefits

5.5 How To Do Oil Pulling In Genuine Ayurvedic Way? 9 Tips

5.6 Ayurvedic Hair Care – Principles, Herbs, Oils And Medicines

5.7 Does massage work?

## 6th Chapter – Tasyashiteeya Adhyaya – Seasonal regimen

6. 1 Essential Ayurvedic Health Tips For Winter Season

6.2 Ayurvedic Health Tips For Spring Season

6.3 Ayurvedic Health Tips For Summer Season

6.4 Ayurveda Health Tips For Rainy Season

6.5 Ayurvedic Health Tips For Autumn Season

## Chapter 7 – Na Vegan Dharaneeya Adhyaya – Do Not Suppress Body Urges

7.1 The greatest Ayurvedic health secret – revealed!

7.2 Why Did I Skip My Lunch Today, Though I Am Not On Fast?

7.3 How To Analyse Effects Of Exercise On Health? Ayurvedic View

## 8th Chapter – Indriyopakramaneeya Adhyaya – Mind, Sense Organs

8. 1 How Knowledge Is Gained Through Sense Organs?

8.2 Mind – Qualities And Functions As Per Ayurveda

8.3 Eating etiquette: Healthy eating rules

## 9th Chapter – Khuddaka Chatuspada Adhyaya – 4 Basic Elements Of Ayurvedic Treatment

9.1 Say Thanks To The Doctor Who Cuts Your Medicines Down

## 10th Chapter – Maha Chatushpada Adhyaya – 42 Different Criteria For Ayurvedic Prognosis

### 10.1 How To Make Prognosis Of Disease According To Ayurveda?

## 11th chapter – Tris Eshaneeya Adhyaya – 3 Basic Desires Of Life

### 11.1 Money, Ayurveda, Spirituality – How To Strike Perfect Balance?

### 11.2 How Ancient Seers Developed Science Of Ayurveda

### 11.3 Abstinence: Brahmacharya – The greatest tool to improve concentration

## 12th Chapter – Vata Kalakaleeya Adhyaya – Vata Dosha – Qualities, Functions, Imbalance

### 12.1 Understand Vata Dosha By Its Functions

### 12.2 Understand Pitta Dosha By Its Functions

### 12.3 Understand Kapha Dosha By Its Functions

## 13th Chapter – Snehakarma – reparation For Panchakarma

### 13.1 Oleation – Snehakarma Dose, Benefits, Side Effects, Management

### 13.2 Health Benefits Of Ghee – Complete Ayurvedic Details

### 13.3 Sesame and Sesame Oil Benefits – Total Ayurveda Details

### 13.4 Castor Oil Benefits, Research, Side Effects, How To Use, Dose

## 14th Chapter – Sweating Treatment – Swedana Types And Methods

14.1 Why You Should Sweat – To Treat Disease,  
For Better Health

## 15th Chapter – Rules For Vamana and Virechana Treatment

15.1 Vamana Therapy – Right Method, Side  
Effects, Management

15.2 Virechana Therapy – Right Method, Side  
Effects, Management

## 16th Chapter – Chikitsa Prabhuteeya Adhyaya – Benefits of Vamana and Virechana Treatment

## 17th Chapter – Kiyanta Shiraseeya Adhyaya – Diseases Of Head, Heart And Abscess

17.1 Dhatu – 7 Body Tissues As Explained In  
Ayurveda

17.2 Decrease Of Tissues – Dhatu Kshaya –  
Reasoning, Symptoms

17.3 What is Ojas? How To Increase Ojas During  
Health And Disease? Ayurveda

17.4 Madhumeha – Ayurvedic understanding of  
Diabetes mellitus

17.5 Diabetic carbuncle – Ayurvedic Understanding  
And Treatment Modalities

## 18th Chapter – Trishotheeya Adhyaya – Types Of Swelling

## 19th Chapter – Ashtodareeya Adhyaya – Ayurvedic Disease Classification

### 20th Chapter – Maharoga Adhyaya – Qualities, Diseases, Treatment Of Vata, Pitta and Kapha

20.1 Vata Dosha Dominance In Different Body Parts – How it affects health?

20.2 Pitta Dosha Dominance In Different Body Parts – 8 Things To Know

20.3 Kapha Dosha Dominant Places in Our Body

20.4 How To Observe Vata Dosha Imbalance Symptoms In Your Body By Yourself?

20.5 How To Observe Pitta Dosha Imbalance Symptoms In Your Body By Yourself?

20.6 How To Observe Kapha Dosha Imbalance Symptoms In Your Body By Yourself?

20.7 How To Balance Vata Dosha? Line Of Treatment And Reasoning

20.8 How To Balance Pitta Dosha? Line Of Treatment

20.9 Activities And Diet For Kapha Balance

### 21st Chapter – Ashtau Ninditeeya Adhyaya – Weight Loss, Weight Gain Treatment, Sleep

21.1 Get Rid Of Sedentary Lifestyle – Solutions That Actually Work

21.2 Effective Obesity Treatment, Remedies And Ayurveda Tips

21.3 Healthy tips to put on weight, to become fat – Ayurvedic methods and remedies

21.4 What Is The Right Time To Sleep? How To Plan Your Sleep?

21.5 Day sleep – Sleeping in the day – good or bad? Ayurveda details

22nd – Langhana Brimhaneeya Adhyaya – 6 Basic Ayurvedic Therapies – Shat Upakrama

22.1 Langhana Therapy – A Unique Ayurvedic Treatment Principle

22.2 Brimhana Therapy – Nourishing Ayurvedic Treatment Principle

22.3 Rookshana Therapy – Drying Principle For Excess Oiliness

22.4 Stambhana – Blocking Therapy Principle For Leaking Disorders

23th Chapter – Santarpaneeya Adhyaya – Treatment For Diseases Of Over And Under Nourishment

24th Chapter – Vidhishoniteeya Adhyaya – Blood Formation, Causes of Impurity, Diseases, Treatment

24.1 Understanding Blood Functions, Vitiation And Treatment As Per Ayurveda

25th Chapter – Yajja Purusheeya Adhyaya – Best And Worst Things For Health And Disease

26th Chapter – Atreya Bhadrakapyeeya Adhyaya – Ayurvedic Pharmacology

26.1 Tastes – Types, Qualities, Therapeutic Action-  
Ayurveda Details

26.2 Benefits of Sweet Taste – Ayurveda  
Description, Effect On Body

26.3 Sour Taste – Qualities, Health Benefits, Side  
Effects

26.4 Salt Taste – Types, Qualities, Health Benefits,  
Side Effects

26.5 Pungent Taste – Qualities, Health Benefits,  
Side Effects

26.6 Bitter Taste – Qualities, Health Benefits, Side  
Effects

26.7 Astringent Taste – Qualities, Health Benefits,  
Side Effects

26.8 Bad Food Combinations And Solution As Per  
Ayurveda

27th Chapter – Annapana Vidhi Adhyaya –  
Classification Of Foods And Drinks

27.1 Anupan – Importance Of Adjuvants And After  
Drinks In Food And Medicine

28th Chapter – Vividha Ashita Peeteeya Adhyaya –  
Process Of Digestion, How Food Causes Disease

28.1 Understanding Digestion Process From An  
Ayurveda View

28.2 Increase And Vitiation Of Tissues – Dhatu  
Vruddhi



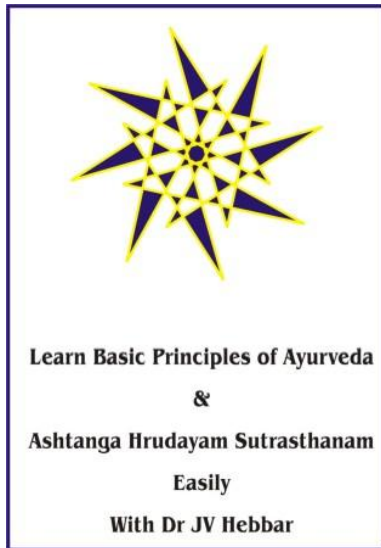
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– 10 Abodes Of Life

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## **Chapter details –**

Introduction to Ashtanga Hrudayam

## **Chapter 1:** Basic Principles Of Ayurveda- Ayushkameeya

### Adhyaya

- How To Easily Understand Ayurvedic Principles
- **Distribution Of Tridosha In Body And In A Day.**
- How To Understand Tridosha By Its Qualities?
- How To Make Prognosis Of Disease According To Ayurveda?

## Chapter 2: Dinacharya – Daily Routine – Ashtanga Hrudaya Sutra

### Sthana

- Does Massage Really Work?

## Chapter 3: Ritucharya – Ayurvedic Seasonal Regimen

- Ayurveda Health Tips For Rainy Season

## **Chapter 4:** Preventive Healthcare – Roganutpadaneeya Adhyaya

- Not Suppressing The Urges – Greatest Health Secret Of Ayurveda!
- Why Did I Skip My Lunch Today, Though I Am Not On Fast?
- How Much Water Should You Actually Drink? Ayurveda

### Opinion

## **Chapter 5:** Benefits Of Liquid Foods – Dravadravayadi Vijnaneeya

### Adhyaya

- Hot Water Benefits
- Cow Milk Benefits According To Ayurveda
- Buffalo Meat, Buffalo Milk And Buffalo Products – Benefits
- Goat Milk Benefits According To Ayurveda
- Curds Benefits: Full Ayurvedic Details
- Curd Consumption At Night? Can You Take Curd At Night?
- Buttermilk Benefits – Ayurvedic Explanation
- How To Make Buttermilk, Types: Ayurvedic Method
- Jaggery Health Benefits, Usage, Side Effects – Full Ayurveda Details
- Sesame And Sesame Oil Benefits – Total Ayurveda Details

**Chapter 6:** Quality Of Foods – Annaswaroopa Vijnaniya Adhyaya

- Winter Melon Health Benefits, Medicinal Use, Side Effects – Ayurveda
- Nutritional Health Benefits Of Grapes – Total Ayurveda Details
- Pomegranate Fruit Benefits – Anti Oxidants Plus Tridosha Balancing

- Chaturjata Churna – Benefits, Dosage, Ingredients, Side Effects

### **Chapter 7:** Annarakshavidhi Adhyaya Protection Of Food

- Sleeping In The Day – Good Or Bad?
- How To Sleep Naturally, Without Falling A Prey To Sedatives?
- 20 Sleep Tips On How To Sleep Better
- Abstinence: Brahmacharya – The Greatest Tool To Improve Concentration

### **Chapter 8:** Food Habits, Indigestion – Matrashiteeya Adhyaya

- The Best Health Advice That I Would Give To Everyone
- Anupan – Importance Of Adjuvants And After Drinks In Food And Medicine

### Chapter 9: Substances, Qualities, Action – Dravyadi Vijnaneeya Adhyaya

### Chapter 10: Tastes, Their Qualities And Effects – Rasabhediya Adhyaya

- Sweet Taste – Ayurveda Description, Effect On Body
- Sour Taste – Qualities, Health Benefits, Side Effects
- Salt Taste – Qualities, Health Benefits, Side Effects

- Pungent Taste – Qualities, Health Benefits, Side Effects
- Bitter Taste – Qualities, Health Benefits, Side Effects
- Astringent Taste – Qualities, Health Benefits, Side Effects

## **Chapter 11:** Tridosha In Ayurveda – Complete Details – Doshadi

### Vijnaneeya Adhyaya

- How To Understand Tridosha Easily By Its Functions
- Dhātu – 7 Body Tissues As Explained In Ayurveda
- Effect Of Imbalanced Dhātu – Tissues On The Body –  
Ayurveda View
- What Is Ojas? How To Increase Ojas During Health And  
Disease?

## **Chapter 12:** Dosha Types, Imbalance Symptoms –

### Doshabhediya Adhyaya

- How To Observe Vata Dosha Imbalance Symptoms In Your  
Body By Yourself?
- How To Observe Pitta Dosha Imbalance Symptoms In Your  
Body By Yourself?
- How To Observe Kapha Dosha Imbalance Symptoms In Your  
Body By Yourself?

- Types Of Doshas And Their Functions

### **Chapter 13:** Treatment For Dosha Imbalance, Ama –

#### Doshopakramaniya Adhyaya

- How To Balance Vata Dosha? Line Of Treatment And Reasoning
- How To Balance Pitta Dosha? Line Of Treatment
- Activities And Diet For Kapha Balance
- How To Balance Pitta Vata Dosha? 6 Points To Consider
- How To Balance Pitta Kapha Dosha? 6 Factors To Consider
- How To Balance Kapha Vata Dosha? 6 Factors To Consider

### **Chapter 14:** Two Types Of Ayurveda Treatments – Dvididha

#### Upakramaniya Adhyaya

### **Chapter 15:** Group Of Herbs Used In Panchakarma – Shodhanadi

#### Gana Sangraha Adhyaya

### Chapter 16: Snehana – Oils And Fats Treatment – Snehavidhi

#### Adhyaya

### Chapter 17: Sweating Therapy – Swedavidhi Adhyaya

### Chapter 18: Emesis And Purgation – Vamana Virechana Vidhi

#### Adhyaya



Chapter 19: Basti Treatment Procedure, Benefits- Basti Vidhi

Adhyaya

Chapter 20: Nasya Therapy Benefits Types Indication – Nasya

Vidhi Adhyaya

- How To Do Ayurvedic Nasya Treatment At Home? Nasal Drops For Long Life

Chapter 21: Herbal Smoking – Dhumapana Vidhi Adhyaya

- Herbal Smoking – Benefits, Rules, Side Effects, Blends To Try

Chapter 22: Oral, Ear And Head Therapy – Gandushadi Vidhi

Adhyaya

- How To Do Oil Pulling In Genuine Ayurvedic Way? 9 Tips

Chapter 23: Eye Treatment Types, Methods -Aschotana Anjana

Vidhi Adhyaya

Chapter 24: Ayurveda Eye Care – Tarpana Putapaka Vidhi

Adhyaya

Chapter 25: Instruments Used In Ayurveda – Yantra Vidhi

Adhyaya

Chapter 26: Surgical Instruments Of Ayurveda – Shastra Vidhi

Adhyaya

Chapter 27: Blood Letting Therapy – Siravyadha Vidhi Adhyaya

Chapter 28: Foreign Body Removal – Shalya Aharana Vidhi

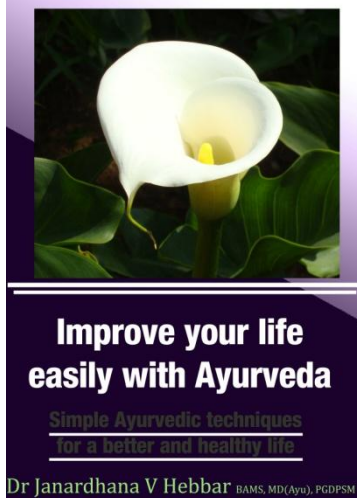
Adhyaya

Chapter 29: Procedure Of Surgical Operation – Shastrakarma

Vidhi

Chapter 30: Cauterization – Kshara Agnikarma Vidhi

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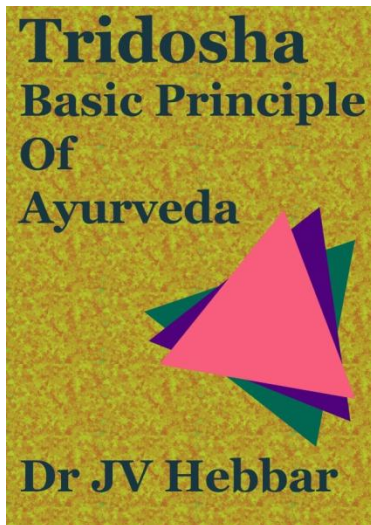


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5. Healthy daily routine: A strategic blueprint
6. Ayurvedic procedures that you should undergo regularly
7. Sleep, day sleep
8. Sexual life
9. How to give sex education to your kid?
10. Food habits
11. 5 Things to do after a high cholesterol diet
12. Watch what you eat at night!
13. Pranayama – effect on health, How to do Pranayama?
14. Exercise – A must in your daily routine
15. Gym or Yoga? Which one is good for you?
16. Exercise in the morning or at night?
17. Exercise tips to get fit over forty
18. Clothing tips – Tight clothing or loose clothing?
19. How to love your work and succeed in your profession?
20. Few herbs that you should use regularly
21. Herbal supplements – when you need it?
22. Ayurvedic home remedies for common health problems

23. How to be positive during the time of illness?
24. Cluttered mind – get rid of big hurdle between you and success
25. My best health advice to you – Watch your stomach
26. I feel lazy – how to get rid of laziness and procrastination?
27. How to differentiate laziness tiredness and fatigue
28. Self discipline
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### Chapters:

1. Introduction - Ayurveda And Tridosha
2. Understanding the principles of ayurveda
3. What Are Tridosha? – Vata, Pitta And Kapha
4. Qualities Of Tridosha

5. Dominance Of Tridosha
6. Location Of Tridosha
7. Function Of Tridosha
8. Types Of Dosha
9. Tridosha Body Constitution – Tridosha Body Type
10. What Causes The Tridoshas To Become Imbalanced?
11. Symptoms, Body & Mind Changes During Dosha Imbalance
12. Mental Doshas
13. How To Balance Doshas
14. Oil Massage
15. Ideal Diet For Vata Balance
16. How To Keep Vata Balance While Travelling?
17. Amla Remedy For Pitta Balance
18. How To Use Ghee, Externally For Pitta Balance
19. Ginger Home Remedy For Kapha Balance
20. Benefit Of Chyawanprash To Achieve Tridosha Balance
21. How To Take Amla Based On Your Body Type
22. Herbs And Their Effect On Tridosha

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