

## Bedroom Yoga: A New Sexual Performance Enhancer?

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Yoga has long been practiced for exercise, spiritual and recreational purposes. Recently, interest in *yoga* has increased exponentially; more so in the West. Though *yoga* has long been tried as a remedy for various physical and mental conditions; there have been unsubstantiated claims that it could be used to improve sexual satisfaction.

We explored potential of *yoga* to influence sexual satisfaction and published our maiden study 5 years back. The study was very well received. Following that, we have published 2 more studies and all 3 of our studies have shown that *yoga* can significantly improve almost all domains of human sexuality in a positive manner.

Mechanisms of usefulness of *yoga* in improving human sexuality could be many. These include relaxation of mind and body, reduction of stress, parasympathetic dominance, and better tone of pelvic muscles, reduction of anxiety or relief of depression. Notably, though drugs have a definite and undeniable role in managing sexual problems; drugs are unlikely to offer so many benefits at the same time without side effects.

We in our studies have found very good patient compliance by making them perform *yoga*. However, caution is that for usual sexual ailments; patients are first advised to see medical practitioners before trying *yoga* on their own for various sexual ailments. Self treatment

can be recommended only to those cases who have tried all sorts of medical treatment and are refractory to them. These could perform yogic exercises given in our papers under supervision or if they are fully confident of performing asanas on their own; they could do alone as well.

What is the way forward for these researches in science? Well, we are studying *yoga* in 5 more human domains, erectile dysfunction, female sexual satisfaction, male sexual satisfaction, *yoga* versus other forms of exercises and *yoga* as a method to delay sexual ageing in men and women. We urge other people with similar interests and invite other groups to perform more studies. We believe by collective collaboration; more can be learnt about this wonderful art and science and could benefit lot of patients who otherwise remain either untreated, or fail to go to medical practitioners, or cannot afford medical care or are totally refractory to medical treatment. An interesting area of study could be its utility as an adjuvant to standard medical care i.e. along with selective serotonin reuptake inhibitors we could use *yoga* in patients with premature ejaculation or sildenafil in patients with erectile dysfunction. This however remains to be studied and analyzed objectively. There are many more interesting avenues available and possibilities seem enticing.

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