

“Female Sexual Dysfunction (FSD)”

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Female Sexual Dysfunction (FSD) includes disorders of desire, arousal, pain and mute orgasm.

As many as 43% of women complain of at least one sexual problem.

The female sexual response requires the presence of hormones like Estrogens and Androgens. In the brain, Estrogens and Androgens work together to enhance sexual arousal and response. A balanced hormone (Endocrine) system is pivotal to a balanced sexual function.

Many women do not volunteer information about their sexual response and problems. There are differences in the ways in which men and women respond to sexual dysfunction. Traditionally the view has been expressed that the men focus more on the physiologic function and sexual performance, while the quality of relationship seems to be more important to women. Such generalizations are now considered a little dangerous and may ignore the underlying medical/pathological issues behind the sexual dysfunction in women.

The four components of FSD include: 1) Hypoactive Sexual Desire, 2) Sexual arousal disorder, 3) Orgasmic disorders, 4) Sexual pain disorder. All these components may have underlying medical, psychological and physical causes. The healthy sexual function can be attained with the correction of these underlying medical/psychological/physical conditions, once identified.

Caution should be taken while trying the OTC (Over the Counter) products claiming to increase the sexual function, as they may aggravate the underlying medical issues and bring more harm.

It's advisable and healthier to discuss the Sexual dysfunction issues with the doctor in detail and try to find the underlying correctable reasons for the same. **Remember, a healthy sexual life is an integral component of overall well being and women too deserve to have a healthy sex life forever.**