

Sexual Desire Increases When Fasting

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Javanese philosophy expert, Prof. Dr. Damardjati Supadjar said, a person's sexual desire would tend to increase when fasting in the month of Ramadhan. Although it is recognized that fasting seems to cause a person's physical condition to decrease. The increased sexual desire should be controlled properly in order to have a quality religious fasting.

"People should postpone their increased desire until Shawwal (Eid), while fasting after Ramadhan has actually to be improved," said Damardjati Supadjar in discussion *Sexual Desire While Fasting* at the Graduate School of UGM on Wednesday (25/8).

According to Damardjati, the increased sex drive during fasting is due to blood cells in the body that do not receive much nutrition, thus more blood flows to the genital area. "When blood does not digest food, the blood becomes off duty and flows to the "autonomous area"," said the Professor of Philosophy UGM, adding that what he said has been discussed in detail in the ancient Javanese book, *Bayanullah*.

He added that having sex for married couples is a wonderful relationship that is sacred, not just the release of desire, but it is more meaningful because there are principles of mutual respect and happiness between the couples.

In the meantime, UGM sexologist, Dra. Ira Pramastri, M. Si, conveyed that the commitment of both partners is essential in sexual relations. If one spouse refused to have sex, the decision must be respected by the other. "Couples should have mutual respect and reduce arrogance, able to appreciate the goodneses and weaknesses of each other, the readiness to be open to each other. They should mutually forgive each other, if at a time they can not satisfy their partners," said the lecturer of the Faculty of Psychology UGM.



The reasons of sexual dysfunction cases among married couples, she said, are psychological and organic factors, mainly due to excessive stress levels. "Almost 90 percent of sexual dysfunction cases are caused by stress, in addition to fear, anxiety, guilt feeling and sin," she said.

To please their partner, Ira advised men to be more confident when having sex; especially in terms of physical and mental readiness. Ira did not agree if the man is dependent on drinks or drugs for sexual intercourse. "Because of lack of confidence, they have mixed drinks and drugs that are dangerous for health; there are many casualties because of this," she added.

While for women, she suggested them to do more kegel exercise to tighten vaginal muscles, bioenergetic exercise, fitness exercise, and relaxation.

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