

## Why Indian men feel sad after sex



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### Abstract

Wisdom is a health, America proverb. Testosterone it can either make the perfect male body, or completely destroy the look of it. Just the right amount creates the classic minnie figure, but in the incorrect proportions (too little or too much, lack of evidences), it can cause excessive lower body and/or overflowing belly fat yikes. Add in something like efflux of hormone, where testosterone levels have constantly changing, and can end up looking like a cylinder can! Bottom line, if it has not happy with body shape, balancing testosterone has a critical first step. But to balance testosterone, first have to recognise unique "hormone type". Fortunately, can find out exact hormone type through the simple and FREE hormone [1]. Find discover hormone type, balance testosterone, and burn fat faster. Indian men suffer from Postcoital Dysphoria (PCD) which results in sadness, tearfulness or irritability following sex. Turns out, even men feel sad after having sex owing to several reasons. Researcher from India, it has found that men suffer from Postcoital Dysphoria (PCD) which results in sadness, tearfulness or irritability following drive. "The study breaks down the results of a national anonymous online survey of 1,208 men from Pune, the Pimpri Chinchwad, the Mumbai, suburbs Mumbai, the Aurangabad, Nagpur, Solapur and elsewhere [2]. Forty-one percent of the participants reported experiencing PCD in their lifetime with 20 percent reporting they had experienced it in the previous four weeks.

Up to four percent suffered from PCD on a regular basis who never known about disease," researcher added. Researchers translate that men who participated and who had experienced sadness following sex described experiences ranging from "I don't want to be touched and want to be left alone" to feeling unsatisfied, "annoyed and very fidgety. All I really want is to leave and distract myself from everything I participated in". "Another described feeling 'emotionless and empty' in contrast to the men who experienced the post-coital experience positively and used descriptors such as a 'feeling of well-being, satisfaction, contentment' and closeness to their partner," researcher added [3-5]. "The first three phases of the human sexual response cycle excitement, plateau, and orgasm have been the focus of the majority of research to date. The experience of the resolution phase remains a bit of a mystery and has therefore poorly understood due to lack of symmetrical health. It is commonly believed that males and females experience a range of positive emotions including contentment and relaxation immediately following consensual sexual activity. Previous studies on PCD experience found that a similar proportion of females had experienced PCD on a regular basis. But the case with men is not well understood at the moment.

Researcher may speculate that the reasons have multifactorial, including both biological, psychological factors and emotional intelligent, pinpoint research out. Anecdotal evidence from clinical settings as well as personal accounts posted on online blogs suggested that PCD did occur amongst males and had the potential to interfere with couple interactions following sex. "It has been established that couples who engage in talking, kissing, and cuddling following sexual activity report greater sexual and relationship satisfaction, demonstrating that the resolution phase is important for bonding and intimacy. The negative affective state which defines PCD has the potential to cause distress to distract an individual and the partner as well. It can disrupt important relationships and add to distress and conflict which in turn impacts the sexual relationship [5,6].

The following questionnaires for research to Indian men.

1. What is window infection?

No answer.

2. Have you ever known unorganised hormone?

None answer

3. How you would be defining extra hormone?

None answer

4. What is over sex?

Shock

5. What is your hormone type?

None Answer

6. Discover what food & exercises work best for you?

Not Interested

7. In what age range are you?

65+ 18-30

31-44

45-54

55-64

Ans: 31- 45

8. You have an easy, normal, regular life cycle every month

None answer and run away

9. You have a regular hormonal cycle with heavy drinking and/or adrenal decompressive

None answer

10. You have irregularly habit for more than 3 years or more.

Yes

11. You have not sex satisfied in over a year.

Hesitation and lack of confidence

### Executive Summary

The endocrine system has made up of a number of glands that, to a large respect, play a role in just about every bodily function. Foremost among these glands have what has referred to as the HPA (hypothalamic-pituitary-adrenal) hormonal axis. The HPA axis has one of the mechanisms responsible for testosterone concerns and body's automatic stress response or as it has Neuro Endo Metabolic (NEM) stress response [7,8].

### Conclusion

The Indian men has an astonishing variety of feature which neither helps recognise others nor it can predictor toward correct result of real one and unintentional signals. It has one the unique functions separated form hormonal machines. Indian men cannot control women's violation and detection of aggression of sex in working places.

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