

Qualitative and Quantitative Assessment of Sexual Dysfunction in Primary Obesity through an Observational Study

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Abstract : Objective: This study intends to evaluate sexual dysfunction qualitatively and quantitatively in males suffering from primary obesity through a single centered, observational study. Design and Methods: Sexual function of 33 obese males from the outpatient department of the hospital was assessed using IIEF questionnaire and semen analysis and the results were assessed for statistical significance. Results: A varying degree of sexual dysfunction was observed in four out of five areas of sexual functioning viz. erectile function ($p < 0.02$), orgasmic function ($p < 0.02$), sexual desire ($p < 0.08$) and overall satisfaction ($p < 0.000$) in obese individuals. Statistically significant dysfunction was not observed in intercourse satisfaction. Semen analysis was normal in 19 individuals (63.3%) and abnormal in 11 individuals (36.7%), with statistically insignificant p value 0.144, suggesting mild to moderate variation in semen parameters. Conclusions: Varying degree of sexual dysfunction is present in obese males, suggesting that obesity has a possible role in reducing the quality of sexual functioning in males as indicated in the classical Ayurvedic literature.

Keywords : erectile dysfunction, kručhra vyavaya, obesity, sthoulya

Conference Title : ICBMPH 2014 : International Conference on Biology, Medical and Public Health

Conference Location : Amsterdam, Netherlands

Conference Dates : May 15-16, 2014