

In Islam, a woman has the right to receive sexual pleasure from the husband just as he has the right to receive the same pleasure from his wife. In one hadith, the Prophet (peace be upon him) learned that one of his companions had been fasting several days in a row as well as praying all night on a regular basis. Upon hearing this he said, "Do not do that! Observe the fast sometimes and also leave the fast at other times; stand up for the prayers at night and also sleep at night. Your body has a right over you, your eyes have a right over you, and your wife has a right over you." Therefore, if the husband is obligated to satisfy his wife's physical desires, there is no reason why she should feel too shy to provide feedback and suggestions on how to make sexual intercourse more pleasurable for both of them.

Here are some possible solutions that can be suggested to the husband in order to improve the sexual relationship:

- use of lubricants to ease penetration
- maintaining hygiene/using fragrances
- engaging in adequate foreplay
- exchanging of affectionate words
- eye contact
- avoidance of penile withdrawal by the husband before the wife has achieved physical satisfaction as well

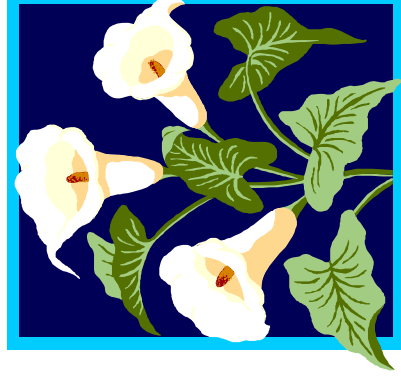
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## Female Sexual Dysfunction (FSD)



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## The Sexual Relationship in Islam



"And among His signs is this, that He created for you mates from among yourselves, that you may dwell in tranquility with them, and He has put love and mercy between you." (Quran 30:21)

Among the essential elements of a successful marriage is the intimacy shared between husband and wife. For this reason, Prophet Muhammad described sexual relations as a form of charity between the two spouses. Not only do each partner's efforts contribute to the other's satisfaction, but they serve as a means of preventing one another from turning elsewhere to obtain sexual fulfillment.

This can become a challenge to the couple when one of the partners suffers from sexual dysfunction, meaning that the body lacks the normal response in any of the phases of the sexual response cycle. This brochure provides you with information on female sexual dysfunction (FSD), a disorder affecting nineteen to fifty percent of women.

## Female Sexual Dysfunction

The sexual response cycle consists of three phases: the arousal phase, which manifests as an erection in males and swelling and lubrication in women, the orgasmic phase, which results in ejaculation in men and contractions of the outer third of the vagina in women, and the resolution phase, in which the muscles relax, and a sense of general pleasure is felt by both partners.

### What Causes FSD?

There may be medical conditions that affect the arousal phase, such as diabetes, heart disease, arthritis or the inability to control urination. Medications, cigarettes and alcohol may also be factors that inhibit arousal. In addition, psychological issues resulting from breast or reproductive cancer can contribute to FSD. Lastly, cultural issues and interpersonal conflicts with one's spouse may interfere with a healthy sexual relationship. Women who have experienced a traumatic event, sexual abuse, or those who have sexual phobia may have vaginismus, a condition in which the vagina contracts uncontrollably, causing penetration of the penis to become difficult and painful.

During various phases of her life, it is normal for a woman to experience decreased sexual desire and satisfaction. This may occur during pregnancy and the post partem period, and possibly during the time of nursing. During menopause, a woman's hormone levels decrease, causing physical and mental changes that may affect her sense of desire or arousal. It may also cause an increase in pain during intercourse because of the lack of lubrication.

## Medical Treatment

Despite the sensitivity of the issue, it is important to seek medical attention for this type of disorder as it may be an indication that something serious may be wrong with your health, which is causing the FSD. The treatment for disorders of desire includes counseling on changing positions and routines during intercourse. It may also include individual and/or marital counseling. Hormone replacement may be used for post-menopausal women if they are candidates. Before treating sexual pain disorders, gynecological and psychological issues may need to be addressed by a doctor.

### Working It Out Together

Certain elements in your relationship, which are only known to you and your husband, may be contributing factors to sexual dysfunction. By becoming more aware of and discussing these issues in an appropriate and comfortable manner, you can work together to improve your sexual relationship and quite possibly, the marriage itself. Leaving the problem unsolved is disastrous, as it can expose the marriage to stress. It often causes unrelated problems to arise due to the lack of harmony between the couple.