

In The Name of Allah



My name is **Mehdi Soraqi** and I live in Iran. I am very interested in studying and researching on the quality of life, the mysteries of happiness, sociology, anthropology and so on. Firstly, I would like to thank the dear reader for trusting me and hope that the article I have written would be helpful. This article may contain some grammatical errors, such as the repetition of verbs and terms, and incoherence between contents, so I apologize for this matter.

Another point is that I have tried to avoid duplicating contents that you have probably seen on many websites, and instead, summarize the best and most useful contents.

I request the dear reader to take some time and patience to read the entire contents of the article carefully.

Notice, although the title of this article is "Premature Ejaculation Treatment", but other sexual problems such as "erectile dysfunction" and "sexual desire disorder" etc. will be treated with full attention to the advice and guidelines presented here, in addition to the problem of premature ejaculation. I chose the title "Premature Ejaculation" for this article because most men think their primary sexual problem is ejaculation while they are wrong, and many of them are not yet fully aware of their main problem.

Taking a look at the main purpose of human life

Probably all human beings throughout history have sought to increase the quality of life and achieve happiness. Most people usually consider wealth as the first factor to be fortunate. But now we see that many people in the world are getting rich, but there is no real happiness despite the apparent high quality of life.

Why?

Have you ever thought about this?

You may be one of the many human beings, which have come to this conclusion.

One of the reasons is that perhaps our understanding of happiness and effective factors is incorrect. Happiness is an inner feeling. That is, a sense of satisfaction with life must come from within us. Therefore, our look should be an internal sight, not an external and environmental one. If we come to an understanding of the laws of the world about our nature, and of what satisfies us internally and what causes our inner dissatisfaction. Then, we will find the key factors of happiness and the way to achieve it. I will now look at happiness in a very general manner. The conditions of billions of people living on Earth are different. Happiness needs to be defined and reviewed truly. This is a very broad topic, and I have dealt with it in a limited manner in this article on the issue of prematurity and sexual problems. Of course, perhaps I will deal with it more precisely and broadly in another article entitled "Happiness From Another View" and then, upload it to the blog, one being ready. So, try to take a look at the blog occasionally.

We will examine happiness in terms of pleasure that is sexual pleasure in this article.

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We must consider pleasure from two dimensions. One is physical and apparent, and the other is spiritual and esoteric.

I will illustrate this with an example. Remember when you are eating, if both your body and your soul enjoy it, then you will experience a true and full pleasure.

From a physical point of view, this is not a very complicated matter. The main factors are probably the quality of your food, and the other is the health of your digestive system. If there is no problem with these two, you will most likely enjoy the physical pleasure of eating.

However, what is overlooked is the spiritual dimension of pleasure.

What is the spiritual dimension and what factors are important in this dimension? I try to answer very briefly and usefully.

First, how did you get the money for this dish? If you make money illegally, it will negatively affect the food itself and when you eat it, it will affect your soul. (Have you ever thought about this?) Alternatively, for example, if you know that your friend or neighbor may not be able to eat a simple meal, but you are eating the best food, the feeling of eating the best food while your neighbor is now hungry will have the same negative effect on your soul. In addition, if you eat it along with the one you love instead of eating it alone, you will feel more spiritual pleasure and the positive effects of eating it with those you love enter your body...

You may have heard that physicians say do not eat when you are upset or angry because it is very harmful to the body. Even though your food and digestive system are healthy, but because your soul is in distress, it can cause adverse effects on your body and damage your body. This is a much wider debate and I try to make it very concise and useful. This is a much wider debate and I try to make it very brief and useful. In this case, I would like to say that you will fully enjoy eating food when you observe the factors that bring both physical and spiritual pleasure.

Anyone who earns money with hard work and the right way, prepares some food, and eats it with his or her family in a happy environment, will enjoy it much more (even a very ordinary food). This pleasure is more than anyone else who earns his food money in a wrong way and eats it alone or even with his family (even if it is the best food in the world).

I made this introduction at the beginning of this article because I want to relate it to marriage and sexual pleasure. **One of the key factors in achieving happiness is a successful and healthy marriage.** The feeling of happiness that a person has with a beloved family and is committed to them will never be achieved with a single, guilty person, even if he is the richest and most famous man or woman in the world because God has created all creatures, even plants, in pairs. This illustrates that one of the conditions of perfection for any creature in the universe is to mate, and to marry and reproduce for human beings. Therefore, a single man is an imperfect creature, and nothing, even wealth, fame, power, and so on, can compensate for that, except for marriage.

But what kind of marriage?

Since marriage and sexual desire are not always available in the right way, as you reach puberty, sexual desire manifests itself. Some people restrain themselves when they need to satisfy their sexual desire and it is not possible to do so through marriage. Such people, although have had a difficult time in their pre-marriage period and keep themselves away from sexual abstinence through continence, but will have a happy, successful, and stable marriage by choosing the right

spouse. Because they have followed the right path according to the laws of the universe, and the universe offers them a reward, good life, and happy life (according to the laws of the universe, which will be explained further below).

Nevertheless, many people try to satisfy sexual desire as they reach adulthood with no commitment, law, framework, or regulation, and embark fearlessly on the path of sexual deviance.

Do you think the life of a blameless man will be the same as a devious and sinful man?

Well, it is natural that a person who has deviated his soul and body for many years and has destroyed both of them will experience mental and physical exhaustion that will eventually affect this life. For example, it can lead to depression, sexual problems, and therefore life dissatisfaction. This dissatisfaction with life and the feeling of discomfort is the punishment of the world to the midst of justice to make a difference between the life of a person who has a healthy sexual life and another person who has had sexual deviations.

One of the reasons that a person who has had sexual aberrations in the past does not enjoy his marital life is that both his body and soul are tired and hurt. When you are taking medication, you are treating only your body and what you are unaware of, is your soul. The problem will not be resolved unless the both are not treated.

Antidepressants, such as sertraline, which are prescribed for the treatment of sexual problems, are a superficial movement to heal the human soul. However, the problem is that they are not truly effective while these medicines have many side effects. The course of treatment is also usually very long, which certainly causes mental distress.

The root of the mental illness must be found first, and then, dried; just like the story of a man who was sitting by the river. Suddenly, he saw that the water is carrying someone who was asking for help. The man jumped into the water and rescued him with great effort. A few minutes later, the water flow brought another man, and he sought help from the man. The man jumped into the water again and rescued the second man, and again the next one ... and the man who was completely tired and could not save next ones, though about the cause. He moved opposite the direction of the water flow to see what caused this event. Little by little, he saw a bridge across which the people passed and once every few minutes a person fell into the water. He went over the bridge to see what the story was about. He saw an insane person was standing in the middle of the bridge and throwing people on the bridge into the river. He grabbed the man and fastened his hand to finish the story and prevent others to be fallen in the water, so he found the root of the problem and resolved it.

Probably this is the same thing about any other problem. It should be thought and find the root and cause of the problem, and then, fix it to solve the problem or effect. Instead of attacking the effect, or here, the illness, we should attack the cause. Here taking medication, is moving and attacking the effect or the illness, while we should move towards the cause. To avoid the cause, we always have to deal with the effect and here we have to take medicine for the rest of our lives. Constant use of medicines means high costs and mental and physical damage due to its side effects, while it is not guaranteed to eliminate the problem by taking medicine.

Here we take a brief look at one of the main contents of the article.

To cure the psychological damage caused by sexual deviation, I suggest passing the following path that I will probably refer again in other sections of this article:

First, ask God for forgiveness by accepting past mistakes, avoid repeating past faults, do your best to correct your past, and do good things. Avoid re-harming your soul by the commitment to the family, spouse, and laws of the world, and move toward healing. In the following, I will discuss the treatment of mental health problems more completely.

What matters first is your understanding of yourself, the universe, and the connection between these two. If you get an understanding of this, many problems will be solved easily.

Another important point is that you should never be disappointed in passing this path. When you come to this understanding then hopelessness gives way to hope for the future because according to the laws of the universe life will show you its happy side over time every time you step in the right direction. What is important is that you must return to the right path as soon as possible to get the results sooner. Do not let it be too late and your soul be so tired and bothered by the libertine deviations that it will be very hard to return to the path. Do not get hard on yourself and get back on path until life gives you the opportunity. Many people throughout history have not taken advantage of these opportunities and failed. Learn from their past and their lives, and do not repeat their mistakes. Think about it, if you see some people walking in a path that is full of deep wells and some people fall into that well and are no longer able to get out of it, are you still want to be on that path? God has allowed you to take a well-free path and reach the land of happiness by following this path correctly. Do not you want to take this opportunity?

We are free to choose. No one forces you to go to the wrong or right way. You know that the wrong path leads to the land of misery and the right path to the land of happiness. Now it is your choice. Think well and make the right choice.

Choosing the right path will not only solve just one problem but also all the problems. Choosing the right path may seem like you may lose a few things, but instead, you will find great things in life that many wish for, but fail to achieve. Moreover, you might get a little something in appearance by choosing the wrong path, but you will lose a great deal. (Think for a moment)

Premature ejaculation

Premature ejaculation is perhaps the main sexual problem of the male and failure to treat it can have devastating effects on the individual's personal, family, and even social life. It seems that due to the increased level of access to all types of media (media aimed at destroying the true nature of human beings and society) and their inappropriate use, the social movement of people around the world is towards sexual misconduct, lack of adherence to morality, crossing many red lines, increased distancing from religious and ethical commitments, trying to get pleasure at any cost and in any way, etc. The number of males with different kinds of sexually diseases especially premature ejaculation have raised in all countries around the world. Since years ago these problems have become a personal, family, and social crisis in many countries around the world, so there has been a great deal of research, articles, conversations, and therapeutic approaches to the evidence that seems to indicate there is no definitive cure for this disease yet, and all of these medicines are prescribed for control, not treatment.

Having a healthy, natural, and satisfying sexual relationship is one of the key factors in the happiness of marital life and the natural right of every human being. Even being the richest, the strongest, the most famous, etc. human being in the world, if you do not enjoy marriage enough, you will always feel a great defect and a vacancy in your life and you will never enjoy life enough.

When my wife and I are in a good sexual relationship, everything is fine and when our relationship is not good, nothing is good.

Overview of premature ejaculation:

Premature ejaculation is, in fact, a mental illness, which may be the result of one's sexual deviations that negatively affect the male sexual system over time. The sexual system is a combination of imagination, blood flow to the genital area, erection, genital irritation, ejaculation, and so on.

Treatment of premature ejaculation is different from the treatment of many diseases. Because the disease is not caused at once and its causes over time (over months and years), have caused it. So its treatment over time will require patience.

In my opinion, the first step in treatment is to have enough information about the male sex system, which I ask the respected reader to do with a simple search on the internet with the term "male sex system". I have written this article with this assumption that most of the beloved ones who are reading this article have learned a lot about it and are just unable to cure it.

Cause:

One of the most important and sad facts is that one of the main causes of premature ejaculation is the disruption of the correct rhythm of life in the past of a man moving along the path of sexual deviance. The negative effects of sexual deviance should be examined in two aspects:

One is the spiritual, intellectual, and religious aspect, and the other is the physical aspect:

First: The spiritual, intellectual, and religious aspect

For those who believe in the guilt of sexual deviations, I have to remind that people must first be accountable to God. They must think first, and specify his duty. Some believe that this is not a sin because just as the human body needs to eat and drink in times of hunger and thirst, it also needs to satisfy the sexual desire at any time and under any conditions without the need for any special rules, laws, or frameworks. I do not intend to go into details of philosophy, religion, ethics, and more. I want to just remind you that sexual deviance is a form of corruption. The word corruption means disruption of order. Each individual contributes to the disruption of the order of nature and the universe with a sexual deviation. Systems try to move in the order and the framework, for which they are set, and when a cause overrides the order of a system, the behavior and performance of that system also change. According to the argument of order, all the parts of the universe, as the name implies, are based on order, so it reacts to the disruption of its order. The universe is moving in the right direction, every being that is part of this universe must inevitably follow the same path, and if a human move in the opposite direction, the universe will react by trying to punish him, to put him in the right direction. Every deviation (of any kind) is punished accordingly by the universe. These punishments have many different types that are

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applied according to the circumstances. This punishment is not based on the hatred of the universe, but on its compassion and love (by the creator of the universe) to get the man back on the right track and to have a better life.

As stated, the universe is based on truth. Human nature, which is part of this world, is also based on this basis. That is, when you act according to your nature, you take the right path in life, do not lie, make money the right way, do not betray, violate, hate, but rather love, and so on.

It means you are moving according to the right laws of the universe. Therefore, the universe will also respond to your actions and bring back the positive results of your work. It is the feedback of your actions that makes you feel good about life and feel happy.

Now if you do the opposite, the universe will try to get you back on track. You may ask how? By punishing you! Yes, punishment.

Imagine the universe like a river that flows in one direction. Imagine yourself on a boat in this river. You do the right thing by following the water and along this path; you will reach the sea and the ocean of happiness.

But when you do the wrong thing, imagine yourself on the same boat that is barely rowing in the opposite direction of the river. This time, the water stream tries to get you in the direction of its flow by striking your boat. The more you resist and row harder (i.e. you make bigger mistakes and do more bad deeds) the more water strikes and the more you get tired and struggle. These heavy water flows are the punishment that the universe has intended for you. In these situations, you have no other choice; whether you have to give up the water and move along it or your boat will sink and drown. The result of this drowning is moving towards the ocean of misery, which means your failure and collapse in life.

Of course, amidst this river -where most people ride on delicate and fragile boats-and among the roaring waves, there are great, blameless, and pious men on large, safe, and secure ships. They are moving in the right direction with calm and power in these roaring waters. If you were one of those people whose boat crashed and was sinking into misery, you could get yourself to these ships and save yourself. We need to know and get help people who have come to save all humanity in the world.

This is a very important topic and a very detailed discussion, and perhaps in other articles, I will fully discuss the principles and ways of achieving true happiness, and then, upload them to the site.

The libertine sexual deviation is one of the instances of movement in the opposite direction of the universe, and as it was said, the person must be punished to return to the right path. Examples of punishment include lack of happiness in marriage, lack of healthy and satisfying sex with your partner, depression, reduced fertility, and so on.

I expressed these contents so that those who, like me, believe that sexual deviation is a sin must first abandon sin, repent, and ask God to forgive him to take the first step to the peace of their souls. Because as mentioned, the main treatment for premature ejaculation is mental therapy.

However, if you do not believe this, then you should not expect to be forgiven by the world and your punishment be ignored.

But another aspect of sexual deviance is its physical aspect:

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The libertine sexual deviations can cause both mental and physical harm to a person. I have explained a little about the traumatic injuries that can include chronic and acute depression, lack of happiness and joy in life, loneliness, lack of self-esteem, hopelessness, and so on. Nevertheless, it is evident from the point of view of sexual trauma that doing something harmful to the body will definitely hurt it. For example, when you smoke, there is no doubt that your lungs are damaged. The more you smoke, the more your lungs will be damaged. This is also true for drinking alcohol and so on.

One of the sexual deviations that definitely damages the body is masturbation, which is dealt with in full in the next section.

Masturbation:

There is no doubt that today, one of the main causes of premature ejaculation is severe masturbation during adolescence. If anyone reading this post is suffering from this condition, he/she should know that if he/she continues the process and does not quit, he/she would likely to have premature ejaculation and other sexual problems after marriage.

"If you want to have a vibrant and happy life, do not indulge in sex", said by Dr. Ismail Ajdari

Now I do not want to address the topic of masturbation in detail. Just to say briefly that because masturbation is done without the presence of a sexual partner, then it is an incomplete sexual relationship. Masturbation is not just about overly touching the genital organ, and thus, causing it to become too irritable and sensitive. The main disadvantage is the weakening of the nerves. Because doing so puts a lot of pressure on the human imagination and nerves. Therefore, weakening nerves over time and in the future can cause sexual weakness, erectile dysfunction, and premature ejaculation, which, of course, has a negative effect on different people. Unfortunately, some doctors today do not consider masturbation harmful to humans and even suggest it as one of the ways to treat premature ejaculation in such a way that a man begins to masturbate about one or two hours before having sex! Think yourself; can you clean a dirty surface with a dirty napkin?!

Masturbation is one of the main causes of premature ejaculation, and one of the key steps in treating premature ejaculation is to quit masturbation, so how do you propose to treat premature ejaculation? I think this is a big mistake and a big departure from medical science today. This is indicative of the helplessness of medical science in treating the premature ejaculation, which prescribes venom for the patient, instead of medicine. In my opinion, you should not think of this treatment and if you care about the health of your body and soul, quit masturbation at any level today, otherwise, you will see its negative effects.

Tips for quitting masturbation:

Remove all sexually stimulating factors from your computer, tablet, phone, etc.

Do not expose yourself to sexual stimulations. For example, avoid those who do not adhere to ethics, everyone in the world should know when and in what places he or she becomes aroused and be aware.

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- # Avoid loneliness and withdrawal.
- # Always look for a skill: artistic, sports, intellectual, and etc.
- # Follow a good and useful goal in life and keep your mind busy.
- # Exercise and drain your energy by any manner (heavy exercise before marriage and light exercise after marriage)
- # Do not go to bed until you feel completely tired.
- # Keep yourself busy; do everything except sexual stuff
- # Avoid anything that arouses sexual desire
- # Avoid wearing tight underwear.

You need to know that quitting masturbation requires a very strong will in the first place.

Of course, masturbation has different levels. For example, when you are leeching, reading sex stories, or looking at pornographic photos and videos, you are actually doing a kind of masturbation. This means that it should not lead to penile and ejaculatory touch. (Mental masturbation, a kind of mental sex)

The important thing is that at all times you should avoid doing anything that arouses your sex desire except for when you plan to have sex with your spouse. This may be the most important and toughest treatment step in today's world!

Every time a man pays attention to a photo, movie, sound, and anything that may or may not arouse or satisfy his sexual desire, it wastes some of its sexual energy.

Be careful; for example, when you are having a snack between breakfast and lunch, your stomach is busy, and you are consuming your appetite, you would no longer have much appetite for lunch. However, when there is an empty stomach between these two meals, then you will have a full appetite for lunch (even if the lunch is not very tasty!)

This (continence) is the hardest work and a full-blown war between you and yourself that results in a very sweet and enjoyable outcome.

Perhaps the least overlooked point is controlling the thought. This is the most important issue. Sexuality is highly influenced by imagination. Therefore, the most important thing is to avoid sexual deviation by controlling the eyes, ears, and all organs, especially the mind; store your sexual energy and use it at the right time, i.e. with your bedfellow spouse. You will see the result by following these instructions. Then you will find out what real pleasure is. We all want to have more fun, believe it if we get in the right path, we will enjoy it much more.

Sensory control of sexual deviation is one of the main principles of success and overcoming the problem of sexual weakness and premature ejaculation.

Since women were fully covered in many cultures of the world in the past and there were no satellites, Internet, pornographic photos and videos as well as so many manifestations of present-day depravity, men did not sexually arouse so much. Their sexual power was stored until the

end of their life, and a woman's body was very attractive to her husband, and attracted him for many years.

When a man is repeatedly subjected to sexual arousal, he sees photos and videos of a hundred naked women and make an intercourse with other women whenever he wishes, and so on, so his wife's body would be no longer attraction for sex.

It results in sexual weakness, coldness and dissatisfaction, premature ejaculation, depression, and so on.

Looking at porn photos and videos is very destructive. What we see in these films (Hollywood sex) never corresponds to the reality and the gentle spirit of healthy, natural sex, which is just commercial, to attract viewers.

Watching these scenes ruins one's thinking (It may not be out of human mind for years), raises false sexual expectations, destroys sexual attraction between men and women, and the result is obvious.

The stronger you are in the fight against sexual abstinence, the more you will enjoy the marital life. If you do not take this fight seriously, you would be sure to have devastating effects on your life.

Medical treatment of premature ejaculation:

New medicine

As mentioned, there are many medicines available to treat premature ejaculation. If you go to a psychiatrist or neurologist for treatment, antidepressants may be prescribed for your treatment, which may include clomipramine, escitalopram, fluoxetine, fluvoxamine, clomipramine, paroxetine, especially sertraline, and so on. In addition, if you see a urologist, he will probably prescribe dapoxetine, sildenafil (viagra), tadalafil, tramadol, and in some cases, anesthetic medicines like lidocaine spray or Xyla-P cream. I do not intend to interfere in medical science at all. You can yourself find out the efficacy and side effects of these medicines by doing a simple internet search. Most likely, you are one of those who have used some of these medicines, but you have not received the desired result.

If these medicines really worked, be sure that sexual problems especially premature ejaculation was not one of the biggest challenges of marital life nowadays.

Do you think why new medicine has been so weak and optimistic with so much progress in the treatment of premature ejaculation and other sexual problems?

The reason is that it does not yet have enough understanding of humans in all its dimensions. New science is all about focusing on knowing the body. How the sex system works, how to increase the secretion of serotonin, how to speed blood flow to the genital, etc.

If this method worked, it would now have completely cured sexual problems, but these problems still exist.

Why?

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We must have a spiritual view of humankind in addition to a physical view. You might say that antidepressants presented to treat premature ejaculation are related to the spiritual look of the man. This may be slightly true, but since these medicines, despite their side effects, have not yet had effective and lasting therapeutic impacts, it turns out that there is still insufficient understanding of the human spirit and not enough attention has been paid, that is why humans are usually incapable of treating many diseases, especially those with psychological roots.

Therefore, it may be the time to take a deeper and more comprehensive look at human beings and the related diseases that are widespread throughout the world today to quickly discover the cause of diseases. Then move in the direction of removing the causes and thereby curing the diseases and saving many people who pay a lot of money each year to buy medicines that have no actual effects besides having many side effects.

If you read the entire article carefully, you will get a much better understanding of the human being and the universe, and this will be very helpful in resolving your problems.

Traditional medicine:

Traditional medicine has offered different medicines in different countries due to the vegetation and other environmental features in those lands. Indian medicine introduces one medicine, Chinese medicine another, and so on.

The point is that first, these medicines are not fully effective and second, access to Chinese medicine is for example, very difficult and impossible for someone living in Australia (assuming the medicine is effective).

I do not know much about herbal remedies and their efficacy for treating premature ejaculation and other sexual problems, but the important thing is that if there were any effective herbal remedies in any country, definitely the department or the Ministry of Health would provide and globally register it. Since no medicine has ever been presented by any country, it shows that traditional medicine has not yet provided a definitive cure for premature ejaculation.

Traditional Iranian medicine has provided many prescriptions for the treatment of premature ejaculation, most of which come from older versions of great physicians such as Avicenna and so on. Some of which have really good therapeutic effects, but since it is very difficult for people around the world to access to these prescriptions and the used materials and herbs, I am just offering a very simple prescription that may have available compounds all over the world. It is a combination of honey and cinnamon. Combine a small spoon of cinnamon with two large spoons of honey, and eat a small spoon of this mixture every eight hours a day and refill the same way when finished. Of course, do not expect this to be a miracle, it may have some effects and may be less effective for some. The good thing is that it does not have any side effects and may only cause acne for some people. People with diabetes and hypertension should also consult with their doctor. You also have to be patient to see the effect.

The point I have to mention is that there are differences between the new medicine and traditional medicine. One of the main differences is that new medicine attacks the disease directly, but traditional medicine attacks the cause. Here is an example to clarify. The new medicine is like a commander who focuses all on enemy front line forces, which usually uses reserve forces ready for subsequent attacks. So, he only targets frontline troops. However, once these forces are gone,

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reserve forces replace it and attack again, but traditional medicine has its primary focus on targeting the reserve forces (seeking to eliminate the cause rather than attacking the effect) so traditional medicine needs more time to work and if these medicines are effective, they are much longer-lasting than chemical medicines (especially in sexual problems)

Of course, modern medicine and traditional medicine can work together to treat many diseases. In the treatment of some diseases, the new medicine is either impotent or weak, and traditional medicine can be helpful, and traditional medicine is weak in the treatment of some diseases, so new medicine and chemical medicines can help. The two are complementary to each other and should not be biased because the purpose and concern of both are the same, that is, human health.

However, by reading this article you will notice that I am not seeking medicine treatment and my main goal is to have no dependency on medicine (medicines offered by modern medicines and traditional medicine). The goal is to provide a thorough treatment of the disease as long as possible.

All kinds of medicines for sexually transmitted diseases are only to control the disease, not treat it. Regardless of the side effects of these medications, they may have a positive effect on the body in the short term, but the body will probably become unaffected by the medicine over time and no longer show the initial response. At this time, you change your doctor and try a new medication repeatedly. After some time, the effect disappears and so on.

In my opinion, medicine is useful when one is in the acute phase of the disease. For example, a man has severe erectile dysfunction or ejaculation always occurs in less than a minute. In these situations, short-term use of the medicine may be helpful and may be necessary for the beginning to give the person a sense of morale and confidence to get out of critical situations. Of course, in the case that the medicine has the least side effects, not the one whose losses are more than its usefulness.

You have to be careful not to rely on it, even if you get the best medicine in the world. All I am trying to do is to treat you naturally through the contents I wrote in this article and get to the point, where you find yourself needless of medicine. So, I have no emphasis on taking the medicine. Instead, I ask you to read the article, think, and follow the recommendations.

You should try to rely on yourself, not medicine.

The main treatment is mental therapy and no medication will have a lasting effect until this treatment is done.

Other methods and techniques for treating the premature ejaculation have been proposed:

Kegel exercises or pelvic muscles strengthening:

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1. Lie down and bend your knees slightly apart. You can do this exercise either on a chair or on foot. If you are sitting on a chair, try to keep your waist straight and create a 90-degree angle to the seat.

2. Tighten your pelvic muscles, start with the muscles around your anus first - like when you want to hold your stool and prevent it from being ejected.

Now focus on your genital area and tighten your genital muscles - like when you want to hold your urine and prevent urination.

3. Learn the above techniques, now (simultaneously and automatically) tighten the muscles of both areas, and try to pull these muscles to your navel. (Upward muscle suction)

4- Do this squeeze and suction for 5 seconds (if you cannot hold it for 5 seconds, do it for any time you can).

5. Release and rest for 5 seconds.

6- Repeat this exercise for 5 times.

7- Do the above exercise consisting of five repetitions, 3 times a day to start the treatment.

In the following- Try to increase the muscle tension in each exercise up to 10 seconds and rest for 10 seconds (you can count from 1001 to 1010 for 10 seconds) and do this three times a day.

For the final routine - Increase the squeeze, rest time to 10 seconds, repeat 10 times in each workout, and do this exercise 3 times a day.

Masters and Johnson's Technique

In this technique, the stimulation is first done. Then, each time the man approaches the peak of pleasure, he stops the stimulation and after a few moments, he tries again. In this way, you can control the relationship process after a few weeks of practice.

Another method that I may not be aware of. What is clear, is that none of these methods seem to have had the perfect effect on treatment.

Here are some basic guidelines for the treatment of premature ejaculation and other sexually transmitted diseases:

1- Controlling bad moods

Anger and rage, fretting, grief, loneliness, and so on all destroy the body and the sexual system. Although today's life is mixed with these harmful situations, managing them can be very helpful. Especially, the lack of properly managing these situations in the family circle and the marital relationships can have fatal consequences for marital life, and especially, sex. How can you enjoy having sex with your spouse when you are angry? Sometimes, the couple may be angry for hours, days, or maybe weeks for a little annoyance on a trivial matter. A little patience, forgiveness,

kindness, silence, and anger control can prevent many of these issues. The days and hours that could be happily spent become nerve-racking, usually for nothing.

This bad temper and annoyance will shut down sex.

The morality of a husband and wife, especially the morality of a woman, is very effective in enhancing the quality of a marriage. If a woman looks attractive, but brutal, she will soon lose her attraction to her husband, and this beauty may be repulsive to her husband. Nevertheless, if a woman has a casual appearance, but is ethical, her love and affection will be much more enduring in her husband's heart.

However, if an unpleasant problem arises, which is perfectly normal in your life, it must be managed and resolved first as soon as possible, the longer it takes, the more detrimental it becomes. We should all try to be as calm and happy as possible in the family environment.

You might say that if a person is rich, both the family environment will be happy and sexual relationships will be excellent and vice versa.

Although being wealthy can solve many problems, but believe me that there is no direct relationship between being wealthy and having a happy life. There may be a couple with good financial situation, but they have a happier life and better sex than a couple who are in much better situation.

Happiness includes many factors that wealth is just one of them.

There seems to be a direct relationship between the self-esteem and sexual ability. This means that men with higher self-esteem have more sexual strength and courage. A man who is constantly humiliated naturally causes this weakness to hit his soul, and then, weaken his sexual power. So, try to resolve matters that weaken your morale and personality and manage it, if it is not possible to be fixed.

2- Improving lifestyle

Exercise, Exercise, and Exercise

Exercising daily, even 10 to 15 minutes a day, is extremely beneficial for overall body health and therefore the sexual system. Do not forget the gentle exercise of any kind you may want; hiking, cycling, badminton, and so on.

You can also exercise in a room; first stretching, then, warming, , running a bit, and then, crunching, swimming, pullups in any way the conditions allow you.

An exercise is useful that does not make you too tired and provides you fun. (Heavy exercise for premarital and light exercise for postmarital period)

Loneliness and inactivity are very harmful. Avoid laziness and impatience, which is the beginning of evil.

Make sure the exercise is one of your daily plans. Regular exercise can regulate many of the body systems such as digestion, excretion, blood pressure, morale boosting, confidence, and happiness.

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Here, I do not mean heavy and professional sports at all, but I mean a mild and continuous daily exercise. This style of exercise over time guarantees human health. Avoid heavy exercise more than your tolerance because it will be more harmful.

So, one of the key steps in treating premature ejaculation is a mild, continuous daily exercise appropriate to your strength and morale.

It is interesting to note that there is no direct relationship between physical and sexual power. That is to say, do not imagine that men who are strong and full-bodied must have a stronger sex drive. Many of these men are likely to have sex problems, but they are working hard to hide their problems because they and others expect more from them.

However, there is probably a direct relationship between slimming and sexual power. In other words, obese men have less sexual power and desire than lean men. So, if you are overweight, losing weight will have a positive effect on your sexual system.

Imam Ali, peace be upon him, says, "Mediocrity is the best. Proper weight, mild exercise, working as much as possible and enough worshipping, enough violence and kindness, enough forgiveness, enough eating and drinking and so on."

Moving in the mediocrity of all aspects of life keeps people safe from many harms.

Nutrition:

In terms of nutrition, whatever is good for the body is also beneficial for sex and vice versa.

Diversity is more important.

Dairy, fruits, vegetables, whole grains (especially chickpeas), etc. are preferred to be eaten daily. If you cannot eat all of them, eat as much as you can. Drinking a glass of honey syrup daily is very useful. Honey does not have to be very high quality (a glass of water, a spoon of honey, and some fresh sour lemon juice)

Here are some of the foods we can divide into groups A and B:

To increase sexual desire, premature ejaculation, and erectile dysfunction treatment, try to consume more Group-A foods, if possible and less eat Group-B foods:

Group A:

Fig, grape, almond, sweet almond, berry, melon, carrot, apple, turnip, squash, sesame, Golab, beans

Mango, eggplant, orange, pistachio, pennyroyal, onions, horseradish, leeks, parsley, tea, dates, persimmon, cinnamon, olive oil, basil, turmeric, saffron, ginger, olives, cumin, garlic, pepper, hazelnut, celery, Raisins, Cabbage, Walnuts, Red Roses, Cotyledon, shallot, beehive, Coconut, Peas, Mint, cardamom

Meats: lamb, turkey, goose, poultry, quail, duck, camel, goat, ostrich, buffalo, stork

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Honey, Broth, Sheep Milk, Shrimp, Liver, Butter, Cream, fried eggs, Boiled Eggs, Camel Milk, Salt

Group B:

Rice, raspberries, lentils, wheat, coffee, chicory, lettuce, bananas

Cow milk, beef, pork, porridge, spinach, plum, pomegranate, balm, okra, cheese, cucumber, buttermilk, apricot, squash, pear, peach, watermelon

Pomegranate, Barley, Corn, Barberry, Vinegar, Russian Olive, Coriander, Cherry, Lemon, mung bean, sour orange, Starch

Goat milk, yogurt, Dough, fish, beef

If Group-B foods are your main or favorite foods, try eating those foods with some group-A foods if possible. For example, if fish is highly consumed in your country, be sure to eat a few dates with or after it, or if rice is highly consumed, use cumin or cinnamon powder when cooking. Or, make sure you eat cheese with walnuts and so on.

Avoid fast foods as much as possible. Alcohol is absolutely forbidden. Give value to your health to live a better life. Do not indulge in any food. I am totally against absolute vegetarianism. Eating meat is one of the basic needs of the body to be consumed as much. Of course, not the meat of every living being; I strongly disagree with eating dog, pork, gourds, mice, bats, and more. Try eating beef, mutton, camel, chicken, turkey, fish, etc. for a few months instead of eating them to see the positive effects on your body and soul. I do not think it will hurt. (So, try it once)

Eat food that will keep your body and soul healthy, not harm you. Prevention is always better than cure. Following the wrong lifestyle, we find ourselves suffering from mental and physical problems, and then, seek treatment. Why do not we prevent these problems by following the right lifestyle from the beginning?

Important and useful contents:

- Overall, keeping calm at all times is the solution to any problem. Try to avoid getting angry and jittery as much as possible because it has a very devastating effect on your whole body, especially your sexual desire.
- Showering with cool water (proportional to body tolerance) is very helpful at the end of a warm bath.
- Swimming in the river and the sea is great.
- It is useful to wash the genital area with cold water several times a day.
- A minimum of 6 hours and a maximum of 7 hours of sleep per day are required.
- Use cotton clothing as underwear.

- Do not use tight underwear.

3- Bedroom conditions:

If the conditions are available, the couple should have a separate bedroom and this room to be just their own. There should be nothing to worry about in this room. Contentions and so on should be done somewhere other than the bedroom. This room is just a place to relax. It is better not to have any pictures on the bedroom walls unless the couple themselves smiling together. Or a beautiful nature photo.

Not to mention other men and women photos, artists, models, animal photos, and more.

The bedroom should be reminiscent of good moods and memories so that at any time when the husband and wife enter the room, they feel good.

4- Intercourse:

Sex should take place in complete silence, low light, free of stress, nervous pressure, anger and sadness, and in complete peace as much as possible. In other words, it should be happen when the couple feels better, and partially, prepared for sexual intercourse. It is important to be aware of the sexual morals of women. It is crucial to prepare a woman before sex because women need more time to get ready for sex and this time is much shorter for men. (Avoid bird mating)

Otherwise, the woman will not enjoy sex much, thinking that it is just a means of satisfying the man's lust, and this will eventually make women hate their sexual relationship and lead to sexual coldness.

Very important point:

In sex, the husband and wife should focus only on each other, eyes, ears, thoughts, and so on.

Men and women should never think of another man or woman while having sex. This is one of the main causes of premature ejaculation. You may have heard this for the first time, when a man thinks of another woman during sexual intercourse, because the speed of movement of the soul and thought is much faster than the speed of movement of the body, and the body cannot move with the spirit and think. So, it causes the body to feel fatigue and ejaculate much earlier. Here, of course, a perfectly natural relationship is intended, not when a man uses dozens of delay pills, anesthetic spray, etc. In this case, he does not enjoy the sex at all, and so he wishes to fill this void with sexual fantasy and flight of thought, and enjoy as little as possible (Think about it well).

Other tips:

- Complete individual hygiene is very important for a couple.
- It is useful to use natural fragrances that are pleasing and not annoying.

- Forget music (even non-verbal music), light dancing, etc. during sex
- Other male or female voices should not be heard even on television during sex.
- Penetration should be done slowly and when a woman is ready.
- Man's affection for a woman during sex is very helpful, especially by sexual humor.

Of course, if you are having sex for a baby, you should avoid talking to and looking at each other's genitals. (Do some research on the proper conditions for germination in Islam and Shiite religion on the Internet)

- Admiring and praising each other is very helpful. It is very dangerous to humiliate a man.
- Make sure to go to the bathroom before having sex.
- Try not to have a constipation problem (continuous and gentle exercise is very helpful in preventing and curing constipation)
- Rub gently the distance between anus and testicles with olive oil about 15 to 20 minutes before having sex.
- Only have sex when your body needs to have sex. This does not mean that you must have sex two or three times a week on a specific date. Your body may not have the desire to do it at the moment. If you persist to do it, it is very harmful to your body and your sexual system.
- Always wash the genital area with cold water, unless the cold water is harmful to you, such as when you have a kidney problem.
- Do not make love with your spouse until her period is over.

Important: Until the man's sexual problem is completely resolved, he should manage the sex, especially during penetration. For example, when a man reaches orgasm, the woman allows the man to temporarily stop sex, and does not force him to continue sex. When a man is in charge of sex management, he is less stressed and able to control sex according to his mental and physical strength. Over time, this will increase male self-esteem and increase male management power and will have very beneficial effects on sexual quality.

Failure to comply with either of these principles will result in premature ejaculation. When a person becomes fully relaxed from a sexual relationship, his condition is completely attained. The basis of intercourse is based on love. Sex made for money, lust, amusement, and so on will never bring real pleasure for men and women (this is an incomplete sexual relationship). Affection is the basis for a relationship that makes the couple happy and calm, i.e., a husband and wife share bed and enjoy and please each other based on moral and religious principles and based on their love and affection for one another. Such a relationship will bring true and full sexual pleasure for both of them physically and mentally...

The reasonable time for normal sexual intercourse is about 10 to 15 minutes from penetration (although it can vary slightly in different people and conditions). An abnormal increase in time with the use of chemical medicines, anesthetic sprays, etc. makes the couple more tired rather than enjoying.

Conclusion:

You should know that the world has long been moving towards premature ejaculation and other sexual disorders and the conditions are getting worse. More severe sex problems, more powerful medicines, more complications and more...

Why? Because the lifestyle has changed and its rhythm is messed up. Is everything fixed with the medicine? Be sure, the best, and perhaps the only solution to this problem is to return to the proper rhythm of life-based on the nature God created. Sexual promiscuity of any kind and at any level necessarily disrupts the order of the sexual system and consequently, results in premature ejaculation. This is the law and nature of creation, which are unchangeable.

You injure yourself and your life with every deviation, and when you feel anxious, you quickly look for an antidote. How long to take poison and antidote? It is only the human soul and body that is being destroyed with these conditions, and the consumption of medicines with so many side effects.

So, what to do?

Is there any other way but to return to the right style of life and solve the root problem?

"Avoiding harm is profitable at any time." This is perhaps one of the best sentences that humanity has ever made. Every time you start to improve yourself and your lifestyle, your spirit and body will begin to recover slowly. The more effort and resistance you have along this path, the better your results will be.

Dear ladies and gentlemen, becoming married is necessary, but not enough. You must be committed while being married. Be fully committed to your spouse and life. Whatever you become indifferent to this commitment to any amount and at any level, the same negative effect will affect you and your life (never doubt).

A man cannot have relationships with ten other women (at any level) and expect his wife to show true love and affection for him as well.

You have spent your soul, yourself, your pleasure, which is only your spouse's right, elsewhere and no longer is desirable for your spouse.

Why do so many lives lead to emotional divorce or separation due to not paying attention to these issues and then we say, God! Why my life?

These are the problems that almost all the people of the world face in all countries of the world. Experts, sociologists, doctors, analysts, etc. are looking for solutions to the problem. But unfortunately, they have not yet been able to provide a proper solution to the increasing human problems because they do not have the correct, accurate, and complete understanding of all aspects of human existence and the universe. The deterioration of the situation is a testament to what I am saying.

Very important point:

Another major reason why human has not yet found a definitive cure for impotence is that rather than modifying lifestyle and respecting the rules of the world, if a chemical or herbal medicine is made and the patient is fully cured at any age, then human will see no boundaries in sexual deviance. The world will be ravaged by corruption and destruction in the worst possible way. At that time, neither purity makes sense, nor commitment to family and religious beliefs. If one knows that sexual abstinence and extravagance will not hurt him, or there is a medicine that cures him completely if it hurts, he will never fear the consequences of his sexual deviations and will go astray and live in corruption for the rest of his life. (Think well about it)

As a simple example, if cockroaches are gone, many of us will never follow cleanliness in life.

It is not always right "to live in the moment" but "it is always important to live right"

Unfortunately, the illicit relationship between men and women is now widespread around the world of marriage and religion. It is completely contrary to the laws of the universe and the principles of religion and anyone who commits this ugly act anytime anywhere in the world must surely expect the punishment of the universe and its consequences in life.

Do you know any man or woman who are not committed to his/her spouse and ethics but meanwhile, love his/her spouse and feel happy in marital life? I mean real happiness, not apparent happiness. Can you eat poison and expect that you would not be harmed? It is one of the rules of the creation that every action has a reaction and a consequence in accordance with that action.

Doing good leads to good results, and doing bad will cause bad results. The choice is yours.

In the end, thank you very much for taking your time to read the article, and I kindly ask you to just test the recommendations and guidelines I have provided for three to four months. Be sure you will not lose anything and in return, you will get many good things not only about sex but also many other things that will enhance the quality of life and the sweet feeling of happiness.

If you find this article useful and helpful, I would like to ask you to send the blog address to others. There may be many people in the world whose lives are affected by these problems. Therefore, their problems can be resolved and they would have a better life by studying this article and following its guidelines.

<http://smiz5.blog.ir/>

Remember:

whosoever puts his trust in Allâh then Allâh will suffice him.

And

whosoever fears Allâh and keeps his duty to Him, He will make a way for him to get out (from every difficulty)

I hope the article content has been helpful to you.

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