

Research Journal of Pharmaceutical, Biological and Chemical Sciences

A Concept of Hypersexual Disorder.

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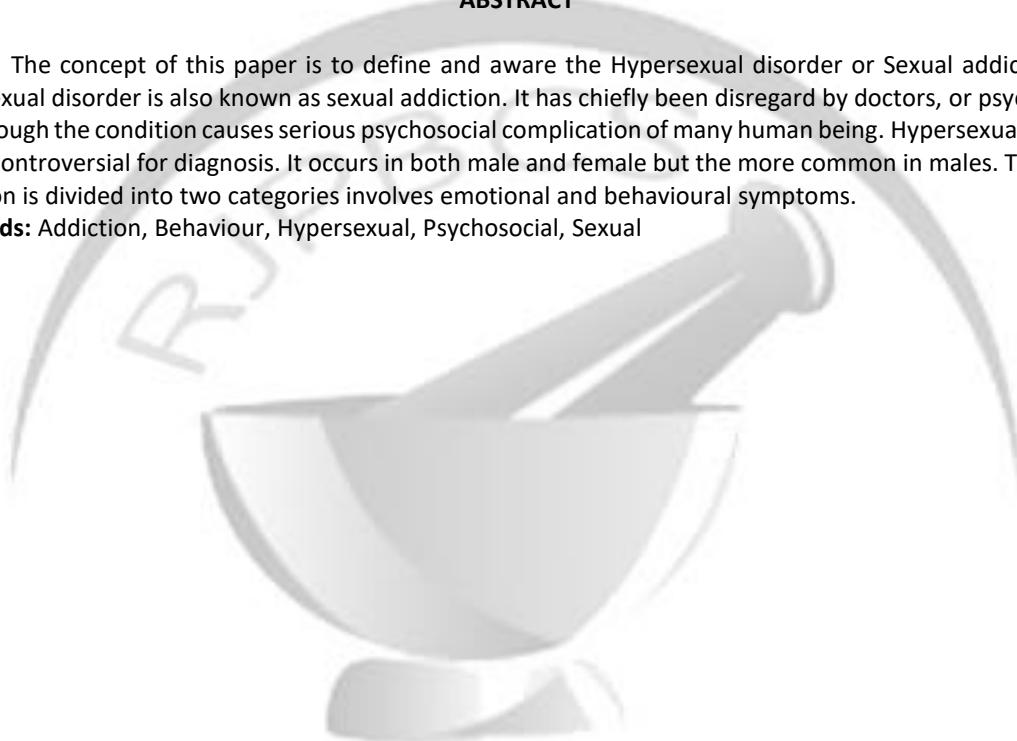
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ABSTRACT

The concept of this paper is to define and aware the Hypersexual disorder or Sexual addiction. The hypersexual disorder is also known as sexual addiction. It has chiefly been disregard by doctors, or psychiatrists, even though the condition causes serious psychosocial complication of many human being. Hypersexual disorder is very controversial for diagnosis. It occurs in both male and female but the more common in males. The sexual addiction is divided into two categories involves emotional and behavioural symptoms.

Keywords: Addiction, Behaviour, Hypersexual, Psychosocial, Sexual



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INTRODUCTION

Hypersexual disorder or Sexual addiction is the Compulsive sexual behaviour by men or women. In clinical literature, numerous title has been used to label the condition, including Sexual Compulsivity, nymphomania, Out-of-Control Sexual Behaviour, Satyriasis, Sexual Impulsivity, Sexual Addiction and Hypersexual Behaviour. The hypersexual disorder is proposed for inclusion in Diagnostic and Statistical Manual of Mental Disorder (DSM) but proposal to add the sex addiction or hypersexual disorder does not appear in DSM. The board member of the selection committee rejected the several proposals for new disorder due to lack of empirical evidence in sexual addiction and quote that there was not enough research to consider adding the disorder to section three (disorder that require further research) of the DSM. The clinical data of study estimated that sex addiction men and women were more likely to be younger and to have been separated from their parents during their childhood. (In Men 12.1% of the sample & Women 6.8 of the sample). The treatment of hypersexual disorder is not clinically performed but it associated and treated with other behavioural disorder. The hypersexual disorder symptoms are divided in to two categories, first is behavioural and second is emotional symptoms.

Symptoms of Hypersexual Disorder

Hypersexual disorder or sexual addiction is very homogeneous to additional addictions, like drug addiction or alcohol addiction. Here is the some of the major common sex addiction symptoms:

- Uncontrolled Sex Behaviour.
- Excessive time spending in sexual activity like frequent viewing pornography, sex contain websites, adult magazine etc.
- Exorbitant time spent obtaining sex like- Frequent one-night stand with unknown person or prostitutes, sex with children and multiple extramarital affairs.
- Obligatory masturbation, with or without pornography.
- Unsecure or physically hazardous sex practice.



Figure-1: Overthinking of Sex

Types of Hypersexual Disorder

The Hypersexual disorder or sexual addiction is divided in to two parts that involve Behavioural symptoms and second is emotional symptoms.

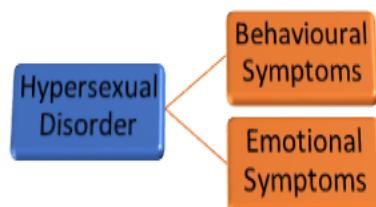


Figure-2: Types of Hypersexual Disorder

Behavioural Symptoms

In Behavioural symptoms the patient seeking new sexual partners, having frequent sexual encounters, engaging in Imperative masturbation, perdurable viewing of pornography like sexual videos, sexually contain websites, sex magazine, sex chat etc. engaging in dangerous sexual activity and paying for sexual service are comes under behavioural symptoms.

Emotional Symptoms

In emotional symptoms, the patient obsessive thought of sex, rationalization about the continuation of sexual behaviour, a tendency to separate intimacy from sex, feeling of blameworthy about excessive sexual behaviour and an absence of control in many aspects of life.

Healing of Hypersexual Disorder

The Shortage of consensus and empirical research on this disorder, apparent diagnostic criteria are needed to examine the impact of pharmacological treatment of controlled study. Medical Healing have limited evidence of success. But with other behavioural addiction the suitable treatment of sexual addiction should associated a combination of pharmacological treatment. Hypersexual disorder healing involves family therapy, couples therapy, psychotherapy, medication, and group therapy.

Group Therapy

In this therapy the patient is involving in regular sessions with a miniature figure of other sex addict patients. Experienced counsellor or therapist directs the session. The group therapy is very useful and supportive by the each other patients.

Psychotherapy

The Psychotherapy is play very important role in any types of addiction healing. In this therapy the therapist is addressed, dealing with conflict, self-awareness, pick-out and changing the negatives thinking. In this session, the Psychologist deliver motivational lectures to patient.

Family and Couple Therapy

The patient who is affected by hypersexual disorder is always impacts family and significant other. In this therapy session provide an occasion to address emotions, undistinguished conflicts and problematic behaviours. This therapy is pillar by helping those nearest to patient advantage a better understanding of patient addiction.

Medication

The medication played key role of this types of disorders. Some medication may help reduce uncontrollable behaviour and obsessive thoughts. And some medication may target specific hormones associated with sex addiction. In pharmacology, the target and control drug delivery method is very useful for hormonal specific medication. Some examples of medication are like Antidepressants, Anti-androgens (sex hormone affected drug), Mood stabilizer and Naltrexone.

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