Penis Cleanse - I

Structure:
The penis is the male sex organ, reaching its full size during puberty. In addition to its sexual function, the penis acts as a conduit for urine to leave the body.

The penis consists of a cylindrical shaft with a rounded end called the glans (head of the penis). The shaft and glans are separated by a groove called the sulcus. The entire penis - shaft and glans - is covered by a continuous layer of skin. The section of the penile skin that covers the glans is called the foreskin or prepuce. The foreskin consists of two layers, the outer foreskin and an inner lining similar to a mucous membrane.

Before birth, the foreskin and glans develop as one tissue. The foreskin is firmly attached or totally fused to the glans. Over time, this fusion of the inner surface of the prepuce with the glans skin begins to separate by shedding the cells from the surface of each layer.

Eventually, sometimes as long as 5, 10 or more years after birth, full separation occurs and the foreskin may then be pushed back away from the glans toward the
abdomen. This is called foreskin retraction. The foreskin may retract spontaneously with erections which occur normally from birth on and even occur in fetal life. If the foreskin does not seem to retract easily early in life, it is important to realize that this is not normal and that it should eventually do so.

The foreskin protects the glans throughout life. The glans at birth is delicate and easily irritated by urine and feces. The foreskin shields the glans; with circumcision this protection is lost. In such cases, the glans and especially the urinary opening (meatus) may sometimes become irritated or infected, causing ulcers, meatitis (inflammation of the meatus), and meatal stenosis (a narrowing of the urinary opening). Such problems virtually never occur in uncircumcised penises.
Corpus cavernosum are the two columns of tissue running along the sides of the penis. When aroused, blood fills this tissue to cause an erection. An erection results from changes in blood flow in the penis. When a man becomes sexually aroused, nerves cause penis blood vessels to expand. More blood flows in and less flows out of the penis, hardening the tissue in the corpus Cavernosum.

Corpus spongiosum is a column of sponge-like tissue running along the front of the penis and ending at the glans; it fills with blood during an erection, keeping the urethra, which runs through it, open. The urethra runs through the corpus spongiosum, conducting urine out of the body.

**Functions of Penis:**
The penis functions both as a reproductive organ and an excretory organ:

- As a reproductive organ, the penis becomes erect during sexual intercourse in order to deliver semen more effectively into the vagina. Semen travels through the urethra to the tip of the penis where it is ejaculated out of the body.
- As an excretory organ, the penis delivers urine out of the body through the urethra.

**Problems of Penis:** Penis problems can be a sign of an underlying health condition. Ongoing health issues affecting your penis also can impact other areas of your life, causing stress or relationship problems and harming your self-confidence. Conditions that can affect your penis include:

- **Erection or ejaculation problems.** These might include the inability to get and keep an erection firm enough for sex (erectile dysfunction) or, uncommonly, a persistent and usually painful erection that isn't caused by sexual stimulation or arousal (priapism). Other concerns might include the inability to ejaculate, premature ejaculation, delayed ejaculation, painful ejaculation and retrograde ejaculation, when semen enters the bladder instead of emerging through the penis.
- **Sexually transmitted infections.** Various sexually transmitted infections can affect the penis, including genital warts, gonorrhea, chlamydia, syphilis and genital herpes. Common signs and symptoms might include painful urination, penis discharge, and sores or blisters on the penis or in the genital area.
- **Problems with the foreskin.** A condition known as phimosis occurs when the foreskin on an uncircumcised penis can't be retracted from the penis head.
Paraphimosis occurs when the foreskin can't be returned to its normal position after being retracted.

- **Other diseases and conditions.** A yeast infection can cause a reddish rash and white patches on the penis. Inflammation of the head of the penis (balanitis) might cause pain and a foul discharge. Peyronie's disease, a chronic condition that involves the development of abnormal scar tissue in tissues inside the penis, might result in bent or painful erections. Penile cancer — which might begin as a blister on the foreskin, head or shaft of the penis and then become a wart-like growth that discharges watery pus — also is a rare possibility.

**Causes:** Various factors can affect penis health — some modifiable and some not. For example:

- **Unprotected sex.** You can contract a sexually transmitted infection if you have unprotected sex.
- **Heart disease and diabetes.** Restricted blood flow caused by diabetes and atherosclerosis (hardening of the arteries) can cause erectile dysfunction.
- **Certain medications and treatments.** Certain medications and treatments can affect your penis health. For example, surgical removal of the prostate gland (radical prostatectomy) and surrounding tissue as treatment for prostate cancer might cause urinary incontinence and erectile dysfunction.
- **Smoking.** Smoking doubles your risk of erectile dysfunction by restricting the blood flow to the penis.
- **Hormone levels.** Hormone imbalances, such as testosterone deficiency or too much of the hormone prolactin, have been linked to erectile dysfunction.
- **Psychological problems.** Depression can cause a loss of libido. Likewise, if you experience an erection problem, you might be concerned that it'll happen again, causing anxiety or depression. This can compound the problem and lead to impotence. Trauma, such as child abuse can lead to pain associated with sex.
- **Neurological conditions.** Stroke, spinal cord and back injuries, multiple sclerosis and dementia can affect the transfer of nerve impulses from the brain to the penis, causing erectile dysfunction.
- **Getting older.** Testosterone levels decline normally as you age. This might lead to a decrease in sexual interest, a need for more stimulation to achieve and maintain an erection, a less forceful ejaculation and a need for more time before you can achieve another erection.
- **Piercings.** A penis piercing can cause skin infections.
• **Aggressive or acrobatic sex or masturbation.** If your penis is bent suddenly or forcefully while erect, the trauma might cause a penis fracture though rare.

**Symptoms:**

• Changes in the way you ejaculate
• Bleeding during urination or ejaculation
• Warts, bumps, lesions or a rash on your penis or in your genital area
• A severely bent penis or curvature that causes pain
• A burning sensation when you urinate
• Discharge from your penis
• Severe pain after trauma to your penis
Penis Cleanse - II

Penis health is an important part of men's health — and it goes beyond your ability to get and keep an erection, ejaculate and reproduce. It's the body part that men arguably value the most, so you owe it to your penis to always keep it clean, healthy and fit for purpose. Give it the care it deserves and you may not be the only one to benefit; your partner will probably be grateful too.

- Gently wash the penis with water each day when you're having a shower or bath. If you have a foreskin, pull it back gently and wash underneath. If you don't wash underneath the foreskin correctly, a cheesy-looking substance called smegma may begin to gather. Smegma is a natural lubricant that keeps the penis moist. It's found on the head of the penis and under the foreskin. If smegma builds up in the foreskin, it can start to smell, stop you easily pulling your foreskin back and become a breeding ground for bacteria. This can cause balanitis (balanoposthitis).

- If the glans of the penis becomes red sometimes then apply an antifungal cream locally. To identify the cream try a few commonly available ones from the market alternatively and one of them will suit you best. Cure Yourself.

- While regular personal hygiene is important, too much washing with soap and shower gels can cause soreness. Gently washing your penis, once a day, with warm water is sufficient to maintain good hygiene. If you want to use soap, choose a mild or non-perfumed soap to reduce the risk of skin irritation.

- It may be tempting to use talc and deodorants on your penis, but these are best avoided because talc will get under the foreskin, where it may cause irritation and infection.

- Don’t forget to clean the base of the penis and the testicles, where sweat and hair can combine to produce a strong smell, just as unpleasant as in your armpits. These areas need frequent washing to stop sweat from accumulating, especially as they are enclosed in underwear for most of the day.

Healthy penis tips

Fall asleep immediately after the last thrust

Every night while you're sleeping like a baby, your tackle is wide awake, you have between 10 – 15 minutes long erections. Those erections are not there just to make life interesting for your bedmate; they work to recharge your penis, keeping it well-nourished with oxygenated blood. Theoretically, the more nocturnal erections you
have, the more flexible your erectile tissue will become. And that may help keep erections strong as the years wear on.

Quit smoking

Get a grip on your cigarette addiction before gripping your penis becomes a pointless exercise; because it’s incapable of getting hard. Smoking is a known cause of impotence and there’s some evidence that smoking affects erection size.

It has been found that smokers’ penises are significantly smaller than non-smokers’. In addition to damaging blood vessels, smoking may cause damage to penile tissue itself, making it less elastic and preventing it from stretching.

Stop ramming your penis into hard objects

Just one vigorously misplaced thrust is all it takes to rupture the corpora cavernosa, the elongated “erectile chambers” that run the length of your penis. A complete rupture will require surgery within 24 hours to stanch internal bleeding and reduce the risk of permanent damage. A partial tear isn't as serious, but it may cause problems later on. As the linings of the corpora heal over with scar tissue, they lose their elasticity, leading to curvature, pain, and eventually impotence. More than a third of impotent men have a history of penile trauma. To protect yourself, be careful when she's on top. That's the position likely to cause damage.

Walk it off

Whether it’s a big Sunday lunch, a hangover or a bad mood, start walking. Researchers found that men who walked just 2kms a day had half the rate of erection problems of more sedentary men. 20 minutes of jogging or 30 minutes of weight training will work, too.

Say no to affairs

It’s common for men who start having affairs to stop having erections – so common, in fact, that doctors who treat erectile dysfunction often ask their patients if they’re getting any action on the side. This is largely down to guilt at having the affair. Guilt can turn to anxiety, and that can kill an erection.

Yawn more

It may not seem like it to you, but as far as your body’s concerned, yawning and getting an erection is practically the same thing. In fact, when you yawn you’ve probably just narrowly missed getting an erection.
Both responses are controlled by a chemical called nitric oxide. Released in the brain, it can either travel to the neurons that control mouth opening and breathing, or go down the spinal cord to the blood vessels that feed the penis. Sometimes it does both (that’s why a big yawn can cause a tremor down under). Allowing you to yawn now and then throughout the day may help prime the neurochemical pathways that lead to good, sturdy erections.

**Lose your fat gut**

Keeping on top of **blood sugar levels** won’t just keep you healthy: besides the monastery, having diabetes is the quickest route to a lifetime of celibacy. In fact, more than 50% of all men with diabetes are impotent. The disease hits the penis with a double whammy. It accelerates the process of arterial disease, and it slows the transmission of stimuli along nerves throughout your body. And, let’s face it, a numb penis is not a happy penis.

**Have some pomegranate**

New research points stiffly to the pomegranate as the way to raise your night-time performance. One glass of this miracle cancer cure every day helps manage erectile dysfunction, with 47% of those tested reporting improvements with their sexual function.

The positive effect has been attributed to the high anti-oxidant content in pomegranate, which prevents free radical molecules from disrupting proper circulation to your genitals. So your heart will be able to take the strain of your new personal bests in the bedroom.
Practice yoga

The lotus position

Contorting yourself into wild poses can do wonders for your love-making. A cure for premature ejaculation could be found at your nearest yoga class.

Lust but don't thrust

During sex focus on small, shallow movements that penetrate the first two to three inches of her vaginal canal. You'll last longer if you're not thrusting vigorously and it arouses her more, too.

Foreskin Hygiene: The foreskin is easy to care for. The infant should be bathed or sponged frequently, and all parts should be washed including the genitals. The uncircumcised penis is easy to keep clean. No special care is required! No attempt should be made to forcibly retract the foreskin. No manipulation is necessary. There is no need for special cleansing with Q-tips, irrigation, or antiseptics; soap and water externally will suffice.

Steps to keep penis healthy

You can take steps to protect your penis health and overall health. For example:

- **Be sexually responsible.** Use condoms or maintain a mutually monogamous relationship with a partner who's been tested and is free of sexually transmitted infections.
- **Get vaccinated.** If you're age 26 or younger, consider the human papillomavirus (HPV) vaccine to help prevent genital warts.
- **Stay physically active.** Moderate physical activity can significantly reduce your risk of erectile dysfunction.
• **Know your medications.** Discuss medication use and possible side effects with your doctor.

• **Pay attention to your mental health.** Seek treatment for depression and other mental health conditions.

• **Stop smoking and limit the amount of alcohol you drink.** If you smoke, take the first step and decide to quit — then ask your doctor for help.

• **Be regular.** Frequent sex or sexual activity might help you maintain erectile function and delay the ejaculation.

**Penile Implants**

Penile implants are devices placed inside the penis to allow men with erectile dysfunction (ED) to get an erection. Penile implants are typically recommended after other treatments for ED fail.

For most men, erectile dysfunction can be successfully treated with medications or use of a penis pump (vacuum constriction device). You might consider penile implants if you aren't a candidate for other treatments or you can't get an erection sufficient for sexual activity by using other methods.

Penile implants can also be used to treat severe cases of a condition that causes scarring inside the penis, leading to curved, painful erections (Peyronie’s disease).

There are two main types of penile implants, semirigid and inflatable. Each type of penile implant works differently and has various pros and cons. The placement of penile implants requires surgery.

**Penis pump**

A penis pump is a cylinder that is fitted over the penis, with a manual or motorized pump to create a partial vacuum around the penis, engorging it as blood is drawn in. A variety of penis pump designs have been adopted by penis pump manufacturers. As vacuum increases, the pressure within the blood vessels of the penis increases as well; excessive vacuum causes vascular damage.
Penis pumps may be used to temporarily overcome symptoms of impotence, but do not cure the condition: a tourniquet-like ring must be applied to keep the blood trapped within the penis; otherwise the erection will immediately subside. Pumps may work even if there is nerve or vascular damage preventing a natural erection, but excessive or prolonged use (hours) will cause permanent harm as over-enthusiastic pumping can burst blood vessels and form blisters. The efficacy of vacuum treatment was approximately 10%, and the patient satisfaction rate was 30%.

**FAQs: Penis cleanse**

**My penis drips very often embarrassing me always!**
The sphincter muscle that pinches the urethra closed is about 8 inches from the tip of your penis, so some urine is always trapped in front of it. A press behind your scrotum can help you avoid dotting your trousers, or you can use a technique called urethral milking. Simply run your finger along the underside of your penis to force out remaining liquid.

**Can I ejaculate during my bench pressing regime or while doing some asana’s?**
When you contract your pelvic muscles, they exert pressure on the prostate and seminal vesicles and can squeeze out some seminal fluid. However, this is not common to the people who are sexually active.

**My penis has a twist. Is it normal?**
Your body is made from two halves welded together. The two sides develop at slightly different rates before you’re born, and that leaves one telltale sign: a slight twist in your penis. It's called penile torsion, and almost all men have it to a slight degree. It's harmless unless your penis twists more than 90 degrees (or a quarter of the way around when it's flaccid).
My penis leaks during foreplay!
When you're aroused, your Cowper's glands (located at the base of your penis) produce a liquid that lubricates and de-acidifies your urethra so semen can blast through unfettered. The longer you stay erect, the more of this pre-ejaculate you make. And it can contain sperm, which is one reason pulling out fails as a birth control measure.

Direction of the urine flow during urination is not straight
The problem is your meatus, or the tiny opening at the tip of your penis. Urine spirals out of your urethra like a bullet out of a gun. If there's dried mucus, ejaculate, or any other irregularity in the meatus, it can make the stream split or go off-center. This happens most often in the morning or after sex.

To avoid wetting the bathroom floor, gently part your meatus with your fingers before urinating. Or step up and aim for the tub.

What is the colour of glans?
The skin on the head of your penis is thinner than the shaft skin, so it changes colour easily in response to blood flow. Accordingly it may be pink, purple or blue.

My penis often gets hard for no reason!
Unwanted erections often occur when you become sexually aroused subconsciously. For instance, the woman might be wearing the same perfume as your girlfriend, and your brain picked up this long-dormant cue.

Vibrations can also spur erections. Never force an erection down; that can cause penile fractures. Surprise erections become rare after age 30.

When erect, it curves like a banana?
That's normal. Actually, a straight penis is quite rare. If you have the typical curve of 30 degrees or less (like a banana), it shouldn't cause you trouble. But if your curve is more severe or if intercourse hurts, you're among the 2% of men who have Peyronie's disease. It's caused by tiny patches of scar tissue brought about by erection-bending mishaps, such as missed thrusts, unlucky rollovers in bed, and stuffing erections into jeans.

My penis shrinks while bathing!
This skinny-dipping horror occurs because penile muscles contract when they're cold. A gentle tug can help loosen these muscles and restore some of your normal length.

My penis is too small?
Most men underestimate the size of their penis. Grab a tape measure and a ruler. Now measure your penis properly following the instructions below, and compare it to size averages.

- **Your standby length**

  To check your flaccid length, undress and measure it immediately. Because a cold or warm room can cause shrinkage or growth, you need to do this before room temperature affects your penis. Position the tip of the ruler gently against the point where the shaft meets the abdomen. An average length is 3.5 inches.

- **Your erect length**

  Get hard and measure it quick. Again, get the ruler on to your penis as soon as you become fully erect. Now measure the top of your erection, i.e. the side furthest from your testicles, and check the figure at the tip of your shaft, holding the ruler against your penis base. An average length here is 5 inches.

- **Your erect girth**

  Maintaining your erection, wrap a tape measure around your penis at its base. An average size here is 5 inches around.

- **Your erection angle**

  With your back against a wall and a mirror in side view, estimate your angle. A 90-degree angle would point directly out in front, 180 degrees up at your chin. An average angle is 120 degrees - slightly up from horizontal.

**Note:** For Erectile Dysfunction, early discharge etc problems please refer to Virility Cleanse (for men) – last cleanse in our list.