

DHAT SYNDROME

What is it?

It is a semen-loss related physical and psychological distress seen mainly in people of Indian subcontinent.

How common is it?

It is commonly seen in young men.

What are the common symptoms?

- ❑ Weakness, anxiety, sleeplessness and guilt which is attributed to semen loss.
- ❑ Loss of semen through nocturnal emissions and masturbation frightens the individual as he believes it to be harmful to the body.
- ❑ Some patients report a white discharge in their urine which they feel is semen.
- ❑ Sexual dysfunction may or may not be present.

What are the causes of Dhat syndrome?

- ❑ There is no known physical cause for the illness.
- ❑ It occurs due to wrong beliefs and misconceptions about normal sexual functions.

What are the treatments available?

Effective treatments in the form of medications and counseling - psychotherapy are available.

- ❑ Psychotherapy: Aimed at reassurance and correction of wrong beliefs.

- ❑ Medication: To relieve anxiety and sad mood that is often present in such situations.

Myths and Facts

Myth	Fact
Loss of semen is very harmful to the body	Semen loss is a normal sexual process in the body
Several drops of blood make one drop of semen	There is no such association
White discharge in urine contains 'vital substance'	There is no medical basis for this belief



NATIONAL INSTITUTE OF MENTAL HEALTH AND NEURO SCIENCES

Consultation Liaison Psychiatry
NIMHANS CENTRE FOR WELL BEING

1/B, 9th main, 1st phase, 1st stage, BTM Layout, Bangalore-76

Phone- 080 26685948/ 9480829670,

Email- nimhans.wellbeing@gmail.com