

Please help me!

Posted by verrrylost - 04 Dec 2014 05:34

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I am 22. I have a big problem. After about 4 or 5 days of not mast\*, it becomes very painful. I'm guessing that my prostate gets congested or inflamed. After I mast\* the pain goes away. Does anyone have experience with this?

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Re: Please help me!

Posted by ted - 04 Dec 2014 19:49

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I'm sorry I can't give you an answer it sounds like a medical question.

but I want to encourage you to reach out for help don't be ashamed, your 22 soon to get married get it checked out and keep up the good work. One day at a time.

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Re: Please help me!

Posted by Kedusha - 04 Dec 2014 20:05

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Are you experiencing actual pain, or are you referring to sexual desire that begs for relief? If it's the latter, you should see major improvement by staying completely clean for some time (not looking at anything inappropriate or acting out).

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Re: Please help me!

Posted by mr.clean - 04 Dec 2014 23:40

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People experience many different withdrawal symptoms, I'm almost sure of heard of this before but I cannot be certain. I've posted about withdrawal on this site before nobody seems to have it.... lucky them. But theres a great site called yourbrainonporn and it talks about everything you can ever need to know about effects poon has on you and you brain, with many posts from people themselves saying what they go through. Good luck and stay strong

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Re: Please help me!

Posted by verrylost - 05 Dec 2014 04:00

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Yes, it's actual pain. The pain is in my body right above the private area. I went 5 days this time and the pain was too much that I had to release. Hopefully I will last longer next time around.

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Re: Please help me!

Posted by Watson - 05 Dec 2014 04:33

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Yes I used to have this problem. I'm nervous to post it because what's true for one person might not be true for another. The following advice helped me and might help you, but bear in mind that I'm not a doctor. IMO you should only follow medical advice from your own doctor. Anonymous online advice cannot be relied upon by itself. I only post this here in case it is of help to you, but it's up to you. If the pain is severe or persistent I would say you should go to your doctor.

What you describe is sometimes known as blue balls. Blue balls can be very painful, especially if you are aroused for long periods of time without ejaculating or begin masturbating but stop before ejaculating.

Blue balls normally lasts some hours, not some days. I normally find that I have it until I go to sleep and I'm fine when I wake up.

Similar to blue balls is a pain in the lower abdomen caused by sperm in the epididymis. I find this lasts a bit longer, possible more than a day, but it also goes away by itself. Anti-spasmodic medicine (e.g. Buscopan) can help for that as it works by expanding the epididymis so it doesn't feel as congested.

I have had that pain last for a few days, but I think that was because I had still lusted a little bit during that time. Even if the pain is going away, it takes only a little bit of lusting to bring it back with a vengeance.

There are other ways of dealing with blue balls, but they don't all work for all people. They include, application of cold water or ice to the affected areas, taking a bath or shower, exercise, and tapping the base of the spine.

Also, don't take ibuprofen. It's a anti-inflammatory and will make things worse. Paracetamol is OK, but it really shouldn't be necessary.

I also want to add that blue balls becomes less of a problem the longer you are in recovery. I suppose the body gets used to not ejaculating so often and learns to deal with it.

In short, if you have what this guy had, the pain should go away by itself if you let it, and in time it will become less of a problem as your body gets used to not masturbating. Again, it's for you to decide if this is worth listening to.

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Re: Please help me!

Posted by Metal King - 05 Dec 2014 07:19

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Great post by Watson!

I'd just like to add that although not painful, I used to notice that after a short while of not masturbating, that a little sperm would come out when I peed after all the urine. (I know I'm not the only one, I googled it)

Anyways, I have noticed a direct link to this occurrence and guarding my eyes/avoiding arousal.

So its possible the same might be true by you. In fact, every time I every got blue balls, it was only after being aroused for a long time without release.

So I would also suggest that for this clean streak, really try and avoid looking at women of any kind, on the street, on the web, on TV, etc to avoid getting yourself aroused and see if the pain is less then or gone.

Hatzlacha!

(edit: whoops! just noticed kedusha said the same thing but not in so many words! Sorry kedusha!)

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Re: Please help me!  
Posted by serenity - 05 Dec 2014 08:49

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Sounds like something my son went through. He actually fainted a couple times. I would go to doctor to be on the safe side. make sure it's nothing serious.

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Re: Please help me!  
Posted by Kedusha - 05 Dec 2014 09:07

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This is what the Gemarah says (Yoma 29a, top of page),as explained by Rashi, that hirhurei aveirah are more severe than the aveirah itself.

To quote the Schottenstein edition in note 1: "An unfulfilled desire for an illicit sexual union is more harmful to one's physical well-being than the sin itself (Rashi, as explained by Maharsha)" (emphasis added).

## **GYE - Guard Your Eyes**

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The solution is to avoid looking at anything that can cause hirhurei aveirah. Things should get much easier for you if you are very careful about this. In other words, you don't have to be a great Tzadik to avoid looking at inappropriate things, you just have to be determined to avoid pain!

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