

الحمد لله الحمد لله نحمده و نستعينه و نستغفره و نؤمن به و نتوكل عليه و نعوذ بالله من شرور أنفسنا و من سيئات أعمالنا ، من يهده الله فلا مضل له و من يضلل الله فلا هادي له ، و نشهد أن لا اله الا الله وحده لا شريك له ، و نشهد أن سيدنا و مولانا محمدا عبده و رسوله ، صلي الله تعالى عليه و علي اله وأصحابه و بارك و سلم تسليما كثيرا كثيرا أما بعد !

Shaytaan is man's greatest enemy. He desires to destroy man's life of this world and the hereafter. In the Qur'aan, Allaah تَبَارَكَ وَتَعَالَى mentions the statement of Shaytaan when he was expelled from Jannah:

قَالَ فِيمَا أُغْوِيْتَنِي لِأَفْعُدَنَّ لَهُمْ صِرَاطَكَ الْمُسْتَقِيمَ. ثُمَّ لَا يَتَّبِعُهُمْ مِنْ بَيْنِ أَيْدِيهِمْ وَمِنْ خَلْفِهِمْ وَعَنْ أَيْمَانِهِمْ وَعَنْ شَمَائِلِهِمْ ط وَلَا تَجِدُ أَكْثَرَهُمْ شَاكِرِينَ

[Iblees] said: "Just as You have led me astray, I too shall certainly lie in wait for them on Your straight path." "I shall then fall upon them in front of them and behind them, and from their right and from their left. And You will not find the majority of them to be grateful."

Ibn Abbaas رَضِيَ اللهُ عَنْهُ said, "from in front of them' means that I will create doubt regarding the Hereafter in them. 'Behind them' means that I will encourage them in matters of this world. 'From their right' means that I will confuse them in the matters of their deen. 'From their left' means that I will beautify sinful acts in their eyes."

قَالَ عَلِيُّ بْنُ أَبِي طَلْحَةَ عَنِ ابْنِ عَبَّاسٍ: مَنْ بَيْنَ أَيْدِيهِمْ أَيُّ مِنْ قِبَلِ الْآخِرَةِ فَأَشَكَّكُهُمْ فِيهَا، وَمَنْ خَلْفَهُمْ، أَرْغَبُهُمْ فِي دُنْيَاهُمْ، وَعَنْ أَيْمَانِهِمْ، أَشْبَهُ عَلَيْهِمْ أَمْرَ دِينِهِمْ. وَعَنْ شَمَائِلِهِمْ، أَشْهَى لَهُمُ الْمَعَاصِي.

One great effort made today is to destroy the chastity and purity of the youth. Masturbation is beautified by the enemies of mankind, and due to the abundance of pornography and intermingling of the sexes, many of the youth are destroying their lives by engaging in this filthy act.

A few years ago, I came across an article written by people to a hakeem mentioning the harms they are suffering after having engaged in this sin. I have mentioned some of these worldly harms hereunder, so that some realization can come into the hearts of my Muslim youth and they can abstain, because unfortunately the gaze of most people is towards worldly harm and benefit. However remember that the main reason for abstaining

is the displeasure one is causing to Allaah تَبَارَكَ وَتَعَالَى, who is our Benefactor. He is fully aware of every action we are doing. How are we going to stand up before Him on the Day of Qiyaamah? What will our condition be there? May Allaah تَبَارَكَ وَتَعَالَى grant us the ability to stay away from every action which will displease Him.

Aameen

Moosa Kajee

Azaadville

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MASTURBATION

The Ruling Regarding Masturbation is that it is Haraam (Unlawful). This is the ruling of the 4 schools of thought viz. Malikiyah, Shafi'eyah and Hanafiyah and one narration from Imaam Ahmed. They have drawn their conclusions from the following proofs:-

PROOFS FROM THE QURAAAN

Allaah تَبَارَكَ وَتَعَالَى says: "And those who guard their private parts save from their wives and those (slave-girls) which their right-hands own - so there is no blame upon them. Then whoever seeks beyond that (which is lawful), they are the transgressors." (Al Mu'minoon verse 5/6)

The intended meaning of these verses are clear. Allaah تَبَارَكَ وَتَعَالَى has praised the believers for guarding their private parts from that which He has made forbidden upon them. Allaah has permitted them to approach their wives and slave-girls. Thereafter, these Words of Allaah تَبَارَكَ وَتَعَالَى follow:- Whoever seeks beyond that which is lawful are oppressors who overstep from halaal (permitted) towards haraam (prohibited).

Hafiz Ibne Katheer رَحِمَهُ اللهُ writes, "Imaam Shaafie رَحِمَهُ اللهُ and those who have agreed with him have concluded that masturbation is haraam from this verse." He says, "Masturbation is excluded from these two types which Allaah has made halaal, viz. wives and slave-girls."

Similarly, these Fuqahaa (Jurists) have drawn their conclusion from the following verse: "And those who do not find the means to marry should remain chaste until Allaah gives them resources by His Grace." (An-Noor verse 32) This verse shows masturbation to be haraam because of two reasons: Firstly: In this verse, Allaah تَبَارَكَ وَتَعَالَى has given the command of chastity and, according to the principles of fiqh, a command (an imperative) denotes wujoob (incumbency, obligation). Hence to remain chaste is waajib (compulsory) and wherever chastity is waajib it becomes waajib to refrain from that which is contrary to it, for example, adultery, fornication, and sodomy. This is due to the fact that obligatory chastity will not materialize except by complete refrainment from all that which is contrary to chastity.

Secondly, in this verse, Allaah تَبَارَكَ وَتَعَالَى has made chastity obligatory on those who are unable to execute the command of nikah. Here Allaah تَبَارَكَ وَتَعَالَى has not determined any connection or link between marriage and chastity. Hence, this demands that masturbation should be haraam. And if assuming, it was permissible, then Allaah تَبَارَكَ وَتَعَالَى would have mentioned it at this point because this was the place of its explanation. The silence maintained by Allaah تَبَارَكَ وَتَعَالَى with regards to it at a place which requires its explanation, denotes that masturbation is haraam.

Imaam Qurtubi رَحِمَهُ اللهُ has written in the tafseer of this verse: "And when Allaah تَبَارَكَ وَتَعَالَى has not determined any order between nikah and chastity, then this shows that besides these two, everything else is haraam. However, this hurmat (unlawfulness) does not include slave-girls because another command of the Quraan makes them mubaah (permissible), viz. "That which the right-hands earn (i.e. slave girls)." Hence in this matter an addition of slave-girl has come. Masturbation, however still remains haraam."

"Those who seek beyond this (i.e. wives and slave girls] are transgressors." (Ma'aarij verse 31) Under the tafseer of this verse, Qadhi Thanauallah Paani Patti رَحِمَهُ اللهُ writes, "Imaam Baghawi has deduced from this verse that masturbation is haraam."

PROOFS FROM THE AHADEETH

1. Similarly, the Fuqahaa have drawn their conclusion from a hadeeth reported by Abdullah ibn Mas'ud رَضِيَ اللهُ عَنْهُ in Bukhari and Muslim. He says that Rasulullaah صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ said, "O group of youth! Whoever from amongst you can marry should do so because it keeps the gaze low and it protects the private parts. And he who cannot marry should make it compulsory upon himself to fast because it breaks lust." (Bukhari, Muslim) Nabi صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ has directed the person who is incapable of bearing the burden of nikah towards saum (fasting). If assuming, masturbation was permissible Rasulullaah صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ would have mentioned it at this point. Rasulullaah صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ however, maintained silence. Hence, this indicates that

masturbation is haraam because the maintaining of silence at the place of explanation gives the benefit of restriction.

2. Some of the fuqahaa have drawn their conclusion from a narration reported by Hasan ibn Arfah that Nabi صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ said, "Seven persons are such that Allaah will not look at them on the Day of Qiyaamah nor will He purify them nor will He include them amongst the learned and Allah will enter them into Jahannum. They will enter Jahannum first except for those who repent. As for those who repent Allaah will accept their repentance. 1.) A person who masturbates. 2.) A person who performs the act of sodomy. 3.) The person upon whom the act of sodomy is performed. 4.) A perpetual drunkard. 5.) The person who hits his parents so much so that they appeal for help. 6.) The person who harms his neighbours so much so that they curse him. 7.) The person who commits adultery with his neighbour's wife." (Ibn Katheer)

3. Anas رَضِيَ اللهُ عَنْهُ narrates that Rasulullaah صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ said, "The person who performs nikaah with his hands (i.e. he masturbates) is cursed." (Tasfseer Mazhari)

SAYINGS OF OUR PIOUS PREDECESSORS WITH REGARD TO MASTURBATION

Sa'eed ibn Jubair رَضِيَ اللهُ عَنْهُ says, "Allaah تَبَارَكَ وَتَعَالَى will inflict a punishment on a group of people because they played with their private parts."

Ataa رَضِيَ اللهُ عَنْهُ says, "Some people will be resurrected in such a condition that their hands will be pregnant, I think they are those who masturbate."

HARMS OF MASTURBATION

(By Arif Billah Maulana Shah Hakeem Mohammad Akhtar Sahib رَحْمَةُ اللَّهِ)

1. Rasulullaah صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ is reported to have said, “The one who marries their hand is accursed.” That person who masturbates them self has been cursed by Allah and His Messenger, and on the Day of Judgment their hand will be pregnant.
2. It is a means of destroying ones’ life in this world and the Hereafter.
3. It diminishes ones’ health.
4. It is a major sin and if repentance is not made from a major sin, then the person will fall under the threat of being thrown into Hell.
5. This person is potentially not capable of marriage because their semen will become thin.
6. A person may develop many diseases, such as gonorrhoea and chancroid, etc.
7. Due to this evil habit, eventually the person becomes involved in fornication or adultery.
8. This evil habit comes upon a person due to the curse of lustful glances. Since it is mentioned in the Qur’aan that the person who guards their gaze will be able to guard their private parts, from this we can gauge that the person who casts lustful glances will not be able to guard their private parts. As a result, they lose control of themselves.
9. The person becomes weak sexually and mentally meaning that they have memory loss, blood deficiency, their resolutions become weak, their heart becomes weak to such an extent that if a cat were to jump from one place to another this person’s heart would skip a beat or start beating faster as if a lion had just jumped in front of him.
10. The radiance and splendour from one’s face is depleted, dark circles start to form around the eyes and a strange curse befalls this person

because this person is involved in a cursed action; they become pale, their eyes go inward, they start to have mood swings. As a result, their body, heart and mind go down a slippery slope towards destruction.

11. If a person does not quit early, then in their youth they develop of a disease of incontinence of bladder.

12. Due to undue hard stroking, the nerves, arteries and veins all tend to die out and blood doesn't flow properly to that organ, due to which it may become limp and the person no longer has the ability to perform intercourse. They may develop impotence or erectile dysfunction, and thus they will face a great shame in front of their wife, society and the matter could even reach divorce.

13. Repeatedly ejaculating causing ones' semen to become extremely thin, due to which one loses virility.

14. Sometimes the mere rubbing against ones' clothes or the mere thought of intercourse with ones' wife may cause ejaculation. One's organ may become crooked. It may grow in girth from the front and then towards the back due to which a person may not be fully capable of intercourse.

15. A persons' memory becomes weak, they often experience headaches, due to minor strenuous activity; they may experience temporary blindness, cold sweats and anxiety.

16. Sometimes semen becomes uncontrollable causing ones' mind to become weak, one to be disinclined and not interested in studying and whatever one learns, they are not able to retain it.

HARMS OF MASTURBATION – TAKEN FROM ONE WEBSITE

...I look like 35 years old...

I am 21 years old. I've been masturbating since I was 13 years old. Now I am a living proof of all those adverse effects listed on your site. I am weak, losing weight, can't think clearly, my vision is dim. My cheeks are gone just bone... please Sir help me out. I am 21 years old but I look like 35 years old, I am pale and depressed... help me. **Sir. Safyan. Nigeria.**

...Also there is joint pain in hands...

I am a 24 years old man, unmarried. I used to masturbate regularly or two times a day from the age of 16 onwards. Now, I almost stopped the habit recently. Now, I had developed tremor and shaking of my hands and cannot do any fine activities. Also there is joint pain in hands. What should I do to cure the tremor of my hands? Is there any medicine that can cure my problem? I am very much tensed of my shaking hands and request you to prescribe urgent medicine to cure this. With regards. **Rihankhan, India.**

...masturbation is a killer...

There is only one real thing masturbation does to your life: it makes it so useless. I have been into it for like 8 years now and the consequences are so unpalatable: my social life is zero, can't concentrate on nothing, loss of memory, thoughts of suicide or running away from home. I am presently in my final year at college and am finding it just too difficult to cope. I have lost almost all my friends too. Please, pass this message to whoever cares to hear: masturbation is a KILLER. It has almost killed me! **Fola. Nigeria.**

Masturbation is almost ruining my life now. I am 23 but look like 35 years old. All the side effects mentioned on your web page are all true (i.e. memory loss coming quickly, not socializing, constant fatigue). It is evil, it is very addictive and very hard to give up because my body enjoys it so much, my body craves for it like thirst. This habit takes all relief and happiness away. Sir, I cannot suicide, but I have no option... Please I need your help to stop this habit on time! It is a slow killer! **Afghanistan.**

...how can I regain my lost of energy?...

I started off when I was 12 or 13. Now, I am 20 and single. I just wanted to know how can I stop this habit, how can I regain my lost of energy? My

hands, knees and legs shake a lot; I have pain in my knees; I sleep a lot; I have no confidence; my brain cannot concentrate properly. In addition my penis is bent toward left is that because of masturbation? Should I see a doctor? How do you deal with man boobs (woman's breast)? I am waiting for your reply. **Rude. Canada.**

...I am unable to satisfy my wife...

I am 38 years old and I am a married man. Due to excessive masturbation before marriage, i.e. before 2001, now I am unable to satisfy my wife because of weak erection and early ejaculation. **Zahid. Pakistan.**

...Masturbation has ruined my life...

My name is Adnan, I was 11 when I started masturbating and now, I am 15. I am experiencing severe cases of memory loss, lack of concentration, confusion. I was so bright and smart when I was younger, but now I have no self-esteem, and absolutely no confidence. I haven't been developing properly due to this, and I am very short, and have weak vision. My penis cannot stay erect. Please someone help me. Masturbation has ruined my life, all I want to do is stop, grow tall and reverse these terrible effects. **Anil. India.**

...If you want to success, do not masturbate...

I discovered this fantasy at the age of puberty when I was 16 and I am still doing it at the age of 27. If I had spent my precious time doing something more important I would have been a great successful person now. However, now I am a pathetic loser. I don't have a life, no girlfriend, no friends, no job, no nothing. All I have are the symptoms of my stupid little habit, which are: memory loss and very poor concentration, fatigue all the time, muscle cramp in legs and arms, short body, short and thin penis, lack of sleep, semen leakage, pain in testicles and abdomen, poor eye sight, fuzzy vision and eye floaters, back pain, shoulder pain, thin sperm, falling and thinning hair, weak bones, lack of interest in anything, guilt and shame, regret, depression, low self esteem and poor confidence to name but a few, although the list is too long the western scientists and doctors chat bulls shit that its perfectly fine to do it every now and again and it helps you keep healthy and learn the pleasure of sex. But trust me, I am a living experienced

addict and I know what it is like to have the symptoms of over-masturbation and sexual exhaustion. They support the idea that it is harmless only to promote and encourage the use of pornography, which is a multibillion business. Every day hundreds and millions of videos are produced for fools like me who spend their money and waste their precious life for a few moments of pleasure. Trust me all my brothers who are reading this: I am now a living dead. I only eat, sleep and walk and that's it. I'm not capable of doing nothing. But if you want to succeed, do not masturbate. Good luck to everybody. **Adrian. Poland.**

...my hair has gone thin because of masturbation...

...Masturbation is a suicide and it is a DEATH TO THE BRAIN! I have been masturbating since those days when it used to cum up dry. Now I am 28, I masturbated throughout my life and now the result is that I am a man living with a DEATH BRAIN!! Masturbation has done me so bad in terms of:
Short Term and Long term Memory Loss

Lack of Concentration

Lack of focus

Lack of ability of thinking

Impaired Problem Solving skills

Impaired Decision making Skills

CAUTION: EXCESSIVE MASTURBATION IS A "DEATH" TO THE BRAIN.

Shatex. Pakistan.

...I was a victim of porno movies...

I am 25 years old. I was a victim of porno movies since long time ago. I am impotent and know that this is psychological. I have erections if I talk about erotic topics during the day, but in the night during the sexual act I cannot accomplish the erection. I wish to have your help. I gave up masturbation few days ago. How long should I maintain in this way to recover my sexual energy and be able to have authentic sexual relationships? I hope that everything is not lost. Thanks in advance and I wait for your prompt response. **Nassim. France.**

...I just want to watch pornography...

Hello! My case: I started masturbation at age 14, I am currently 30, I am in college and I am about to finish business administration. I feel very bad, due to masturbation: I feel like a dumb, empty, insecure. I just want to watch pornography. I want to surf the web and masturbate. I suffer with stress, my neck hurts, I have lost weight, I am 1.62 meters and 121 lbs. I want you to help me to quit masturbation for ever. What should I do? I had a girlfriend but I had to break up with her due to my insecurity. Please, I will be waiting for your answer. Thank you. **Edgar from Perú.**

...My husband is obsessed with pornography...

Hello, I am just married and I have a big problem: My husband is obsessed with pornography and masturbation. I have spoken with him about it, but it is normal for him. I have told him that his behaviour affects our relation. I always have to start, I always have to look for him to make love as he is used to pleasing himself. I feel frustrated as a woman, I feel that my husband doesn't want me. He has told me that he will never stop masturbating because he has done it all his life. Concerning pornography, he is obsessed with it, he has even asked me to have sex with another woman. I am desperate. I don't want to have to get divorced from him. Please I need advice. **Viviana from US.**

I am dying gradually. I started this evil habit when I was barely out of high school, about 18 years then. Now I am 25 and I am dying, I've in and out of several hospitals but no one could help me because they never knew and I also never knew my complicated problems were caused by masturbation. I'm in the university and can barely focus on my studies, I forget things easily. Please I need your help, I never knew what I was doing had side effects. I have researched this several times on Goggle but got no good results, only people praising it. Please help me. **Emmanuel. Nigeria.**

...my health is in very devastating stage...

Due to OM I have ED, weakness in my body, I cannot do simple work, when I masturbate I sleep a lot during the entire day. I am not able to concentrate on my studies. I am loosing my confidence... I have tried to control it but it has been only a dream. I am in a depression. When I masturbate at the end I feel something that has been released from my brain and headache

starts... Please, help me. I cannot tell this to my friends. Also, my health is in very devastating stage... I thought I was doing great to my society but due to these things... I am crying alone... alone... Please help me... **Sandeep. India.**

...I am getting worse day by day..

I am 23 years old and I have been masturbating for around 10 years. I started facing some problems 2 years ago and since then I am getting worse day by day. I always had problems managing my stress level and that is the reason I started masturbating in the first place. I seriously started trying to quit masturbation 2 months ago. By now I have succeeded only in reducing its frequency. Now, I usually do it after 15 or 20 days; but I am trying and I am sure that I will quit doing it completely soon. Can you guide me how can I recover completely from all the ill effects of masturbation? Following are my symptoms: Weak erections (even if I get one, it doesn't last long). thin semen, weak orgasms, weak joints (knees, elbows, jaw - I often hear cracking sounds in my joints), pain in neck & lower back, pain in my shoulder bones & ribs when I wake up in the morning, weakness in pelvic region, insomnia, concentration problems (I feel sleepy all the time and can't focus), depression & anxiety. NOTE: All the tests that doctors prescribed to me are normal. I know that I am having a lot of problems at the moment and I do realize that the recovery process might take at least a year or two but it would be really nice if I get the much needed guidance like what diet pattern should I adopt? Will working out daily help my case? What about meditation, yoga and breathing exercises? I really need some help. Please, guide me. Thanks in advance. **Troubled. United States.**

...Now I want to stop but I can't..

I have been masturbating since I was 11. My hands shake, I have pimples and my veins on the hands are thick. Is it because of masturbation? Now I want to stop but I can't, tell me some way to do so. I have been masturbating a lot since 11 years old and I am 25 now. I always wondered why I feel slower and weaker than I used to. Can I ever be 100% again? How long will it take to reverse the damage? Or is it irreversible? What can I do to minimize the side effects? Also now I use to cum too early not even the

full erection is achieved and sperms shot out. Please, help me out. **Zubair. India.**

...can't afford..

I've been practicing masturbation from age 24 and I got married but actually can't afford because of the premature ejaculation. I searched advices through the net, took also a lot of herbal medicines from the traditional-physician but in vain. I think you'll help me out. I am searching for an adequate solution to satisfy my wife in sexual matters. Otherwise she's running away from me in the night to search for other men who can do it better for her and therefore we're going to divorce soon. I will sign up in your site and I know you'll help me. **Johnson. Kongo.**

...I felt everything you said...

I masturbate since I was 3 years old. I felt everything you said, tiredness, loss of intellectual faculties, low in moral values. I locked up into myself, lack of interest in the opposite sex, frigidity. This is terrible. Help me! I have an exam to prepare in June. **Adama. Senegal.**

...My life is destroyed...

I have started masturbation when I was 10 years old and continued till the age of 18. I used to masturbate daily. Now, I am 19 and it has been a year that I have left it and I have a lot of health problems, like nervous system, psychological problems, weakness, pain all over then body, weak eyesight and much more. I have done my high school but I cannot study further due to the problems that I have! My life is destroyed. Now, I cannot do anything, like study, work or any other small thing! I am completely different from all the other human beings around me, my way of living, talking, thinking and everything is completely different! I am fed up of this life! How should I recover completely? I hope you answer me soon! Thank you. **Abdulaziz. Kuwait.**

...I am getting ugly day by day...

Hi, I am 17 now and I have been starting masturbating since I was 13. Now, I am getting ugly day by day. I am very tense for this thing. Also, I am having pimples now on my face it seems very bad and my colour is pale and dull.

Can you please suggest me how to recover myself again? I would be very thankful to you for your greatness. **Durry. Afghanistan.**

...my brain is almost dead...

I was so furious when I saw somewhere on the net that masturbation is healthy and normal considering what it has done to me. I was a very handsome and bright child and had so much promise for the future. Even though I still have my looks, my brain is almost dead. Thank God I still have something to see me through college but when I look back and see how much I have lost intellectually through masturbation I wish I could be reborn. Your web-page has saved my life. **Richie. Ghana.**

...I am facing problems...

I was 12 when started masturbating and now, every time I think of sex I release sperm within 5 seconds. Now, I am facing problems like back pain, loss of eyesight, memory loss and skin problems. I am loosing concentration and feeling like I am getting older. Now, I am 17 and want to recover completely. Please, suggest me some method. **Shubham. India.**

...I am having many physical unwanted changes...

I am practicing it since 10 years and now I want to leave it because I am having many physical unwanted changes. Previously I was very smart and was among top students in the class and now I am nothing. I am losing my hair, I am obese, small breasts, face glow has gone, eye floating, unable to do physical work and evil thoughts... I want to leave it Please, help me. **Ash. India.**

...I was a brilliant student...

I have the same problem about the masturbating. I started by doing it at 11 or 12. Now, at the age of 18, I have realized that I am losing my memory. I was a brilliant student but now, I have become a normal student because of my memory problems. Please, tell me if I can regain my memory and how to stop to masturbating. Thank you. **Aquib. Austria.**

...I am just 21 but I look like around 28...

Hello sir. I am in a big trouble. I started masturbation when I was around 13 or 14. I was very athletic and energetic when first I started it out... and it was all ok till I was 17 but soon after I started I gained weight... my as got bigger... my face got broad... my hair is getting loss... I doesn't get any erection seeing any women or by touching her. It does when I give a jerk... I feel tired all the time... I sleep a lot I am just 21 but I look like around 28... sometime I feel like committing suicide. I am very guilty of myself. Please, help me out sir... I don't masturbate anymore. **Usman. India.**

My message to everyone is "STOP OVER-MASTURBATION IMMEDIATELY".

I discovered this fantasy at the age of puberty when I was 16 and I am still doing it at the age of 27. If I had spent my precious time doing something more important I would have been a great successful person now. However, now I am a pathetic loser. I don't have a life, no girlfriend, no friends, no job, no nothing. All I have are the symptoms of my stupid little habit, which are: memory loss and very poor concentration, fatigue all the time, muscle cramp in legs and arms, short body, short and thin penis, lack of sleep, semen leakage, pain in testicles and abdomen, poor eye sight, fuzzy vision and eye floaters, back pain, shoulder pain, thin sperm, falling and thinning hair, weak bones, lack of interest in anything, guilt and shame, regret, depression, low self esteem and poor confidence to name but a few, although the list is too long the western scientists and doctors chat bulls shit that its perfectly fine to do it every now and again and it helps you keep healthy and learn the pleasure of sex. But trust me, I am a living experienced addict and I know what it is like to have the symptoms of over-masturbation and sexual exhaustion. They support the idea that it is harmless only to promote and encourage the use of pornography, which is a multibillion business. Every day hundreds and millions of videos are produced for fools like me who spend their money and waste their precious life for a few moments of pleasure. Trust me all my brothers who are reading this: I am now a living dead. I only eat, sleep and walk and that's it. I'm not capable of doing nothing. But if you want to success, do not masturbate. Good luck to everybody. **A friend. England**

...my condition is deteriorating day by day...

Thank you for replying. I have read your email and took the information. I stopped masturbating a year ago but the side effects started about 8 months ago till now, which are: losing inner strength, my body has gone weak, my organs feel really weak (i.e. food isn't getting properly digested, pain around different parts of organs). My sleeping pattern is messed up, I have heart and chest pain, my arms and legs sometimes fall asleep. Overall, my condition is deteriorating day by day. I am losing weight and my skin color is slightly changing. Last week I felt really scared. I thought I was going to die. I went to the doctor and told him the situation and he did check-ups, blood tests etc. and he said there is nothing wrong with me but I know what is going on inside of me. What should I do? **Mohammed. United Kingdom**

... I do not get an erection anymore with a girl...

I am 20 and I have been masturbating since 14. Now, I am 20... I have lost a lot of weight and my hair started to fall out when I wash it. I do not get an erection anymore with a girl... Please, help me. I am relying on you. How do I gain my weight back, my arms have turned really thin. How do I stop my hair from falling out? How do I treat this impotence? **Ali. United Kingdom**

Life becomes hell if you do it.

I remember friends telling me that it is scientifically proven to be safe. I began at around 6 years old. Of course, semen started coming out at 13. Now I am 20. On an average I did it once a day, occasionally twice/thrice. In short, I have the following problems because of this addiction. My private part doesn't stand anymore. If it does, erection lasts for only fifteen seconds. I sometimes have to jerk off using half of my palm, as it won't stand even while masturbation. My hands, legs, cheeks, etc. tremble horribly, especially in a panic situation. I have panic attacks. It's embarrassing. I cannot study. I cannot concentrate anymore. I am always tired. I tried stopping it in teen years, but with no avail. I have got various mental diseases. Now, I am depressed. That's because I can't study, approach women or even talk to them, let alone be able to have relations with them. Even if I would get some success stopping it, I'm afraid I could become some rapist/sexual predator. So I don't even try to stop this self-deteriorating habit. I have noticed my body showing strange feminine patterns like small breasts, big as. That's because of patterns in my brain,

which are affected due to over masturbation. It affects your hormones, for sure. I have pain in my lower back, knee, arm, joints, etc. I am not as agile as I was earlier. I have no confidence in myself, so I keep failing. I feel helpless and pathetic. Help me, please! **Addict. India**

...the problem is masturbation...

I am 22 right now. I started masturbating when I was 12. Everything was fine until 16. After that, I started losing stamina, eyesight, memory, muscles, hair and so on. I masturbated about fifteen times per week. I am 22 and I look like I am close to 30. My memory is gone just as my engineering has dropped. My lower jaw and face has widened and my bones are seriously thin. I have a lot of fat around my belly but nothing on my chest. My chest and my face are equally wide. My hair has lost to about one-fifth. Headaches are a daily routine. I have consulted many doctors and done innumerable sonography of my body but doctors say everything is fine. So the problem is masturbation. **Ken. India**

.. I have a very big problem...

I am Sadiq. I have a very big problem, and I need your help, I started performing masturbation when I was 12 years, and now my age is 18 years. This phenomenon caused a lot of things to me. It affected the development of my brain. It caused the loss of my memory. I forget anything and any information, and this forgetting affects in my education, so the other disadvantages is the physical exhaustion, and the loss of vitality, I sleep too much, and I fall exhausted easily every day. Please, I want to ask you, if I stopped performing masturbation, the memory will become normal or I will continue in forgetting like now? And also, how do I recover my vitality? Are there any prevention to resume my strong memory, and my vitality or not? I need so much your help. Thank you very much and have a good day. And if yes then how much time would it take? Please, help me. **Pakistan**

...I am 21 and I feel like I am 40...

My name is Adam. I am 21 and I have a problem: I love to jerk off whenever I get the chance. It has been about 8 years. Now I feel weak and old. I have no confident in myself. I cannot talk to a girl without getting shy and not knowing what to say. I am 21 and I feel like I am 40. I have black bags under

my eyes and I have the worst memory... I saw your site and like to see what you have to say... How long do I need to recover from the masturbation disease and can I have sex in the mean time? And will I ever stop coming so quick after I got my body so use to masturbating? and will my memory get better if I doo... I know I am asking a lot of questions but I really need your help. I am so grateful I found you guys. Thanks a lot. **Afghanistan.**

...I have lots of problems...

I have been masturbating since I was 18 years. Now, I am 30 and unmarried, but still addict of this. Now, I have lots of problems regarding my mental and sexual health. I am very weak and look aged as compare to other of my age. My half of beard comes grey, which usually starts grey in age of 40 here. I have no control on myself, it means whenever I even think about sex or talk with a girl, drops of semen comes out. I am a patient of spermatorrhoea for the last 6 years. It is totally out of control. I got erection but for very small time. Also, I am facing premature ejaculation, weak memory and lots of other problems as you know which may come due to after such long time of masturbating. My question regarding the above situation is: Is there any way to quit this bad habit and regain my lost energy and get rid of all my above problems and be able to start marriage life.

Rahul. India.

I was masturbating frequently from the age of 15 and still I can't stop.

Now, I face lots of problems in my life. I ejaculate within seconds or even at the time of entering. Is this due to over masturbation? My erection is very weak and no hardness on penis after erection. My testicles are very small and hanging loose always. I have always leakage of precum from my penis. Pain in the groin, a buzzing noise in the ears, incontinence, fuzzy vision, cramps in the lower back and pain in the tailbone, stress, anxiety, fatigue, depression, loss of hair.

Beni from Ghana.

I used to be very young before masturbating. And now, while I am only 21, I look about 35...

People just look at me and make fun of me (and they do tell that I masturbate, which is absolutely true). So, I want to stop it and not begin

again, I try and I just can't stop it. It's like something I can't live without. I want to be free from it. My question is: Is there really something I could do, first of all to stop it? Then, what should I do to get back to normal? I feel very embarrassed walking on the streets. So, please I REALLY NEED AN ANSWER.

Edward from US.

I have recently noticed some mental consequences...

I am 22, since I was about 12 I started masturbating the average of about once a week, and now my family is out of the country for about 3 months ago, I masturbate like once every 3 days. I actually stay up masturbating to the midnight watching porn channels, I just can't help it, I give promises to myself to keep not see these channels but it just doesn't work, it begins with a small bugging idea that ends up by me stroking my penis...!! I have recently noticed some mental consequences like I mislay things; I hide money or important things somewhere and then after, I forget where I did!! Physically, I find it exhausting to go up the stairs and when walking with my friends I am just slower and can't catch up along with them. I am wondering whether it's true that some guys who often masturbates just can't please their partners?!!!!! I was told that some of them guys masturbate a lot, when they marry, they just leave their wives waiting in bed ready for them and they head to the bath to masturbate ?!!! I don't really want my wife to go looking for somebody else to please her and give her what I just can't....that sucks for real!! Hope to hear from you soon....thank you so much

Zacarias from Morocco.

I am in despair...I now have premature ejaculation...

I am 20 now and I've been masturbating since 9 years old. I now have premature ejaculation problem with women. I used to masturbate every day, but now in the past few months I've been able to cut it down to two or three times a week. Please tell me if there's any way to get back what I have lost due to masturbation! I feel weak, and insecure. If I am able to stop masturbating forever now, will I gain anything back that I have lost?

Blake from Usa.

...it affected the development of my brain...

Hello! I am Nadia, I have a very big problem, and I need your help, I started performing masturbation when I was 12 years, and now my age is 18 years, this phenomenon caused a lot of things to me, it affected the development of my brain, it caused the loss of my memory, I forget anything and any information, and this forgetting affects in my education, so the other disadvantages is the physical exhaustion, and the loss of vitality, I sleep too much, and I fall exhausted easily every day, please I want to ask you, if I stopped performing masturbation, the memory will become normal or I continue in forgetting like now? And also about the vitality? There are any prevention to resume my strong memory, and my vitality or not? I need so much your help, thank you very much and good day.

Morocco.

...an average of 5 times per day...

Sir, now I am 35 years old. Since age of 13 years I am masturbating till today. At an average of 5 times per day totally. I am addicted and depressed. I can't work spending whole day in sex related photo and articles in theatres, too. I have consulted 6 different doctors and taken medication spending lots of money since 12 years but no use. My life is completely spoiled. I have no dare to commit suicide. Please help me and save my life if possible making me free from depression and masturbation which is more than billions of money.

Help.

Thank

you,

Sir.

Kiran from England.

I wish to masturbate with a person of same gender...

I am a 18-year adolescent, when I am alone at home it comes to my mind the idea of masturbating seeing porn magazines. Most of the times I do it every 4 days and after doing it I feel tired and depressed; besides, when I feel alone, I wish to masturbate with a person of same gender in order to see his genitals. I want you to help me to give up this vice so I could live happier.

Dinesh from England.

I used to solve Maths problems very fast...

Thank you very much for the information provided. I was a sharp boy a few years ago. I used to solve Maths problems very fast and had an excellent memory, but things have started degrading since I began what you called masturbation. I have been masturbating for two years, and the poor consequences have started coming now. Since last year, my memory has become weak. In fact, I was doubtful that this (mas..) might me cause bad memory but I was never sure. To tell you the truth, I began searching in a search engine as "does loss of sperm affects memory" and I was here. My doubt came true. Well, now I can't bring the things back but I would like to know that if I stop masturbation now, how long will it take for me to regain my scientist type of memory? Also, I would like to know what additional diet supplements I should take, and lastly how much poor effects can this have on the rest of my life? Can I live a normal life now? Thank you from the bottom of my heart once again. Please reply soon

Dinesh from India

How I re-gain my lost Energy?

Hello I have been masturbating since I was 18 years. Now, I am 28 and unmarried. But still addict of this. Now, I have lots of problems regarding my mental and sexual health. I am very weak and look aged as compare to other of my age. My half of bearded comes grey which usually starts grey in age of 40 here. I have no control on myself, it means whenever I even think about sex or talk with a girl, drops of semen comes out. I am a patient of spermatorrea for last 6 years. It is totally out of control. I got erection but for very small time. And I am facing premature ejaculation, weak memory and lots of other problems as you know which may comes due to after such long time of masturbating. My question regarding the above situation is: Is there any way to quit this bad habit and regain my lost energy and get rid of all my above problems and be able to start marriage life?

Regards Thanks in Advance,

Naeem from Somewhere.

(by Arif Billah Maulana Shah Hakeem Mohammad Akhtar Saheb رَحْمَةُ اللَّهِ)

1. The primary cure for ridding ones' self of any evil is himmah, i.e. ones' one determination. Without ones' firm determination, there is no cure. Whenever ones' nafs tries to involve a person in this particular sin then fight it off as if a person were to fight off an enemy that is after their life. Similarly, one should be as determined to save ones' imaan as they would be to save ones' own life. They should be so determined that they must be willing to give up their life, but not commit sin. The day a person has this type of determination then this evil habit will leave. Also, one should try as much as possible not to be in seclusion.

2. One should ponder over this that Rasulullaah صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ is reported to have said something to the effect that one who masturbates is accursed.

3. Ponder over the shame that one would feel on the Day of Judgment, when this person will be raised and their hand will be pregnant in front of Allaah and His Messenger صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ.

4. Ponder over all the harms mentioned in the earlier section.

5. Realize that this debasing act only amounts to a short-lived pleasure.

6. Allaah is with us all the time. Meditate over the fact that Allaah is watching us all the time.

7. This evil habit is due to the curse of lustful glances. Therefore, one should not view any pornographic material and not even go close to pictures in the newspaper, on the internet, cable, television, VCR; DVD etc. to such an extent that one should even start avoiding emails, otherwise random thoughts will come into ones' mind and will cause heat to develop in ones' body leading the person to ultimately masturbate.

8. One should not remain alone, rather be amongst pious friends.

9. One should be concerned to stay in the company of the righteous with

the condition that they inform the righteous person of their condition and implement the instructions of the righteous person.

10. To consult ones' spiritual guide and stipulate a financial penalty such that one feels pain in their heart. This penalty should be in the form of charity. It shows the expertise of the spiritual guide. One should also feel remorse as to how sad their spiritual guide would be.

11. One should be willing to give up their life, but not commit sin. This state of being can only be developed by being in the company of righteous people, therefore adopt the company of the righteous.

12. Guard ones' gaze and watch over ones' heart because mere consultation with ones' spiritual guide and litanies and the company of the righteous is not sufficient. Therefore, one should implement all the advices one receives from their spiritual guide regarding guarding ones' gaze and watching over ones' heart.

13. If perchance a person happens to fall prey to this accursed act then each time a minimum of twenty supererogatory prayers should be prayed or such a large amount of charity should be given such that it becomes burdensome on ones' nafs.