

Bringing sex out of the shadows

Pushpa Narayan | TNN

A decade ago, when andrologist Dr Sudhakar Krishnamurthy started a website on his speciality, an internet search showed up just two links. In January 2007, when he published his book *Sexx is Not a Four-letter Word*, it threw up 800,000. Now, the same search engine gives 1,410,000.

Andrology deals with diseases which affect men, especially those of the reproductive organs. This Hyderabad-based doctor wants to shout aloud his message. Sexual diseases like erectile dysfunction are not merely psychological. It could be a serious problem requiring medication or surgery.

"It's always misunderstood. Even medical schools don't offer degree courses in this stream," he said. The first fellowship in sexual medicine will be launched in July this year at

Oxford University. "This is for a problem that is as ancient as mankind," he said.

In 1981, when he planned to specialise in andrology, the choice was to take up urology and then specialise. "I knew that if I was made to crush kidney stones, I would have no time to deal with bedroom blues," he quips. He specialised in general surgery and trained with experts abroad. "My friends thought I was crazy. Those dealing with sexual medicine were outcasts or quacks. I proved them wrong," he said.

Today, Dr Krishnamurthy is a multi-faceted man. He is the only Asian to have won the Herbert Newman Award for Clinical Research in Andrology, a WHO expert in sexual medicine and the founder of the first dedicated andrology centre in India. His book offers information through real-life stories, mostly his clients and their problems. It busts



BREAKING BARRIERS: Dr Sudhakar Krishnamurthy

the most common myth that "size matters" and reveals how 63% men and 30% women in the age group of 80-100 continue to have sex.

The book has, he admits, raised some eyebrows, embarrassed and even probably upset some people. "My aim was to educate and clear myths. I have been harsh or funny but I always end with a take-home message. This is my way of infotainment," he says.