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COUPLE DIDN'T CONSUMMATE MARRIAGE FOR 12 YRS; GOES FOR ARTIFICIAL INSEMINATION

To make a baby, all you need is love

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Mumbai: Aakash, 40, and Niharika, 38, were happily married for 12 years, but could not consummate their marriage due to psychological issues. After being bombarded with queries by in-laws and relatives about the reasons for not having a child for such a long time, the Bandra-based couple opted to go in for artificial insemination. They were blessed with a girl and now want to adopt the same route to have another child.

Sexologists admit they see more than 100 cases annually of couples who are unable to consummate their marriage



despite being married for months. This case, however, was rare as the couple was reluctant to have sex despite not having a medical problem.

After relentless pressure to bear a child, Niharika and Aakash sought help from a doctor who tried to remove their fear of sex for months. She failed. For Niharika, the phobia of potential pain was too much to handle. On the other hand, Aakash could not see his wife in distress.

Niharika then underwent artificial insemination (AI) of her husband's sperm and miraculously conceived within the first few attempts. Happy at being the proud parents of a girl, the couple now wants to have another child using artificial insemination. "We would want to try to have a second child the same way. The

thought of potential pain would render me unable to have sex. Sometimes, I used to experience vaginal spasms too. My husband understood my problem and stood by me," said Niharika.

"The egg and sperm count of the couple was healthy. Also, they used to indulge in substantial foreplay," said Dr Anjali Talwalkar, gynaecologist at Kurla's Kohinoor Hospital.

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—Niharika

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Fear of sex, no hurdle to becoming parents

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"They could have conceived naturally, but for the refusal of the wife to let her husband penetrate at the brink of the moment," Dr Talwalkar said.

Sexologists said a wary couple opting for artificial insemination to conceive is rare. "Non-consummation of marriage in otherwise fit and healthy couples may arise due to wrong information about sex. This may pave the way for penetrative phobia in the wife. In men, it may lead to 'erotophobia' or a shy man's syndrome. The issue can be resolved by going in for counselling at the earliest. Ninety per cent of such cases get resolved through counselling," said Dr Rajan Bho-sale, head, department of sexual medicine at the BMC-run KEM Hospital.

(Names of the couple have been changed to protect identities)