



DHAT SYNDROME -A CASE REPORT

Psychiatry

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KEYWORDS

INTRODUCTION:

Dhat syndrome is a disorder most familiar in cultures of Indian subcontinent. This occurs in men and these patients describe that they suffer from premature ejaculation or impotence and consider that they are passing semen in their urine, yet there would be no evidence of organic cause. The word "dhat" is derived from Sanskrit word "dhatus" which specifies seven essential elements of human body, one of which is "sukra" semen. Hindu tradition also says that semen is a vital fluid. Patients believe loss of this vital fluid either through sex or Masturbation could cause fatal effects in their body, having them anxiety and dysphoria. They also have severe guilt that they have excessive masturbatory behavior and often lose whitish fluid in urine.

Psychiatrists and physician believe that this is an universal disorder which could be similar to "jiryen" of South East Asia, "prameha" of srilanka and "shen-k uei" of China. It is also reflected to be an unusual 'neurosis of the orient's.

Main stream of treatment would be psychotherapy and cognitive behavior therapy. Psychotropic medications could be administered if the patient suffers from anxiety and depression.

Case Presentation:**History :**

A 22 year old man presented to OP of department of Psychiatry with complaints of lack of energy, inability to do activities of daily living, generalised fatigue. He also added with somatic complaints of inability to walk fast, backpain and myalgia. He also expressed ideas that these symptoms are due to the nocturnal ejaculation he had every month. He believes that semen ejaculate has the ability to give life and it's formed from blood. He also believes him having these symptoms could interfere his marital life in future and daily survival which caused him symptoms of anxiety and depression like feeling of worthlessness, hopelessness, powerlessness, loss of interest in work, dull and sad mood for 6 months.

Investigations:

All routine blood investigations-CBC, LFT, RFT, s.electrolytes, viral screening, thyroid profile, RBS are within normal limits.

Mental status examination:

Psychomotor activity is decreased, In speech –tone, tempo, volume is decreased and reaction time is increased and he had ideas of hopelessness, worthlessness and powerlessness in thought, mood is dull, affect is sad.

DISCUSSION:

A provisional diagnosis of Dhat syndrome was made and he had Sought treatment for above mentioned complaints from department of Psychiatry, SVRRGGH, Tirupati. He was started on antidepressant tab. fluoxetine 20 mg and tab Clonazepam 0.5 mg and he was suggested to attend regular psychotherapy, during which he was given psycho-education on normal anatomy and physiology of male reproductive organs, production of semen, process of semen ejaculation in men, puberty, duration, effects of masturbation, regeneration of semen after each ejaculation, relaxation techniques, effective ways to cope stress.

CONCLUSION:

This case is a culture bound syndrome with Presentation of somatic complaints of being dull, anxious of getting married, feeling his life is going to end because of ejaculating and even have symptoms of depression. The treatment is usually based on psychotherapy and psycho-education of reproductive organs, cognitive behavior therapy

and psychotropic medications (anti anxiety and antidepressants)help to relieve anxiety and depressive symptoms.

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