

————— FULL EDITION —————

(3rd Edition)

A GUIDE TO
MEN'S SEXUAL HEALTH
& MANHOOD THERAPY
————— (URUT BATIN) —————

Ian Chow (MY) & Nicholas Molodysky (AU)

This book serves as a comprehensive guide to men's sexual health and manhood therapy (*urut batin*), with a focus on its connection to pelvic floor therapy. It also provides essential insights into the male reproductive system. It can be used as a complementary resource in sex education for young adults, for spouses seeking to understand more about their partner's sexual health, and for men from all walks of life to discover lesser-known facts about their private region. It is the first-ever published book to document *urut batin* in relation to relevant anatomy and physiology, capturing knowledge that has been orally passed down and practiced from generation to generation.

Note: This book contains reference images of male genitalia relevant to the presented chapters. Viewer discretion is advised (not suitable for minors). All photos contributed, submitted or model engaged are above 18 years old and are done with consent.

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**First Edition Published September 2024
Second Edition Published March 2025
Third Edition Published April 2026**

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This book serves as a comprehensive guide to men's sexual health and manhood therapy (urut batin), a practice with its origins in Malaysia. It also provides essential insights into the male reproductive system. In this second edition, additional in-depth information on pelvic floor therapy has been included, reflecting its growing recognition in the medical field. Suitable for men (or women) of all ages and backgrounds, this book offers a deeper understanding of the male reproductive system, its associated health topics, and an insightful exploration of manhood therapy and pelvic floor therapy.

This book does contain reference images of male genitalia, relevant to the chapters presented. Viewer discretion is advised (not suitable for minors).

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All photos contributed, submitted or model engaged are above 18 years old and are done with consent.

Preface to the First Edition

The idea for this book emerged after months of exchanges between Ian and Nicholas in 2023. One recurring discussion was how to bring manhood therapy into a legal framework within our country. It is a tall order, and to this day, we do not have a concrete strategy. However, we came to the conclusion that before any further steps could be taken, we first needed to document this ancient art. Hence, this book.

When we began, it was titled *A Guide to Manhood Therapy (Urut Batin)*. But as we continued writing, more ideas surfaced on relevant topics to include. With the constant exchange of ideas, what started as a 40-plus-page draft grew into a 16-chapter, 157-page book: *A Guide to Men's Sexual Health and Manhood Therapy (Urut Batin)*.

This could possibly be the first book of its length to explore manhood therapy (urut batin), incorporating anatomical and physiological perspectives alongside discussions on men's sexual health and the male reproductive system. As Fa Abdul, the editor of the book, shared in her Facebook post: *"This book is suitable for men of all ages and backgrounds. It is also valuable for women who want to better understand the sexual health of their male partners, or for mothers with sons. As a mother who struggled when her son was diagnosed with a hernia at five years old, I wish I had this book twenty years ago."*

It was a conscious decision to have Fa Abdul as the editor - not only because of her relevant skill set, but also because we wanted a woman's perspective in shaping the book, without hesitation toward the subject matter.

From the outset, we were adamant about using actual photographs of male genitalia to provide accurate representations, rather than illustrations, in relation to the topics discussed - much like any medical or health guidebook. We worked with approximately 40 different male models and contributors (all above 18 years old) to obtain these images, which are professionally presented to demonstrate techniques, conditions, and to support key points visually.

As time went on and we encountered more patients, we realised there were still more topics to include. Each case brought new insights and learning opportunities. The book is now in its third edition, with updated and expanded content, and we continue to learn.

About the Authors:

Ian Chow

Ian has been a freelance massage therapist and trainer since 2018, currently specialising in oncology massage and men's sexual health. He holds a Diploma in *BodyMaster Method* by John Gibbons and he is an infant massage instructor and a member of the *International Association of Infant Massage*. Prior to his current specialties, Ian was trained in *Swedish / Thai* massage modalities, has advanced training in sports massage and geriatric massage at *Wellness Art Massage School* as well as manhood therapy with *Sifu Muhd Raussein*. He is an essential oil user and has completed the *doTERRA Essential Oil Specialist* and *AromaTouch Technique Advocate* certification.

Via his Malaysia-based massage blog www.happychowder.com, many men have written to Ian asking about manhood therapy and sharing their sexual health issues. Through those exchanges, Ian realised that many silent sufferers may not want to opt for medication or surgery. This piqued his interest to delve deeper into this modality to provide alternative assistance in addressing sexual dysfunction among men.

Nicholas Molodysky

Nick is based in Australia and has worked in medical administration and as a research assistant for the past 10 years. His journey into complementary health began in 2022, and he became certified in *Lomi-Lomi / Swedish*, Sports, Deep Tissue, and Trigger Point Therapy at the beginning of 2024. He is also a certified Indonesian Herbalist through the Indonesian Herbalist Association.

Nick's passion for men's health began through food blogging within the Indonesian community. A surprising starting point, but through interaction, Nick discovered a significant need for male reproductive health education. His research led him to specialise in men's foreskin health and function, as well as circumcision. He noticed a large influx of men seeking help with issues they couldn't find answers for in their language. From there, Nick discovered Ian and became acquainted with the manhood therapy modality, aiming to bring it into the mainstream.

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Introduction

What is Men's Sexual Health (and Puberty)?

Sex can be a taboo subject in many communities, yet it is a fundamental aspect of life. Whether it is for procreation, pleasure, or just an act of lust driven by hormonal surges, individuals encounter this subject, often during or even before puberty.

According to Harvard Medical School, "Sexual health refers to a state of well-being that lets a man fully participate in and enjoy sexual activity. A range of physical, psychological, interpersonal, and social factors influence a man's sexual health".

Sexual health in general includes libido, sexual drive or arousal, erectile function, and ejaculation. However, it is not solely about fulfilling desires or achieving orgasms; it also involves maintaining overall reproductive system health.

More details in the full version (all diagrams and photographs have been removed)

What is Manhood Therapy (Urut Batin)?

Urut Batin is a Malaysian manhood therapy massage modality aimed at maintaining and promoting good sexual health for the male reproductive system. Anecdotally, it can assist particularly in erectile dysfunction, premature ejaculation, low libido and urination issues.

This modality originated in the Malay community and has been passed down from generation to generation. The word "*urut*" means massage and "*batin*" refers to a form of inner energy similar to *chi*, *ki* and *prana*, but focused primarily around the reproductive system.

Back in the olden days, Malay families were encouraged to have many children, making sexual health very important for both men and women. Manhood therapy was used to maintain well-being so that the husband could continue to function optimally sexually.

To date, there is no scientific research proving that manhood therapy works entirely or brings significant benefits to the male sexual organ. In fact, some articles advise against these treatments, as they may damage the tissue, muscle or nervous system of the reproductive system. However, by applying the correct knowledge and technique, we believe it can be done safely, bringing positive effects and assisting with potential sexual dysfunctions.

More details in the full version (all diagrams and photographs have been removed)

Chapter 1

History of Manhood Therapy / Penis Massage Around the World

Whenever we talk about manhood therapy, or what some outrightly call penis massage, the first impression often equates it to a form of sexual service. Undeniably, some massage establishments do disguise their services as such, which unfortunately tarnishes the reputation of those who practice the proper modality in a more clinical setting. A trained manhood therapist will also have better understanding and knowledge on the anatomy and physiology of the reproductive system to render a more effective treatment.

Around the world, there are many different types of manhood massage. As mentioned in the previous chapter, the type covered in this book originated in Malaysia within the Malay community, a tradition handed down through generations. This practice may be in its third generation (or more), and current practitioners are increasingly willing to share this knowledge with people from other ethnic backgrounds and even with non-Malaysians.

In other parts of the world, we observe different modalities, but they are generally based on similar principles: working on the pelvic region's musculoskeletal system and stimulating the nervous and endocrine systems. Before directly working on the penis and scrotum, a full body massage is performed on the recipient using techniques specific to that modality. For example, *Thai* massage, *Tuina* massage, *Swedish* massage, and many other modalities may be employed for the general body massage before finally focusing on the manhood region.

More details in the full version (all diagrams and photographs have been removed)

Chapter 2

The Penis & Its Anatomy

The human penis is one of the main sexual organs and functions as a urinary duct. It is divided into three main portions: the root, the shaft, and the glans. The opening of the penis, which expels urine or ejaculates sperm, is known as the meatus. The penis is covered by the shaft skin, with the foreskin covering the glans and preputial mucosa on the inside of the foreskin (sometimes refer to as inner foreskin).

The penis has two main muscles:

1. **Corpora cavernosa:** Two expandable smooth muscle columns responsible for erection.
2. **Corpus spongiosum:** One column responsible for expulsion, which also encapsulates the urethra and lies underneath the *corpora cavernosa*. It is more spongy but less muscular than *corpora cavernosa*.

The frenulum, a sensitive spot for many men, is where the foreskin meets on the underside of the penis, shaped like a small "V." Men with automatic foreskin retraction upon erection typically have a much thinner frenulum. Conversely, if the frenulum is on the thicker side, the foreskin usually remains forward and needs to be retracted manually.

More details in the full version (all diagrams and photographs have been removed)

Chapter 3

Semen

Semen, also known as seminal fluid, is a bodily fluid that contains sperm and components that nourish and support it. In layman's terms, it is commonly referred to as "cum."

Why is ejaculated fluid warm?

Ejaculated fluid is warm because 95% of it consists of semen produced in the seminal vesicles, Cowper's gland, and prostate gland, all of which are located inside the body. Naturally, the fluid is at body temperature, approximately 37 degrees Celsius.

Thick semen vs watery semen

Though semen texture varies from man to man, we naturally tend to have thick semen with minor variations each time we ejaculate. You should only be alarmed if you notice a drastic change in consistency or experience unwarranted symptoms such as abnormal discharge from the penis, smelly semen, swollen testicles, fever, etc. Conditions such as urinary tract infections (UTIs), hormonal imbalances, dehydration, or prostatitis (refer to Chapter 11) can also make semen become very thick and clumpy.

More details in the full version (all diagrams and photographs have been removed)

Chapter 4

Anatomical Variation of a Penis

Penises come in all shapes and sizes, with each one being unique in length, girth, circumcision status, and curvature. Unfortunately, pornography has led many men to believe that having an above-average girth and length is the norm, which is far from the truth. Additionally, cultural taboos surrounding discussions about male genitalia often leave many men uncertain about whether their penis is normal.

One of the most common variations in penises is whether a man is circumcised. An intact (or uncircumcised) penis has a foreskin. In 2016, it was estimated that roughly 62% of the world's male population was intact. Among intact males, foreskin length varies significantly. For some, the glans is fully covered when both flaccid and erect, while for others, the foreskin automatically retracts upon erection. Both variations are completely normal.

There is a *Foreskin Coverage Index*, created by Paul Sheriff, a foreskin restorer, which serves as a standard for measuring the amount of foreskin present when the penis is erect and flaccid. It consists of 10 different measurement levels (known as CI numbers), ranging from no loose skin to a considerable amount of overhanging foreskin. It was originally developed as a tool to track progress for men undergoing foreskin restoration.

More details in the full version (all diagrams and photographs have been removed)

Chapter 5 - Science Behind Manhood Therapy

Manhood Therapy: A Holistic Approach

When it comes to manhood therapy, the treatment begins by focusing on areas connected to the pelvic and hip region, particularly the pubic bone. The pubic bone (pubis) forms one of the three main parts of the hip bone, alongside the ilium and ischium.

Similar to the *osteopathic global lesion* concept, it is insufficient to work only on the affected area - the manhood in this instance. The interconnected regions must also be addressed, as they might contain the root cause of the sexual dysfunction a man may be experiencing.

Treatment typically starts with the patient in a prone position, focusing on the lower back and sacrum. This not only targets the muscles and ligaments that may create tension in the buttock region but also involves the lumbar and sacral plexus - a network of nerves that play a sensory role in the male sexual organs. Additionally, the sacral plexus (via the pudendal nerve) innervates muscles in the perineum, the *external urethral sphincter*, the *external anal sphincter*, and the *levator ani* (essential for controlling bowel and bladder functions).

More details in the full version (all diagrams and photographs have been removed)