



Three Theories Explore Why Women Who Use Cannabis Regularly are Twice as Likely to Orgasm

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INTRODUCTION

The majority of women who used cannabis reported increased sex drive, improved orgasm, and less pain. [1] Women who used marijuana regularly before sexual engagement had 2.13 times the chance of having satisfying orgasms. [2] Research reveals that up to 41% of women have difficulty orgasming. [3] Women, more than men report cannabis' sexual facilitatory effects. [4]

OBJECTIVES

The objective of this literature review is to explore three different theories that point to why cannabis may enhance women's ability to orgasm. If data collection supports these theories, it follows that female orgasmic disorder (FOD) could become a condition of treatment for medical cannabis.

METHODS

The research papers based on Female Orgasm, use of Cannabis and sex derive through Cannabis were extracted from different databases; EMBESE, PubMed, NEJM, and MEDLINE, databases. The MeSH keywords used for search were "Female orgasm" "regular use of Cannabis" "sex drive" and "improvement in female orgasm" to extract data for this systematic review under standards.

FINDINGS

❖ Altered States of Consciousness Theory

The psychoactive chemical in cannabis, THC, alters consciousness. Altered states of consciousness were found to be strongly related to higher sexual responsiveness in women. [5] Altered State of Consciousness Theory hypothesizes that women who learn to induce altered states of consciousness with cannabis are more likely to orgasm.

❖ State of Absorption Theory

Women need to be in a state of absorption to orgasm. [6] A state of absorption can be created with an intense focus on bodily sensations and/or the imagination, both of which are stimulated by cannabis. The State of Absorption Theory hypothesis that a state of "absorption" is essential for high sexual arousal and orgasm in many, if not all, women.

STATISTICS

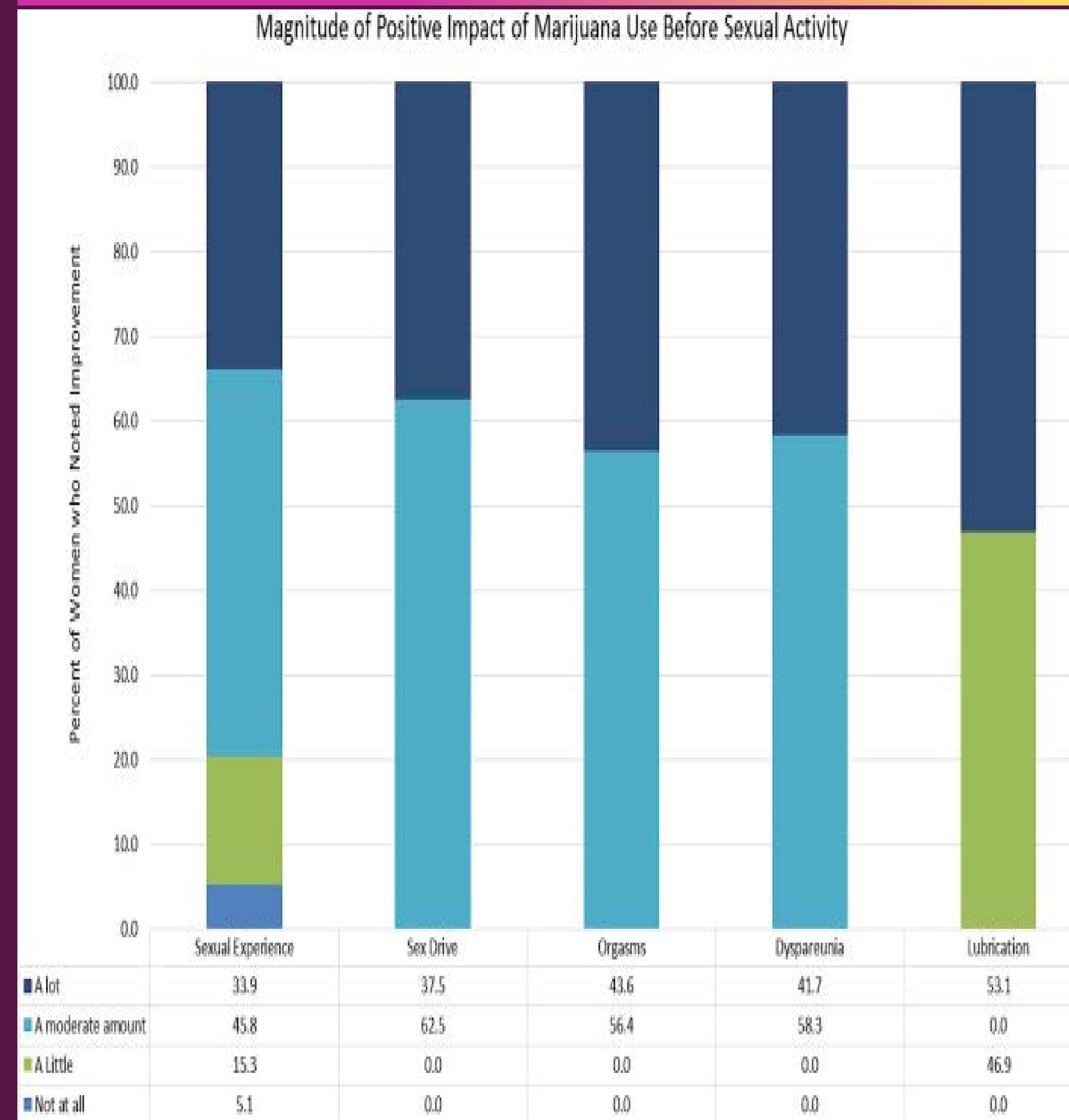


Fig No. 1: Positive Impacts of Cannabis on Female Orgasm (Lynn et al., 2019)

FINDINGS

❖ Amygdala Reduction Theory

Cannabis reduces the activity in the amygdala, a part of the brain associated with hypervigilance and anxiety. [7] A reduction in anxiety associated with a sexual encounter could improve experiences and lead to improved orgasm and satisfaction in women. [8] The Amygdala Reduction Theory proposes that reduced amygdala activity can positively affect female orgasmic disorder.

CONCLUSION

It can be hypothesized that women who use cannabis more regularly may be more comfortable with altered states of consciousness that allow deeper bodily sensations. This altered state of consciousness may lead to enhanced ability to orgasm. The researcher is collecting data to explore how and whether the use of cannabis has any impact on women's orgasmic difficulty.

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