orgasm

p h y s i o l o g y

*a r o u s a l*

The combination of mental and physical sensate input, synapsing with the sacral nerve roots leads to reflexive patterns of physiologic arousal: engorgement of tissues, nitric oxide is released from parasympathetic nerve endings near blood vessels ~ release of nitric oxide activates a signaling pathway that results in relaxation of the smooth muscles that surround the arteries, causing them to dilate ~ increases the amount of blood that can enter the erectile structures.

Parasympathetic impulses during arousal cause the secretion of mucus and serous fluid through ducts at the vaginal opening. Mucus is also released through the urethra of the penis to clear and lubricate.

*o r g a s m*

spinal cord ~ when mental and/or physical stimuli have reached a necessary threshold, the spinal cold emits sympathetic impulses that lead to orgasm

1953 Alfred Kinsey : “the expulsive discharge of neuromuscular tensions at the peak of sexual response”  
  
climax ~ altered state consciousness

prefrontal lobe and portions of the temporal lobe decrease activity, while brain regions such as the nucleus accumbens (award center), amygdala (emotional center), hippocampus (memory), cerebellum (coordinated muscle tension) and hypothalamus (release of oxytocin) have an increased level of activity

overlaying the crus of the clitoris and penis are the ischiocavernosus muscles, while the bulbs of the vestibule and the bulbs of the penis are covered by the bulbospongiosus ~ during orgasm, these involuntary muscles undergo rhythmic contraction, as do other perineal and pelvic muscles

cervical canal dilates during orgasm, uterine motility is increased  
  
ejaculation through the urethra has the potential to occur in all individuals due to release of fluid from the male prostate or female prostate ~ in some cases, ejaculation is retrograde, fluid moves towards the bladder and may go undetected

the refractory period necessary between one orgasm and the next is highly variable and explains why some individuals can experience multiple orgasms, while others cannot

h o r m o n e s : dopamine, oxytocin and norepinephrine are released during orgasm

s o m a t i c s

soma ~ body, including spirit, mind, body, physiology, emotions and feelings

An approach that turns the focus inward, to the sensations we experience in our bodies, including information sourcing from our tissues, structures, trapped emotions and the stories we hold in our nervous system.

r e s o u r c e s

Michaela Boehm

Women’s Anatomy of Arousal by Sheri Winston

A New View of a Woman’s Body

Somatic Experiencing, Sexological Bodywork

k u n d a l i n i t a n t r a

c o s m i c