

# **Sexual Stimulation**

## **Two Physiological responses to sexual stimulation**

- 1. Vasocongestion – constriction of the veins**
  - occurs as blood flow is increased to other tissues such as:
    - skin, breast, earlobes, penis & clitoris
  - since blood comes in but doesn't return, these structures become engorged with blood and become erect
- 2. Myotonia – increase in muscle tension**

## **Four phases of sexual response**

- 1. Excitement – when physiological/physical stimulation provides arousal**
  - female
    - vaginal lubrication
    - lengthening and expansion of vagina
    - erection of nipples
  - male
    - penis becomes erect due to vasoconstriction
- 2. Plateau – excitement increases**
  - during coitus the penis is moved back and forth in the vagina
  - this friction and the intimacy that surrounds it leads to orgasm
- 3. Orgasm – climax of sexual excitement**
  - achievement of maximum sexual tension and its release
  - marked by ejaculation of semen in the male
  - contractions of vas deferens, accessory glands and muscles in pelvic floor secrete semen
  - after 1<sup>st</sup> contractions the intensity decreases as they become less and less regular
  - both sexes have increase in heart rate and blood pressure
  - in the female stimulation of clitoris is important in heightening sexual excitement
  - in female orgasm is marked by rhythmic contraction of pelvic muscles and vaginal muscles

#### **4. Resolution – the body returns to normal state**

##### **Fertilization**

- ✓ Sperm are release next to cervix
- ✓ During most of menstrual cycle the vagina and cervix are hostile to sperm
- ✓ one sperm fertilizes one egg
- ✓ only about 2000 sperm of the 300 million released upon ejaculation make it up to the fallopian tube to the ovum that was released.
- ✓ ovum is fertile for about 12 hours
- ✓ sperm live for 48 hours
- ✓ therefore sperm need to be deposited in female tract between 48 hours before and 12 hours after ovulation