

# Facts and Myths About Cannabis and Sex

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***There is no doubt that having regular sex is a very important aspect of every healthy romantic relationship. Presently, there is no research that shows which gender enjoys sex the most. Unfulfilled sexual expectations can negatively affect the relationship between lovers. There has been a growing debate on the impact of cannabis like marijuana, and its high euphoria effect on one's sexuality. According to the [national survey on drug use and health since 2016](#), 44-percent of Americans over the age of 12 years old have used marijuana for varying reasons.***

According to the National Institute on Drug Abuse, marijuana remains the [most commonly used](#) addictive drug in the United States. Here we examine separating facts and myths regarding the relationship between marijuana and sex.

## **Is Marijuana an Aphrodisiac?**

The [US Food and Drug Administration](#) defines aphrodisiac to be any substance, which could be food, drinks or drugs with a label claim that it can arouse or enhance sexual desire when consumed.

There are varying schools of thought on the number of cannabis plant strains that are available and specifically which strains have aphrodisiac qualities in their nature. However, according to the [National Center for Biotechnology Information](#), the cannabis plant exists in two main strains — the Cannabis-indica and Cannabis-sativa — each which has different levels of Tetrahydrocannabinol (THC) and Cannabidiol (CBD) present.

***Results from some research investigations conclude marijuana use inhibits the sex drive, while others determine it enhances it. However, based on the research conducted by scientists at the [Stanford University School of Medicine](#), it was suggested that marijuana use does not inhibit sexual performance; it enhances it. The result of the research is published in the [Journal of Sexual Medicine](#).***

Some proponents of marijuana see it as a [natural aphrodisiac](#), especially for men, when taken in moderate doses. The mechanism of action is that smoking marijuana before sex slows down the brain waves, enhances the motor senses, and makes the sex organs engorge more easily. There are [eight strains](#) of marijuana that are aphrodisiac in nature. Marijuana is known to contain a high level of the mind-altering compound THC. This substance enhances the release of dopamine, otherwise known as the “happy hormone,” which subsequently attaches itself to the cannabinoid receptors in the brain, affecting one’s perception of pleasure. This produces an effect similar to that of a naturally occurring brain neuro chemical known as anandamide.

[Anandamide](#) is a brain metabolite that stimulates CB1 and CB2 receptors, and is thought to be involved in the [reward](#), mood and sexual pleasure centers of the brain.

Conversely, according to the [National Center for Biotechnology Information](#), the use of marijuana has been demonstrated to lower testosterone levels, which may lead to erectile dysfunction. Based on the findings published in the [Journal of Sexual Medicine](#), the use of cannabis could inhibit the ability to achieve an orgasm. This claim occurs only when it is taken regularly and in high doses.

### **Is There a History of Marijuana and Sex?**

The use of marijuana, in different forms, as a sexual enhancer has been around for decades and even centuries in many cultures. Civilizations have long embraced medicinal marijuana in treating various ailments. This is especially true of the CBD strain; it has numerous therapeutic applications, including anxiety, depression, psychosis, neuro degeneration disorders, and moderate to severe spasticity.

Some of the places and cultures where marijuana have been used in relation to sex:

— Since the seventh century in India, among the Tantric sex practitioners, marijuana has been in use to extensively prolong one’s sexual arousal. Marijuana is believed to help boost libido, delay ejaculation, and is effective in producing a long-lasting erection. It is usually

mixed with milk, water and other spices to form a “marijuana milkshake;”

— As far back as 1930, Russian newly wedded brides use cannabis mixed with lamb fats, or Nasha, on their wedding night to make their sexual experience more pleasurable by minimizing the pain of defloration (when a women loses her virginity); and

— Cannabis has long been in use in Lebanon, Morocco, and Egypt for treating impotence and enhancing sexual drive. This is known as “kif,” but could be medicinal kif, or sexy drive kif based on preparation. When marijuana is mixed with opium, it is referred to as medicinal kif for treating impotence. But when mixed with substances that include ginger, nutmeg, cloves, lavender and snake root, it is known as kif for enhancing sex drive.

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### **What are some of the Myths behind Sex and Cannabis?**

The therapeutics and politics of cannabis generates a lot of debate in the public domain. This results in misinformation, propaganda, politics and other agendas. The propagation of erroneous information about sex and cannabis hurts everyone. Information is power with the ability to make informed choices. Below are some of the myths regarding sex and cannabis:

***—Cannabis and sex don't gel—There is a misrepresentation that the use of cannabis can make one antisocial and unable to sexually relate to people. This assertion is entirely false as there is no scientific data to neither prove nor back up the claim—Actually, the contrary results from studies done by a group of Canadian Researchers shows that people who use cannabis have a more enjoyable sexual experience compared to non-users;***

— Cannabis sterilizes men — Studies continue to investigate whether the continual use of cannabis has the potential of making a man sterile. This assertion is false, too. However, frequent cannabis use could result in changes to the size and shape of a user's sperm, which could reduce the sperm's ability to fertilize an egg. Based on research conducted in

2014 by a team of researchers from the University of Sheffield and Manchester, the negative effects of cannabis on a user's sperm can be reversed if the user can abstain for six days; and

— Cannabis prolongs arousal — There is no scientific data to support that cannabis prolongs arousal at this time. The feeling of arousal often alleged to be experienced from cannabis use, according to the University of California Santa Barbara, is a result of a distorted sense of time often experienced under the influence of cannabis. Perception is everything; the individual's experience is valid.

### **Are There Benefits to Combining Cannabis and Sex?**

There is no standardization; cannabis does not produce the same effects in different people. Its effects vary from person to person, gender to gender, and from strain to strain. However, some factors like the method of use, the frequency of usage, the amount, and the personal circumstances or environment does contribute to the effects on each individual.

Cannabis is known to work well as a sexual enhancer that benefits both male and female genders when taken occasionally in a moderate amount. Some benefits of combining marijuana and sex:

- Increased libido;
- Relaxation of the body and mind;
- Reduction of anxiety;
- Heightening of the senses; and
- Inhibition of premature ejaculation.

The key to deriving the utmost benefits from its aphrodisiac properties lies in the amount and frequency of usage. It can indeed be of great benefit for lovers struggling with low libido when taken occasionally and in the right amount. The long, ancient history of marijuana use as a sexual enhancer attests to its staying power. This practice, coupled with the increasing number of states in the US legalizing its use, provides people new avenues and options for intimacy.

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Diana Rangaves, PharmD, is a Google Scholar, who has work appearing in numerous venues. Diana is a philanthropist, and ethics professor turned writer. An accomplished educator, award-winning teacher, and business professional, she uses her powers for good. She holds a Doctorate from the University of California; she has 30 years of experience in healthcare.

