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MARIJUANA AND

SEX

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Marijuana and Sex

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Introduction

Marijuana has been a very controversial subject over the years. While it is often referred to as “illegal”, its importance to a variety of ailments and varying conditions cannot be ignored. In the US alone, there are millions of users of marijuana especially among young adults. Two states have legalized the drug to be used by adults for recreational purposes while a number of others are still debating its importance. Still, some states have laws that authorize its use for treatment of given medical conditions.

With plenty of names in different countries, marijuana is often referred to as cannabis sativa. Cannabis indica and cannabis ruderalis are the other names for varying species.

What is Marijuana?

Marijuana is obtained from a mixture of leaves, buds, flowers, stems and seeds of the hemp plant. The resultant substance contains chemicals that alter the functions of the mind. THC, or delta 9-tetrahydrocannabinol, is the most conspicuous chemical that is known to cause the greatest effects on users. Some of these include irritation, joy, suspicion and relaxation. All these depend largely on the drugs potency which is influenced by its preparation as well as storage.

Immediately after the use of marijuana, most people develop red eyes, dizziness, increased blood pressure, increased appetite, increased heartbeat, dry mouth and many more. Of course all these physical and emotional effects vary from one user to the other, mostly depending on one’s hormonal make-up. Some other factors that may influence the reaction of this drug on users are food, medical conditions and hereditary factors. In most cases however, the drugs potency will determine how an individual behaves after its use.

While different people use the drug in various forms, most users smoke it when it is rolled in cigarette form called joints or in pipes referred to as bongs. It can also be smoked in cigars which have been emptied of tobacco before being filled with marijuana and a bit of tobacco. This is called blunts. Some users mix it with food while others brew it as tea. When smoked, it produces a pungent yet distinctive sweet and sour odor unlike that of a cigarette that may sometimes be suffocating.

How Marijuana Works?

When a user smokes marijuana, THC passes from the lungs to the bloodstream where it eventually moves to the brain and other organs of the body. However, when it is used in food or drinks, it gets absorbed slowly. As soon as it gets to the brain, there are molecular targets it specifies called cannabinoid receptors. These receptors easily get activated by chemicals that are the same to THC that occur in the body naturally which form a neural communication network referred to as endocannabinoid system. The system plays a major role in the normal as well as development function of the brain.

A bigger part of cannabinoid receptors is usually found in the part of the brain responsible for pleasure, coordinated movement, concentration, thinking, time perception and sensory. When smoked or ingested into the body, marijuana makes the endocannabinoid system over active, a state which users refer to as “high”. Other effects experienced and debated include altered moods and perceptions, disrupted memory which in turn affects learning in some positive ways, difficulty in thinking as well as solving problems. All these and other reactions are experienced by users depending on each individual.

Lately, marijuana has been touted as an aphrodisiac when it comes to sexual pleasure. This has led to a number of young adults using it to boost libido. The relevance of sex in the society cannot be underestimated. Through sex, human beings just like other animals, are able to (procreate) multiply. And one factor that misses in the other animals yet is very alive in the human being is the pleasure part of sex. Human beings obtain pleasure in a variety of ways, with sex being the most preferred owing to its immense benefits.

For various reasons however, some people tend to have little or no interest in sex. Many reasons are to blame for this scenario. Perhaps the first one is the heightened stress levels due to the high cost of living, changing lifestyles, too much work and little time for relaxation. When one is stressed, the sexual desire goes down too. This explains why a number of people resort to several remedies to boost desire as well as performance.

Sickness is another reason the sex drive could be lowered. Certain ailments like diabetes have been known to reduce patients to low or zero

performance. Other illnesses that can compromise an individual's performance are Alzheimer's and high blood pressure. Most people swear nothing irritates like the inability to perform in bed. That is why individuals go to all extents to boost their libido. When some people discovered there was hope in marijuana, they went for it.

Ancient History of Marijuana and Sex

It is no secret that the body has pleasure systems that are rewarded by sex. Sexual pleasure can only be obtained when the brain is prepared for it. This is possible only when the part of brain responsible for sex is activated. The human brain contains neurocellular circuitry that is activated by THC's structure. When an individual smokes or ingests marijuana, the "high" state obtained leads to unique feelings. For sexual pleasure, either the brain is able to activate its own THC after one gets feelings from touch, looking at certain pictures or reading various materials containing sexual graphics. The only other way the THC is activated is by using a bliss-inducing substance known as marijuana or cannabis.

Marijuana has been used as an aphrodisiac in India and Buddhist practices for more than 3,000 years. In North Africa, marijuana is also used to heighten libido in countries like Morocco, Egypt and other nations. The Middle East has not been left out either as Serbia has many users of the drugs.

In India, Unani Tibbi and Ayurvedic medicine systems have adopted cannabis to get rid of impotence, heighten libido and cure some other illnesses like asthma. The Indian's have rituals that date back to 700 A.D. They were used to help people reach Nirvana; a state that helps the body gain enlightenment and knowledge while escaping suffering. During these rituals, elaborate activities were created to celebrate sexual union as well as kundalini yoga.

During these Indian rituals, marijuana was not smoked but instead imbibed through a traditional drink known as 'Bhang'. To this day, the Indians consider bhang a sacred drink that resembles chai which is spiced with a bit of milkshake to enhance its consistency. This drink is on record as warding off evil spirit, healing the body, bringing good fortune and cleansing people of sins.

India is world renowned for many anthropologists. These fortune tellers link the use of marijuana to the Indian goddess kali and believe the psychotropic effects of the drug are better obtained from the female flowering part of the cannabis plant. For this reason, cannabis was popularly used for sacred purposes in regions where the worship of

goddesses was rife. In formerly repressed cultures in India, it was used to enhance sexuality in women.

An interesting fact is that Buddhist ascetics and monks used cannabis to repress sexual desire while striving to achieve union with the spirits on oneness. This is sufficient proof that marijuana acts differently on individuals depending on the dosage, plant strains and the state of the user.

Marijuana's psychosexual effects

Marijuana has two strains namely; indica and sativa. Sativa is more active, offering a cerebral high. On the other hand, indica offers a more restful experience, imbuing the body, giving an individual a mellow feeling. This has led to a raging debate on which type of marijuana acts as a stronger aphrodisiac. All the same, a number of people believe indica is better as compared to sativa owing to its physical effects. The active ingredient in marijuana, which is THC, releases dopamine to the brain thereby stimulating anandamide which is a neurochemical. It is labeled as 'bliss molecule' and is a receptor that is naturally occurring.

Studies show that the interplay between the brain and body of someone who has used marijuana leads to testosterone levels surging and eventually plummeting. However, smaller doses of the drug lead to 'highs' lasting longer and drops less. If used in moderation, marijuana can heighten desire for sex as well as performance leading to bonding in partners. At the same time, partners who use cannabis are said to have more stamina during intercourse, improved power of orgasms and good interactions during lovemaking. However, higher doses of the drug decrease sexual desire, cause erectile dysfunctions and leads to emotional turmoil.

Sexual Ethics Associated with the use of Marijuana

Though informal, studies show that at least 2/3 of users of cannabis experience "highs" for sex. On the other hand, critics are quick to point out that marijuana leads to infertility, though of course there is no evidence or proof. At the same time, there is no documentation to show marijuana may lead to fetal damage, which brings into controversy some medical findings about the effects of marijuana. Some quarters have often attributed risky sexual behavior to cannabis. However, a retired doctor from Harvard Medical School says there is very minimal risk in using cannabis. Instead, he says the drug has medicinal benefits to the body and as such, needs to be used occasionally.

The same doctor says that unlike people's belief that the drug is an aphrodisiac, it is not. According to him, an erection or sexual desire is only

achieved when there is existing attraction between sexual partners.
Meaning; marijuana arouses people who already have the desire for sex, or are attracted to each other.

Cannabis in the Ancient India

India has a culture that largely relates marijuana to sex. Marijuana has been used by the Hindus for 3,000 years and more as an aphrodisiac and a cure for other ailments. In some instances, opium was added to the cannabis leaves to make the mixture more potent. During prescriptions for the cannabis related formulations, various names were given to them. Some of these are; majun falaskari, roghan bhang, shrimadananda modaka, uttama vajikarana and a chain of other interesting names. These doses were responsible for delayed ejaculation, increased lubrication, heightened erections and loosened inhibitions.

Tantra

The use of marijuana in ancient Hindu culture was not just for heightened sexual desire, but the opposite as well. Hindu Buddhists had a culture of Tantra which prescribed physical as well as mental exercises. During these activities referred to as Yoga and Nirvana, one could sit for hours or days to obtain perfection and enlightenment. During these rituals, an individual had to escape body suffering associated with hunger or exhaustion. Marijuana was used to achieve this.

In the advanced state, Tantra rituals were very complex if not difficult. Researchers trying to find out about these activities discovered texts that describe the use of cannabis to enhance the practice. The modern Hindus no longer engage in these intense rituals. Instead, they have adopted viable spiritual practices that are more accommodative to the body. The modern practice still offers spiritual and sexual enlightenment of course. However, the body does not need to undergo the hardcore rituals practiced in the 11th Century AD.

Currently, Tantra practitioners are of the opinion that the human body exhibits energy systems that have nerves, spiritual elements as well as the heart to initiate links with cosmic and nature oriented energies. Since the body make-up of men and women is different, the Yoga sexual practices bring together the energies to come up with circuits allowing them to realize heightened intimacy levels that transcend personal touch to identify their universal habitat. These male and female energies are believed to

bring about balances that in turn atone for their sins against nature and the cosmos world.

The Tantra rituals that date back to 700 AD, are said to have composed of groups of both sexes who had been purified and could fast. During the practice, they engaged in fervent prayers, chanted, had ceremonial purifications, practiced Kundalini Yoga and engaged in sexual unions that made the body accept the tough ordeals it underwent. These rituals facilitated concentration, transformation and consecration. They were conducted in temples adorned with many flowers, well lit temple lights and clouds of smoke from marijuana.

Bhang

Practitioners of Tantra did not smoke pot but instead ingested orally marijuana prepared called “bhang”. At times it was a mixture of marijuana and milk rolled into a green ball. There were times it was transformed into a delicious cannabis milkshake made using marijuana flowers and leaves mixed together with sugar, cardamom, ginger, poppy seeds, pepper and almonds. The mixture was heated to give it time to catalyze into a form known as ‘psychoactive’ that is suitable to humans. These recipes made bhang sweeter and thicker than chai. The seasoning in this case was done using cannabis. To date, Indians still consider marijuana a medicinal and sacred drink that brings good luck, sends away evil spirits, cures illnesses and cleanses sins.

After a 24 hour period of fasting and purging, these celebrants of Tantra ingested cannabis before breathing deeply and practicing the visual exercises. All these activities are good recipes for toning muscles, freeing blocked energy and improving blood flow. At the same time, these activities facilitate power which aid in marijuana intoxication just one hour after using the spicy yet potent libation.

After using bhang, the practitioners felt a little queasy, a sign that the drug’s medicinal quality was becoming active as a purgative for the digestive tract. When the brew’s psychoactive effects got more pronounced, they got into a meditative state that led to sanctification of vows earlier made. They also praised goddess Kali who embodied creative feminine forces.

Worship of Beauty as a Ritual

Feminine beauty was enshrined by males ritually bathing female partners while using holy water. After the bath, they scented them before combing their hair seductively. They later on perfumed their bodies before taking them to a bed spread using silken sheets. Males then perform a ritual that is programmed into their system. This involves touching parts of the woman's forehead, face, nostrils, eyes, tummy, arms, thighs, before finally getting to the vagina.

These overtly acts of sexual preparedness took place during marijuana rituals after which the male performed oral sexual activities on the woman. Later on, during the real intercourse, the partners focused more on religious symbolism of their actions by liberating their sexuality and mingling energies. The tantric rituals were meant to prolong sexual union for as long as possible as the partners used yogic breathing, neuromuscular control and meditation to have prolonged sex without the man ejaculating prematurely. According to the Hindu texts, these sexual acts lasted eight or more hours.

All these activities were to free the soul from suffering and the brain from mental exhaustion. There was the belief that once the partners had endless orgasms, they were freed from so many worries and they obtained Nirvana. Nothing worked as greatly as the Indian ideology of marijuana and sex.

Other Cultures and Marijuana

While the Hindus had a beautiful and more pronounced culture of sexual union and cannabis that was incomparable, they were certainly not the only people who had such kinds of rituals. The Serbians too had folk medicines during the 19th century. They prepared cannabis and referred to it as nasha. Lady virgins had mixtures of lamb fats with cannabis during their wedding days. This was meant to reduce the pain of broken virginity, and to ensure they had a thrilling first sexual experience.

The practice resembles the current Indian culture where the bride eats bhang candy while sipping bhang beverages on the first night of her stay with the husband. At the same time, the Indian prostitutes are said to eat bhang sherbets in plenty to help them keep an arousal even when the sexual partner is not good looking, fat or stupid. This explains why most men prefer Hindu ladies to other races for prostitution.

For the Serbian's, women mixed cannabis with sugar, egg white, and saffron to make a tonic that aroused boys who were to be circumcised. The tonic referred to as guc-kand, was said to lessen pain during the cut. The same mixture was given to kids who cried a lot, or who pouted endlessly as it made them happier and put them in a good mood.

The Serbian men on the other hand, loved the mixture of hashish, carnation petals, cardamom, honey, almond butter, pyrethrum root, crocus, muscut nut, Anacylius, and dried rose leaves. They referred to it as 'happy porridge' because it was a big time aphrodisiac.

In North Africa and Middle East, countries like Morocco, Egypt and Lebanon used cannabis for sexual fulfillment. They often used it in a potent form known as 'kif'. It is said that during their husbands' absence, women obtained the potent from servants whom they engaged with in erotic fantasies. When men were away, the women had the freedom to practice sexual acts without inhibitions. This was aided by cannabis. This translates to one thing, even in oppressive cultures; cannabis was used to aid arousal especially in women despite the fact that it was not right.

The Best Strains of Marijuana and Sex

Research shows that sex and need go together. Why? Marijuana helps to calm nerves, thereby helping a user relax. It is known that anxiety can lead to premature climax, hence failed or less invigorating sexual activity. By using marijuana, the senses are activated, especially the sense of touch which heightens desire. People are practically different and therefore while some will get stoned by one toke, others need at least two to reach higher levels of sensuality.

For this purpose, the 'smokie-pokie' is the best. It's major advantage is that one does not need to smoke too much of it to get high and aroused. It is better smoked by both partners for better performance. Using too much of it on the other hand may lead to people getting too stoned to perform. It is therefore prudent to take just a little at a time.

It is important to remember too, that different strains need to be used for different kinds of sexual pleasure. Some people do not understand that each occasion calls for a different type of love making. During a party mood, couples tend to go for the vigorous activity, while tired and worn out partners will need cool and calming sex. For each occasion, there is a strain to help users achieve their objectives.

Strain Names:

1- Pink Kush

This is a Grade A++ and hybrid type. Even though it is a hybrid, it has dominant buds with pink hairs that gave it the name pink. It has an almost coated sugar look, is sticky and very resinous. It has a pungent smell that is almost similar to that of vanilla tea. The taste is kushy, almost like sugar that is over-coated and the strain is smooth too. The effects are almost predictable. Once it is ingested, it begins to show effects on the third and fourth toke. The indica properties are very active and can boost sexual arousal. This is because it is very potent with THC as well as CBD. When ingested, it begins to work within the first fifteen minutes. If overused, it can cause drowsiness which may dampen the sexual urge.

Other than sexual arousal, pink kush is also treatment to a variety of ailments. It is said to be good remedy for epilepsy, asthma and can get rid of insomnia, depression, anxiety, nausea and pain. It enhances appetite,

sex and good feelings.

2- Island Sweet Skunk

This is a grade A+ of sativa dominant hybrid. The plant looks very beautiful with spear shaped long and dense flowers that glisten when exposed to resin. The buds form a patchwork with hints of blue, green, orange, red and purple. When the plant is still growing, it has a nice scent of grapefruit with ripe pink color. After it has been cured, it becomes more pungent with a less fruity scent. All the same, it still produces a mouth watering scent.

It is inhaled and smells almost like a ripe grapefruit. When exhaled, the taste is skunky and quite earthy. Just like its taste, the effects of the Island Sweet Skunk are amazing. The first exhale gives a floaty yet light feeling which sets in from the eyes as it works its way all over the body. After about 10-25 minutes, it stimulates the appetite. This is followed by analgesic feelings that are rather nice and warm. It is said to be a good daytime smoke and keeps away any pain in the stomach. To some users, the vision is improved while boosting energy to perform tough tasks. When vision has been enhanced, colors become vibrant and music enhanced. If there was any feeling of tiredness, it immediately disappears, leaving an individual feeling stronger and energized.

Apart from the above qualities, sexual desire increases. One easily gets aroused and during performance, there is untold energy which improves the quality of performance. Users of this weed say it is amazing for sexual acts. This can be attributed to its potency which stands at 10/10. With just two small hits, one is able to stay stoned for at least 3 hours. Word of caution however, because of its delicious taste, one can easily overdo it. To be safe therefore, it is imperative to use it with maximum caution. New users need to go slow as its overuse at the first instant can be overwhelming. The old users to have to practice restraint as it is easy to continue puffing even when one is already high.

As it grows, the plant often produces heavy, thick colas that produce incredible resin. The grapefruit scent it produces usually sets in as soon as the plant begins to flower. The sativa gene it exhibits gives the plant the tendency to stretch so much to a 12-12. The height might be a concern but no worry as it can be shortened with constant trimming to keep the canopy

to a manageable level. During its production, it absorbs nutrients that offer it strength to thrive to an organic feeding which eventually gives it the amazing taste and scent that shines. The best description is 'stable genes'.

Other amazing strains of marijuana include **lemon skunk, sweet island skunk, and sweet skunk island** among others.

The Chemical Way That Marijuana Targets the Male Body For Great Sex

There is a steroid hormone called testosterone which belongs to the android group. Apart from humans, it is only found in other mammals, birds, reptiles and some vertebrates. In the mammals, it is secreted by the testicles in the males and ovaries in females. Some small amounts of this hormone are secreted by adrenal glands. In males, it is the principle hormone which is also an anabolic steroid.

Testosterone plays a major role in the male reproductive tissues in the testis and prostate. Other secondary sexual characteristics promoted by this hormone include bone mass, growth of hair and increased muscle. Its other purposes include overall health and well being, and it also prevents osteoporosis.

Adult males have higher levels of this hormone than females. In fact, it is about 7 or 8 times more the amount produced by females. This means men have a 20 times more daily production of the hormone than women. It all explains why men are easily aroused as compared to women. While men are able to get easily aroused, only a few can sustain an erection for long. That is why people resort to the use of marijuana to not only get an arousal, but also perform for longer periods of time. This is how marijuana targets the male body for great sex;

The cannabis plant has more than 421 chemicals. Of this, 61 are cannabinoids. There are another 2,000 compounds produced during inhalation or ingestion by pyrolysis. All of them are represented by various classes of chemicals like amino acids, hydrocarbons, sugars, nitrogenous compounds and fatty acids. All these compounds put together contribute to toxicological and unique pharmacological properties of marijuana.

The major cannaboids in marijuana include THC or tetrahydrocannabinol which is the most active component of cannabis that contributes to its toxicity as well as behavioral changes in users. Once it is smoked or ingested, it leads to feelings of euphoria, happiness, relaxation, sharper vision, less pain and enhanced sexual arousal as well as performance. Ironically, there are other reactions that may be termed as 'negative' in case the drug is overused, or the potency is underestimated. These include rapid changes in the heart beat, feelings of paranoia, decreased respiratory

rate, diastolic blood pressure and lung damage.

The levels of intoxication will therefore influence the drugs reaction on sex. Appropriate doses increases sexual stamina, power and length of orgasm, tactile sensation, prolonged, hard and bigger erection. Other attributes include emotional bonding with the partner, more gratitude after a fulfilling intercourse and better awareness of other sexual organs. At the same time, males become more loving, their attention to the aspects of lovemaking is enhanced and they are keen to engage in foreplay to arouse their female partners before engaging in the sexual act.

Males who used marijuana to boost sex report that the drug lifted them past their ego to a spiritual realm with the act taking on a symbolic importance beyond explanation. When their partners used the portions as well, they felt the mingling of energies was balanced and replenished leading to an energizing climax instead of the usual draining finale. Perhaps all these can be attributed to marijuana's reputation as a sensory enhancer.

Marijuana and Erectile Dysfunction

Marijuana has been used by men to enhance sexual performance for years. Research on the other hand shows that using the drug leads to addiction which in turn can 'knock a man's boots to become very limp'. There are contradictory studies that say cannabis can be used to treat erectile dysfunction. With so many research findings in fact, it becomes difficult to place a finger on the proper outcomes of the real studies. All the same, a bigger percentage of fingers point towards reduced performance in males as a result of overuse of marijuana.

According to a study published in the Sexual Health Journal of 2011, marijuana is said to contain molecules which target the penile nerve receptors eventually rendering them numb. This hinders the penis from becoming stiff hence failed intercourse. At the same time, using weed leads to a relaxed feeling which in turn causes loss of sexual interest in men. In some other reported cases, there is pain and delayed ejaculation.

In India, Hindu Monks used marijuana to inhibit sexual desire when they meditated. They could stay for days in yoga sessions without the slightest desire for food, sex or even a bath. Research indicates that cannabis caused an introspective and detached feeling which helped them to dwell on religious goals, abstract concepts or even nothing. This way, they succeeded greatly in meditation which required distractions from the usual.

Most couple's who have used marijuana say they become aware of their partner's flaws once they are stoned. This minimizes the desire for sex as it diminishes the lovemaking mood. With a distracted mind, most couples say they felt it hard to discuss or engage in sex and instead found it easier to talk about other things. Most users say the sexual distraction is as a result of overuse and perhaps potency. When one uses more weed than needed, they are bound to be withdrawn, introspective and lose connection with reality.

Other researches show that marijuana has rather poisonous chemical substances that are dangerous to healthy cells. The THC chemical in cannabis inhibits the functions of acetylcholine to lower the heart rate as it acts as an excitatory neurotransmitter. When this chemical is depleted, one

can have premature ejaculation and can become temporarily or permanently impotent. At the same time, marijuana excites the nitric oxide production which signals molecules used for erecting the penis. If it is collated with acetylcholine with low levels, nitric acid cannot stimulate the penis to obtain a healthy erection.

The matter of marijuana now becomes complicated because there are research findings that indicate erectile dysfunction is treatable by use of cannabis. The research says most men who have high cholesterol levels are at high risk of suffering from erectile dysfunction brought by hypercholesterolemia. However, when they smoke weed, they get erect and their sexual desire rises. Clinical studies indicate that when cannabinoid is activated, the effect of hypercholesterolemia is reduced. Erectile dysfunction is said to be caused by impairment of endothelial and oxidative stress of the penis. Studies still continue and people have to wait with bated breath.

The Chemical Way that Marijuana Targets the Female Body for Great Sex

Unlike men, women suffer from inhibitions where sex is concerned. This explains why most of them do not openly expose their sexual desire, ask for sex even from their very own partners and initiate any sexual interaction. Of course the same cannot be said of prostitutes or sex workers because, it is a money making venture which they cannot shy away from. All the same, it has been realized many sex workers use marijuana to gain confidence to approach a client. At the same time, using cannabis lessens pain in case they chance upon a client who may be vigorous during the act. Marijuana also gives them the courage to openly show their pleasure towards a client's sexual skill.

The female gender is also more conservative in the use of marijuana. Most of the time, ladies tend to hide pleasure feelings, wishing to stay in control to avoid a state of intense sexual arousal. Using marijuana is said to lead women to have sex with people they do not love, or make love for all the wrong reasons. This points to one fact; cannabis use let women lower their facade. Why? Women often say they have sex for a reason unlike men who need any opportunity for sexual pleasure. This difference in attitude explains why more men than women are using cannabis.

While it is true many women have sex after a commitment, there are certain ladies who wish to just enjoy the pleasure sex has to offer. For this reason, they let themselves go without inhibitions. Marijuana aids in this. Since marijuana causes to some extent uncontrollable sexual desire, some women also take the opportunity to 'let it go'. Here is how marijuana targets the female body for great sex;

Marijuana has a chemical known as THC. When it is ingested or smoked, it goes directly to the brain cells where it aids in the release of dopamine. Dopamine is the brain system that helps people feel good to ensure there is survival with less stress. The good feelings include eating and sex. When dopamine is excited by the use of drugs such as marijuana, a feeling of euphoria is created. A user gets 'high' and is capable of enjoyment of not only sex but alcohol as well.

One factor that influences how drugs react to one's body system is the potency. During the ancient times, cannabis potency was said to be appropriate. Currently however, the marijuana grown using hydroponics and other modern methods are more potent than it was several years back. This sometimes makes the results drastic and explains why more of it is abused as opposed to the ancient ages.

All the same, just like in males, marijuana has a way of enhancing sensory organs. The breasts, clitoris, hips, buttocks and other nerve endings become more sensitive to touch, making sex appealing as well as fulfilling. Most women often complain of a lack of foreplay from their spouse. When both partners use marijuana, it aids in foreplay making a woman ready for the sexual union.

Cannabis use also leads to a rise in body temperature. There are various reasons that may increase one's temperature. They are; Illness, anger, anxiety and sexual arousal. Heightened temperature when aroused increases stimulation, enjoyment, fantasy and good mood. Research also shows that most cannabis users rarely masturbate and instead seek partners of the opposite sex. For women who go solo, marijuana is said to increase pleasure as it creates fantasy and enhances tactile inputs. Single women who use the drug love their own company and still enjoy a heightened sexual desire. Studies show that some of them never seek partners their entire lives because marijuana helps them obtain satisfaction.

This points to one fact; marijuana aids women in not only enjoying sex but craving it too. In the 90s when Viagra hit the market, women hoped that another form of the pill would be available to them. The waiting has continued over the years to no avail. Of course there have been a few experiments with the women's pills, but all of them seem to have hit a deadlock. So while there is still hope for women obtaining a wonder pill, marijuana continues to boost a woman's sexual desire and satisfaction.

Researches carried out to find out why women are slow to sexual arousal have determined that huge family responsibilities, childbirth, breastfeeding, painful sex, spousal disagreements and life stressors are to blame for the lack of interest. At the same time, as women age, variables on their sexual dysfunction increase. Women also suffer from a variety of illnesses which reduce their desire for sex. All these reasons make women get 'turned off'. Using marijuana however, helps women become less anxious and aroused. A number have reported that marijuana use calmed

them even at the work place.

Effects of Marijuana in Women

Most women using marijuana are of the reproductive age. As much as there is little research to show marijuana effects upon an unborn child, expectant women and their partners are advised to avoid using marijuana just as much as they should not use alcohol or any other hard drugs. Research indicates that alcohol and drug use can have adverse effects on the unborn child.

THC, which is the psychoactive ingredient found in marijuana, passes to the unborn child from the mother through the placenta. This translates to one thing; any amount of marijuana consumed by a pregnant woman gets to the fetus directly. This can lead to complications during childbirth or even on the baby itself. To the unborn child, any form of smoking is known to cut off oxygen supply and even other nutrients. This can result in retarded growth that can be noticed in the overall height, head size, body weight and foot length. In some cases, though rare, miscarriage or stillbirth may occur.

There is also evidence that women using marijuana during pregnancy are likely to have children with lower birth weight, delayed breathing at birth, features resembling those found in fetuses whose mothers consume alcohol, tremors, exaggerated startling, inability to adapt to new environments, poor eye sight and worst of all, hole in the heart also known as ventricular septal defect.

More studies show that at six months, children whose mothers used marijuana while pregnant have a tendency to suffer from asthma, chest infections, trouble breathing like wheezing and many more. At the age of four or five years, the said kids have poor verbal skills, memory lapse, inability to reason, poor motor skills and shorter length of play time. At the same time, they are more impulsive, hyperactive, fearful, inattentive and delinquent.

These problems are almost endemic and as they reach the age of ten, they encounter reading as well as spelling problems, anxiety and depression which might lead to poor performance in class. These problems might persist into early adulthood. If not checked, the child might begin the use of drugs at a very early age. In very extreme cases, some children develop cancers, leukemia, astrocytoma(brain tumor) and

rhabdomyosarcoma(tumor that can occur in any body part).

It is also noted that while marijuana is an aphrodisiac, it can also cause infertility in both the sexes especially when heavily used. There is evidence that in females, cannabis disrupts the menstrual cycle.

Biologically, a woman's cycle determines the time to get a baby. If it is disrupted, it may not be easy to get a baby when the time for it comes. All these are factors that point towards misuse of marijuana in women. As much as it boosts sexual desire, cannabis should be used only by women who are not expectant, and the potency must be thoroughly scrutinized. It is also important to avoid overuse. More importantly, breastfeeding women have to keep away from marijuana.

THC passes to the baby through breast milk and goes directly to the fatty tissues where it gets stored for many weeks. When a breastfeeding woman uses cannabis, there is a likely hood of the baby getting unsettled and the feeding habits being disrupted. Apart from women, men too have a responsibility towards an unborn child. In case they smoke marijuana in the presence of the pregnant female partner, there are high chances of the woman becoming a passive smoker hence the same effects.

Marijuana and the Female Libido

The use of marijuana is still a controversial subject for a number of reasons. While some states have legalized its use for recreational as well as medicinal purposes, others are still debating whether to make it legal or not. On the other hand, different users report varying outcomes. While some individuals find the drug a turn-on, others find it a complete turn off.

Researches carried out on female marijuana users have come up with plenty of findings on the difficulties experienced by women hooked to the drug. These include; failure in ovulation, reduced chances of conception and if there is; there is heightened risks of losing it before term, disruptions of the menstrual cycle and reduced sensitivity to touch.

Studies show that a chemical in marijuana known as endocannabinoids reduces genital arousal in females. Marijuana has been suggested to be treatment for persistent arousal disorder due to bipolar disorder which commonly occurs in women who have stopped using antidepressants abruptly.

For a number of women, it is not only genital arousal that accounts for sexual stimulation. When ladies are less inhibited where touch is concerned, they get aroused on all their erogenous zones and not only in the most obvious parts like the vagina and breasts. A number of women get stimulated by being touched on the nose, abdomen, lips, tongue and forehead.

Another group of women finds that they get too much aroused and cannot only control the abnormal desire for sex if they smoke pot. For this reason, some women resort to the use of pot prior to a lovemaking session to be in charge/control of the whole situation. All these findings vary with every individual.

All the same, most women report that once they use marijuana, their sex life is enhanced. One woman said that too much use of the drug may on the other hand lead to a turn off. According to her, the first few months of using pot made love a wonderful experience. After two years however, her husband lost his job and stayed in the house for long hours doing nothing other than smoking cannabis. This alone turned her off sex and led to their

separation. After that, anytime she tried to use pot, she only got turned off.

Another user complained that after smoking weed and getting high, her partner smoked too much and only got stoned. In the end, she had no one to satisfy her needs. Yet another woman who shared her experience said that since men rise to the occasion faster than ladies, by the time a man is taking some more weed to increase his intensity, a woman's inhibitions have worn off and she no longer desires sex.

Not much can be obtained from research about cannabis as most pot users do not say the truth. At the same time, a number of users report varying reactions making conclusion on the subject difficult.

Conclusion

From numerous researches, it can be pointed out that marijuana has a wide range of physical, psychological and behavioral effects on different people. Even though it is considered an aphrodisiac, there is a complex relationship between marijuana and sex. In most surveys, many respondents cite that the decision to use marijuana is largely dependent on their desire to enjoy sex. While a number of users said they experienced heightened sexual urge, increased sensitivity, lowered inhibitions and intensified thrills, others reported lowered sex interest, feeling of lethargy towards sex or too much self-consciousness to enjoy a sexual experience.

Yet another survey had respondents claiming that the duration of sex is increased with marijuana. Other respondents claim cannabis is responsible for the lost interest in sex. All these findings are an indicator to one thing; different people react differently to marijuana.

Concerning fertility, studies indicate that prolonged use of marijuana leads to lowered testosterone levels and lowered sperm counts. All these effects however, can be reversed when a user stops the use of these drugs. It gets a bit more complicated for young adults all the same. When boys and girls just entering puberty use cannabis, it is said marijuana may have marked hormonal effects. For boys, it may stimulate the body to lead to testosterone being converted to estrogen. In girls, there may be delayed menstruation.

After having all the facts at the fingertips, a user is now in a better position to make informed decisions. Whether to use marijuana or not therefore solely depends on an individual.

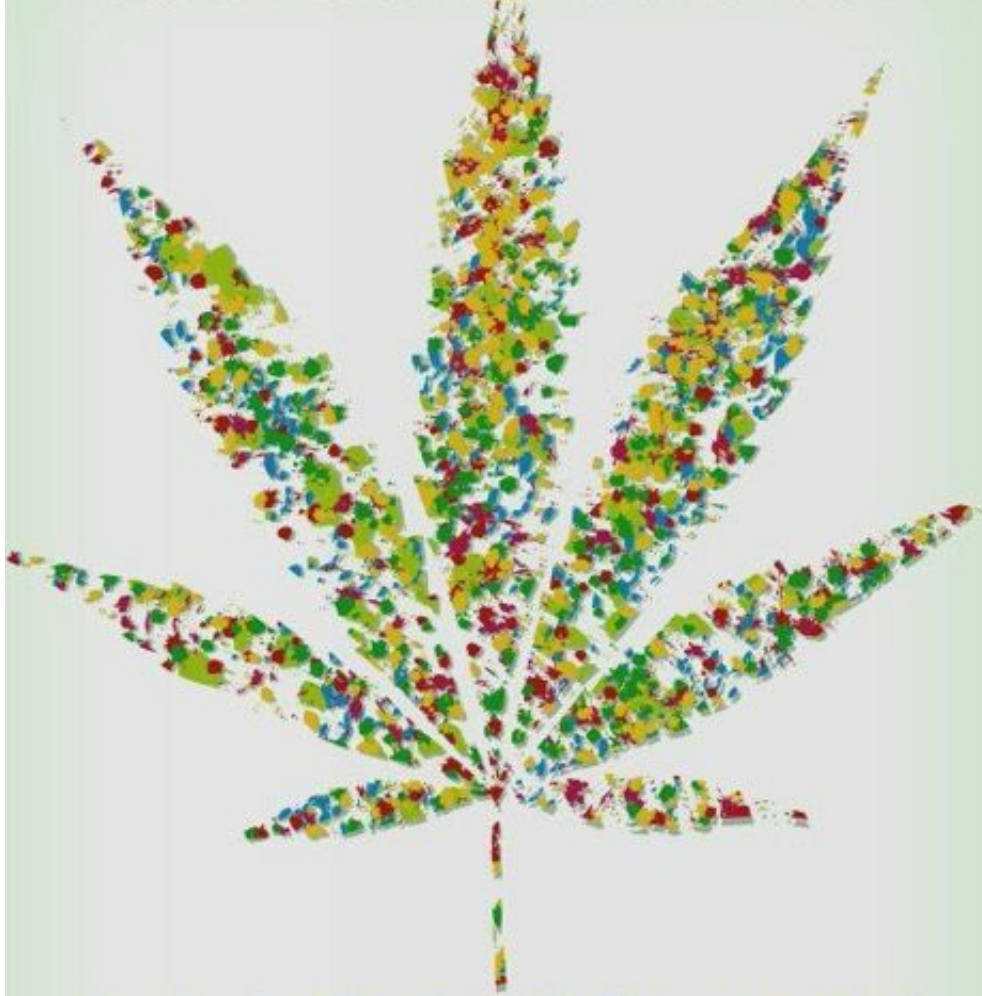
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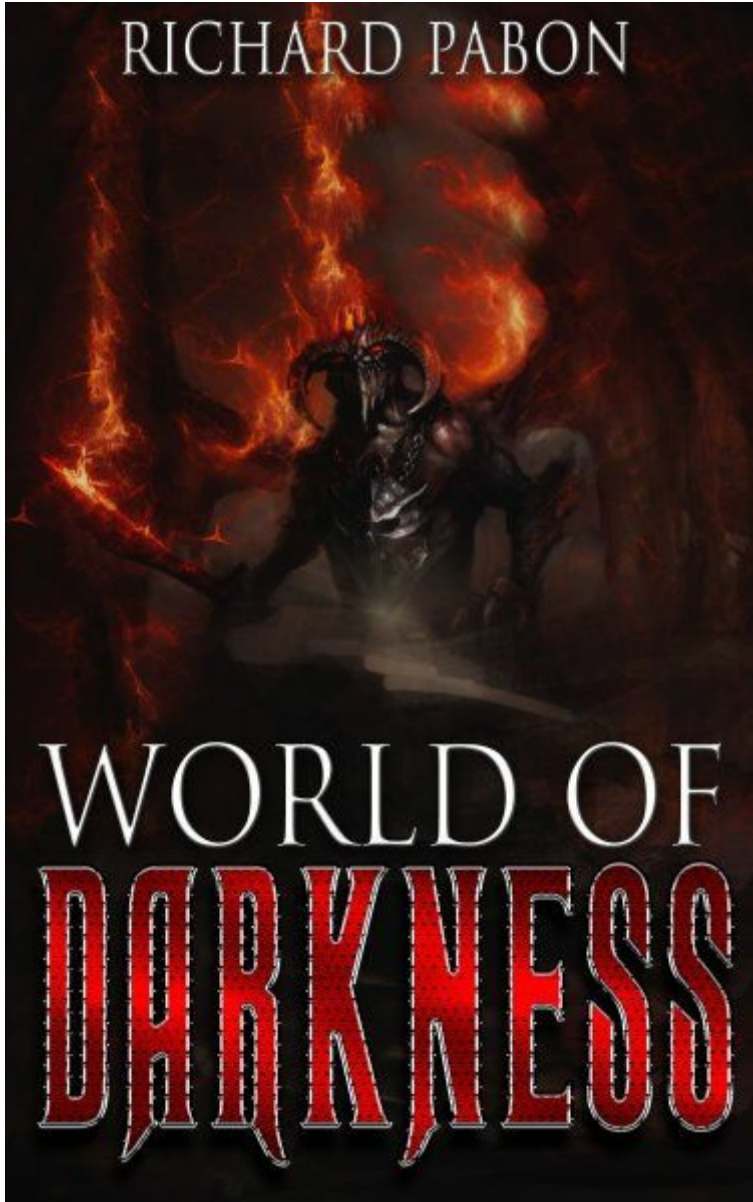
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