

## About Orgasm - Types of Orgasm and Stimulations Leading to Orgasm

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About the physiological, mental and sensual processes during orgasm. About types of stimulation leading to orgasm and zones in the body that can be the centre of orgasm.

When a man or woman gets an orgasm, the good feelings in the genital area or other sexually loaded areas increase to a peak and then settle down to a lower level again. There will also be an increasing mental ecstasy that reach a peak and then settles again.

After the orgasm the person feels satisfied and relaxed, but can feel revitalized in many ways. A relaxed ecstatic state can remain a long time after the orgasm.

Physiological reactions like engorgement by women, erection by men, fluid secretions and undulating muscular reflexes also get to a peak and then settle down again. By men the orgasm usually, but not always have ejaculation of semen as a component.

Orgasm usually occur after prolonged and repetitive stimulation of sexually sensitive body zones, either physically, mentally or both. The stimulation results in nerve impulses being sent to the spinal cord and the brain and good feelings as a result. The central nervous system then sends impulses back to the stimulated area and other sensual zones resulting in all the physical reactions.

The physical reactions increase the impulses sent to the brain and the resulting feelings. The central nervous system respond by intensifying the impulses sent back with more intense bodily reactions as the result. The increased feelings also tempt the person to intensify his stimulating actions.

This way the feelings, behavior and reactions steadily intensify, often in a wave-like manner until the peak is reached. During the peak there will be many subsequent waves of intense feelings, muscular contractions in the pelvic zones and undulating body movements.

Many persons can experience a new increase of arousal when all the orgasmic reactions have settled, and by new stimulation a new orgasm can be reached. When this is possible several times without any waiting time between, the phenomenon is called multiple orgasms. Probably more women than men have this ability. Most persons, however, experience that stimulation just after an orgasm do not result in so good feelings. But with a relaxing pause of some minutes between each orgasm it is possible for most persons to have two or more orgasms.

A women or a man can get orgasm by stimulation many body areas. Orgasm by stimulation at the genital area is the most commonly occurring, but there will be reflexive feelings and reactions in the whole pelvic area and other body parts.

By women, there seems to be three kind of genital orgasm. By clitoral orgasm the process has the clitoris as the origin and the orgasmic process spreads to deeper area like the G-spot, the inner vaginal area and the uterus.

By G-spot orgasm the process seems to start in the area between the vagina and the urethra and the area around the urethra, the so-called G-spot, and spreads to the clitoris and other areas. Some women also report getting orgasm with the innermost parts of the vagina and the uterus as the center.

A man most often gets orgasm by stimulation at the penis, and especially the penile head, but the process spread to all parts of his genitals and backwards along the area around the urethra to the prostate. The whole of this area is involved in the reflexive pumping during ejaculation.

Some men can also achieve orgasm by primarily stimulating the prostate, most often through the rectal wall. In this case the reactions spread forward to the penis.

Some men and women can get orgasm with the rectal and anal area as the center, by stimulating the rectal opening and the inner lining of the anus, and especially if deep anal stimulation is involved.

Many women and some men report having orgasms upon stimulation of the breast nipples, the sensual brownish area around the nipples and the area in a wider circumference around the nipples. This area is sexually sensitive in both sexes.

A stimulation of the breast area, seems however to create reflexive processes in the genitals and in the uterus and inner vaginal area. The orgasms achieved through breast stimulation may therefore often have its centre in the genital zone, even though the breasts are the zone primarily stimulated.

The lips and the deeper parts of the mouth and throat are still a sexually sensitive area. A person can therefore sometimes get orgasm through kissing and oral sex. Also in this case reflections in the pelvic zone plays a great part, and the centre of orgasm lies probably in the pelvic area. When two person kisses, they usually also caress each other and mutually stimulate each other at many sensual body parts.

Orgasms can sometimes occur upon pure mental stimulation or as a result of mental processes. In these cases the mental process usually results in reflexes in the genitals and the orgasm will have the genitals or other pelvic areas as the centre of the process. Mental stimulation leading to orgasm is especially common during dreams. By teenage boys and men such dreams can lead to ejaculation and subsequent wakening.

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