

WOMEN ENJOY SEX MORE THAN MEN

Here's how.

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In humans, sex is not meant for procreation alone. Fish procreate by females laying eggs and males releasing sperms, in the water. Many animals have their males releasing certain chemicals that attract females – the mating in these cases is during the mating season only. Also, it is not between two steady committed partners nor is there any foreplay. In most plants too, the pollination is seasonal when flowers have fragrance and nectar in them. It is only the humans where there are no specific mating seasons, no specific chemicals are released seasonally to attract females, the process of procreation in its natural

form is not without physical contact, sex is usually partner specific, has intimacy and most importantly, relationship at its core.

No wonder this is perhaps the reason why humans are the only species who perform sex face-to-face in their traditional or missionary position. All this points to the fact that Nature has made the act of sex in humans – the most evolved species – not just the means of procreation but a form of recreation. Else, where was the need to complicate the issue by adding the element of pleasure into the act of procreation? The act of sex would have been entirely instinctive in that eventuality.

There are a few other pertinent questions too which need answering if we still presume that sex is only for propagation. Why would our ancients go all the way to write scriptures on sex like the *Kama Sutra*, *Kokashastra* etc? Where was the need to have various kinds of sexual acts, positions and postures sculpted and depicted as erotica? And that too on the walls of such sacred places as the temples which are frequented by all irrespective of caste, creed, age or sex. There are a host of such temples in Orissa, Madhya Pradesh, Rajasthan and southern India – the most notable being Khajuraho and Konark. So, the obvious conclusion is that sex between men and women has been for pleasure too.

But do men and women enjoy sex to the same extent? Do women have the similar erogenous anatomy that men have? Are the physiological needs of a woman akin to those of men? These are a few of the many questions that need addressing.

There was a colonial saying, 'good women do not move in the bed'. It was always thought that women probably do not enjoy sex as much. They indulge in sex either to satisfy the carnal pleasure of men or to produce children. From time immemorial, a lot of importance has been attached to the virginity of women. While men's promiscuity has always been looked upon as a symbol of masculinity, women's promiscuity has been looked down upon as immorality. Brutal chastity belts and inhuman female genital mutilation have been devised by men to ensure women's virginity and restrain them from promiscuous behaviour. The women have often been used as commodities or sleeping mattresses by men and denied the sexual gratification they so very well deserved.

RESEARCHES

Recent researches, however, have evidence to the contrary. It is interesting to note that women have been fine-tuned to enjoy sex more than men. This may look ill-founded – even ridiculous, at the first instance – but is scientifically true.

A woman's anatomy compared to a man's is better designed to receive sexual pleasure. A man has truly one organ, the penis, which performs many functions like passing urine, transferring sperms, participating in sexual intercourse and as an organ of excitement/arousal. A woman, on the other hand, has a separate orifice (urethra) for passing urine, Fallopian tubes for transferring eggs, and a vagina for birthing and intercourse. In addition, women have two intense erogenous zones, the clitoris and the G-spot. These are meant for no other

purpose than to receive sexual pleasure, exclusively and specifically.

Physiological differences are still more glaring. Since women's needs are different, their sexual responses too differ. There is no ejaculation in their sexual response cycle that comprises libido, excitement and orgasm. But their orgasm is much more intense and they have more yearning for foreplay and afterplay, rather than interplay.

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For women, a healthy non-sexual relationship is of utmost importance for a pleasurable sexual union. Communication – whether verbal or non-verbal, sexual or non-sexual, coital or non-coital – acts as an aphrodisiac for them. A woman needs much more foreplay than a man.

A woman is multi-orgasmic implying thereby that in one episode of sex, she may have many orgasms – as many as four to eight unlike a man who has only one. A female has no refractory period between two episodes of sex and may be ready for the next episode no sooner than the first is over. As against this, men have a refractory period of 15 to 45 minutes before they get excited again.

FEMALES' EXCITING POINTS

A woman has many more erogenous or exciting points than a man. Besides the usually understood areas like nipples, breasts, clitoris and G-spot, a woman has many such defined and undefined zones. For example, the nape of neck in the case of many women may be the most arousable point. It is a well-established fact that sex is much more strongly embedded in a woman's mind than in her body, compared to a man's. While a man's focus in sex is generally genitalia-oriented and penetrative, a woman's priority is intimacy-oriented participative sex. Women not only have more intense orgasms than men but may have it even without intercourse, and at times even without physical stimulation unlike men who almost invariably need them.

To conclude, to say that 'men give love to get sex and women give sex to get love' is not really true. Sex is perhaps a bigger physiological need of women because they have the anatomy and physiology that is better suited to enjoy sex more than men.

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