

Cannabis Strains That Enhance Sexual Pleasure: A Scientific Exploration

Cannabis has been used as an aphrodisiac for thousands of years, with ancient texts from various cultures documenting its use to enhance sexual experiences. Modern research is beginning to substantiate these historical claims, revealing how certain cannabis strains may positively impact sexual pleasure through their unique combinations of cannabinoids and terpenes.

The Science Behind Cannabis and Sexual Enhancement

The endocannabinoid system plays a crucial role in sexual function, with CB1 receptors located throughout brain regions involved in sexual arousal and response. A 2019 study published in **Sexual Medicine Reviews** found that cannabis consumption was associated with increased desire, improved orgasm intensity, and decreased sexual pain in women (Lynn et al., 2019). Similarly, research in the **Journal of Sexual Medicine** reported that cannabis users had 20% more sex than non-users, suggesting potential libido-enhancing effects (Eisenberg et al., 2018).



Terpenes and cannabinoids work synergistically in what researchers call the "entourage effect," producing unique effects depending on their ratios and combinations. This explains why different strains create distinctly different sexual experiences, from enhanced tactile sensation to deeper emotional connection.

Top Cannabis Strains for Sexual Enhancement



Mimosa

This sativa-dominant hybrid (70% sativa/30% indica) combines Clementine and Purple Punch to create a strain rich in limonene and beta-caryophyllene. A 2020 study in **Pharmaceuticals** found that limonene may reduce anxiety while increasing energy and sensory perception (Vieira et al., 2020). Users report enhanced tactile sensitivity and present-moment awareness, making physical touch more pleasurable without sedation.



Wedding Cake

An indica-dominant hybrid with high THC levels (20-25%) and significant myrcene content. Research in the **British Journal of Pharmacology** identified myrcene as having muscle-relaxant properties, which may reduce physical tension during intimacy (Russo, 2011). This strain typically induces full-body relaxation while maintaining mental clarity, potentially helping with performance anxiety while deepening physical sensations.



Do-Si-Dos

An indica-dominant strain with approximately 30% THC and high levels of linalool. A 2018 review in **Frontiers in Neuroscience** documented linalool's anxiolytic and stress-reducing properties (Marsicano et al., 2018). Users report this strain creates a profound body high with euphoric mental effects, potentially breaking down inhibitions while enhancing physical pleasure.

While these strains show promise for enhancing sexual experiences, it's important to note that cannabis affects individuals differently based on factors including tolerance, biochemistry, and set and setting. Lower doses (5-15mg THC) are generally recommended for sexual enhancement, as higher doses may impair function in some users. Additionally, combining cannabis with open communication between partners about preferences and boundaries tends to yield the most positive results.

As research into cannabis and sexual health continues to evolve, these preliminary findings suggest that thoughtfully selected strains may indeed contribute to more pleasurable, connected intimate experiences for many users.



by Dr. Suzanne Mulvehill