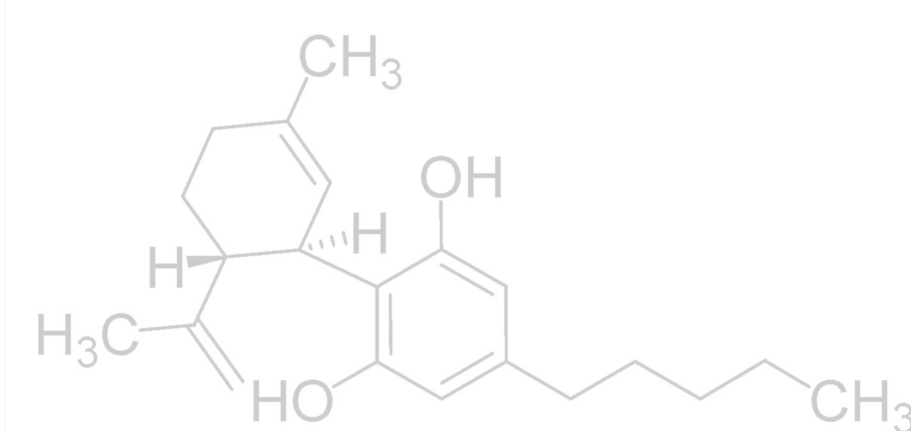




Endocannabinoid System and Sexual Wellness

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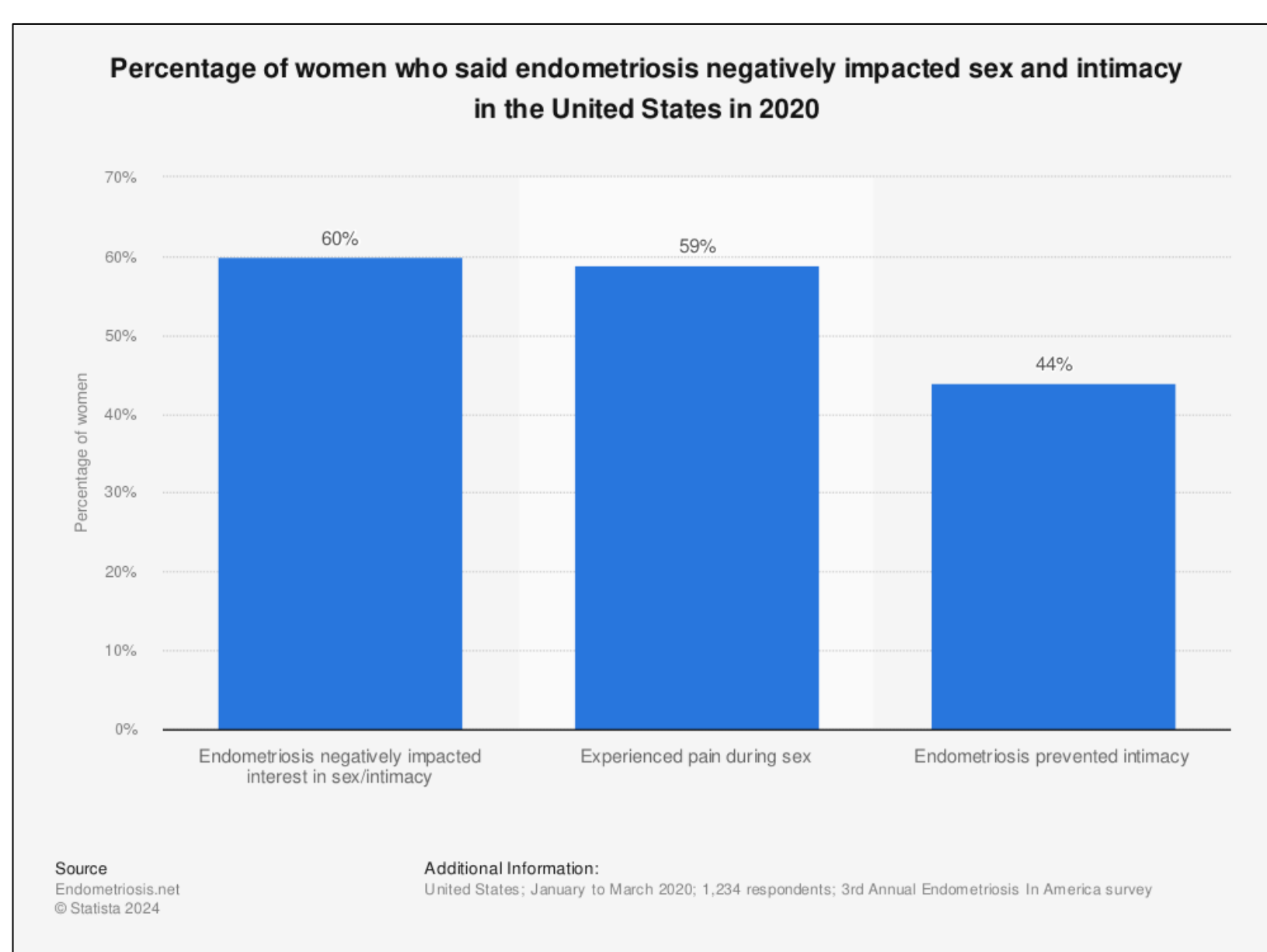
Background



To study the ancient endocannabinoid system (ECS), you first must take off your clothes. Sex is how we can seem most like our ancestors and primal nature. The genes responsible for regulating growth and size at sexual maturity are different because evolution has occurred. Your body needs a steady energy supply, and your digestive and respiratory systems provide fuel and oxygen to your blood. The circulatory system helped by the lymphatic system, delivers the substances to cells and takes away waste for removal by the excretory system, coordinating all these actions are the nervous and endocrine systems. Much like a master conductor directing a symphony, the endocannabinoid system harmonizes these physiological processes, maintaining homeostasis throughout the body.

Introduction

The intricate dance between the ECS and sexual wellness finds echoes in Eastern Pharmacopeia, woven with spiritual threads from the Atharvaveda, Vatsayana, Sushruta Samhita, Pliny, and Puranas. A crafted codebook distills myriad studies into a comprehensive tapestry of the endocannabinoid system, underscoring the need for enhanced education on its pivotal role in holistic wellness.



Methodology



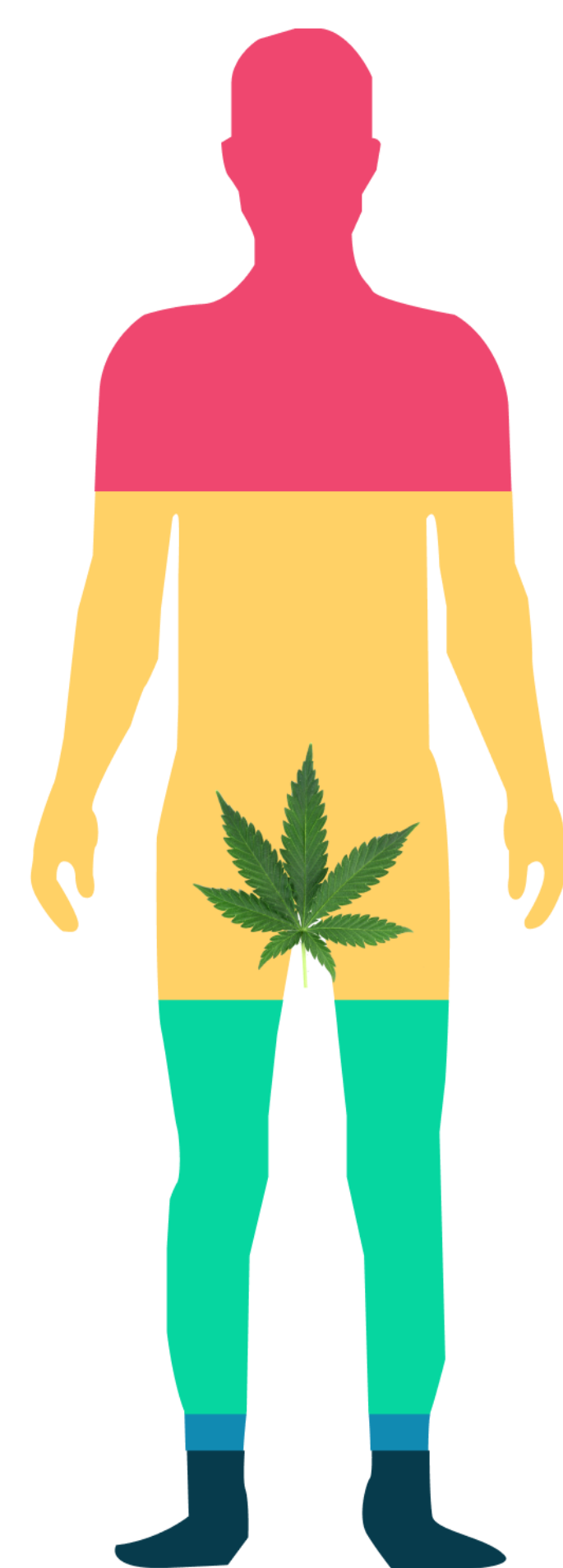
Primary Data Collection

An anonymous survey, randomly distributed through various digital platforms to gather insights into the relationship between cannabis use and sexual wellness.

Secondary Data Collection

A scoping review with the PRISMA framework. A priori protocol was developed based on the JBI Manual for Evidence Synthesis, now accessible on *figshare*. A comprehensive search was conducted in electronic databases (e.g. OVID Medline(R), CINAHL, Elsevier ScienceDirect Journals, PubMed, Google Scholar, Sage Journals, Scopus, Grey Literature & OMNI).

Outcomes



Male

Cannabis and Sexual Wellness Survey

Out of 88 respondents, 70% of both females and males strongly agree or agree with the therapeutic benefits of cannabis.

Do you believe cannabis can enhance sexual experience	Male	Female
Strongly Agree	9	24
Agree	9	20
Neutral	8	9
Disagree	0	2
Strongly Disagree	1	2



Female

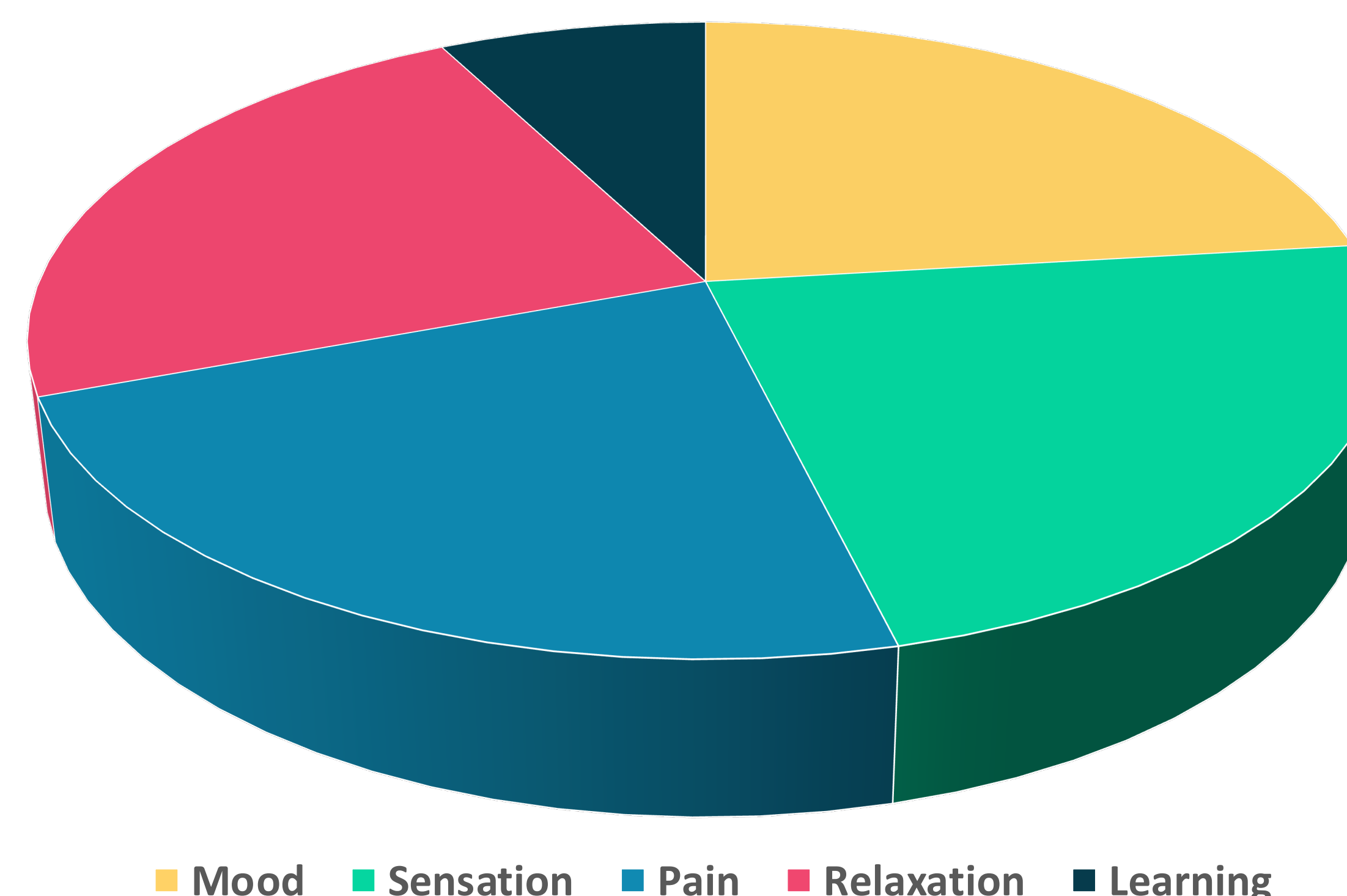


Scan the QR Code to participate in the survey

Unveiling Pleasure

Three studies on the therapeutic use of cannabis for sexual wellness were synthesized, emphasizing the functions of the endocannabinoid system. The findings reveal significant enhancements in mood, sensation, and relaxation, alongside a reduction in pain. Cannabis was shown to improve orgasm & desire, alleviate chronic pelvic pain, and enhance sexual performance. Additionally, these studies highlight the benefits of cannabis in facilitating learning related to these experiences.

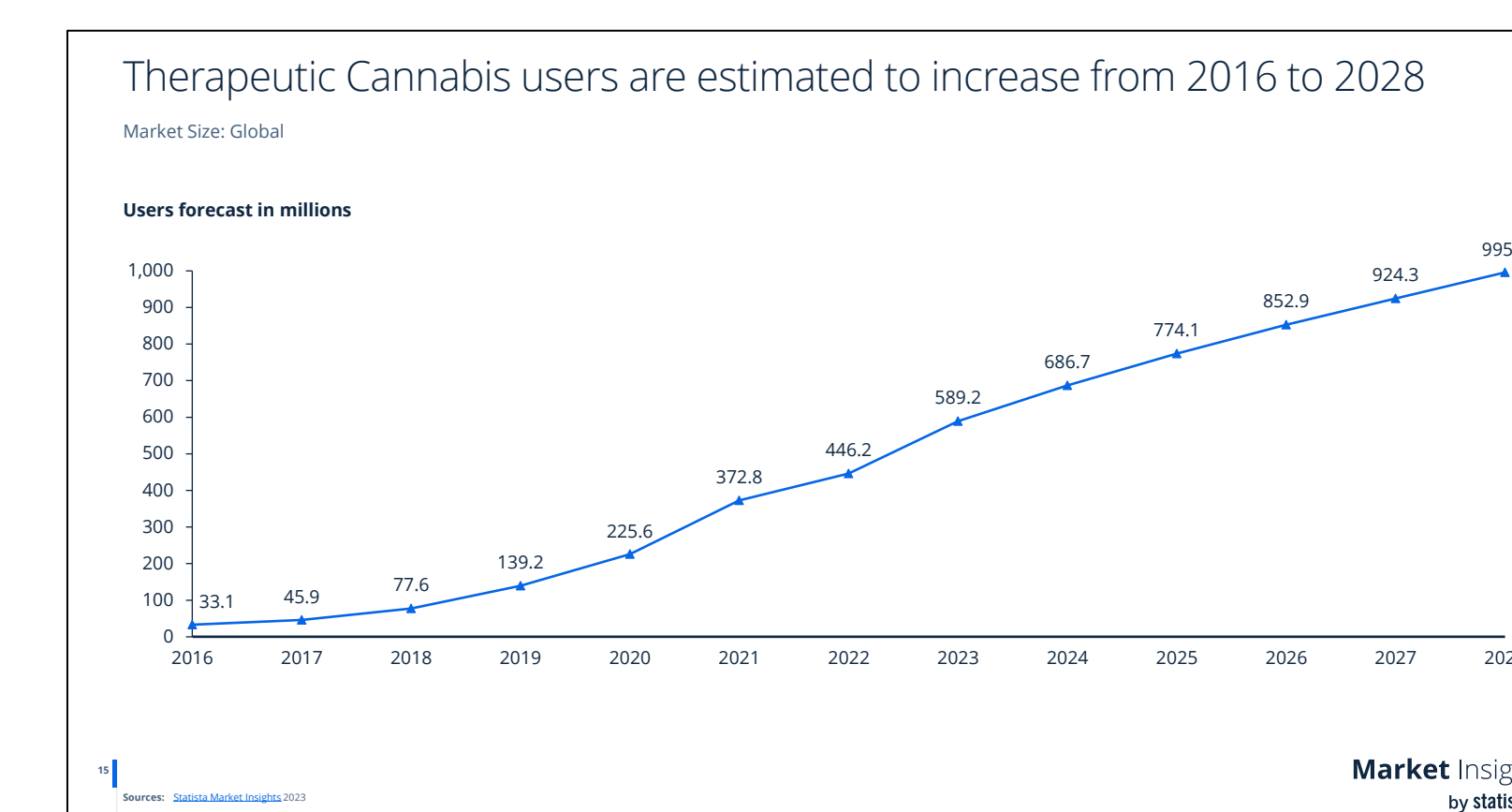
Endocannabinoid System



Conclusion

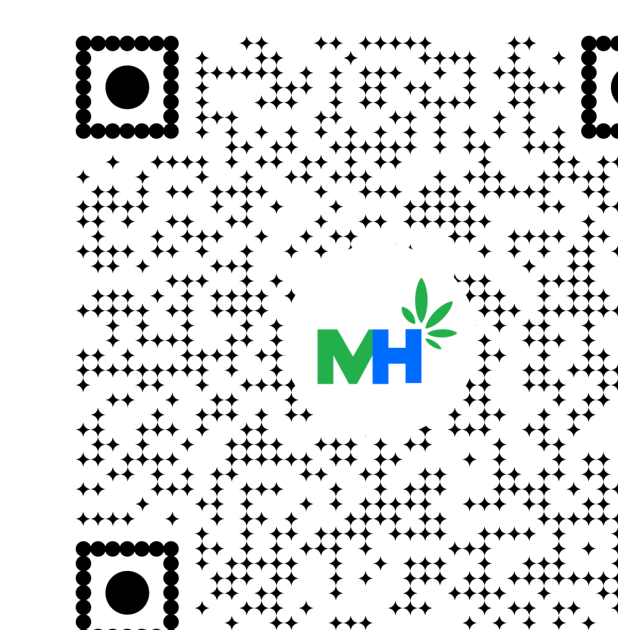


Cannabis, especially its non-psychoactive compound CBD, offers therapeutic benefits for sexual wellness, including enhanced libido, better lubrication, reduced anxiety, and pain relief. To fully realize these benefits, a multidisciplinary approach is essential. This involves advanced horticulture, biotechnology, genomics, tissue culture, phytophysiology, and plant pathology to optimize cultivation and cannabinoid production. Health communication strategies should also be developed to educate consumers on safe usage, while rigorous analytical chemistry ensures product quality. Ongoing neuroscience research into the role of cannabinoids in pharmacology can further enhance their therapeutic use.



Recommendations

Integrating the endocannabinoid system (ECS) into curricula is essential. A medical cannabis pedagogical approach supports embedding ECS education to ensure a comprehensive understanding of its physiological roles and therapeutic potential. **Scan the QR Code to access the ECS PressBook.**

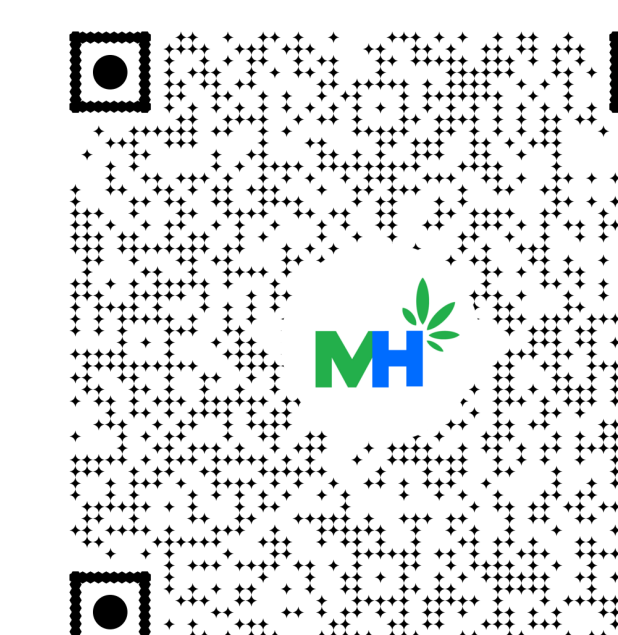


Acknowledgements



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Scan the QR Code to access research data.



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