

## What is G spot?

Thursday, 29 November 2007

The term G-Spot or Grafenberg's spot is related to a small, but very sensitive area on the front wall of the vagina. Stimulation of this spot should lead to excessive sexual excitement and a strong orgasm. Although most people believe in its existence, there is a lack of evidence.

### Female ejaculation

In the middle of the controversial G-Spot, there is female ejaculation. Some women during an orgasm secrete a higher quantity of liquid, enough to wet the sheets. Many people claim that the G-Spot is a woman's prostate and that its stimulation engages the ejaculation. For years, the standard explanation was that the "ejaculation liquid" was urine pushed out of the urinary bladder because of raised muscle tension during an orgasm.

### The term

The term G-Spot created Addiego and his collaborates in 1981, so that they could give honor to Dr Grafenberg who, claimed by their theory, was the first one to propose the existence of that area in an article announced in 1950. English term: G-Spot

### The history of female ejaculation and the G-Spot

Through history, there are repeated descriptions of liquid secretion from the vagina during sexual excitement or orgasm. These references are imputed to Aristotel and Galen. In classic literature, this phenomenon is also mentioned, but it is impossible to acquire if the authors have seen it, or they write it from someone else's experience.

The author of the first modern description of woman's genitals and answers of women's ejaculation is the Dutch doctor Regnier De Graaf, who in the 17 century described in detail the outer look of the urinal pipe and the glands and routes that surround the urinal pipe, and also noted that the same could be named as the woman's prostate.

The woman's prostate wasn't questionable until two hundred years later dr. Alexander Skene, professor of gynecology in the Long Island College Hospital in New York, wrote the article in which he thoroughly describes the different glands and routes which surround the urinal pipe. From then, these glands are known as "Skene's glands".

In 1950 the German gynecologist Ernst Grafenberg, in an article published in the newsletter International Journal of Sexology wrote about liquid secretion from the urinal pipe during sexual excitement, and also wrote about his strong belief that the same liquid isn't urine, but secrete thrown out the urethral gland which is linked with the erogenous zone in the front wall of the vagina.

The scientists were mostly skeptical about the female ejaculation, because it wasn't clear from where the liquid comes from, those it also have the same consistency as the male ejaculate or is it about stress incontinence - unintentional release of urine from the bladder. The term "female ejaculation" is also mentioned in the work of Sevely and Bennett (1975) and also Belzer (1981), and it is defined as the "release of liquid" which is partly similar with the male ejaculate, not with other liquid which could be potentially released during a woman's orgasm - urine and vaginal secrete.

The term G-Spot was first introduced to the public in 1982 when the famous book about sexuality "The G spot and other recent discoveries about human sexuality" was published. The authors Ladas, Whipple, and Perry were cited on Grafenberg's article in which the erogenous zone in the front part of the vagina is mentioned.

### Does evidence exist?

The discoveries show that the belief in the existence of the G-Spot is unquestionable and wide, at least within the professional women. The questionnaire with 192 questions was sent to a sample of 2350 women employed in healthcare in USA and Canada. 55% of women filled the questionnaire; 84% of them "believes that there is a very sensitive area in the vagina" which corresponds as the popular G-Spot.

The most popular books about sexuality give a lot of attention to the existence of the G-Spot; American university books also wrote that spot "is located in the front wall of the vagina, approximately 1 cm from the surface, one third or one half from the vaginal opening".

Because of the widely accepted conviction in the existence of the G-Spot, it is normal to expect that there is a lot of scientific evidence for that.

But there is little evidence of that kind. There are two types of evidence mentioned: the first is behavioral (based on people's conduct), and the second one is based on remarks about the woman's ejaculation. The question about female ejaculation here is very important, because it is mentioned together with the G-Spot and it is supposed that it exists. Except for that, some authors wrongly interpret the existence of glands in the woman's vagina, which could lead to ejaculation.

### Behavioral evidence

Ladas and his associates published anecdotal cases of women who reached strong orgasms after the stimulation of the G-Spot. Except for the anecdotal cases, there are only two scientific articles published, which consist the effect of stimulation of this specific area. The first study speaks of a woman who had "deeper" orgasms with her G-Spot stimulated. During control, the woman's area where her G-Spot should be located was stimulated, and the area actually "enlarged for about 50%";.

Two years later, Goldberg and his associates tested eleven women to inspect if the G-Spot exists and what kind of liquid comes out during an eventual female ejaculation. Two gynecologists checked every tested woman, and they had to go through special three-hour training. The training was consisted from a "special type of vagina check-up with both hands and a sexology check, during which they touched the whole vagina clockwise". Using this technique, the two gynecologists claimed that four out of eleven women have the G-Spot.

These evidences are questionable even if this technique for finding the G-Spot was applied to a greater number of women, because almost every, gentle hand stimulation of the vagina, in favorable conditions, would lead to sexual excitement and even an orgasm. If hand-stimulation of the area, in which the G-Spot is located, would lead to sexual excitement, that's not the proof that the area is structurally different from the rest of the vagina.

The tested women in this discovery knew that the research workers were looking for the G-Spot, along with the gynecologists, and those conditions could easily trigger different results of the stimulation. Grafenberg's original work from 1950 also doesn't give any concrete evidence, except the author's certainty that the ejaculation liquid is a result of stimulation of the "erogenous zone within the urinal pipe in the front wall of the vagina". In that work, no "spot" is mentioned.

### The proof for female ejaculation

The other evidence source for G-Spot's existence is the claim that women sometimes ejaculate liquid during an orgasm, which isn't urine. Grafenberg wrote about possible ejaculation of that kind. Ladas and his associates had devoted a whole chapter in their book, which consists of incidental descriptions given from women. Belzer and his associates claim the female ejaculation possible, based on descriptions and talks with a small number of women.

Few scientists have conveyed chemical analysis of the female ejaculation liquid and there aren't many studies of that kind. The number of tested women is miserable and the results aren't identical. Addiego and his associates analyzed urine and the ejaculation liquid from a questioned woman and concluded that there is more acid phosphate in the ejaculation liquid, which could be indirect evidence for the existence of a "woman's prostate";.

Discoveries have proved that these prostate components secrete Skene's glands. In other studies, urine and ejaculation liquid don't differ. It's proved that raised stimulation during sexual excitement could unintentionally open the mouth of the urine bladder, whether it is clitoris or vaginal stimulation, or both.

That means that the stimulation of the front wall of the vagina isn't the only condition for liquid secretion during an orgasm. Although the woman's ejaculation liquid is consisted from prostate components from the Skene's glands, they could be mixed in the urinal pipe with urine pushed out during an orgasm. For now, there is no evidence for which the ejaculation liquid is secreted only from the Skene's glands.

While it was undoubtedly confirmed that a certain number of women, during an orgasm, secrete liquid from sexual organs, it still isn't clear what liquid it is and where does it come from. For some women it's probably clear urine and for some it's a mix of urine and the secreted liquid from the Skene's glands. For other, it could maybe completely come from the Skene's glands or some kind of a X-Spot yet to be discovered.

### Anatomic arguments

Scientists also discussed an anatomic access inspecting the presence of prostate components in the woman's ejaculation liquid, which is consisted of discovering the body's anatomy. If the woman ejaculates liquid, which isn't urine or has components not found in urine, then the liquid doesn't come from the bladder or not solely from the bladder.

If the Skene's glands are considered as the prostate, it could be expected that its liquid is similar to the liquid from the prostate. This hypothesis tested Tepper and his associates. They've taken a sample of 18 autopsied bodies and also a body given after a surgical intervention. The sample glands were dissected and tested for immunity reactions and also for the presence of acid phosphate, specific for the prostate and the prostate specific antigen (PSA).

The results had shown that para-urethral glands truly possess the antigen substances identical to those from the prostate. These results had been later on confirmed with works of other authors. Based on these findings, Zaviacic and Ablin suggested that instead of the term Skene's glands, the term woman's prostate should be used.

Disregarding the term, these discoveries give the explanation of the female ejaculation: tightening the muscles

surrounding the urinal pipe during an orgasm, leads to the release of secrete from the Skene's glands, and therefore, the female ejaculation liquid could be consisted from a larger quantity of prostate specific antigen and acid phosphate. This concept of glands, which release something inappropriate, is linked with the supposed area with a large quantity of nerve endings, which could lead to raised stimulation. In the book published by Crooks and Baur, is mentioned that the G-Spot is a "system of glands (Skene's glands) and its drainage, which surround the urinal pipe".

If the G-Spot actually exists, then it is surely something more than "a system of glands and its drainage". That should be an area enriched with nerve endings, not gland routes.

Histological discoveries, analyzing the tissue under the microscope, haven't yet proved the existence of an area enriched with nerve endings that could be the G-Spot.

Whether the G-Spot exists, isn't the only question of secondary anatomic meaning. Many women believe that the G-Spot truly exists. If the G-Spot doesn't exist, women are quite uninformed about their body and sexuality. Those that can't find their own G-Spot can truly be quite a bit disappointed.

#### The G-crest

With the lack of evidence for the G-Spot existence, many of them "grab for the straw" and modify the definitions of this illusory erogenous zone. The author Gary Schubach claims that the erogenous zone in the front wall of the vagina exists, but instead of being named as "the spot", it's named the "area" or the "crest". The crest is, claimed by him, an area on which the Skene's glands stick out in the vagina.

His claim is opposed with the findings of Slovakian pathologist Milan Zaviacic, who spent most of his working life in discovering the Skene's glands. He names them "the woman's prostate", and claims that they have erogenous features. Professor Zaviacic even recommends an adapted and intended position, in which the Skene's glands are more stimulated and which provides more intense excitement and a better orgasm.

#### G-"alien";

Although belief in the existence of the "G-Spot" is very wide, the evidence for its existence is so rare that there almost isn't any. In scientific literature, there are a negligible small number of articles published on this theme, and the evidence quality is questionable.

It's amazing how articles that describe 12 women of which 5 of them "have" the G-Spot, could result in a huge wave of misinformation. Anatomic and histological discoveries haven't yet proved the existence of the G-Spot, and it is amazing that the structure succeeded in evading the scientists during all these years and medicine advancement.

Until the histological and anatomic discoveries are published, which would, based on the scientific methods and on a large sample of women, prove its existence, the G-Spot stays a gynecological alien: everyone is searching for it, everyone is talking about it, but its existence has never been proved with actual scientific methods.

Livia Puljak, Doctor of med.