

Why Female Unable To Reach An Orgasm

Physical Factors

Vaginismus

Vaginismus is an involuntary spasm or convulsion in a woman's vagina that makes vaginal penetration impossible despite her sexual arousal. Vaginismus often occurs due to subconscious effects of a sexual trauma or other deep psychological disorders. In rare cases, it occurs due to pelvic inflammation.

Lack of Lubrication

The indicator of a woman's sexual arousal is secretion of the vaginal fluid. It is also called wetness, which is necessary for an easy and painless penetration as well as an orgasm. There may be many reasons for lack of lubrication. For instance, insufficient foreplay may fail to arouse her. Immediately after pregnancy or before menopause, vaginal dryness is a common problem that occurs due to reduced oestrogen (female hormone) levels in the body.

Genital Pain or Painful Intercourse

Pelvic Inflammatory Disease (PID) or other vaginal and/or pelvic infections may make intercourse painful for women. Many times, surgical procedures carried out in the lower abdomen area create discomfort and cause pain during intercourse.

Inability to Achieve an Orgasm

The female orgasm isn't a sure conclusion of the sexual act like the male orgasm is. Women may find the sexual act dissatisfying as they don't attain orgasm due to varied reasons. All the psychological factors mentioned could be the cause for failure to achieve an orgasm and constant lack of an orgasm over a period may reduce a woman's sexual appetite.

Tips to Spice Things Up

A couple should focus on developing emotional intimacy, so that the woman can trust her partner and let go of her inhibitions. During sexual intercourse, it is important that the woman is completely relaxed to enjoy the experience.

Communicating with the partner about past traumas, foreplay expectations or even sexual dissatisfaction is critical in combating sexual dysfunction.

Every woman needs to grieve out her anxieties. In case there is rage or hatred festering in the woman's mind, psychological counselling could give her proper closure and free her from her negative past.

Seeking correct information about sex is in the interest of all women. Gory details, rape stories, painful sexual experiences and wrong information about sex may further complicate issues. Get information from trustworthy sources like an expert gynaecologist.

Above all, the couple should seek sexual counselling in case there is trouble between the sheets for long time. Hiding sexual problems may just aggravate them even further.