

KUNYAZA: AN AFRICAN CONTRIBUTION TO THE TREATMENT OF FEMALE ORGASMIC DYSFUNCTION

NSEKUYE BIZIMANA (PHD), AFRICAN SEXUAL INSTITUTE, GRAINAUERSTRASSE 13, 10777 BERLIN, GERMANY

INTRODUCTION

The sexual technique used to stimulate women appears to be one of the important factors responsible for the occurrence of female orgasmic dysfunction. Penile vaginal penetration alone allows only 25 to 50 % of women to reach orgasm (1). As an alternative, men in Central Africa use the sexual technique known as kunyaza for triggering female orgasm. This technique consists in stimulating the erogenous genital zones of the woman by striking them with the glans of the penis which the man takes in his hand (2). We investigated whether this original technique could trigger orgasm in women from other countries suffering from orgasmic dysfunction.

METHODS

Interested couples received instructions on the practice of kunyaza and an anonymous semi-structured questionnaire in which the women were requested to respond to the questions regarding their orgasmic experience.

RESULTS

From 55 women suffering from orgasmic disorder and aged between 20 and 56 years, 20 (36,4%) reached no orgasm and 11 (20,0%) and 24 (43,6%) experienced single and multiple orgasms , respectively. Vulval, vaginal and vulval/vaginal stimulation triggered orgasm in 35 (63,64%), 15 (22,27%) and 33 (60,00%) women, respectively.

Table 1 OCCURRENCE OF ORGASM IN ALL SUBJECTS

Vulval, vaginal and vulval/vaginal stimulation					
	N	Age (years)			
		Minimum	Maximum	Mean	Std. deviation
No orgasm	20	20	55	27,6	8,26
Single orgasm	11	23	48	35,73	9,39
Multiple orgasms	24	23	56	38,9	8,88

Table 2 AGE OF FEMALE SUBJECTS

	Age (years)	Total
N		55
Minimum	20	
Maximum	56	
Mean	33,8	
Standard Deviation	9,8	

Figure 1 AGE DISTRIBUTION OF FEMALE SUBJECTS



Figure 2 Occurrence of orgasm with vulval stimulation

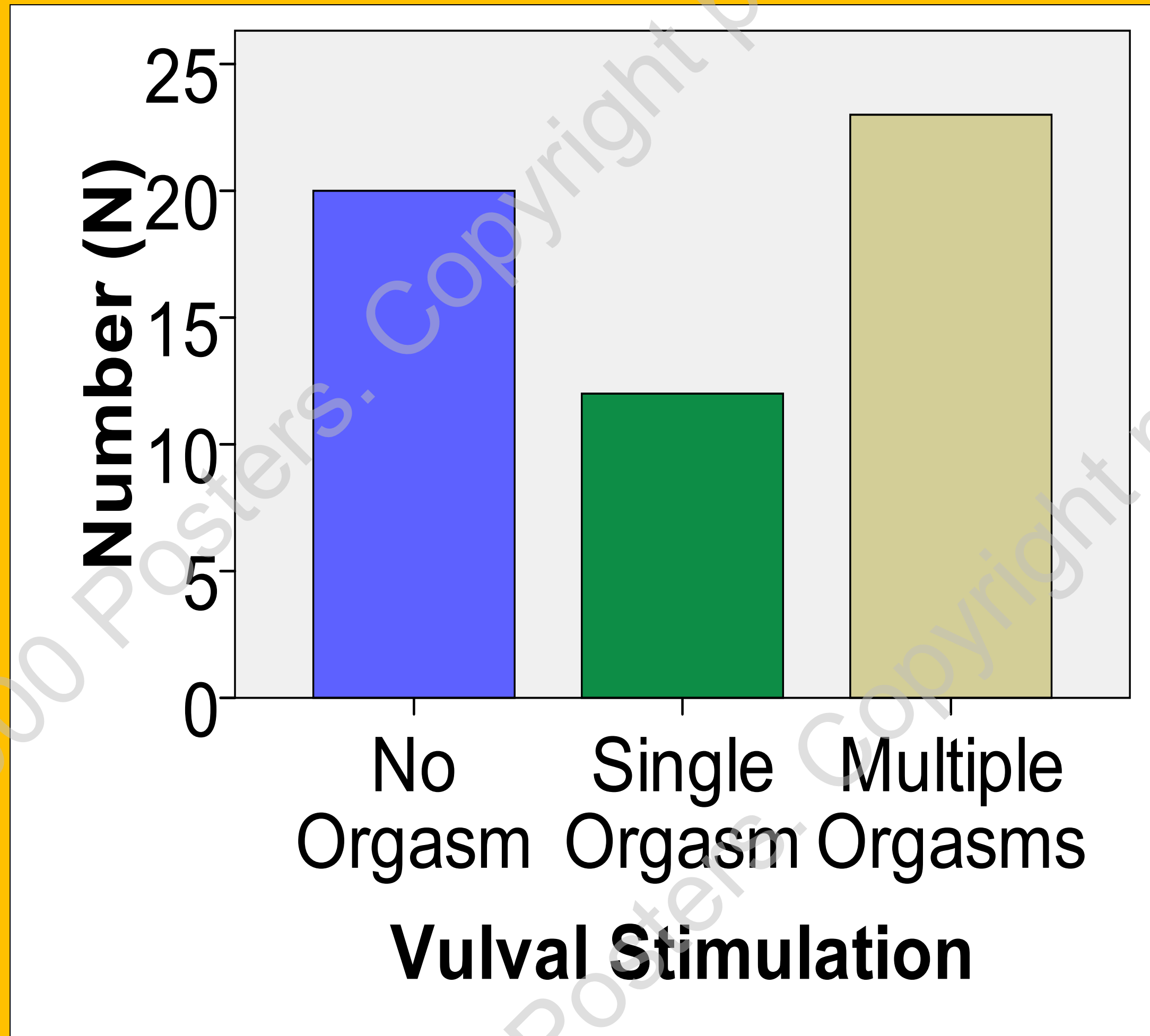


Figure 3 Occurrence of orgasm with vaginal stimulation

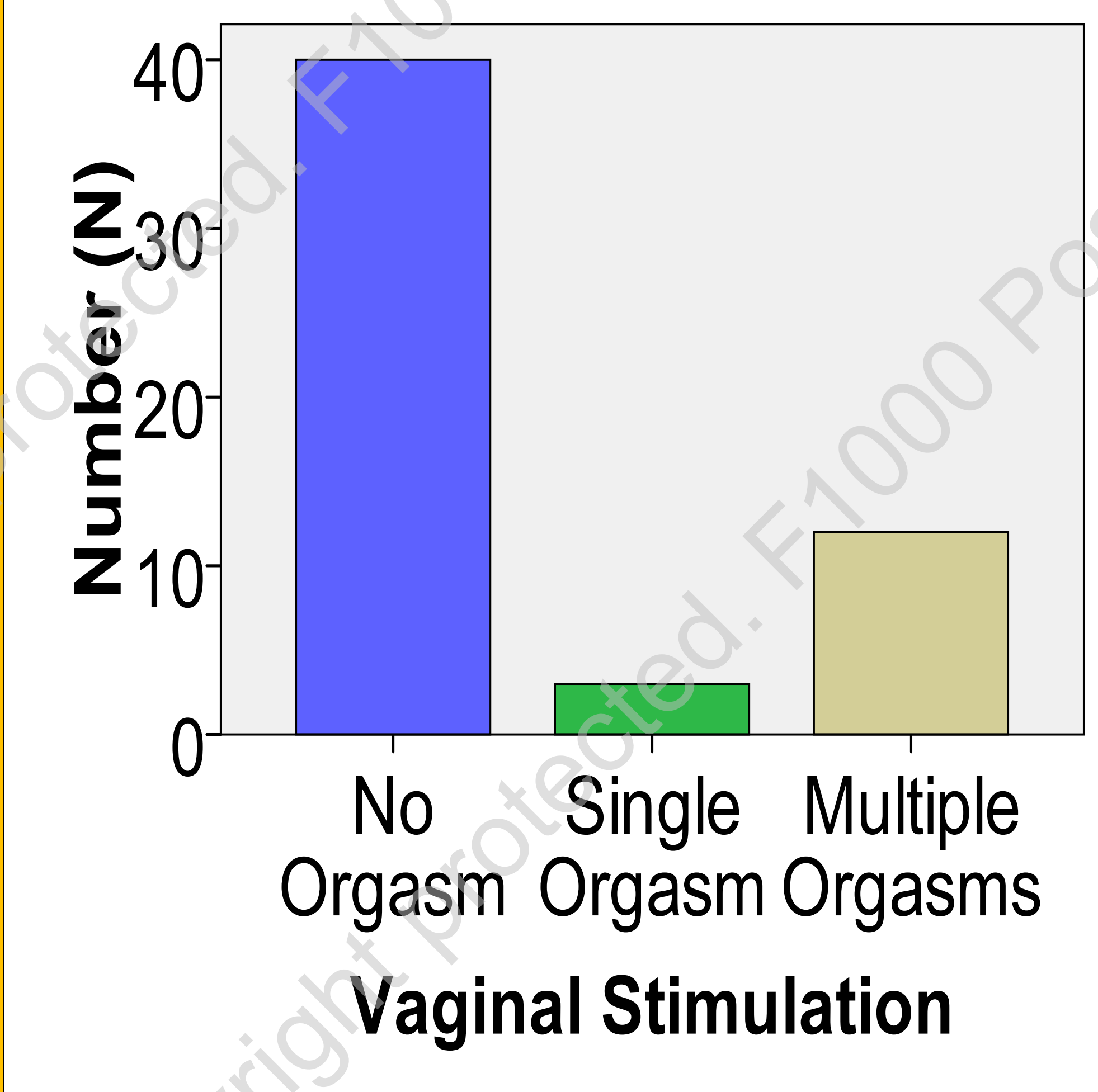


Table 3 Occurrence of orgasm according to age

Vulval stimulation					
	N	Age (years)			
		Minimum	Maximum	Mean	Std. Deviation
No orgasm	20	20	55	27,60	9,63
Single orgasm	12	23	48	34,92	9,38
Multiple Orgasms	23	23	56	38,61	8,69

Figure 4 Occurrence of orgasm with vulval/vaginal stimulation

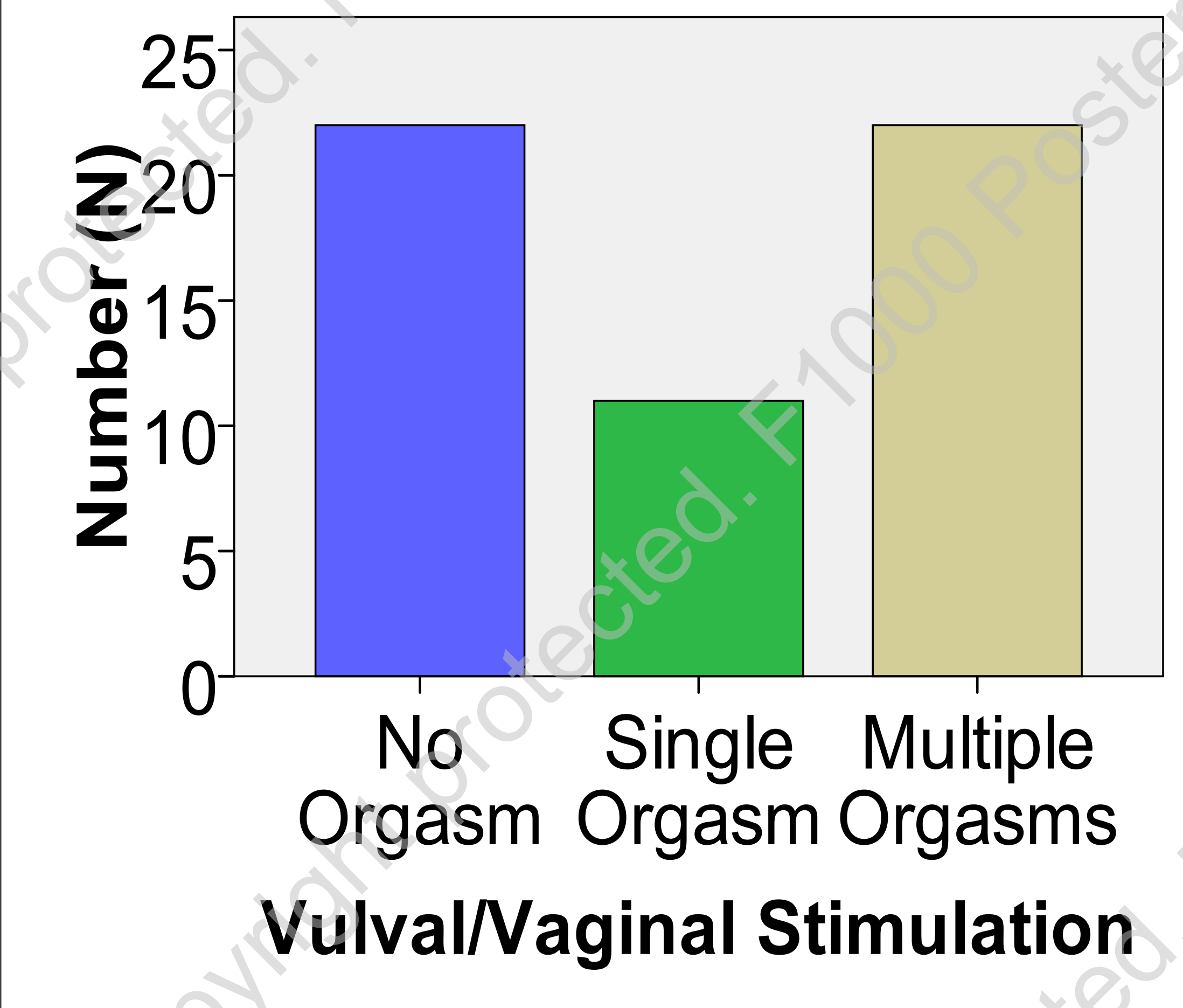


Table 4 Occurrence of orgasm according to age

Vaginal stimulation					
	N	Age (years)			
		Minimum	Maximum	Mean	Std. deviation
No orgasm	40	20	56	32,80	10,26
Single orgasm	3	30	48	40,33	9,29
Multiple orgasms	12	23	51	35,50	8,33

Table 5 Occurrence of orgasm according to age

Vulval/vaginal stimulation					
	N	Age (years)			
		Minimum	Maximum	Mean	Std. deviation
No orgasm	22	20	55	28,10	8,35
Single orgasm	11	23	48	35,36	9,29
Multiple orgasms	22	23	56	38,41	9,20

CONCLUSION AND RECOMMENDATIONS

This preliminary study shows that kunyaza can induce orgasm in women suffering from orgasmic disorder. The method can therefore be recommended for the treatment of this dysfunction. To enhance its orgasmic potential, the causes of failure should also be identified and, if possible, eliminated.

REFERENCES

- 1) Fugl-Meyer K. S. et al.: On orgasm, sexual techniques, and erotic perceptions in 18-to 74-year-old Swedish women, J Sex Med 2006; 3:56-68
- 2) Nsekuye Bizimana: Another way for lovemaking in Africa: Kunyaza, a traditional sexual technique for triggering female orgasm at heterosexual encounters, Sexol 2010; 19:157-162