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Cumming To Your Senses: On the Science Behind “Post-Nut Clarity”

Throughout the entirety of human existence, a great deal of time and effort has been dedicated to understanding the differences that exist between men and women. The exact sources of these differences, be they biological or societal in nature, have been debated at length among both the media and the public at large; although regardless of *how* these differences came to be, it is difficult to deny that they do exist in some form. Of particular interest to many are the differences in the sexual behavior of those who are born with male and female genitalia. One might recall that those who are born with female genitals are capable of achieving multiple orgasms in a single session, while the same is not always true of males. Not only are men normally incapable of having multiple orgasms back-to-back, but even further, there are accounts of some men feeling a distinct mental change following ejaculation. This concept, known colloquially as “post nut clarity”, has been identified by scientists and thinkers as far back as the ancient Greeks; however even today the exact science behind the concept is still not fully understood. Indeed, the mental changes in a man's mind following ejaculation have become known in modern times as “post nut clarity”, where scientists believe this comes as a result of a release of hormones in the brain that, in some cases, can extend beyond mental changes into physical ailments. Before getting into a discussion regarding the current scientific understanding of this concept, one must first come to understand the historical evolution of this scientific understanding.

Going as far back as the ancient Greeks, certain thinkers and proto-doctors identified a distinct change in mental state following orgasm that exists in men, but not in women, leading many in

subsequent societies to consider why this might be. In searching for answers about the phenomena that surrounds the function of the human body, sexual or otherwise, some of the individuals who studied the human body in ancient Greek society noticed a difference in the sexual behavior between men and women. They began to wonder why certain men experienced a feeling of sadness following ejaculation while the same was not always true of women, who did not appear to share the same feelings of sadness after reaching an orgasm. In a quote attributed to the ancient Greek medical writer Galen, the author observes how “Every animal is sad after sex, except the human female and the rooster” (Kramer). While Galen and his contemporaries were curious as to the source of such a phenomenon, it seems to be the case that medicine was simply not advanced enough to fully understand this concept that would become known as “post nut clarity” - in fact, such a concept is *still* not fully understood by modern medicine! Indeed, over the course of the next few thousands of years the science behind this mental change in a man's mind following reaching orgasm proved elusive, perhaps in part due to the suppression of the discussion of sexuality that become the norm in subsequent societies. With that being said, by the time the 21th century finally rolled around, the interest in such a topic among both the public at large as well as experts experienced a resurgence.

While the science behind such a concept has *still* not been adequately studied, the phenomenon of what has become known as “post nut clarity” likely comes as a result of hormonal changes that will happen in a man's body following reaching orgasm. It is important to note here that such a concept was only identified as “post nut clarity” rather recently, with one source claiming the term was popularized by female-centric podcast “Call Her Daddy” (Zane). Essentially, the podcast hosts here were referring to a supposed phenomenon where men would report a sudden feeling of clarity after reaching an orgasm, at times even leading them to wonder why they found themselves in such a situation to begin with! In looking for a scientific explanation for this concept, there are a few things that are known. Foremost, not *every* man experiences this “post nut clarity”, likely due to the chemical differences that

exist between different bodies. For individuals that do experience a feeling of clarity or sadness after ejaculating however, such a phenomenon likely arises as a result of the interactions between hormones and neurotransmitters in the human brain. When asked about the concept, one urologist discussed how “after sex, our dopamine levels drop, and there’s a rise in prolactin,” where this might explain the sudden feeling of clarity that one experiences after sex (Zane). Even considering this however, further research is needed before one can definitively understand the science behind this post-orgasm clarity; although in some rare cases, some men might experience changes following ejaculating that extend far beyond mental clarity or sadness.

In some cases, individuals who *think* they are experiencing post nut clarity might actually be experiencing a more severe, legitimate medical condition identified as post-orgasmic illness syndrome, where a man will experience a series of mental *and* physical changes following ejaculation. While post nut clarity is still not fully understood by science, the same is not true of post-orgasmic illness syndrome, of which we know a great deal. Indeed, one scholarly article discusses a phenomenon wherein “affected men experience a cluster of bothersome symptoms following ejaculation, which may include severe fatigue, nasal congestion, burning eyes, concentration difficulties, irritability, depressed mood, and a flu-like state of generalized malaise” (Bolanos and Morgantaler). This phenomenon can be distinguished from general post nut clarity due to its length as post-orgasmic illness syndrome can persist from one to up to *seven days* after ejaculation. Although there is no scientifically accepted cure-all for such a condition, research suggests that raising serum testosterone levels in individuals suffering from such a condition could be the key to alleviating their symptoms (Bolanos and Morgantaler). Together, all of this information should be helpful in familiarizing one with the extent of our scientific understanding of post nut clarity.

In conclusion, the mental changes in a man's mind following ejaculation have become known in modern times as “post nut clarity”, where scientists believe this comes as a result of a release of

hormones in the brain that, in some cases, can extend beyond mental changes into physical ailments. As time goes on, our scientific understanding of such a subject will likely continue to evolve as we develop better and better tools with which to understand the nature of the human mind. At the very least, both men and women – regardless of their sexual preferences – would be well-served to understand such a phenomenon, lest they someday are forced to confront such a situation themselves.

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