



# Vaginismus

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# What is Vaginismus

Vaginismus is a common sexual problem seen in women and it is one of the main reasons for unconsummated marriage and female infertility. Vaginismus is a condition in which vaginal muscles squeeze or spasm while trying to insert something into the vagina. This situation will result in pain and unsuccessful sexual intercourse.

# Causes of Vaginismus

## Emotional

- Past traumas like sexual abuse
- Painful sex in the past
- Strict upbringing where sex is not discussed or seen as a taboo
- Fatigue of fear

## Physical

- Oversensitive nerves at the opening of Vagina
- Inflammation or an injury to the Vagina
- Side effects of certain medicines

## Treatment For Vaginismus

Vaginismus is one of the sexual problem which have high treatment success rate. Medicinal treatments are only applicable if there is a physical cause for Vaginismus. In most of the cases reason will be emotional, in such cases sex therapy from an expert will be needed to overcome the emotional cause.



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