

Information on Vulva, Clitoris and Labia

In this article we will discuss in brief about the parts of female reproductive system - vulva, clitoris and labia. Vulva is the woman's outer sex organ. After puberty it will have pubic hair growing there. Pubic hairs are the hair grown in the pubic region. On the onset of puberty hair appears just above the genitals in a male and a female. The hair may vary in size, density and color from person to person.

The labia majora, the labia minora, the clitoris, the vestibule are the parts of the vulva. The outer labia are called labia majora. They are two pieces of thick skin that surround the vaginal orifice. These are shaped like a pair of lips and consist of longitudinal folds of tissue that extend downwards and backwards from the mons pubis, enclosing the labia majora become wider and engorged with blood during excitement. Pubic hair grows over the outer labia of the girls who have reached puberty. The outer labia are normally closed so that they can protect the more delicate parts underneath them such as the clitoris and the vagina.

The Inner labia are called labia minora. These are thinner than the outer labia and they can be seen when the outer labia are parted. They are sensitive to touch and swell during sexual excitements. They come together in the prepuce of the clitoris at the upper end and in the hymen at the lower end.

Clitoris is the most sensitive part of the female genitals. It is located where the inner labia meet at the front of the vulva. Only the tip of the clitoris is visible, and is covered by a hood or fold of skin. It is full of nerve endings and when it is stimulated it becomes stiff and pokes out of its hood.

Stimulating the clitoris helps many women to have an orgasm. Clitoris may be stimulated directly by stroking the shaft slowly and gently to begin with and then faster and with a firm touch as excitement grows. It means, stimulation should be slow and soft at first, gradually building more pressure and speed. A technique often preferred is that stimulation should start with hand massage and then use only one or two fingers.

Clitoris has a suspensory ligament and two small muscles, which during arousal are engorged by blood and become fuller and firmer. When this happens, the hood pulls back exposes the delicate tip. But at the peak of excitement it shrinks back into its hood again.

Hope this article has provided you some useful information about vulva, clitoris and labia.

Disclaimer: This article is not meant to provide health advice and is for general information only. Always seek the insights of a qualified health professional before embarking on any health program.

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