What is oxytocin?

Oxytocin is a hormone released by the hypothalamus that plays a crucial role in various behaviors including social behavior, interpersonal relationships, anxiety level, social recognition, and orgasm. Oxytocin is also an important part of childbearing, contributing to uterine contraction during childbirth and the subsequent sensation of bonding between mother and child. Oxytocin is most commonly known, however, for its role in orgasm and the enhanced feelings of closeness and openness that follow intercourse, facilitating bonding between partners (1, 2).

Why use oxytocin nasal spray?

Oxytocin deficiency can greatly impact one’s social life and relationships. Additionally, a deficit in this hormone can impact other processes in the body and has been associated with depression, menopause, weight gain, hypothyroidism, fibromyalgia, anxiety, and other psychological disorders (4-13). Even without a clinical level of oxytocin deficiency, one can benefit from supplementing with oxytocin, especially prior to intercourse.

Oxytocin is not absorbed and used properly by the body when taken by mouth, thus, a nasal spray offers an efficient delivery system. Given in this form, oxytocin has been shown to have the following effects: reduction in anxiety, improved feelings of security, trust, and closeness, reduction in shyness, decrease in inflammation and/or pain, reduction in tolerance and addictive cravings, improvement in feelings of social awkwardness or anxiety, and an enhancement in the ability to interpret social cues (2).

Safety:

Oxytocin nasal spray is very safe and side effects are uncommon. The main reported side effect is headache after use.

References


