

3.2.2.4.0.3 Modulating brain chemistry

No matter how complex a pattern of thought or emotion, it is chemically encoded in the human brain in a manner specific to that thought or emotion. Brain chemistry determines whether a thought or emotion is associated with pleasure, fear, or sexual excitement.

No matter how complex our character, it is but the expression of specific biochemical constellations in our brains. The idea is tempting to modify one's character through chemical interference with the brain.

Some character-modifying drugs are famous. Prozac, for example. Too bad that the modification I have in mind is not one of being more contented with the status quo.

I'm a competitive personality, and I would like to re-create myself as an extremely sexuality-driven character.

There is no value in anything else than the sensual self-dissolution that is achievable only in sexuality. If my sexuality were lost, I could as well commit suicide. Though many a young and completely non-philosophical character may feel the same way, I believe my judgments rest on a sound philosophical base.

I don't think I'm fitted any better than other men for a lifestyle for which indeed I have decided by means of reason (which anyway is but a neurochemical constellation of my mind; with the difference maybe that philosophical thought molecules probably are better organized than molecules in general).

I lack in humbleness. I'd like my life to be an orgiastic fest. But I, and other people, have not been created for this. As we age, all of us do or will experience sexual dysfunction to a certain degree. Previously, this was considered a normal development in life. Now it finds the attention of the medical profession and the pharmaceutical industry, and is defined as a condition. I am grateful for this, because it delivers the substances needed for the kind of pharmacological intervention a.k.a. sexual enhancement.

If it were available, I'd like to have some genetic engineering done on

myself. To be re-engineered in a manner that allows me to enjoy the sexuality of a 20-year-old for 200 years, or, why not, 2000 years. I am convinced that science will advance to a stage where this will be possible .

Too bad that I won't be around to enjoy the fiesta. But in spite of the fact that I have a clear vision of what science will achieve, I am, for the moment, occupied with the comparatively mean task of reacquiring my 20-years-old sexuality just a few years later.

As genetic re-engineering is not yet available, the only means for changing the chemistry of my character are pharmacological.

I've tried almost everything that is marketed as prescription or over-the-counter drug and sounded promising enough in terms of character modification. I have tried many herbs and other health supplements and was disappointed by most.

The pharmacological substances I have tried are of mainly two categories. Neurotransmitter modulators and hormonal modulators. Neurotransmitter modulators with a reputation to enhance libido are usually of the kind that enhance dopamine function. Practically all pharmaceuticals in the treatment of Parkinson's disease, and a single herbal, *mucuna pruriens*, do this (but they do not all enhance libido).

It is much easier to attest to the effectiveness of neurotransmitter modulators than to the effectiveness of hormonal modulators.

Neurotransmitter modulators produce a direct effect, which sets in between half an hour and one hour after they have been ingested orally. Some have a definite effect such as bromocriptine, and, if taken properly, the effect does have a sexual component.

The problem is that if you don't know how to take dopaminergics correctly, and even more so if you don't know which ones to choose, you will likely be too nauseated to enjoy the dopaminergic benefits. You can get rid of much of the nausea, but even then you will still be aware of the fact that you have taken a neurological agent.

Apart from the fact that they are mostly short-acting drugs, there is

another disadvantage with all neurotransmitter modulators used as Parkinson's disease treatments: their effect wears off.

For patients with Parkinson's disease, it means death. For those who take neurotransmitter modulators for sexual enhancement, it's just a disappointment.

Neurotransmitter modulators are inferior to changes in a man's hormonal profile. The following may happen if hormonal sexual enhancement is done right: stronger sexual fantasies, flashes of desire, and over time an improvement of sexual function.

The options for hormonal sexual enhancement include testosterone patches, testosterone injections, synthetic steroids, and maybe tongkat ali (a herbal medication with a reputation to increase testosterone levels).