

# Aphrodisiac Encyclopedia Article

## Aphrodisiac

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# Aphrodisiac

An aphrodisiac is a substance that causes someone to feel sexually aroused or that enhances sexual performance. Many foods, such as oysters, have a long-standing reputation as aphrodisiacs. Another common belief is that alcohol is an aphrodisiac, but in fact alcohol (a depressant) decreases sexual responsiveness in both men and women. Some drugs of abuse also have reputations as aphrodisiacs, including cocaine, marijuana, MDMA or "ecstasy," and amyl nitrite (an inhalant, often called poppers). To the contrary, the use of these drugs can lead to a loss of sexual desire, excitement, and capability.