

Penis Enlargement: The Science Behind It

A simple anatomy article of the penis and how it applies to penile exercising.

By WadzillaA Note on Anatomy

We have poured over recent journals and reports and we have learned that recent studies conducted by scientist D.J. Millward have shown that muscle cells (including the "corpora cells" within the penis) are surrounded by thin sheaths of connective tissue: the endosium, perimysium, and epimysium.

These layers can be pictured as exceptionally tough layers of plastic wrap snugly surrounding each cell (and groups of cells). In order for each cell to enlarge, the tough, fibrous connective tissue surrounding the cell must be stretched to a larger diameter. Think of these layers as "girdles" that restrict cell expansion.

Anatomy & Growth

The human body responds; grows, develops, and adapts; to physical stimulation and exercise. The tendons, ligaments, muscle fibers, and cellular tissue stretch and heal to adapt to new stressors on them (Berne, Levy, Koeppen, & Stanton, 1998). This is the innate physiology of the human body, to grow and adapt to change, and all tissue in the body responds to the various stressors exerted on it.

Penis enlargement exercises rely upon this innate ability of muscle fibers to stretch and grow to accommodate exercise, along with the tendons and ligaments. However, the penis is not made up of skeletal muscle tissue, but it is made of smooth muscle and is affected by the ligaments attaching it to the pubic bone. In addition, the erectile tissue, corpora cavernosa, is a spongy tissue containing distensible blood spaces, which increases in size when blood is pumped into it (Martini, 1998).

The Penis: Like a Sponge

The corpora cavernosa in the male penis is similar in construction to the pore cells in marine life called sponges. Repeatedly stretching the pore cells in a live sponge will cause its absorption pores to expand and heal in this expanded state to adapt to the minute tearing of the cellular walls of the pores, thereby making the pore cells larger and more capable of absorbing more water and nutrients.

The corpora cavernosa is a live tissue which responds similarly in the manner of a sponge (Martini, 1998); therefore, continuous stretching and healing should cause the distensible blood spaces to increase their ability to absorb more blood, as a sponge does with water, and thereby increase actual size of the erectile tissue.

Penis Exercising Vs. Bodybuilding

For a bodybuilder, the blood rushing into the muscle during resistance weight training (also known as "the pump") stretches the layers, forcing them to rebuild in slightly larger and larger shapes. Now, to increase the size of your penis, you must somehow stretch the connective layers that surround your erectile tissue.

The external exercises men perform with natural penis enlargement programs stimulate the connective layers of the penis to achieve, after repeated sessions, permanent increase in size and strength. These exercises do not cause new cells to appear — simply, pre-existing cells are forced to increase in size a small amount each time the exercises are performed. During the rest period between the exercises day, your body will rebuild itself a little bigger and stronger and with time and persistence you will begin to see measurable results.

To understand the basics behind penis enlargement, one must understand the basic structural anatomy of the penis, how erection occurs, and the mechanics of how penile tissue can be strengthened and enlarged.

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