Book Chapter

Neurophysiology of Philematology and Some Infectious Disease

HK Agyeman¹*, J Owusu-Banahene¹,², BK Agyeman¹, EO Darko¹,², D Agyeman³, C Afful³, F Akuffo¹, KM Bonsu³, S Inkoom¹,², ET Glover², TT Akiti¹ and F Adeku¹,²

¹Radiation Protection Institute, Ghana Atomic Energy Commission, Ghana
²Graduate School of Nuclear and Allied Sciences, University of Ghana, Atomic Campus, Ghana
³University of Ghana, Ghana

*Corresponding Author: HK Agyeman, Radiation Protection Institute, Ghana Atomic Energy Commission, P.O. Box LG 80, Legon –Accra, Ghana

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Abstract

The scientific studying of kissing is known as Philematology. This originate from the Greek word PHILOS in the ancient days meaning earthly.

The study of kissing shows you what kissing means and it place in various cultures. (Lana Citron 2010, a Compendium of Kisses).

The difference between Simple Kiss versus Passionate kiss. In simple kisses only 2muscles are involved. While in passionate kisses there may be about 23-34 facial muscle and 112 postural muscle involve. What you can tell from even the simplest of kisses. From the book I Love You, Now What? During kissing a lot of chemical reactions takes place in the brain and the body as a whole. The part of the brain in which these chemicals are secreted is the pituitary gland, where oxytocin, serotonin and dopamine are secreted. The oxytocin which is also sometimes referred too as the the cuddle hormone or the love hormone aids in social bonding. It is produced in the hypothalamus and secreted into the bloodstream by the posterior pituitary gland. Oxytocin is released when the cells are excited. Oxytocin can also be referred too ad carbetocin, manufactured version, Pitocin, alpha-hypophamine and syntocinon. It is a team player in social
behaviour and mother–infant bonding. The serotonin which is also known as a “happy hormone” is an important chemical and a neurotransmitter in the human body serves as a hormonal modulator that aids regulating an individual kissing pattern, sleeping pattern, aggressive pattern, appetite and digestion pattern, memory and mood pattern and sexual pattern. Finally, the dopamine which is also known as a “happy hormone” is a monoamine neurotransmitter which belongs to the catecholamine family that is made up of epinephrine, norepinephrine and dopamine. This dopamine help an individual to enjoying the act of kissing.

**Keywords**

Oxytocin, Serotonin, Simple Kiss, Passionate Kiss, Dopamine

**Introduction**

One of the chemicals which are released during kissing is known as dopamine. This dopamine can stimulate some area of the brain and this makes the individual to feel euphoric about the whole act of kissing. Dopamine is also a contributing factor in sharing with other neurotransmitters more especially with oxytocin. The continuous flow of dopamine during kissing from the body helps to boost our pleasure in the act of kissing. On the other hand, oxytocin which is another chemical in the brain initiate feelings of attachment and affection during kissing. This happens as a results of a good kiss which also releases a chemical known as serotonin in our body which helps in regulating our emotions. This is because a good kisser knows their partners kissing habits. For a good kiss to occur, both partners must be connected naturally and passionately bonded to each other. This ensures how they feel good about how they have been kissed. Normally this experience is not too strong from the kisser. That is the kisser do not come on too strong during the act of kissing.

Kissing is an emotional act, which can be interpreted as a representative of romantic act that can be performed temporary between two individuals. Usually, women enjoy kissing a lot and
this makes them feel sexually aroused. Sharing a good kiss at the beginning of a relationship and over time can help maintain a serious and strong connection between partners and this good kiss can also lead to sexual arousal, attachment, and bonding. In actual sense, kissing is not difficult at all, because when it is great it can be so amazing. There is a chemistry behind kissing which is usually expressed as the “first date kiss philosophy”, which says that there is no wrong or right answer to first date kissing. It emphasizes that one a first date, when your body chemistry tells you or make you feel like kissing your partner or significant other, just go ahead and do it.

Real kissing can be defined as the practice of kissing with an open mouth, that allow the partners to suck their lips or move their tongue into their mouth, this is also known as French Kissing. Baby kissing, additionally, is another way to comfort babies and to show affection to them it can either be a forehead kiss, lip kiss or a cheek kiss. Medically, regardless of the duration of a kiss, DNA remains in the mouth for at least one hour after kissing. This is a statement made by an individual medically. On the other hand, when people kiss and they open their eyes, it hinders the pleasure of kissing, that is they experience sensory overload which researchers says, focusing on visual stimuli can cause sensory numbness.

Basically, there are other benefits of kissing, because during kissing, your stress level decreases. According to a study cited on NBC, college students who participated in 15 minutes make out sessions had decreased cortisol levels, the body stress hormone. The study shows that male participant had an increase in their oxytocin, the brain feel – good chemical. While female actually saw a decrease. The study also found out that those who participated in kissing felt stronger pair bonds to their partners. Pair bonding is what makes you feel close to the one you love. Moreover, your body is rife with Pheromones, when you kiss someone you love for the first time, your body releases pheromones. These pheromones are natural chemicals that makes you to be attracted to each other. Not only this but also, kissing releases burst of adrenaline. That is during kissing, your blood flow is positively impacted, your heart rate increases. This
helps to increase your energy levels, giving you a boost of positive vibes.

In addition, your cholesterol improves, this implies that kissing can improve your overall blood lipid level. Research shows that in a study in 2009 edition of the Western Journal of Communication, researchers found out that romantic kissing can actually decrease your serum cholesterol and increase overall relationship satisfaction for couples. Furthermore, your saliva is designed to help you access potential mates. Researchers at Oxford University have found out that kissing is actually designed to help you access a potential mate. All your brain happy chemicals are released during kissing. Naturally, your pupil dilate when you kiss and your eyes are closed, it makes us susceptible to light sensitivity says Marie Clair

Kissing cause a chemical reaction in your brain. There are three chemicals that are realized during kissing, these are

Oxytocin (Love Hormone).
Serotonin (Happy Hormone).
Dopamine (Happy Hormone).

Figure 1: Structural formular of Dopamine.
Dopamine is released when you do something that feels good. Like kissing and spending time with someone you are attracted to. It makes you feel giddy and euphoric. In 2013 a study shows that couples who frequently kissed had relationship satisfaction [3,11].

Chemical Formular of Dopamine

![Chemical Structure of Dopamine]

**Figure 2:** Structural Formular OF Oxytocin (Love Hormone).

**Oxytocin** is a hormone secreted by the posterior lobe of the pituitary gland. It's sometimes known as the "cuddle hormone" or the "love hormone," because it is released when people snuggle up or bond socially. Jun 4, 2015. **Oxytocin** has long been known as the warm, fuzzy hormone that promotes feelings of love, social bonding and well-being. (Jul 22, 2013) [5,19].
Chemical Formular of Oxytocin

![Chemical Formular of Oxytocin](image)

**Figure 3:** Structural Formular of Serotonin.

Serotonin or 5-hydroxytryptamine is a monoamine neurotransmitter, and is popularly thought to be a contributor to feelings of well-being and happiness. Biochemically, the indoleamine molecule is derived from the amino acid tryptophan.

**Formula:** $\text{C}_{10}\text{H}_{12}\text{N}_{2}\text{O}$

**Molar mass:** 176.215 g/mol

**Melting point:** 167.7 °C

**Boiling point:** 416 °C

**Metabolism:** MAO

**IUPAC ID:** 3-(2-aminoethyl)-1H-indol-5-ol

Serotonin is also known to be a hormonal modulator that is it aids in the effects of behaviour such as an individual sleeping parterns, kissing parterns, sexual parterns and aggressive parterns [2,4].
Types of Kisses

Basically, there are 40 different types of kisses. But the most common one's include:

- Hand kiss
- Cheek kiss
- Butterfly Kiss
- Eskimo Kiss
- Neck Kiss
- Earlobe Kiss
- Angel Kiss
- Kiss on the Forehead

**Figure 4:** Picture of Hand Kissing.

Hand Kiss
Another alternative names for Cheek kissing is also as ritual or social kissing.

It can indicate a form of greeting, family relationship and friendship.

Moreover, it can also confer comfort someone or congratulation to someone.

Furthermore, Cheek Kiss is used to indicate romantic interest or sexual interest to someone.

Additionally, it can be used to show respect to someone or a sign of friendship.
Meaning of an Angel kiss

Alternatives names of angel kiss are sometimes known as Macular stains, Birthmarks, and Stork bites.

They are normally irregular borders which are flat, with red marks or pink marks with irregular borders.

Sometimes, they appear on the eyelids or forehead on the individual and disappear by the age of two years.

Women who pierce their upper lips and put small jewels on their upper lips is also call angel kiss piercing.
Figure 7: Picture of Butterfly Kiss.

Meaning of Butterfly Kissing

Sometimes, Butterflies do give humans kiss too that is why we have the name butterflies kiss. In general, Butterflies kiss expresses affection and admiration to the receiver. In June, that is when a lot of Butterflies get into the environment. These butterflies sucks the nectar's of flowers, hence the name butterfly kiss.
Figure 8: Kiss by an Embrace.

**Meaning of Kiss by an Embrace**

When both bodies are in close contact, this is an expression of strong surrender and affection and surrender. It ensures that both partners or significant other are willing to give in to one another on both a sexual level and sensual level [6].
**Figure 9:** Fore Head Kiss.

**Meaning of Forehead Kissing**

A *forehead kiss* is another form of a social *kissing* gesture which indicate comforting someone.

And moreover it indicate friendship to someone. When a girl kisses a man or a guy forehead it means she admire and loves you dearly.

A *forehead kiss* is a sign of and affection and adoration.
**Figure 10:** Picture of Neck Kiss.

**Meaning of Neck Kiss**

Another name for a Neck Kiss is also call collarbone Kiss.

If someone gives you a neck kiss indicate a seductive nature which have a feeling of strong intimacy. Neck kiss on the other hand shows a passion for a certain degree of strong intimacy in the intension of the giver.
Meaning of a Lip Kiss

Lip Kiss or kiss on the Lips shows a lot of passion from the giver, it may mean “I want to date you” or “I love you.” (Apr 22, 2011).

If the action is carried out very quickly, by just touching one another’s lips, it may simply mean friendship.

This implies that it is very necessary to know the intensity of the kiss which is an important contributing factor in interpreting its intention.
Meaning of Eskimo Kiss

A kiss on the nose or Nose rub are alternative names for an Eskimo kiss and it is extremely sweet.

All because it can trigger in sparking instant flames of love or it ignites romance.

Is the act of pressing the tip of one's nose against another's nose which is normally interpreted as a form of friendly greeting gesture in various cultures.

It also shows that the significant other is the main the object of interest and committed affection.

Figure 12: Picture of Eskimo Kissing.
Meaning of Kiss on the Ear

Kiss on the ears is interpreted as a very strong power and passionate sexual intention.

Initially, it might not be taken too seriously, but depending on the intensity with which the kiss is given it may be interpreted with some romance and erotic evidence. Which may start with mischief and a lot of foreplay.

Health Effects on Kissing

During kissing a lot of bacteria and pathogens are transferred from one person to another theses are:

Pathogenic Streptococci

Syphilitic Spirochetes
Epstein Bar Virus  
Upper Respiratory Infective virus  
Herpes Simplex Virus  


*Figure 14:* Picture of Pathogenic Streptococci.

**Effect of Pathogenic Streptococci**

If someone is having pathogenic streptococci and he or she kisses his or her significant another there is a tendency that these pathogens will be transferred to the other person during kissing. The best way out is to abstain from kissing when one is suffering or having these pathogens.
Figure 15: Picture of Drug – Resistant Tuberculosis.

**Effect of Drug – Resistant Tuberculosis in kissing**

Tuberculosis is a contagious disease so to prevent someone from contacting this tuberculosis, it is best advisable to abstain from kissing someone who is having tuberculosis.

Figure 16: Picture of Upper Respiratory Infective Virus.
Effect of Upper Respiratory Infective Virus

Can be contacted with infected people, especially through kissing and sex.

Upper respiratory tract infections (URTI) are illnesses caused by an acute infection.

This infection is viral in nature.

Which involves the upper respiratory tract including the larynx, pharynx, sinuses and nose.

Figure 17: Picture of Partners contacting mono disease through kissing.

Epstein-Barr virus (EBV) which is also known as kissing disease, mono and glandular fever.

This infection is also viral in nature, the type of infection it causes is known as infectious mononucleosis.

Symptoms of mononucleosis include sore throat, fever, swollen lymph nodes and fatigue. There is no treatment for mono, but supportive care which involves drinking of plenty water and
more especially drinking plenty of fluids. The illness resolves without treatment. HHV-4, it can be view by electronic microscopy, Viral diameter 200nm.

Conclusion

The average age for a first kiss should be experience between 12 and 14 years. Tongue kissing should is also acceptable at that age. Parent kissing their baby is normal. But at the same time, it is best to safeguard the baby from hazardous infections [1]. Don't allow anyone to kiss your baby until he or she is six weeks old [7]. Guys enjoy kissing triangle that is you kiss the lips, then the neck and back to the lips. Kissing your baby is an example of love and affection, even babies understand this. (July 26, 2015). One of the key point is don't let anyone kiss the baby on his or her mouth during the first three (3) months. (May 29, 2018), because of the immune system of the baby [8]. To improve kissing, spice up your kiss by starting slow and then move to a more passionate kiss.

In addition, your cholesterol improves this implies that kissing can improve your overall blood lipid level. Research shows that in a study in 2009 edition of the Western Journal of Communication, researchers found out that romantic kissing can actually decrease your serum cholesterol and increase overall relationship satisfaction for couples. Furthermore, your saliva is designed to help you access potential mates. Researchers at Oxford University have found out that kissing is actually designed to help you access a potential mate. All your brain happy chemicals are released during kissing. Naturally, your pupil dilate when you kiss and your eyes are closed, it makes us susceptible to light sensitivity says Marie Clair.
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