Strange Vibrations

Theories abound about unexplained buzzing in the pelvis.

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Many people complain about feeling “phantom vibrations” in the area near the groin. But online reports about these sensations have yet to generate a definitive medical cause.

“The feeling is less of a pain and more of an annoyance,” says Rita, a 62-year-old woman, about the weird tremors in her pelvis that she describes as feeling “like a cellphone is buzzing in your pants pocket.”

In one inquiry about the matter, researchers reviewed the medical histories of two men, ages 54 and 71, who complained they’d experienced these feelings. The younger patient had no significant past medical issues while the older man suffered from recurring prostatitis.

Scientists examined the men and evaluated their associated symptoms. The researchers determined the problem was related to this swelling and inflammation of the prostate gland. After several weeks, both men noticed the vibrations stopped.

When women felt the buzzing in their vaginal or pelvic areas, one theory linked the phenomenon to twitching in the small muscles in these regions caused by quivering nerves. Some experts speculate that stress may be to blame for these involuntary movements and the annoying feeling they cause.

The good news, at least, is that they seem to subside on their own. But as always, it’s best to consult with your doctor should these symptoms occur.

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