

MENSTRUAL CYCLE

The reproductive cycle in the female primates (e.g. monkeys, apes, and human beings) is called menstrual cycle. The first menstruation begins at puberty and is called menarche. In human females, menstruation is repeated at an average interval of about 28-29 days, and the cycle of events starting from one menstruation till the next one is called the menstrual cycle. One ovum is released

" Menstrual cycle FSH & LH, Progesterone
hormones द्वारा नियंत्रित होता है। "

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ate - The phases of cycle are (a) pro-
 Oestrous cycle (contd.) :- The phases of cycle are (a) pro-
 Oestrous cycles in which there is swelling and congestion of
 external genitalia, increased vascularity and secretion of
 uterus, proliferation of vaginal epithelium and some

bleeding from vagina, the graafian follicle is undergoing
 maturation. The period is coming on of heat!
 ovulation) during the middle of each
 menstrual cycle. The major events of the
 menstrual cycle are shown in figure. The
 cycle starts with the menstrual phase, when
 menstrual flow occurs and it lasts 3-5
 days. The menstrual flow results due to
 breakdown of endometrial lining of the
 uterus and its blood vessels which forms
 liquid that comes out through vagina.
 Menstruation only occurs if the released
 ovum is not fertilised. Lack of menstru-
 ation may be indicative of pregnancy.
 However it may also be caused due to
 some other underlying causes like
 stress, poor health etc.

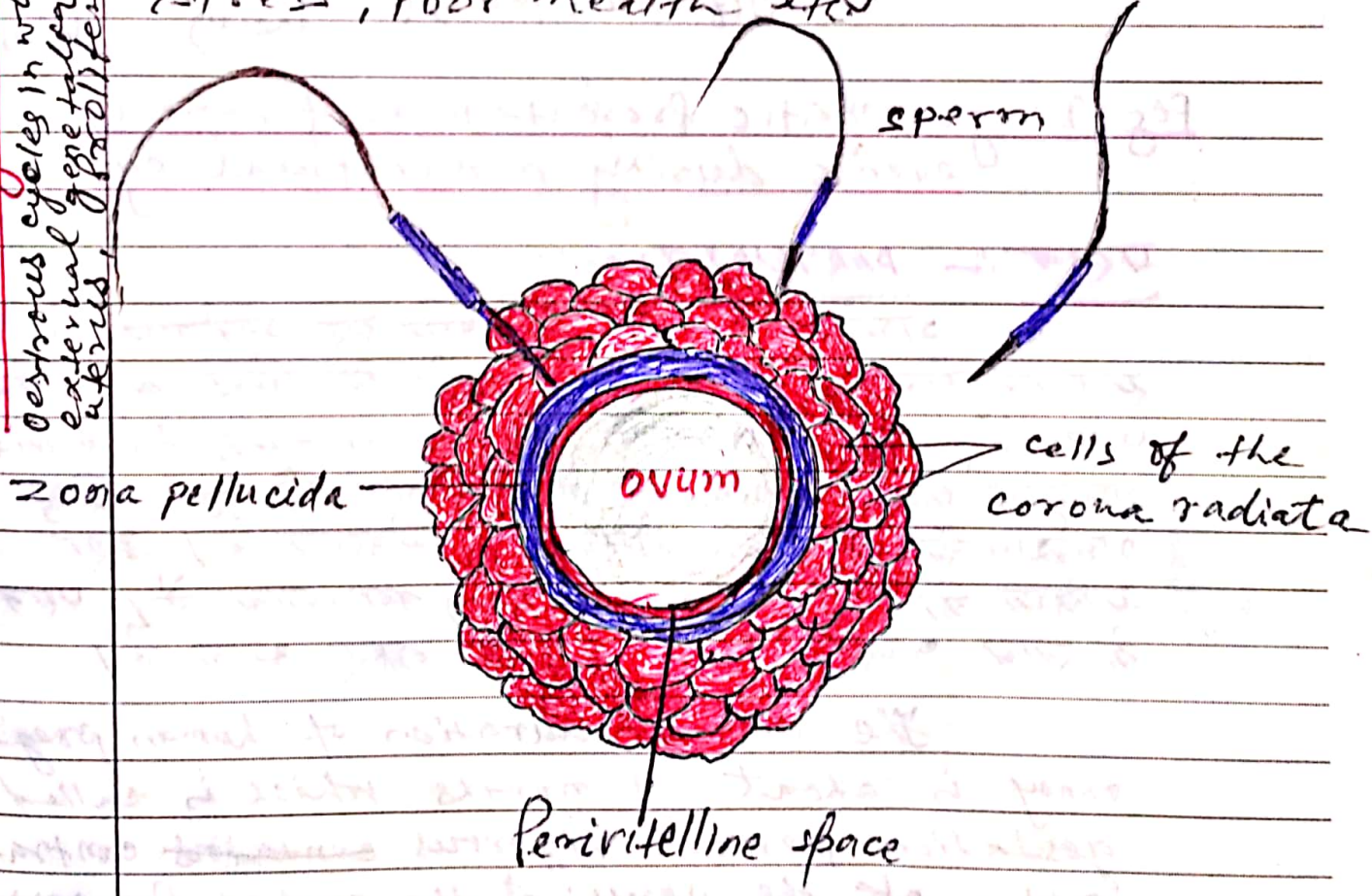


Fig: - Ovum surrounded by few sperms.

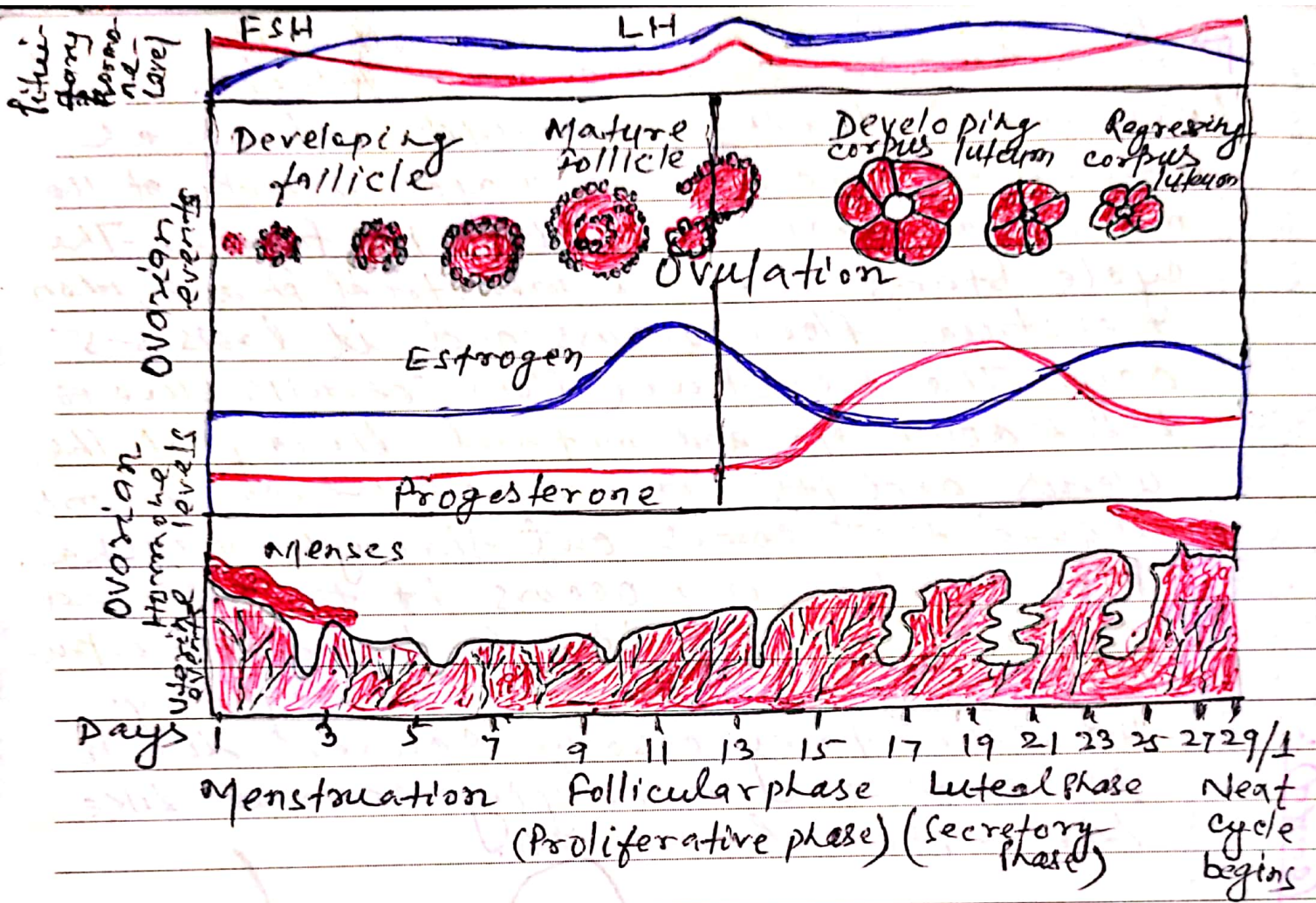


Fig: Diagrammatic presentation of various events during a menstrual cycle