

Menstrual Cycle

The menstrual cycle is a female sexual cycle. It is characteristic of primates (man and monkey). This cycle is homologous to the oestrous cycle of non-primate mammals.

The rhythmic changes undergone by the sexual organs at an interval of 28 days is called menstrual cycle. It takes its name from an elaborate process called menstruation or menses or bleeding. Menstruation is the periodic discharge of blood, mucus, and cellular debris from the uterus through the vagina at about four weeks interval. This bleeding occurs at the end of menstrual cycle in the absence of pregnancy.

The length of the menstrual cycle in an ideal woman is 28 days (four weeks).

The menstrual cycle is divided into three phases, namely

1. Proliferative phase
2. Premenstrual phase or secretory phase and

3. Destructive Phase or menses

1) Proliferative Phase

This Period begins from the 6th day of menstruation and lasts for 9 days on the 6th day, the damage of the uterus caused by the menstruation is repaired completely. After the repair, the proliferative phase begins.

At the beginning, the uterine epithelium remains extremely thin. During the proliferative phase, the following changes occur

