

Phases of Menstrual Cycle

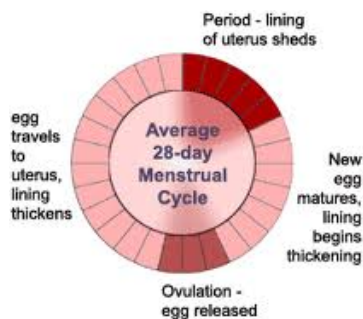
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Phases of Periods

Beginning of menstruation is called as the menstrual cycle. In the middle of this menstrual cycle the ovulation happens.

Ovulation denotes the release of ova or egg. Only one ova released from the ovary approximately once/month. If the ovum is fertilized by a sperm after the sexual intercourse it will start its growth as embryo which turns into a fetus and after a period of 9 months and a week it will be delivered as a baby through the vaginal opening.

The menstrual cycle has many phases. The average length of each phase is different from each other.



Menstruation

Menstruation is a bleeding occurs in a specific period of time. This menstrual flow indicates that the woman is not pregnant.

If a sexually active women misses this menstrual cycle gives the first sign of the chance of being pregnant.



Eumenorrhea is the condition of being in a state of normal, regular

menstruation that lasts for a few days in a month.

Approximately 3 to 5 days or most of the women and in some cases it lasts for 2-7 days.

10ml to 80 ml blood loss calculated as normal. [Plasmin](#) is the enzyme which restrict the blood [clotting](#) in the menstrual fluid.

Menstrual Phase

- Menstrual flow occurs if ovum is not fertilized.
- Hormone levels of progesterone and estrogens are low.

Follicular phase

- Also named as proliferative phase
- Uterus lining grows, or proliferate.

Few [ovarian follicles](#) are stimulated because of the high level of [follicle stimulating hormone](#) (FSH).

A new layer of [endometrium](#) is formed because of the estrogen hormone. It also stimulates [crypts](#) in the [cervix](#) to produce fertile cervical mucus, which may be noticed by women practicing [fertility awareness](#).

Ovulatory Phase

- Mature follicle ruptures
- Ovum released
- Fertilization occur.

Luteal phase

Luteal phase

- Also known as the secretory phase.
- Egg has been released from the ovary into the fallopian tube.

Premenstrual Phase

- The corpus luteum degenerates and progesterone and estrogen secretions will be stopped if fertilization does not occur.
- It results with the menstruation by shedding uterus lining.
- The corpus luteum remains intact and secretes increasing quantities of steroid hormone if pregnancy occurs. It helps for the development of fetus till child birth.

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Reference Links:

- http://en.wikipedia.org/wiki/Menstrual_cycle
- http://findarticles.com/p/articles/mi_m0CXH/is_1_23/ai_57050111/
- <http://pms.about.com/od/pubertyandmenstruation/a/menstrualphases.htm>
- <http://www.knowmycycle.com/phases-menstrual-cycle.aspx>

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