

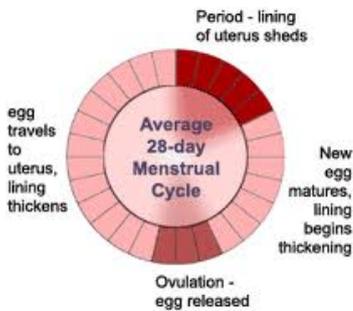
Characteristics of Menstrual Cycle

Created: Friday, 13 May 2011 07:04 | Published: Friday, 13 May 2011 07:04 | Written by [Super User](#) | [Print](#)

What is Menses?

Menstruation is the blood flow in the specific period in a month. It occurs because of the shedding of the uterine lining (endometrium).

It occurs on regular intervals in reproductive-age of human females and some of the other mammal species.



Characteristics of the ovarian cycle

span

- Start at the onset of [puberty](#) and end at the beginning of [menopause](#).

Physical experience

[premenstrual dysphoric disorder](#) (PMDD):

- Menstrual pain
- Abdominal pain
- Migraine headaches
- Depression
- Emotional sensitivity
- Feeling bloated
- Changes in sex drive
- Nausea

Severe uterine pain, also known as [Dysmenorrhea](#) is common for young women. Discomfort and swelling in breasts also caused by premenstrual water retention.

The symptoms and sensations vary for each individual also vary between each cycles.

Emotional reactions

- Irritability
- Tiredness
- Weepiness (i.e. tears of emotional closeness).

Flow

- Starts at a moderate level
- Later the level will be increased and then slowly taper.
- Hormonal disturbances may influence heavy discharge.

Duration

- 2- 7 days at the beginning
- No clear interval pattern for prolonged flow.

Menstrual Myths

- Every woman's cycle is or should be 28 days long.
- Every woman will or should bleed every month.
- Every woman will or should ovulate every cycle.
- If a woman bleeds, she is not pregnant.
- A woman cannot ovulate or get pregnant while she is menstruating.

The above statements are myths. Every woman is different. The nature of body is highly different for each woman. It may differ between fat and lean women. The food they eat, the life style they follow, the medicines they used to for other health problems also has their own role in controlling the menstrual cycle.

Some woman has a belief that by consuming foods items like jaggory, dates may influence for the early heavy flow. The contraceptive pills may disturb the menstrual cycle. After a child birth the woman won't get menstrual cycle during the lactation period. This is the natural contraception and this also highly varies between each individual. The lactation period is different for different females. The beginning of menstrual flow after the child birth may be early or slow depending on the nature of that particular woman.

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Reference Links:

- <http://en.wikipedia.org/wiki/Menstruation>
- http://en.wikipedia.org/wiki/Menstrual_cycle
- <http://www.livestrong.com/article/12455-menstrual-cycle-what-happens-during/>
- http://www.youtube.com/watch?v=8_rfZ_qj1z4

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