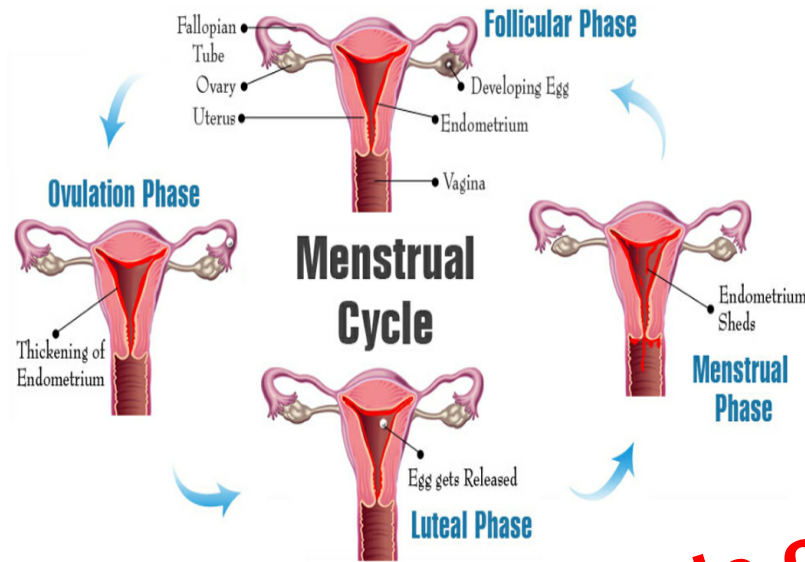


MENSTRUAL CYCLE

There are four phases in a menstrual cycle :



1. Menstrual phase- Breakdown of endometrial lining of the uterus and its blood vessels forms a liquid and flows out through vagina.
2. Follicular / Proliferative phase- Primary follicle grows to become Graafian follicle and endometrium regenerates through proliferation. LH and FSH increase stimulates follicular development as well as secretion of estrogens by growing follicles.
3. Ovulation - LH induces ovulation usually occurs on 14th day in 28 days cycle. Graafian follicle ruptured and ovum is released.
4. Luteal/ Secretory phase- Remaining parts of Graafian follicle transforms as corpus luteum in ovary which secretes large amounts of progesterone essential for maintenance of endometrium.

