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Menstrual Cycle

Menstruation

Menstruation is the cyclic event of the release of the ovum from the ovary and its removal from the body when fertilization does not happen.

- During menstruation, the blood-rich endometrium of the uterus also breaks down while the ovum is being removed from the body.
- Two pituitary hormones, LH and FSH and two ovarian hormones, estrogen and progesterone, all have their roles in menstruation.
- In humans, the cycle repeats every 28 days.

Fertilization

Human reproduction

Humans reproduce sexually. The male produces sperms and the female produces eggs. When the sperm fuses with the egg, it forms a zygote that gives rise to a new progeny.

Contraceptive Methods

Reproductive health

Reproductive health deals with the prevention of STDs and unwanted pregnancy.

Understanding the reproductive system is also a part of the reproductive health awareness.

Contraceptives

- Contraceptives are the devices that prevent unwanted pregnancy and help avoid STDs.
- Contraceptives can be of various types such as mechanical barriers, hormonal/chemical methods, surgical methods etc.

Coitus Interruptus

- It is a very unreliable contraceptive method where the coitus is stopped before the male ejaculates inside the female reproductive tracts.

Rhythm Method

- Another unreliable method of contraception where the coitus is avoided when the female is fertile and the chances of fertilization are very high.