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Class 12th

Sub. Biology

Date 31.05.20

1. Ovulation/Ovulatory Phase:

This is the phase of release of ovum from ovary •

The levels of LH and FSH reach their peak at mid-cycle, around 14th day.

- LH surge: The rapid increase in LH mid cycle leading to maximum LH level mid cycle is called as the LH surge.
This induces the rupture of the Graafian follicle and thereby the release of ovum.
- Ovulation: The process by which an ovum is released by a mature Graafian follicle from the ovary.
It is a result of the LH surge which occurs mid-cycle around the 14th day.

2. Luteal Phase: This is the phase of formation of corpus luteum

- The remaining parts of the Graafian follicle after ovulation form the corpus luteum.
_Corpus luteum is therefore the structure that is formed the ruptured Graafian follicle.
- The corpus luteum secretes large amounts of progesterone which is essential for the maintenance of endometrium.
The endometrium is necessary for the implantation of the fertilised ovum and other events of pregnancy.

✦ During pregnancy all events of menstrual cycle stop and there is no menstruation.

✦ In absence of pregnancy the corpus luteum degenerates.

This causes breakdown of the endometrium leading to menstruation and thus starting the new cycle.

Draw the diagram of different phases of menstrual cycle from NCERT .

