

## DISRUPTION OF THE MENSTRUAL CYCLE IN WOMEN

Yahyoyeva Nigina

Bukhara University of Innovative Education and Medicine, 2nd grade student

**Abstract:** Menstruation refers to regular bleeding from the uterus of women. Menstruation is a cycle of bleeding that lasts for a period of time.

**Key words:** Menstrual cycle, uterus, menstrual cycle disorder, hormones, amenorrhea.

Menstruation (menstruation) refers to regular bleeding from the uterus of women. Menstruation is observed in the first months of puberty between the ages of 12-15. Girls reach puberty at the age of 16-17. Menstruation is a cycle of bleeding, and lasts for a certain period of about 3-6 days. Menstruation returns when a woman is childbearing, only during pregnancy and often does not appear during breastfeeding. Menstruation stops at the age of climax (45-55) Every time a woman has her period, she loses 50-150 g of blood. Menstrual blood is alkaline, reactive, brown in color, slimy, mixed, and the clotting process is low.

When a girl menstruates for the first time, a number of changes occur in her organism. The shape of the body becomes somewhat rounder, female secondary sexual characteristics appear, the breasts become larger, and hairs appear on the pubic area.

Most often, the menstrual cycle lasts 28 days, in rare cases it lasts 21 or 30-32 days in women. During the menstrual cycle, various changes are observed in the female body. The menstrual cycle is mainly controlled by 5 factors.

1. Cerebral cortex
2. Hypothalamus
3. Hypophysis
4. Sex glands
5. Peripheral organs (uterus, fallopian tubes, vagina)

There are many causes of menstrual cycle disorders. The disease is polyetiological. Some of the causes are factors related to the age of the organism, mental states, unpleasant events in the family and at work, peripheral and endocrine gland disorders, acute and chronic inflammatory processes, genital tumors.

Among the etiological factors, it is necessary to identify infectious diseases experienced by girls during sexual development. In viral hepatitis, morphological changes are observed only in the ovary, and similar changes are observed in the hypothalamus.

Anomalous bleeding is observed as a result of endogenous and exogenous factors affecting various parts of the hypothalamus, pituitary-ovarian system, which controls the menstrual cycle. Physiologically, the cerebral cortex, hypothalamus, pituitary gland, ovary and uterus are of great importance in controlling the menstrual cycle. Disruption of the control of the hormonal system in the body is caused by the following.

1. The activity of one of the endocrine glands is disturbed under the influence of neurohormonal (hypothalamus-pituitary) factors.
2. Infection, intoxication, injuries, tumors, damage to one or more glands.
3. Violation of stimulation of enzymes in the formation of hormones in some glands.

4. Some hormone does not reach the desired place in the body.
5. Violation of the conditions of exposure to hormones.
6. Violation of the action of certain hormones.

Types of menstrual cycle disorders:

1. Amenorrhea
2. Periodic changes.

There are negative and positive sides to the menstrual cycle.

The positive side

- a) hyperamenorrhea - a large amount of menstrual blood.
- b) polymenorrhea - duration of menstruation for 7 days or more.
- c) hyperpolymenorrhea - bleeding for a long time and in large quantities (menorrhagia)

Downside:

- a) hypoamenorrhea - low amount of blood released during menstruation
- b) oligomenorrhea - the duration of menstruation is short and less than 2 days
- c) hypopolymenorrhea - short duration and small amount of bleeding

Amenorrhea

Amenorrhea, the absence of menstruation for 6 months, is a local and general symptom of several diseases without being an independent disease.

Types of amenorrhea:

1. False amenorrhea - changes in the ovary and other organs, this amenorrhea is often due to local causes. It can occur due to the integrity of the hymen, vaginal atrophy. In this case, the blood accumulates in the vagina, cervix and tubes.
2. True amenorrhea - occurs when there are any changes in one of the 5 rings of menstrual cycle control, and as a result, the periodicity of the production of sex hormones is disturbed and menstruation is not observed.
3. Physiological amenorrhea - in this case, a woman's body does not have menstruation due to certain physiological conditions.
  - ✓ in childhood
  - ✓ during pregnancy
  - ✓ during lactation
4. Pathological amenorrhea is the absence of menstruation in pathological cases of the female organism.

Absence of primary menstruation since childhood.

After the onset of secondary menstruation, it stops for some reason. 5 rings are involved in the management of the menstrual cycle.

Cortex - hypothalamus - pituitary gland - ovary - uterus. Disruption of any of these rings leads to amenorrhoea and has the following forms.

- ✓ hypothalamic amenorrhea;
- ✓ pituitary amenorrhea;

✓ ovarian amenorrhea;

Causes of amenorrhea:

✓ hormonal disorder

✓ occurs due to damage to the ovary

✓ pituitary gland and other organs.

✓ CNS diseases (schizophrenic brain tumors, meningoencephalitis, mental trauma)

✓ acute and chronic infectious diseases

✓ chronic intoxication (alcoholism, drug addiction)

✓ alimentary factors - hunger, anemia, obesity

✓ extragenital diseases - cardiovascular diseases, liver diseases

✓ uterine diseases. Endometritis

Algodysmenorrhoea - painful menstrual cycle disorder. Pain in the lower abdomen, pain in the lower back, general weakness.

### **References**

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