

Reproductive phase of life in humans



The capacity to produce female gamete (ovum) in a woman starts at puberty (10-12 years) and lasts till the age of 45 to 50 years of age.

But in males, the capacity of producing male gametes (sperms) usually lasts throughout life. Due to this, the reproductive phase of life in men is much longer than in women.

Menstruation:

With the onset of puberty, the egg begin to mature in the ovaries of a woman. One mature ovum is released by one of the ovaries of the women once in about 28-30 days. During this period the inner lining of the uterus grows and becomes thick to receive the fertilized egg. In case the fertilization of eggs by a sperm occurs, the fertilized egg divides to form an embryo. This embryo then gets embedded in the thick uterus. This results in pregnancy. If the fertilization does not occur, the egg released by the ovary dies within a few days and the thick lining of the uterus along with blood vessels breaks down. This causes bleeding in women every month which is called menstruation.

Menarche: The first occurrence of menstruation at puberty is called menarche.

Menopause: At the age of 45-50 years the menstruation stops completely in women and it is termed menopause.