

# MENSTRUAL CYCLE



The menstrual cycle is a monthly hormonal process that prepares the female body for pregnancy. It typically lasts 28–32 days, though cycles ranging from 21 to 35 days are considered normal.

## \* MENSTRUAL PHASE

### Day 1-5

Shedding of the uterine lining; this is when menstruation (your period) occurs.

## FOLLICULAR PHASE

### Day 1-13

Follicle-stimulating hormone (FSH) promotes the development of ovarian follicles. One becomes dominant and matures.

## OVULATION

### Day 14-16

Triggered by a surge in luteinizing hormone (LH), the mature egg is released from the ovary. This is the most fertile time.

## LUTEAL PHASE \*

### Day 17-28

The ruptured follicle becomes the corpus luteum, releasing progesterone to prepare the uterus for pregnancy. If fertilization doesn't occur, hormone levels drop and menstruation starts again.



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