

Commentary on Influence of Menopause upon Sexuality

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INTRODUCTION

Menopause is the permanent cessation of reproductive fertility before the end of natural lifespan. The word originally means 'the end of monthly cycles' or permanent stopping of means. We all know very well that the term menopause was originally used to describe the reproductive changes in human females, where the end of fertility was traditionally indicated by the permanent stopping of menstruation. The menopause transition is a natural life-changes not a disease state. The typical of menopause age ranges between 45 and 55. The Menstrual age varies according to geographical location.

DESCRIPTION

The Menopause is based on natural and surgical cessation of hormone produced by cease. The uterus have secondary role, because if uterus is removed surgically (hysterectomy), periods will cease permanently, but ovary is still functioning and withhold the uterus release of ovum and other hormones will continue until menopause is reached. If ovaries are removed (oophorectomy), the women will immediately in surgical menopause. The time before and after the menopause, a woman's body goes through several changes. This changes consists in to 4 stage they are pre-menopause refers to entity of women's life from her first to last irregular menstrual period of normal reproductive phase. Peri-menopause refers around menopause and is a stage of 2 to 10 years before complete cessation of menstrual period. It is usually experienced form 35-50 years of age. This stage is characterized by hormones fluctuations lead to menopause symptom, like hot flashes. Menopause represents the end stage of natural reproductive events. It is the point at which estrogen and progesterone decrease permanently to very low level. The ovaries stop producing eggs, a women no longer to get pregnant naturally. Post menopause refers to the period of life after menopause. This phase begins when the 12 month have passed after the last menstrual period. During menopause atresia of almost all oocytes in the ovaries occurs. This causes increase in FSH and LH levels. The decrease number of oocytes responding to these hormones producing the decrease level of estrogen, which fluctuates the estrogen progesterone ratio, causes the cessation of

menstrual cycle and finally reduces reproductive ability of particular women. Sexual functioning differs in the elderly, female compared to the younger female in the following ways. At menopause the vaginal wall may become thin, dry and less elastic, delay in production and decrease in amount of lubrication, painful muscle contraction during orgasm, uterine elevation is less and labia majora do not elevate to the same extent as in younger years, woman retain multi orgasmic capacity, but have weaker and fewer construction. Psychological symptoms are stress, atigue, memory loss, depression, anxiety, sleep disturbances, feeling about gender etc. The term libido means refers to several desire, disorder of interest, which is chiefly related to woman in which loss of sensation in touch with feelings comes with dwindles woman's life. It causes due to estrogen hormones.

Estrogen plays vital role in sensation maintain the health of vaginal tissue. As woman approaches menopause, her body begins to produce less estrogen, of this contribute to loss of libido eg. Vaginal dryness, hot flashes etc. Progesterone hormones are also integral to maintaining sexual health, which levels are too low during irregular period, fatigue and other symptom causes. Androgen/testosterone as with estrogen the body begins to produce lower level of testosterone with age. Experts believe that this is a women to exertion loss at libido around the time of menopause. Dyspareunia includes shortening of vaginal vault, reduced vaginal fats, thinning of vaginal mucosa with loss of lubrication, the intercourse of sex becomes painful. Postmenopausal vaginal atrophy is due to friction injuries and decreases in the natural barrier lower the protection against infections, genital changes during this time includes reduced size of clitoral, vulval and thinning of vaginal wall. Some women may experience inadequate lubrication tissues, decreased size of cervix, uterus and ovaries and some loss of elasticity and thinning of the vaginal wall. Some women may experience in adequate lubrication and intercourse may be painful if the vaginal will become excessively thin. Due to painful intercourse they loss their desire of sex. Some other cause of loss of desire decreased vital frequency, decreased frequency of orgasm due to pain during contraction of vaginal muscles etc.

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Treatment of menopause with such as sildenafil citrate or prostaglandins may potentially provide a means of enhancing sexual excitement by increasing clitoral vasocongestion and generalise vasodilatation.

Topical estrogens plus, the use of estrogen vaginal lubricants relive dryness associated with vaginal atrophy, which is common cause of dyspareunia. Topical use of it, is common cause of dyspareunia. Topical use of estrogen may also help to alleviate other urogenital problem, including prolapse of the uterus, cervix, vagina, bladder and rectum. The use of topical estrogen therapy in the vaginal cream that are not systematically absorbed.

CONCLUSION

Hormone replacement therapy use the tibolone, a synthetic corticosteroid. Studies on postmenopausal woman have shown that it can enhance libido and reduce vaginal dryness and consequent dyspareunia.

Estrogen androgen co-therapy is usual to use estrogen with androgen as treatment. If testosterone is administered, it is important that the patient knows that male hormones therapy is not one of the approved use of the drugs. From the above discussion, we finally conclude that the irregularities in estrogen progesterone level cause the degenerative changes in certain system which leads to vascular instability, urogenital atrophy, rise of osteoporosis, psychological disturbance. Due to hormonal imbalance physical psychological changes leads to menopause, affect libido and causes loss of libido. Thus loss of libido, lost the women's sexual interest or reduces the sensation of feeling of touch towards her partner, which affects or reduce the reproductive ability of female and finally leads to the permanent cessation of fertility period.