Female Sex Physiology

The functions of the female reproductive system are:

1- produce ova.

2- Secrete sex hormones.

3- Receive the spermatozoa from the male.

4- Provide sites for fertilization and fetal development.

5- Facilitate parturition, or delivery of the baby.

6- Provide nourishment for the baby through the secretion of milk from the mammary glands in the breasts.

Female reproductive system comprises of primary sex organs and accessory sex organs.

1- **Primary Sex Organs**
   Primary sex organs are a pair of ovaries, which produce eggs or ova and secrete female sex hormones, the estrogen and progesterone.
2- **Accessory Sex Organs**

Note: Mammary glands are not the female genital organs but are the important glands of female reproductive system.

Types of Female Hormones

Estrogen

Estrogen is the most well-known female sex hormone.

Produced in: the adrenal glands, ovaries.

Its function is:

1- Assist breast growth in puberty.
2- Help in the growth of uterus lining during the menstrual cycle.
3- Maintaining the bones strength by collaborating with vitamin D, calcium, and minerals.

Note: A little amount of estrogen is present in man’s body also.

Progesterone

Produced in: the adrenal tissue and ovaries.

Its function is:

- It forms the uterus lining for the eggs to be implanted after ovulation.
  Note: Low levels of progesterone could be behind symptoms like mood swings, irritability, depression, weight gain, osteoporosis, and other joint pains.

HCG-Human Chorionic Gonadotrophin

Produced in: HCG is made in the cells that make up the placenta at the time of pregnancy.

Its function is: The role of HCG in pregnancy is to maintain the production of progesterone that keeps the body warm and maintains the uterus lining in pregnancy.

Note: This hormone is found in both urine and blood tests for pregnancy. Studies show that the levels of HCG double every third day and the reduce after the 12th week of pregnancy.

Testosterone

Testosterone is typically considered to be a male hormone but similar to a small amount of estrogen is formed in men, a little amount of testosterone is also formed in women.

Its function is: Testosterone performs similar functions as it performs in men but to a lesser extent. In females, it increases a woman's energy level, bones, libido along with sexual responsiveness to stimulation.