



Reason Behind Postmenopausal Symptoms

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Received: July 23, 2025

Published: August 01, 2025

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Abstract

This deals with progesterone and estrogen Causing balance in emotion and after the menopausal the progesterone increases and estrogen is minimal leading to the postmenopausal symptoms-causes and also how to treat it and also irregular age of menopausal.

Keywords: Progesterone; Estrogen; Postmenopausal; Menopausal

Introduction

Menopausal is the end of women's reproductive age and unable to ovulate.

Postmenopausal symptoms

- Headache
- Emotional instability
- Musculoskeletal problems
- Lethargy
- Sexual problem

Cause

After menopausal their is more amount of the progesterone as compared to estrogen as ovaries stop secreting estrogen and progesterone increases the aggressiveness and causes the emotional u instability also Causing sexual problems and also progesterone increases metabolism Causing the musculoskeletal problems and joint problems are caused due to excessive loss of calcium as it causes excretion of calcium.

Treatment

- Symptomatic approach should be carried as it is natural.
- Hormonal replacement therapy can be used as a secondary and temporary aspects of Treatment

Discussion

Progesterone is Causing major symptoms in the menopausal women also discussed about the physiology how it causes and its Treatment [1-5].

Conclusion

Progesterone causes major Symptomatic problem in menopausal and postmenopausal women treatment should be symptomatic and hormone replacement therapy can be used as temporary aspect of treatment.

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