

Study on Estrogen Hormone in Postmenopausal Women

Kiran Raghuwanshi^a, Vasu Verma^b

^a Research Scholar, Dept. of Home Science, D.B.P.G Girls College Raipur, Chhattisgarh, India.

^b Professor, D.B.P.G Girls College Raipur, Chhattisgarh, India

Abstract

In the research presented in postmenopausal women, estrogen hormones have been studied. Research has taken random sampling of women from 40 to 50 year. Is the important role of women in the family .They suffer mental and physical problem due to estrogen hormones .Based on the data, it has been concluded that the effect of estrogen hormones in women ranges from early age to postmenopausal age.

KEYWORDS -Post menopause, menopausal detail food habits, estrogen hormones..

Introduction -Estrogen hormones are also responsible for sexual development in women and also for monthly cycle sexual changes. These are steroid compound. Due to estrogen hormones ,the development of breast in women, fatty tissue is formed in the hip and thigh. It has been shown to have beneficial effects on the bone mass as well as affecting the homeostasis of calcium, Reduce bone resorption in pubertal girls, Estrogen hormones accelerates the development of the linear bone, which result is the end of epiphyseal. Decrease of long term estrogen is related to the loss of bone mineral .Generally ,women get rid of ovary in large amount of estrogen hormones on the side of pregnancy ,emits from placenta .After menopause ,due to lack of of estrogen secretion from ovary,there is a decrease in osteoblastic function in the bone. Decrease seen in bone matrix along with this , there is a decrease in the deposition of calcium and phosphate in some women bones .This effect can be hazardous in women, which can lead to osteoporosis, leading to bone fracture due to weakening of the bone. Vertebrae fracture is a major part of postmenopausal women. Osteoblastic activity increases due to estrogen hormones. Therefore , when women enter the reproductive year at the time of puberty , their rate of development increases rapidly for many year. The second effect of estrogen is effective on skeletal growth. This is the reason that for long periods of there with bone shafts, unite in the beginning of epiphyses .This effect is strong in women. Consequently ,the development of women ends more than year before the development of the male. On the other hand , the male child continuous to move forward. Even further, and it increases to a higher height than a women, not because of a faster increases but the due to more long-term growth. The estrogen has also seen significant effect on the endometrium layer of the uterus.

Objectives-

- 1). To Assessment of menopausal status.

2.) To Study the food habits..

3) To Assessment of estrogen hormone.

Material and Method-

An observational study was performed to observe postmenopausal women in Raipur city .50 samples were selected by random sampling method for the study .A set of questionnaire, is used to conducting the study. Questionnaire included in general information nutrition status , menopausal detail in postmenopausal women.

Result –Discussion

The present study was carried out at Raipur city for the observation of estrogen hormone and postmenopausal women

Table no 01- According to menopausal age of postmenopausal women.

Age	35-40	40-45	45-50
No of women-50	15 (30%)	25 (50%)	10 (20%)

Table no.01 showed the menopausal history of 15 women between age 35-40,who have ended menopause.25women have been taken from 40 to 45 years.10 postmenopausae women have been taken from 45 to 50.

Table no 02-According to food habitats in postmenopausal Women.

Food Habits	Green Leafy Vegetables	Milk	Curd
No of women-50	35 (70%)	10(20%)	05 (10%)

Table no.02-showed the distribution of 35 women take all the seasonal vegetables in the food.10 women consumed milk daily. They think that fat is in the body quickly due to milk, so many women do not take milk.5 women use curd regularly in their daily life.

Table no 03- According to estrogen effect in post menopausal Women.

Problem	Irregular Period	Clotting Period
No Of Women-50	33 (66%)	17(34%)

Table no-3 showed the sign of irregular period 33(66%) and Clotting period 17(34%).

Conclusion -The observation of the study indicate that the women are not aware to themselves .Many women do not include milk and yogurt in daily life , avoiding high calcium vegetables .All these causes induce osteopenia .It has been observed as well as after a long time it show osteoporosis. The second fact is that due to the women develop rapid growth due to estrogen hormones, This hormone regulates the menstrual cycle itself in the clotting side that irregular period has seen the problem of low secretion toward the estrogen.

Recommendation -Based on the findings of the study the following recommendation.1-The study of school and college in seminar young girls should be encouraged that calcium is effective for their health .2 –The pregnant women should be aware that calcium has very strong impact in life ,awareness can be saved from osteopenia and osteoporosis

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