

Exploring Hormonal “Imbalances”

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Although the concept of “hormones” was proposed by Theophile de Bordeau back in the 18th century, it was not until the mid-19th century that AABerthold, Germany’s first endocrinologist, created the notion that testis secretions, the so-called androgens today Necessary foundation for sexual behavior of men and women. And for the well-known estrogen, until 2006, Barry r. Komisaruk Carlos Beyer-Flores Beverly Whipple, several internationally renowned human sex experts, talked about in their book, *The Science of Orgasm* “It’s weird that” estrogen does not seem to have a significant effect on women’s sexual reactions, including orgasm, “suggesting that people are going through a long process of understanding hormones. What is hormone imbalance? How does the imbalance affect us? Imbalance can even cause cognitive impairment?”

In 2015, we (the two authors of this article, Jianzhong Li, and Lin Songlin) conducted an interdisciplinary research project entitled “Menopause Sexual Traits” in the perspective of human sexology and gynecology, hoping to find out whether menopause How to affect the sex? Usually in women’s sexual experience, usually 10 to 30 seconds after the sexual stimulation, the liquid exudes from the vaginal wall, so that the vagina moist. Sexual instinct is often confirmed in practice as “want to be able to”, and women have generally maintained such an experience for more than 30 years in the future since they started to hold such feelings. So many women think that sexual instinct can be such a constant feeling. However, when menopause (that is, “a period of transition from women’s ovarian function fades to complete disappearance”) comes with an exception. 50% of women enter sexual life after menopause changes, including vaginal lubrication is slow, reduced secretion. This suggests that there is a clear difference between a sexual response in a reproducible state, a sexual response in a menopausal state, and a sexual response in a non-reproductive phase (postmenopausal). The emergence of this difference is the original we often say “hormone imbalance” it? If so, what are the hormones? What are their role? Why is it unbalanced?

From the sexual difficulties of “thinking” or “not” in sex during menopause, can we discover that sexual instincts should include “think” and “energy”, and have the material basis of sexual instincts? What is the decision in the “want” and “can” it? For more than a century, after extensive observation and experimental research, there has been considerable recognition of the relevant role of androgens (T): T has a positive correlation with sexual desire, and when T is at a peak, women show a proactive sexual desire, T has become a sufficient condition for female sexual behavior. In fact, in the study of estrogen (E2), there are some different perspectives, “E2 can stimulate the secretory function of secretory cells”, “E2 plays an important role in the generation of vaginal lubrication”, then E2 can be considered Necessary conditions for female sexuality. When we consider the necessary and sufficient conditions for sex, T and E2, and the dimensions of species reproductive competition, we can find that the animal’s reflective ovulation (ovulation as long as mating) has a distinct reproductive advantage over the human cycle ovulation. As a kind of compensation, human ovarian autonomy, periodic secretion of hormones T and E2 match, by the T and sexual desire is positively related to the corresponding ovulation peak, the peak contribute to the “initiative of love”, the favorable “sperm Meet. Thus has a “reproductive tips” function. In particular, E2 decline and growth, but also the corresponding peak, for this period of sexual activity, including lubrication (entry), vaginal mucosal keratosis (resistance to exercise ejaculation) support. Obviously, from the reproductive tips to lubrication, keratinization, this series of subtle favor, enough to show that this is a mechanism, a compensatory mechanism, reproductive compensation. Can be seen, because of the role of reproduc-

tive compensation mechanism, it does have a positive, positive impact on reproductive sexuality. During the more than 30 years before a woman enters menopause, hormones T and E2 remain unchanged under normal conditions, ensuring that sex can “think” when she is able to reproduce. However, due to the menopause, the reproductive function of the apoptosis, reproductive compensation mechanism will not be compensatory due to reproduction. More specifically, the non-asymptotic withdrawal of compensatory mechanisms, “E2 does not decline gradually throughout the menopausal transition but only precipitates when follicles stop growing and then declines after menopause”. Emerging cliff-like secretion ceases, Quietly changed, will directly result in vaginal dryness. If we recalculated the hormonal levels of both T and E2 during the reproductive phase by 100%, the hormone T decreased by 29% and left 71% after withdrawal from compensatory mechanism. The hormone E2 actually dropped 85%, leaving only 15%. It can be seen that this pair of hormones closely related to sex did not decrease in proportion, but left a big gap between “thinking” and “being”. Compared with the past, hormones T and E2 appeared in both vertical and horizontal “imbalance”. Low levels of E2 are no longer sufficient to support the formation of secretory stimuli on secretory cells, which act as excretory agents, thereby losing their ability to spontaneously, spontaneously, automatically and rapidly lubricate menopausal sex. The changed results (the new hormone levels) will continue for another 30 more years, to the entire non-reproductive period. This means that the performance of body after menopause will last a long period of time, these sexual energy also need to release through sexual life. So, the future of the lubrication of sexual behavior, will be presented in what form? “Regular masturbation and sexual intercourse can help reduce vaginal dryness and pain”. Can be seen, the main way of menopause lubrication by autocrine secretion reflex secretion conversion. Reflex secretion is “the body fluid released from the nerve endings after stimulation of the nerves (including hearing, seeing, thinking, touching, pressing, vibrating, etc.), stimulating the release of the fluid from the nerve endings through masturbation and the like, This may also be the main reason for slow lubrication during menopause, since menopause will be a procedural, irreversible, apoptotic process, and that’s what every woman experiences The kind of “imbalance”. Accurately should be a physiological change.

In fact, menopausal sexual and non-reproductive sex occurs, the more prominent is the human nature of sex. Sex and emotion closely together, has become the emotional transmission, the most expensive, the most simple and effective way and manner. Due to the “imbalance” of sex hormones caused by sex problems, advocate husband and wife, couples co-coping, but do not have to deliberately pursue the past, automatic, rapid lubrication experience, excessive use of exogenous hormones and increase the associated risks. Instead, we should gradually adapt to “slow lubrication” and rebuild new “sex and confidence”. Of course, if the menopause with the disappearance of reproductive function, sexual function also disappeared, it would be a very bad result. We have reason to believe that: to start (adapt) reflex secretion of the lubrication system to maintain (restore) a regular sex life is a perfect menopause. It is exactly the expectations of generations of scientists that more women have such menopause.

Gynecology has been trying to solve hormonal “imbalances” in different ways since the 1960s, although various new problems have emerged in the process (such as increased endometrial cancer, ovarian Cancer, breast cancer risk), but also derived a number of corresponding research directions. However, after practice and reflection, nowadays, the “imbalance” of hormones has not only been a problem in gynecological single-subject research. Through the interdisciplinary research of gynecology and human sexology, psychobiology, neurology, brain evolution, mathematical analysis and other disciplines, more scientists will participate in and explore together to solve the problems caused by the imbalance. These include the impact on brain cognition, which may also be associated with mild cognitive impairment (MCI) or Alzheimer’s disease (AD).

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