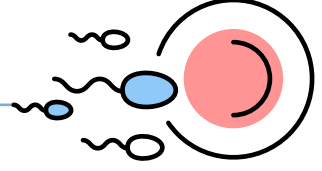


# BÖLÜM 3



## KADIN VE ERKEK ÜREME FİZYOLOJİSİ

Aziz KARACA<sup>1</sup>

### GİRİŞ

Sağlıklı bir fertilizasyon ve gebelik için normal fizyolojik üreme fonksiyonları mutlak bir gerekliliktir. Kadın üreme fizyolojisi, ovaryum içinde oosit taşıyan foliküllerin gelişiminden, atılma sürecine kadar gerçekleşen tüm olayları içine almaktadır. Erkeklerde ise sperm oluşumu, iletimini içine alan olaylar zinciridir. Bununla birlikte normal bir üreme fizyolojisi, sağlıklı bir cinsel birleşmeyi de beraberinde getirmektedir. Bu açıdan üreme fizyolojisi sadece gametlerin gelişim sürecini değil aynı zamanda üreme organlarının fizyolojik işleyişi ile de yakından ilişkilidir. Bu fizyolojik ilişkinin anlaşılması infertilitede ortaya çıkan patofizyolojik süreçlerin anlaşılmasını kolaylaştırmaktadır. Bu amaçla bu bölümde kadın ve erkek üreme fizyolojisi ayrıntılı olarak anlatılacaktır.

### KADIN ÜREME SİSTEMİ FİZYOLOJİSİ

Kadınlarda üreme sistemi gametlerin (ovum) ve seks hormonlarının üretiminden ve döllenmiş yumurtanın devamlılığında sorumludur. Bu sistemin organları vajina, uterus, fallop tüpleri ve overlerdir (Şekil 1). Meme uçlarının da erojen yapısından dolayı bu sistemin tamamlayıcı bir parçası olduğu görüşü hâkimdir.

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Erkeklerde orgazmı takiben, ereksiyon veya boşalmanın inhibisyonu, refrakter dönem adı verilen geçici bir dönemdir. Bu, bazı araştırmacıların buna omurgadan ziyade merkezi bir mekanizmanın neden olduğunu öne sürmesiyle, tam olarak anlaşılmayan bir fenomendir. Orgazmdan sonra yüksek prolaktin ve serotonin seviyeleri potansiyel bir neden olarak öne sürülmüştür; ancak, tam rolleri hakkında çok fazla tartışma vardır. Erkek orgazmı alanında hala daha fazla araştırmaya ihtiyaç vardır (47).

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