



Research Article

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Effective role of progesterone with proven evidence in threaten abortion at public healthcare sectors

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Abstract

Pregnancy is the occasion of conceiving one or more generation or baby inside female uterus or a state of carrying embryo. The signs and symptoms correlated with pregnancy consist of pelvic girdle pain, back pain, nausea, tiredness, constipation. The danger aspect of pregnancy consist of elevated B.P, high blood sugar, obesity, kidney disease, uncontrolled thyroid disease, and drugs which are contraindicated in pregnancy. Pregnancy can be investigated by physical examination, ultrasound, and ultrasonography. Progesterone is an essential hormone in the procedure of reproduction. It has important role related to the progress of a fetus and it is an endogenous steroid hormone involved also in menstrual cycle. Progestin is a general term for a substance that causes some or all of the biologic effects of progesterone. While abortion is the early or premature ending of pregnancy and it is different from miscarriage. For the purpose of regulating the effective role of progesterone to demonstrate evidence exposed in abortion, a survey was carried out in ordinary areas of Karachi.

Keywords: Pregnancy, Progesterone, Abortion, Irregular Menstruation.

INTRODUCTION

Progesterone is an important element in producing the uterus for regulation of a new fertilized egg or embryo. It has been suggested that some women observe freely abortions which may be due to not generation of enough progesterone, beside this by giving or providing exogenous progesterone it may be manageable to arrest miscarriage^[1]. Doctors in Viet Nam widely advise progestogens for the analysis of menace of miscarriage. Generally the use of progesterone is not slender to under-wealthy surrounding^[2]. Disparate in advance countries, most health maintainers' employees and programmers in flourish countries do not have elementary key to the current decent knowledge on adequate care^[3,4]. For this reason, it is acceptable that in growing community the degree of progestogen use in the middle of pregnancy is much higher than in developed society.

Abortion is the quickly or unexpectedly loss of the fetus earlier than twenty weeks of gestation. It is a distressing and alarming incident that can have non-physical, emotional outcome for the pairs^[5]. Threatened abortion as prove by vaginal bleeding along or without abdominal cramps^[6,7].

Through evolution of pregnancy, the role of inadequate progesterone level drop and uterine constitutional malformation along or beyond cervical failure is subjected higher than the hormonal loss^[8]. Progesterone has essential role in the preservation of pregnancy. Due to the existence of enough progesterone levels during pregnancy. Progestogens are use in the control of threatened abortion for several years. The aspiration of this research was to regulate even if progesterone is useful in pregnancy to progress beyond week 20 in pregnant lady with threatened abortion^[9,10].

The Objective of the study is to evaluate effective role of progesterone with well demonstrated efficacy in preventing abortion.

METHODOLOGY

The methodology adopted by visiting different hospitals of Karachi for knowing the patient's condition in pregnancy or hormonal balance. For this purpose we perform survey at month of May in 2015 and conduct data and found good response from the patients and are quite cooperative.

During this survey we asked some questions to patient related to their pregnancy.

The task was distributed by the group members and was tasked to visit different Hospitals and found pregnancy either successfully or any other impairing in this survey.

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The basic reason to do survey was to accumulate following statistics.

- Progesterone given in pregnancy (Figure 1)
- Reason of abortion (Table 1)
- Choice of drug (Table 2)
- Causes of irregular menstruation (Figure 2)

RESULTS

With a response rate of 100%, progesterone given into patient the successful pregnancy rate is about 90%

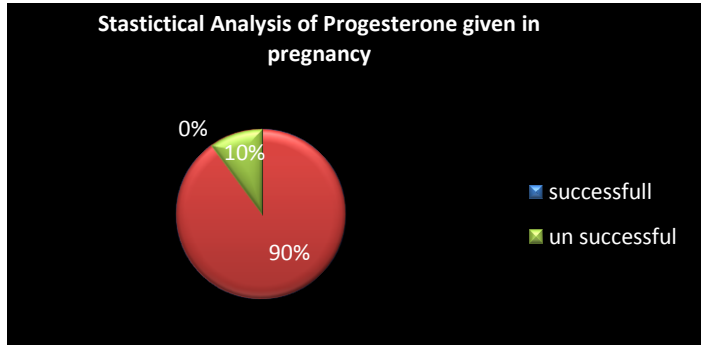


Figure 1: Statistical analysis of Progesterone given in Pregnancy

The causes of abortions are many which include either by natural, by taking medicine which cause abortion like hormonal medicine, by self or by miscarriages.

Table 1: Causes of abortion

S. No.	Causes of Abortion
1	Natural
2	Hormonal Medicine
3	Self
4	Miscarriages

The cause for irregularity of menstruation that are like Polycystic ovaries, obesity, hormonal imbalance, improper diet, sedentary life style etc.

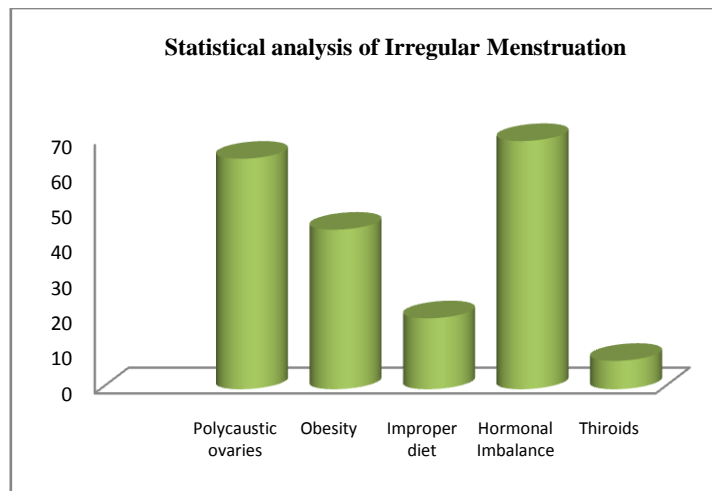


Figure 2: Statistical analysis of irregular menstruation

The most prescribe drugs during pregnancy prescribe by the Doctors are Dydrogesterone, Progesterone and Hydroxyprogesterone caproate.

Table 2: Choice of Drug

S. No	Choice of Drug
1	Dydrogesterone
2	Progesterone
3	Hydroxyprogesterone caproate

DISCUSSION

The main prospective of this survey was to find the efficacy and safety of progesterone as a preventive and protective therapy against miscarriage. After patient's history we prefer to consult with the gyanae physicians. Mostly doctors prescribe progesterone in pregnancy because it prevent abortion but also use for the nourishment to the uterus for processing of a fetus. The practitioners prefer progesterone in irregular menstruation cycle. With the help of the data we experience that miscarriages do take place, many pregnant women some time practice symptoms of miscarriage but still they bear pregnancies. Almost 20 to 30 percent of women sense bleeding at the initial stage of pregnancy and it shows that after given progesterone to patient is secure and have no after effect as such.

Some tests are conducted to check the threatened abortion which includes pelvic examination, ultrasound will be observed to invigilate the heartbeat and progress of the fetus. Tests are also used to know the volume of bleeding for that purpose blood tests are operate to analyze the hormone levels, blood loss, infections.

The reason for miscarriages is highly rare to know the substantive element or source but there are some complications which lead to miscarriages and they are Abnormal fetus which is most accepted cause of miscarriages, it may also due to chromosome abnormality. The another cause is Hormonal factors which results in sporadic miscarriage but very few women who possess lengthy cycles and uneven periods may experience recurrent miscarriages due to the thinning of lining of the uterus which creating implantation problematic. There used to be a trend for progesterone treatment, but trials show this really doesn't work.

CONCLUSION

The study demonstrated that the progesterone is an important hormone of pregnancy because it helps to maintain a supportive environment in the development of a fetus. By the help of data we conclude that there are many causes that may impact on pregnancy stages which are obesity, poly cystic ovary, improper diet and hormonal imbalance but the main cause that greatly effect on pregnancy is low level of progesterone which may frequently leads to miscarriage.

In other end we also conclude that the rate of abortion in women which are treated with Progesterone was reduced.

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