

# PHYSIOLOGY OF REPRODUCTION

Life is a dynamic system with focused behavior, with

autoreproduction, characterized by flow of substrates,

energy and information.



## **Reproduction in mammals (humans)**

- 1) Sexual reproduction
- 2) Selection of partners
- 3) Internal fertilization
- 4) Viviparity
- 5) Eggs, resp. embryos smaller, less, slow development, placenta
- 6) Low number of offspring, intensive parental care

Pregnancy (days)				
Mouse	20			
Rat	23			
Rabbit	31			
Dog	63			
Cat	65			
Lion	107			
Pig	114			
Sheep	149			
Human	260 - 275			
Cow	285			
Rorqual	360			
Elephant (Indian)	609			

# High investment, low-volume reproduction strategy!



## **Reproduction in humans – gender comparison**

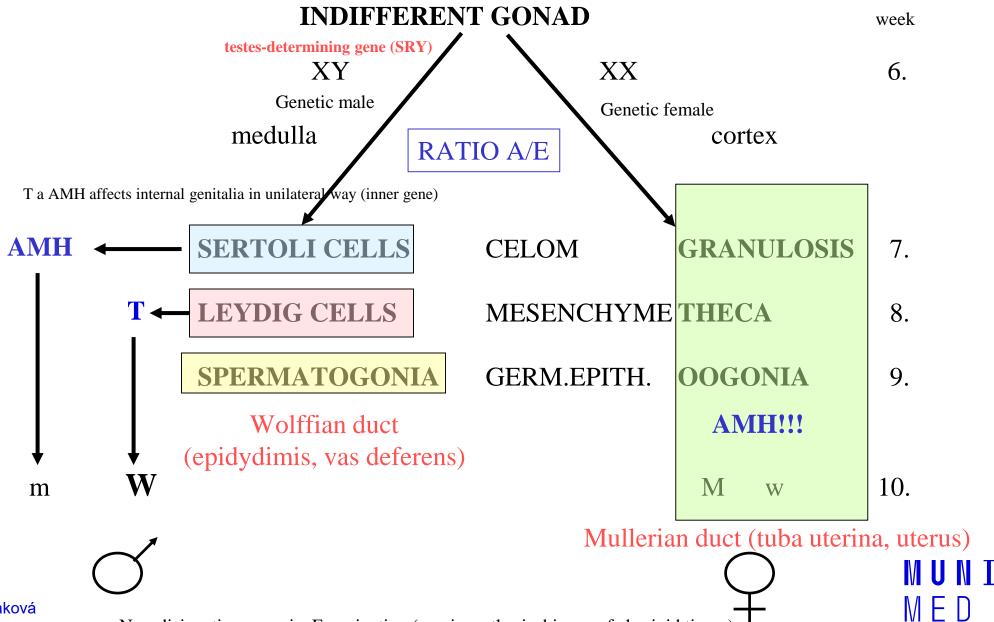
- Both male and female are **born immature** (physically and sexually)
- Sex hormones are produced in significant amount in men also during <u>prenatal</u> and perinatal periods, not in women!
- Reproduction period significantly differs puberty, climacterical 3)
- Character of hormonal changes significantly differs <u>cyclic vs. non-cyclic</u> 4)



- Meiosis occurs only in germ cells and gives rise to male and female GAMETES
- Fertilization of an oocyte by an X- or Y-bearing sperm establishes the zygote's
   GENOTYPIC SEX
- Genotypic sex determines differentiation of the indifferent gonad into either an OVARY or a TESTIS
- The testis-determining gene is located on the Y chromosome (testis-determining factor, sex-determining region Y)
- Genotypic sex determines the GONADAL SEX, which in turn determines
   PHENOTYPIC SEX (fully established at puberty)
- Phenotypic differentiation is modified by endocrine and paracrine signals (testosteron,
   DHT, AMH)



## **SEX DIFFERENTIATION**



## AMH (MIH, MIF, MIS, MRF) – ANTIMÜLLERIAN HORMONE

1940, TGF-β, receptor with internal TK activity

Source: Sertoli cells (5th prenatal week) or embryonal ovary (36th prenatal week)

In adult women – granulosa cells of small follicles (NO in antral – under influence

of FSH - and atretic follicles)

#### Role in men:

- Regression of müllerian duct
- Marker of central hypogonadism

#### Role in women:

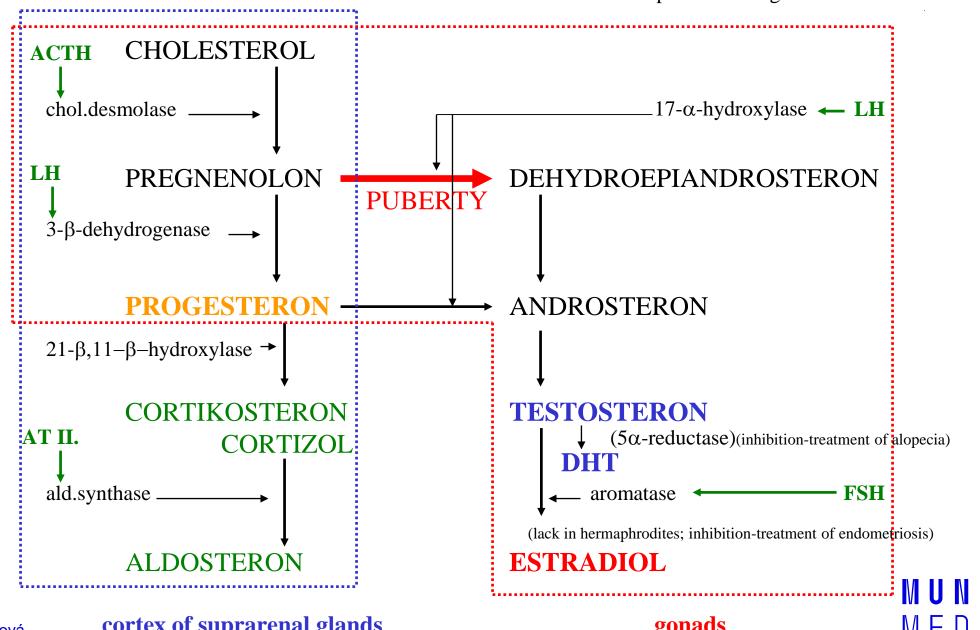
- Lower plasmatic levels (by one order), till climacterical
- Estimation of ovarian reserve (AMH level corresponds to pool of pre-antral follicles)
- Marker of ovarian functions loss (premature climacterical)
- Diagnosing of polycystic ovaria syndrome



TUMOUR MARKER

## **BIOSYNTHESIS OF STEROID HORMONES**

Impact of androgens on CNS!



#### CRITICAL DEVELOPMENTAL PERIODS

- 1) Birth
- 2) Weaning
- 3) Puberty (adolescence)
- 4) Climacterical (menopause)

## **Puberty**

- Adrenarche
- Pubarche
- Telarche
- Menarche

Critical body mass (critical amount of adipose tissue/nutritional state)

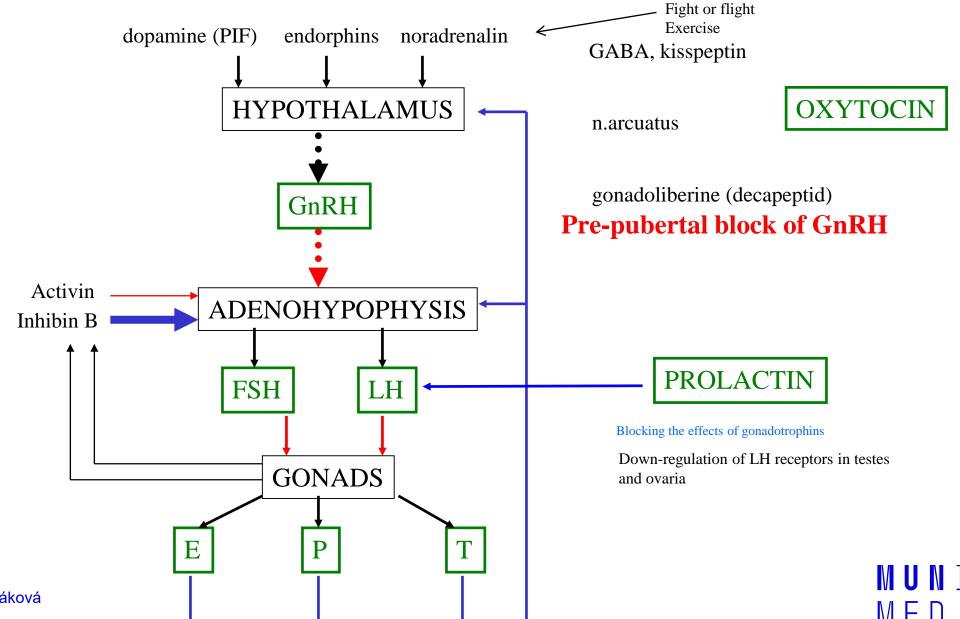
Pubertas praecox (central)

Pseudopubertas praecox (peripheral)

Late puberty



## **REGULATION OF SEX HORMONES SECRETION – simplified scheme**

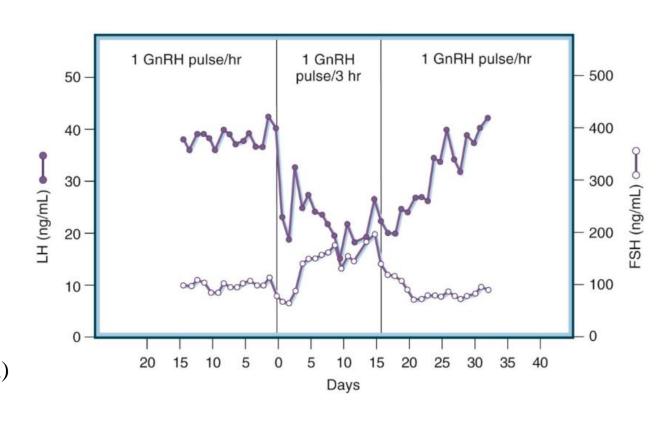


## GONADOLIBERIN (GnRH, GONADOTROPIN-RELEASING HORMONE)

- Specific origin of GnRH neurons out of CNS
- GnRH-II, GnRH-III)  $G_{q/11}$  (PKC, MAPK)
- Important up and down regulation (steroidal hormones, gonadotrophs)
- **Down regulation** malnutrition, lactation, seasonal effects, aging, continual GnRH
- **Up-regulation** effect of GnRH on gonadotrophs (menstrual cycle)
- *GNRH1* hypothalamus; *GNRH2* other CNS areas

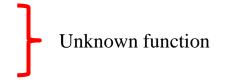
#### Hypothalamo-hypophyseal axis

- FSH, LH
- Significance of GnRH pulse frequency (glycosylation)
- Menstrual cycle, puberty and its onset



Other functions and places of production

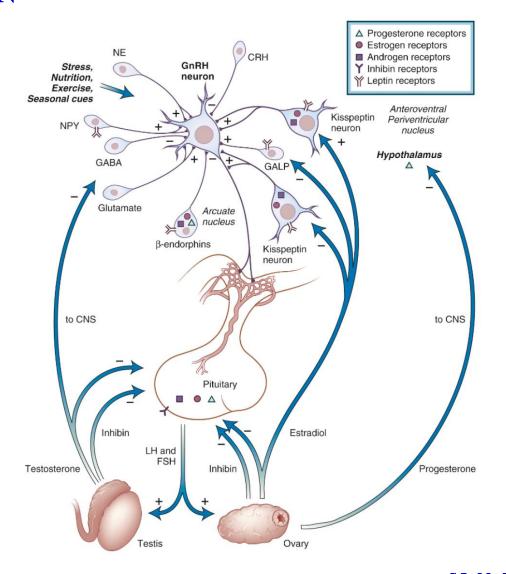
- CNS neurotransmitter (area preoptica)
- Placenta
- Gonads
- Tumours (prostate, endometrium)





#### GONADOLIBERIN – REGULATION OF SECRETION

- Inputs from various CNS areas (pons, limbic system)
- Dominating inhibitory effect of sex hormones with exception of estradiol (negative-positive-negative feedback)
- Kisspeptin in women
- Inhibitory effect of PRL
- Effect of circulating substrates (FA, Glu)
- Leptin (NPY, kisspeptin)
- Stress of various origin
  - Acute MC impairment without effect on fertility
  - **Chronic** impaired fertility, decreased levels of circulating sex hormones



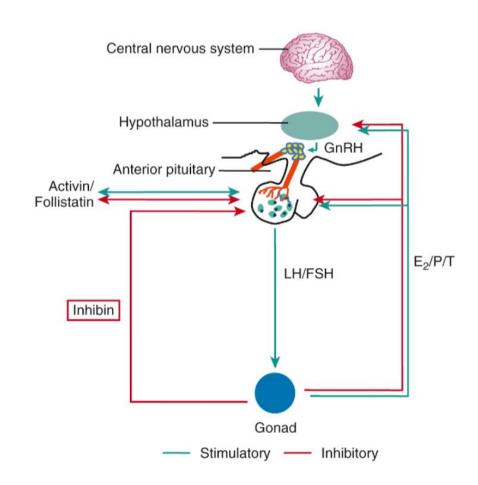


#### **GONADOTROPHINS - FSH and LH**

- Glycoproteins
- Heterodimer, different expression of subunits, glycosylation
- Structurally close to **hCG** (placenta)

#### Regulation of secretion

- Gonadal hormones, local factors paracrine (activins, inhibins, follistatin)
- (+) glutamate, noradrenaline, **leptin**
- **(-)** GABA, **opioids**
- Key role of kisspeptins, neurokinin B and substance P in GnRH secretion FSH/LH
- Estrogens, progesterone, androgens direct influence on gonadotrophs, indirect influence through GnRH
- Different half-life for circulating LH and FSH





#### **FSH** and **LH** - functions

#### **FEMALES**

#### **FSH**

- Growth and development of **follicular cell** (**maturation**)
- Biosynthesis of estradiol
- Regulation of inhibin synthesis during follicular phase
- **Upregulation of LH receptors** (preovulatory follicles)
- Selection of dominant follicle
- Recruitment of follicles for next cycle

#### LH

- Stimulation of **estrogen synthesis** at various levels (theca)
- **Oocyte maturation** (preovulatory follicle)
- Rupture of ovulatory follicle, **ovulation**
- Conversion of follicle wall to corpus luteum

#### **MALES**

#### LH

Intratesticular synthesis of testosterone (Leydig cells)

#### **FSH**

Spermatogenesis (Sertoli cells)



#### **ACTIVINS and INHIBINS**

#### **Inhibins**

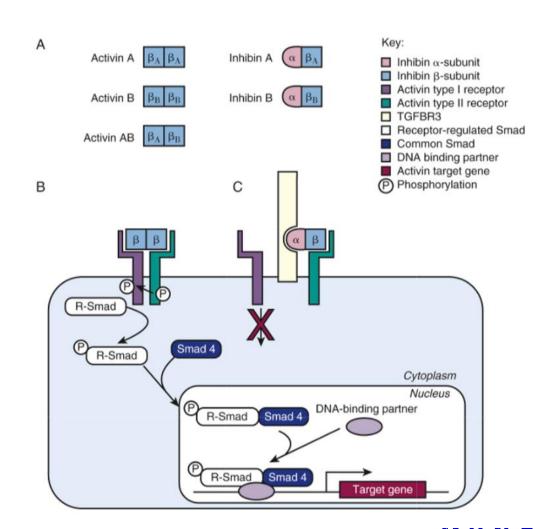
- dimeric peptides ( $\alpha + 1$  or two  $\beta_A$  or  $\beta_B$ )
- circulating hormones produced by gonads
- inhibin A dominant follicle, corpus luteum
- inhibin B testes, luteal and early follicular phase of ovarian cycle

#### **Activins**

- dimeric peptides dimers of  $\beta$  subunits
- FSH stimulation
- autocrine/paracrine factors
- other tissues growth and differentiation

#### **Folllistatin**

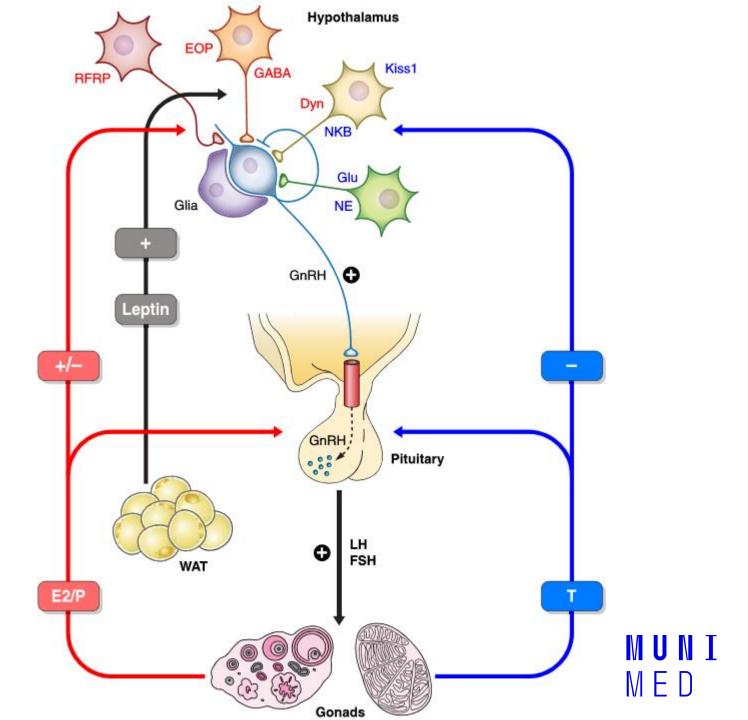
- monomeric polypeptide
- FSH inhibition
- "additional" regulation of FSH and LH secretion





# REGULATION OF SEX HORMONES SECRETION

Pinilla et al., Phys Rev 92: 1235- 1316, 2012



## **LEPTIN A REPRODUCTION**

Activation of reproductive system does not depend on age, but on nutritional state of organism.

**LEPTIN**: ob-protein, ob-gen, 7.chromosome ,,λεπτοσ" = thin, slim polypeptide, 176 AA

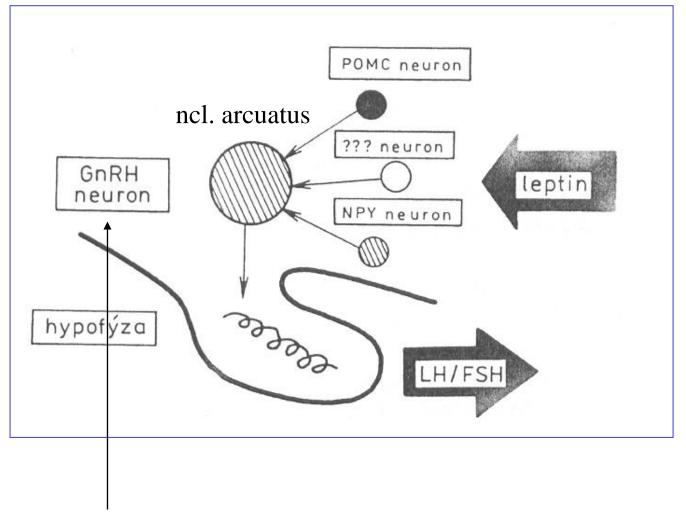
Bound in **hypothalamus**: n.paraventricularis, suprachiasmaticus, arcuatus a dorsomedialis

Produced in: **adipocytes**, placenta, stomach, mammal epithelium (???) Leptin plasmatic levels are sex-dependent (less in males) and do not depend on nutritional state

Leptin receptor: gene on 4.chromosome, 5 types of receptor, A-E Receptor B – effect in **gonads and hypophysis** 

Leptin is not only a factor of body fat amount, but affects also the regulation of neuroendocrine functions, including hypothalamo-hypophyseo-gonadal axis.





area preoptica - reproduction

??? Critical amount of adipose tissue – leptin – hypothalamus – LHRH – puberty ???



Effects of leptin on testes are not fully elucidated yet.

Testosterone and dihydrotestosterone suppress production of leptin in adipocytes!

#### REGULATION OF PUBERTY ONSET BY LEPTIN

Critical body mass (critical nutritional state).

Leptin plasmatic levels in pre-pubertal children are sex-independent.

Pre-pubertal "leptin resistance" (relative).

In puberty, girls produce 2x more leptin per 1kg of adipose tissue than boys.

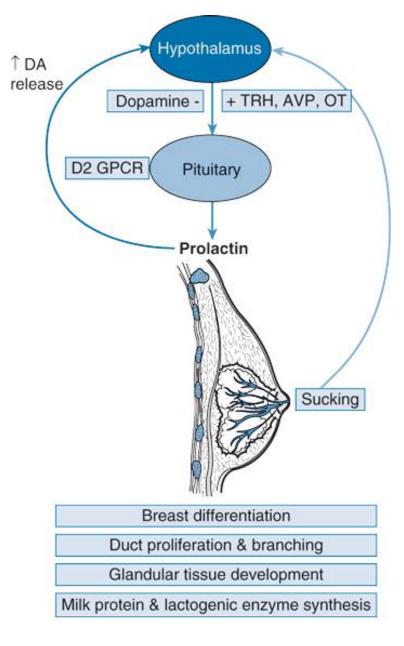


### **PROLACTIN - PRL** (Co-hormone)

- Protein
- Lactotropic cells (only PRL)
- Mammosomatotrophic cells (PRL and GH)
- Hyperplasia pregnancy and lactation
- Expression regulated by oestrogens, dopamine, TRH and thyroid gland hormones
- PRLR mamma, adenohypophysis, suprarenal gland, liver, prostate, ovary, testis, small intestine, lungs, myocardium, SNS, lymphocytes

#### Regulation of secretion

- Pulsatile secretion: 4 14 pulses/day
- Highest levels during sleep
- Lowest levels between 10:00 and 12:00
- Gradual decrease of secretion during aging
- TIDA cells dopamine (-, D2R)
- Paracrine endothelin-1, TGF-β1, calcitonin, histamine (-)
- FGF, EGF (+)
- TRH, oestrogens, VIP, serotonin, GHRH at higher concentrations (+)
- CCK ?





#### **PROLACTIN** - functions

MAIN FUNCTION: Milk production during pregnancy and lactation = ,,survival" function

Other functions – metabolic, synthesis of melanin, maternal behaviour

#### Breast development a lactation

- Puberty mamma development under the effects of GH a IGF-1
- Effect of oestrogens and progesterone
- Age of 8 13
- During pregnancy proliferation of alveoli and proteosynthesis (proteins of milk and colostrum)
- During the 3<sup>rd</sup> trimester production of colostrum (PRL, oestrogens, progesterone, GH, IGF-1, placental hormones)
- Lactation increase in PRL post-partum, without sucking drop after approx. 7 days
- Milk accumulation prevents further PRL secretion
- Role of oxytocin ejection of milk !!!

#### Reproductive function of PRL

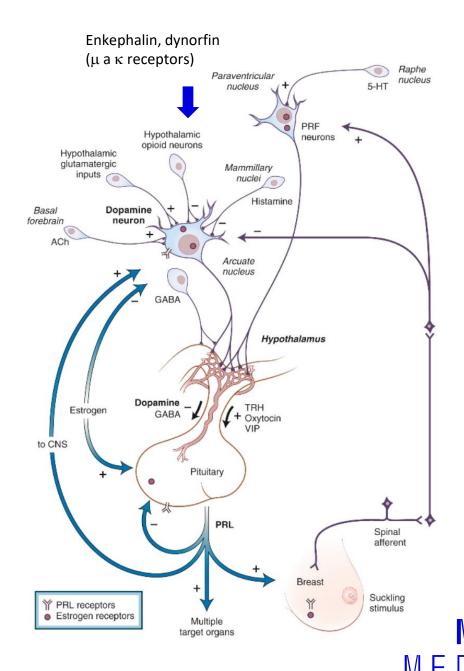
- Lactation = amenorrhea and secondary infertility
- Inhibition of GnRH secretion
- Significance of kisspeptin neurons (PRLR)
- Putative role of metabolic factors



#### **DOPAMINE – REGULATION OF SECRETION**

#### PROLACTIN-RELEASING FACTORS (PRF)

- TRH, oxytocin, VIP
- under specific conditions ADH, ATII, NPY, galanin, substance P, GRP, neurotensin
- prolactin-releasing peptide (PrRP) stress, satiety (other parts of CNS)
- Important feedback mechanism (short loop) of PRL secretion regulation
  - Circadian rhythm (maximum in the morning)
  - Nipple stimulation (1-3 min, peak 10 20 min)
- Relevance of studying PRL secretion and its regulation psychopharmaceutics!



## **DOPAMINE (PIH, prolactin-inhibiting hormone)**

#### Characteristics

- D2R (G protein inhibition, AC, cAMP decrease, inhibition of shaker type K<sup>+</sup> channels, MAPK, PAK proliferation!)
- D1R (activation)

#### Hypothalamo-hypophyseal axis

- Inhibition of PRL (D2R) secretion lactotropic cells
- ! Lactotrophs with continual high PRL production
- PRL secretion regulated also at adenohypophyseal level (paracrine, autocrine)
- Neuroendocrine regulation of PRL secretion pregnancy, lactation, menstrual cycle, sensory inputs

#### Other functions and places of synthesis

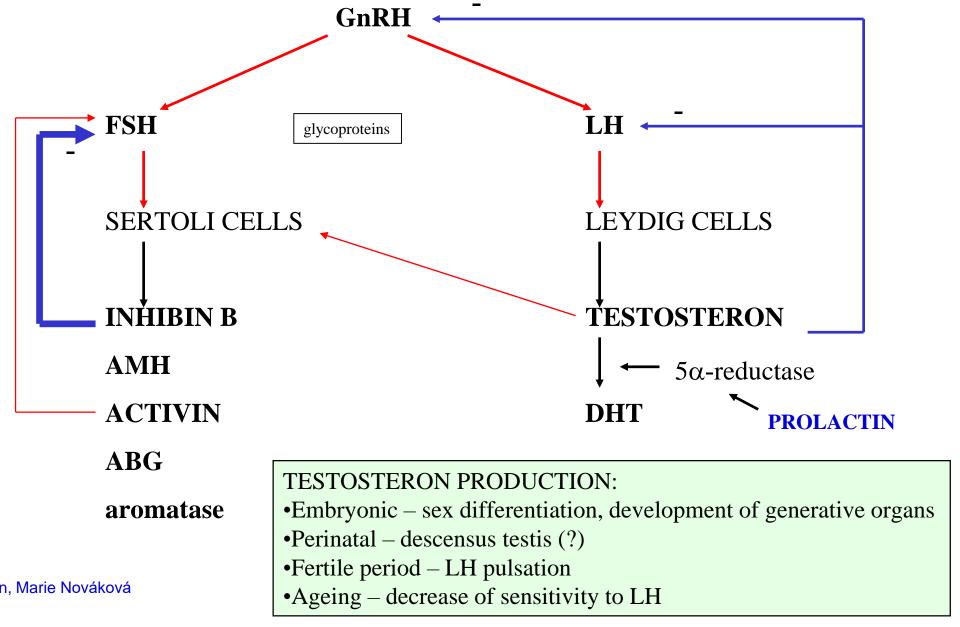
- Blood vessels vasodilatation (physiological concentrations)
- Kidneys sodium secretion
- Endocrine pancreas decrease in insulin secretion
- GIT lower motility
- Effect of dopamine on immune system



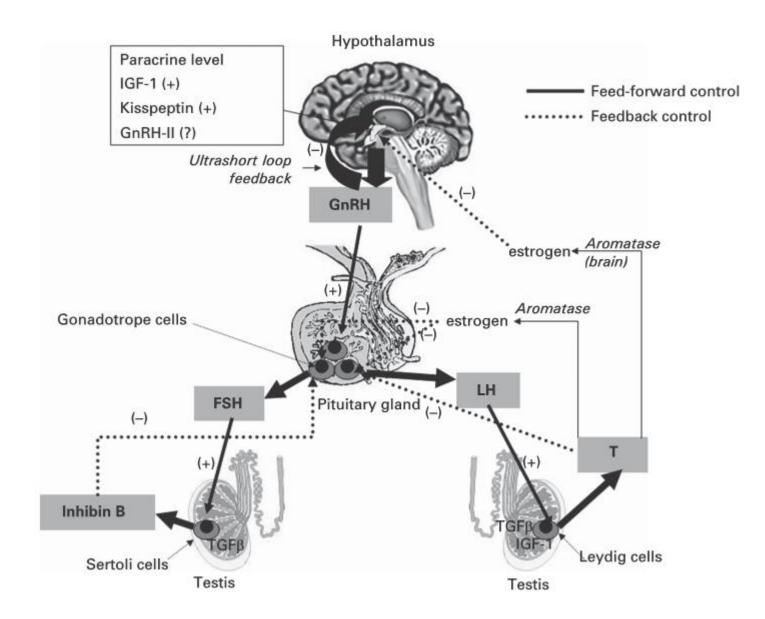
# MALE REPRODUCTION SYSTEM



#### **HUMOURAL CONTROL OF REPRODUCTIVE FUNCTIONS IN MAN**







An Introduction to Male Reproductive Medicine

Edited by Craig Niederberger



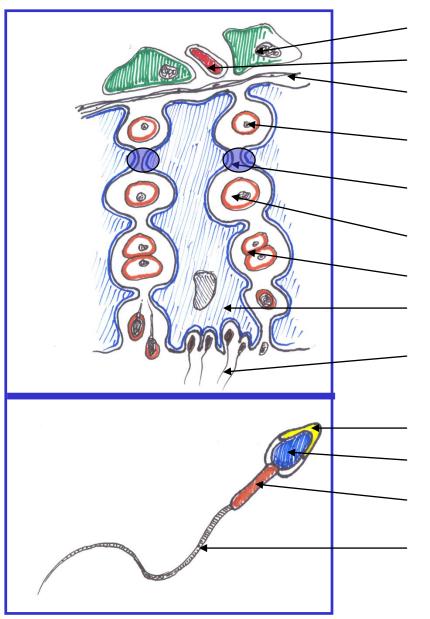
**Table 1.1** Regulation of hypothalamic–pituitary–gonadal axis hormone release

Hormone	Autocrine regulation	Paracrine regulation	Endocrine regulation
GnRH	GnRH itself (-)	GnRH II (+), IGF-1 (+), kisspeptin (+)	Testosterone (-), estrogens (-), neurotensin (+), norepinephrine (+)
FSH	-	Activin (+), follistatin (-)	GnRH (+), estrogens (-), inhibin B (-)
LH		Activin (+), follistatin (-)	GnRH (+), testosterone (-)
Testosterone	_	IGF-1 (+), GH(+), CRH (-), TGF- $\beta$ (-), IL-1 $\alpha$ ( $\pm$ )	LH (+)

<sup>+</sup> Stimulatory effect, – Inhibitory effect. Transforming growth factor- $\beta$  (TGF- $\beta$ ), corticotropin-releasing hormone (CRH), interleukin  $1\alpha$  (IL- $1\alpha$ ), growth hormone (GH), insulin-like growth factor 1 (IGF-1).



## **SPERMATOGENESIS**



Leydig cell Capillary

Basal membrane

Spermatogonium

**Tight junction** 

70 days

1-64 (6 divisions)

Temperature < 35°C

Spermatocyte

Spermatide (haploid)

Sertoli cell (contraction)

Spermia

Acrosom (enzymes)

Head (nucleus, DNA)

Body (mitochondria)

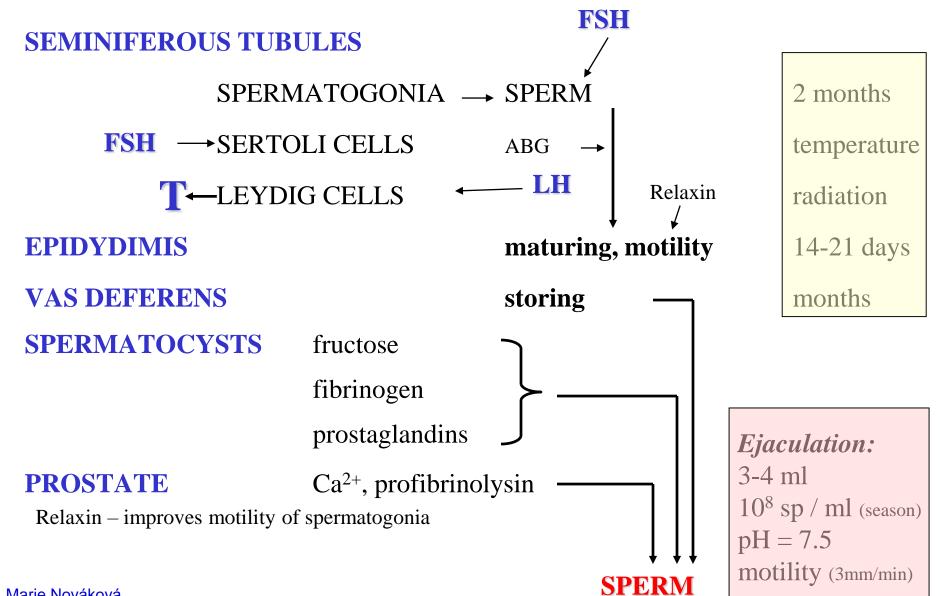
Flagella (microtubules, 9+2)

Lumen:

androgens, estrogens glutamate, aspartate inositol



## **PRODUCTION OF SPERM**

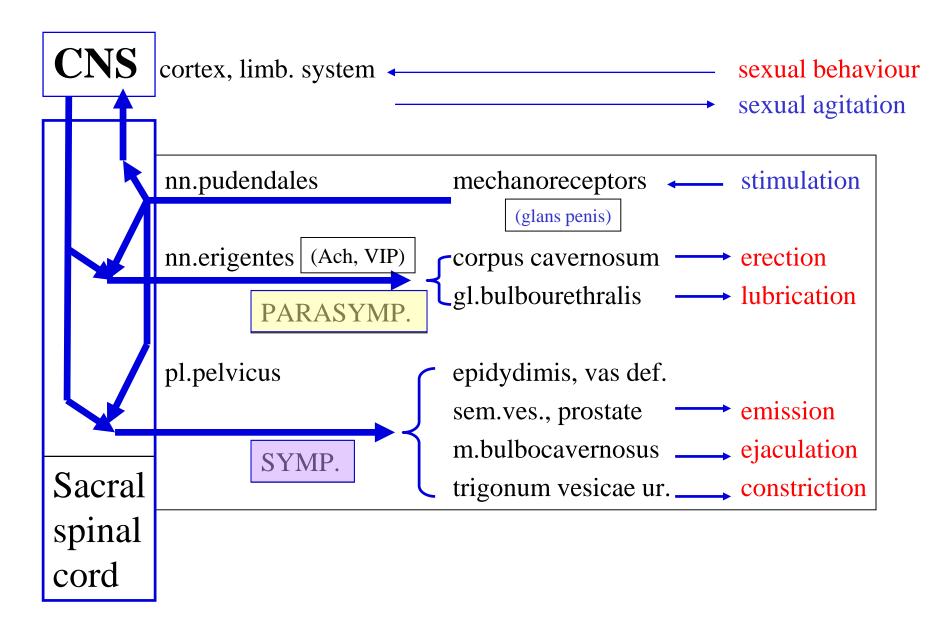


## **SPERMIOGRAM**

Volume	1,5 - 2,0
рН	7,2 - 8,0
Concentration of sperm	20 mil/ml
Total number of sperm	40 mil and more
Motility	50% and more in category A+B, above 25% in A
Morphology	30% and more of normal forms
Vitality	75% and more of living sperm
Leukocytes	up to 1 mil/ml
Autoaglutination	< 2 (scale 0 - 3)



#### **SEXUAL REFLEXES**





# FEMALE REPRODUCTION SYSTEM

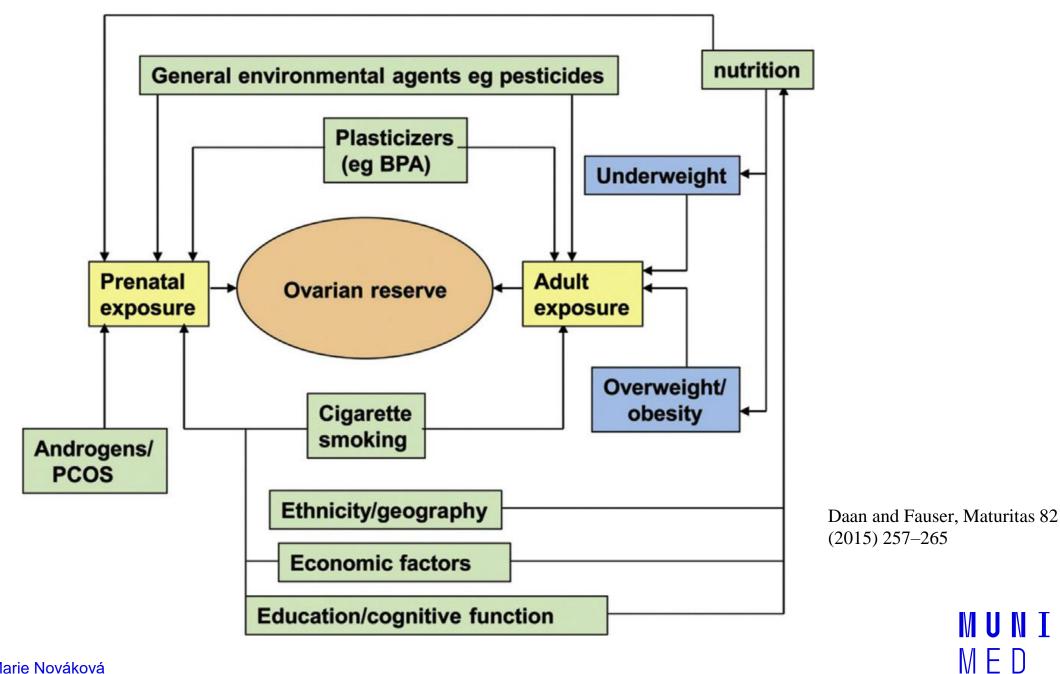


## **OOGENESIS**

DEVELOPME	ENT	6-8 weeks	GERMINAL EPITHELIUM
Hormonally independent		OOGONIA mitotic division	FOLLICLE PRIMORDIAL
	24 weeks	OOCYTES I.	$7 \times 10^6$
	birth	1. meiosis prophase	$2 \times 10^6$
Hormonally dependent (cyclic)	puberty	OOCYTES II. haploid 2. meiosis metaphase OVUM  2. meiosis – end	3 x 10 <sup>5</sup> DOMINANT ATRETIC GRAAF OVULATION

0





## **CYCLIC CHANGES**

ovarian

uterine

+ vagina/cervix uteri

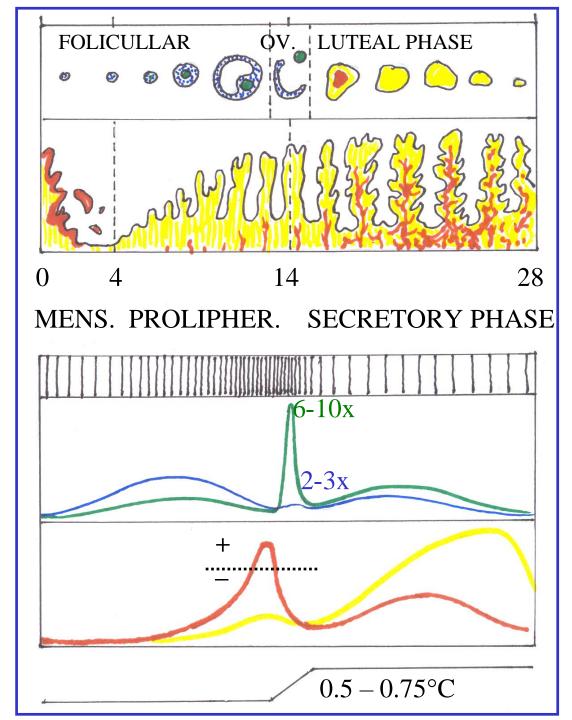
+ mamma

GnRH

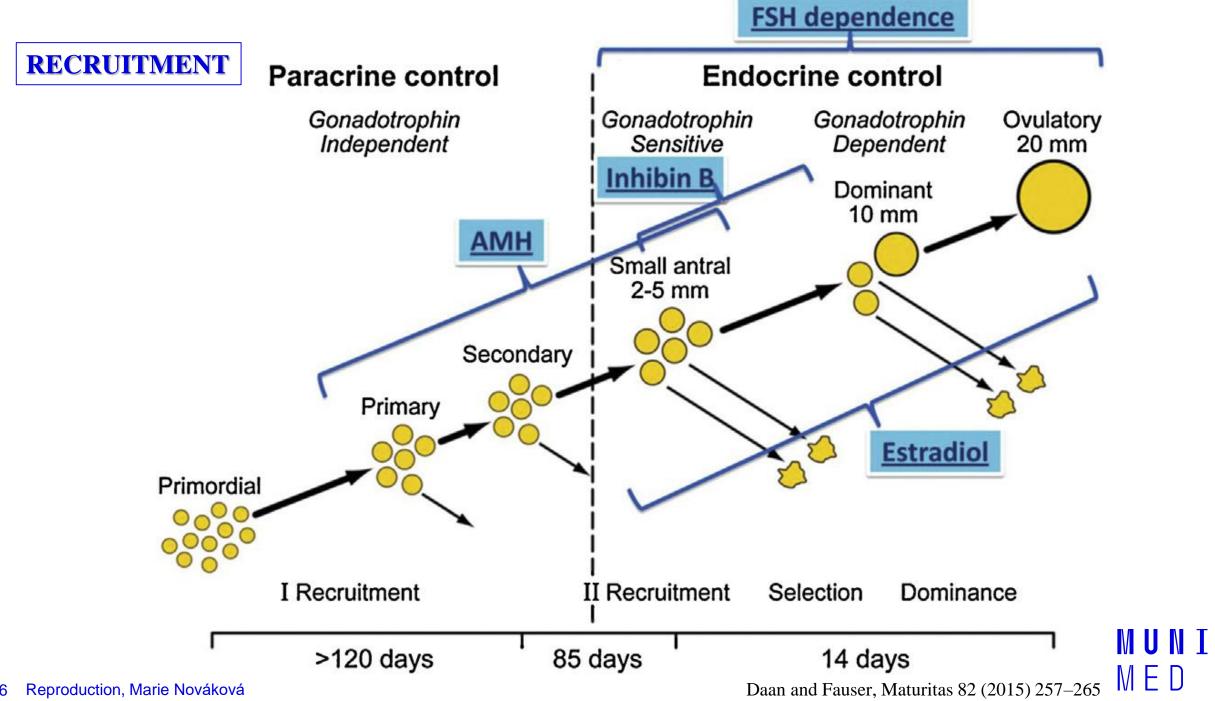
FSH, LH

estradiol

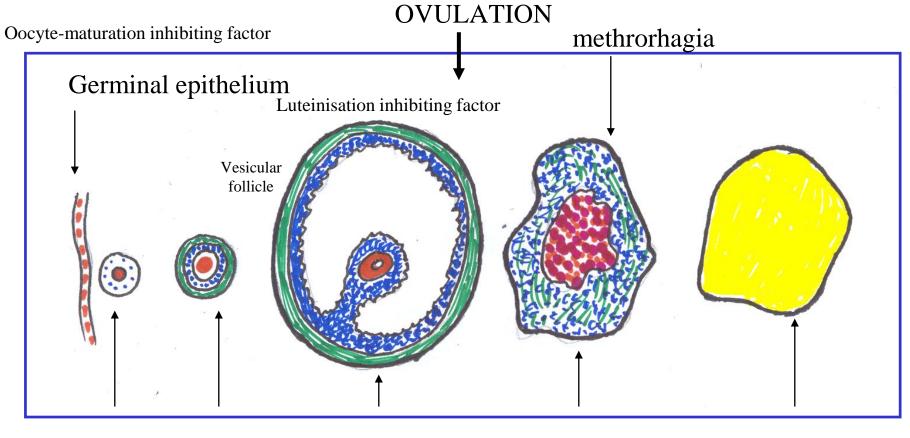
basal temper.







### **OVARIAN CYCLE**



Primordial Primary Graaf follicle

25μ 150μ up to 2 cm

estradiol (estrogens)



Corpus haemorrhagicum C. luteum



#### VESICULAR FOLLICLE

#### PRIMARY FOLLICLE - FSH

Growth acceleration of primary follicle – change into vesicular follicle:

1) estrogens released into follicle stimulate granul. cells

**UP REGULATION** of **FSH** receptors and **intrinsic positive feedback** (higher sensitivity for FSH!!!)

- 2) **UP REGULATION** of LH receptors (estrogens and FSH) another acceleration of growth due to "higher sensitivity" to LH (**positive feedback**)
- 3) Increased estrogens and LH secretion accelerates growth of theca cells, secretion is increased
  - → explosive growth of follicle

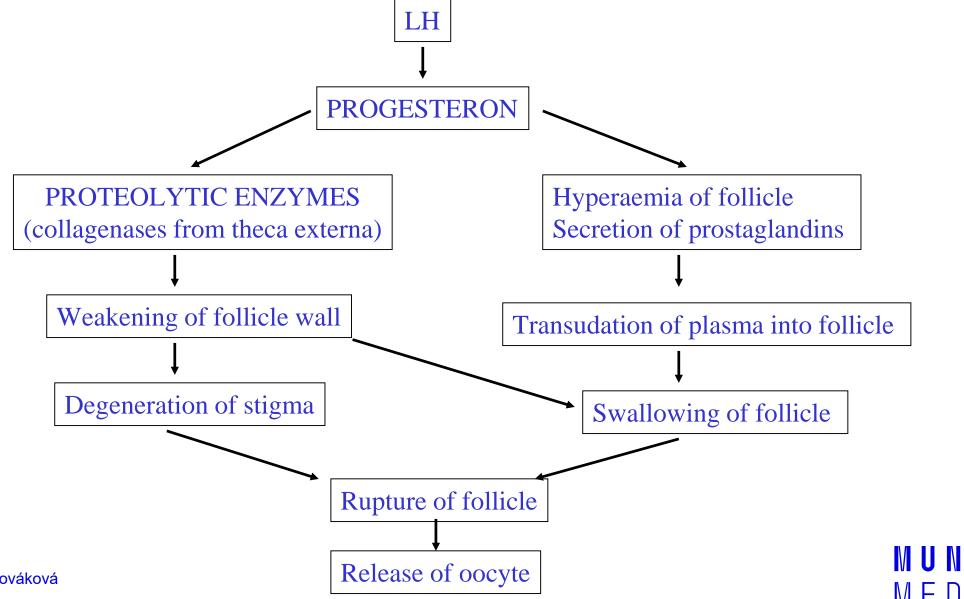


### **DOMINANT FOLLICLE**

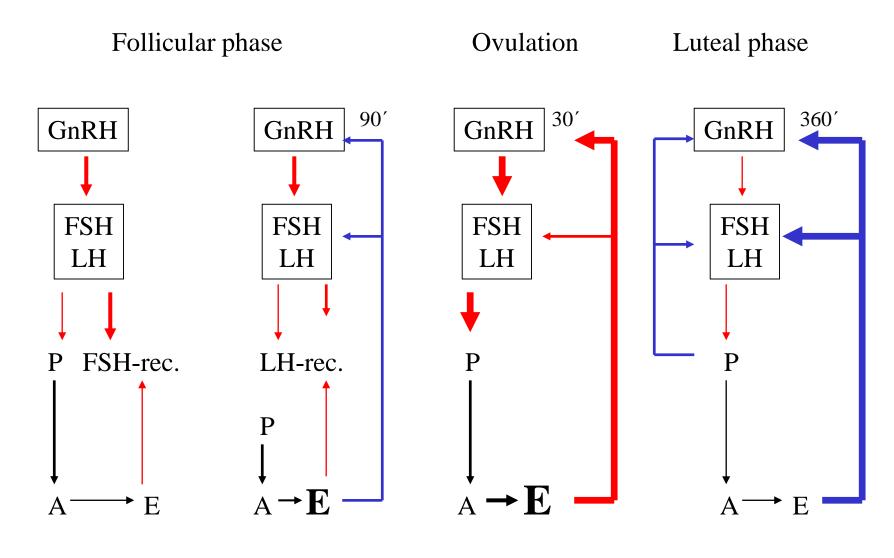
- 1. High levels of oestrogens from the fastest-growing follicle
- 2. Negative feedback on FSH production from adenohypophysis
- 3. Gradual decrease in FSH secretion
- 4. "Dominant follicle" continues in growing due to intrinsic positive feedback
- 5. Other follicles grow slowly and subsequently become atretic



### **MECHANISMS OF OVULATION**



### **HUMOURAL REGULATION OF THE CYCLE**



Artesia of follicle (but one!)

Feedback -/+/- Involution of corpus luteum



#### **EFFECTS OF OVARIAN HORMONES**

E

P

Secondary sexual signs +

Adipose tissue: store (predilection), (critical amount)

Bone tissue: absorption

closure of fissures

development of pelvis

Total water retention: +

Sexual behaviour: +

Ovaries: **maturation of follicles** 

Hysterosalpinx: motility

Uterus: proteosynthesis

vascularisation and proliferation of endom.

**EXCITATION** 

colliquation of "plug"

Vagina: cornification of epithelium

Mamma: growth of terminals

motility

proteosynthesis

secretion of endom. glands

glycogen

RELAXATION

creation of "plug"

proliferation of epithelium

growth of acines



Cervix:

### **ASSISTED REPRODUCTION**

- STIMULATION OF OOGENESIS (maturation of more follicles) –
   pharmacologically
- 2. STIMULATION OF SPERMIOGENESIS life style, diet, glycaemia, vitamin E
- 3. INSEMINATION treated sperm, applied deeply into the uterus
- 4. IVF (*in vitro* fertilization) ovarian stimulation, timed obtaining of the oocytes, extracorporeal fertilization, cultivation, assisted hatching, embryotransfer, substitution therapy



### **CONTRACEPTION (BIRTH CONTROL)**

- RHYTHM METHOD
- SPERMICIDE SUBSTANCES
- COITUS INTERRUPTUS
- CONDOM, PESSARY
- IUD (intra-uterine device)
- **HORMONAL CONTRACEPTIVES** risk of failure less than 1%
- VASECTOMY AND LIGATION OF HYSTEROSALPINX

Hormonal curettage (excochleation). Substitution therapy in climacterium.



#### **HORMONAL CONTRACEPTION**

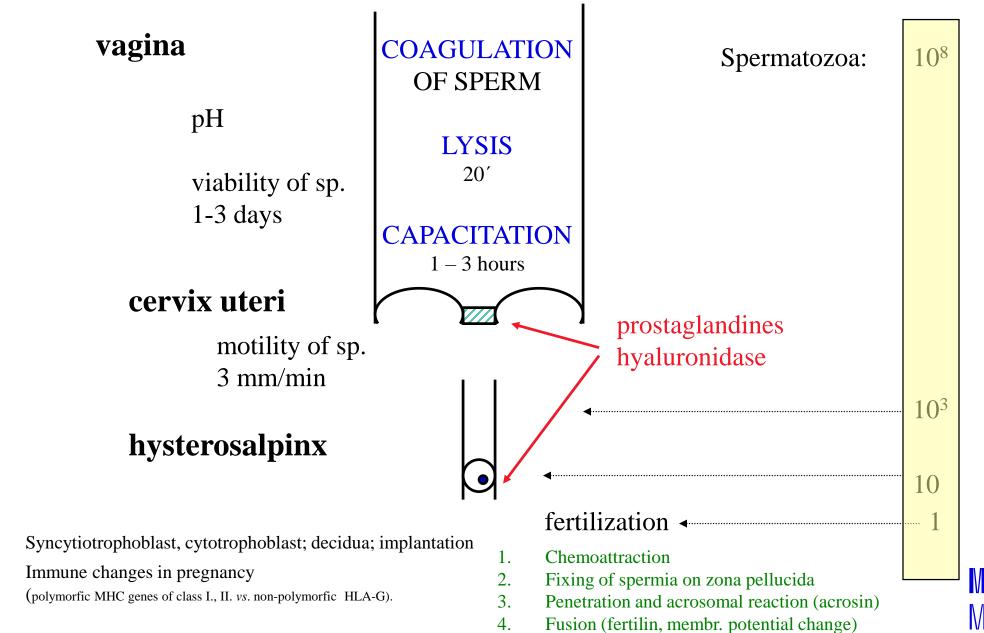
- substitution with gonadal hormone(s) at the lowest possible concentration in order to keep negative feedback to hypothalamus and adenohypophysis
- block of ovulation by suppression of hypothalamic releasing hormones (block of preovulatory surge of LH)
- changes of character of cervical plug (progestin thickens mucus)
- changes of endometrium (suppression of its growth)
- changes of hysterosalpinx motility

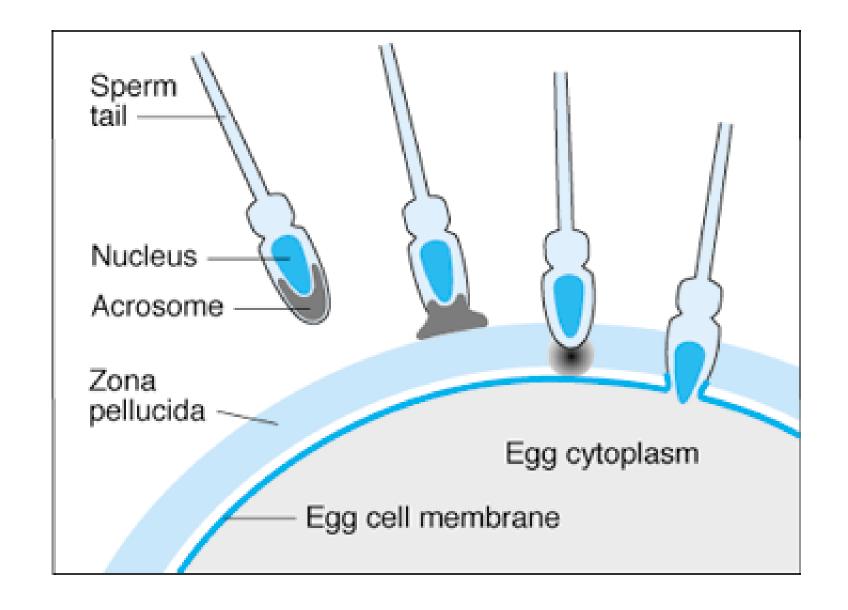


## PREGNANCY, PARTURITION, LACTATION



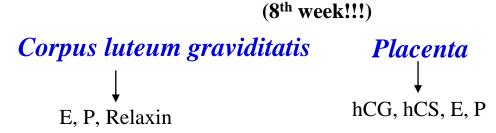
### **FERTILISATION PROCESSES**

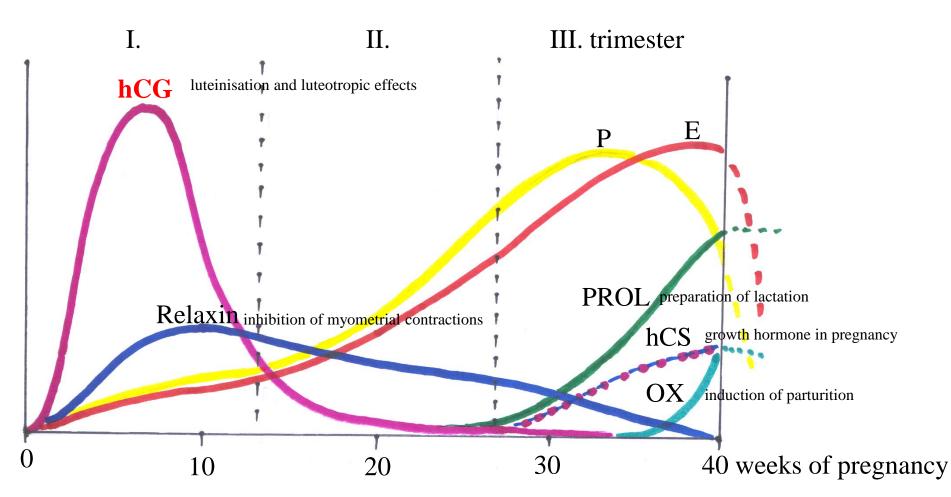






# HORMONAL PROFILE DURING PREGNANCY





Reproduction, Marie Nováková

Placental – maternal – foetal source of hormones



STH

**TSH** 

INS

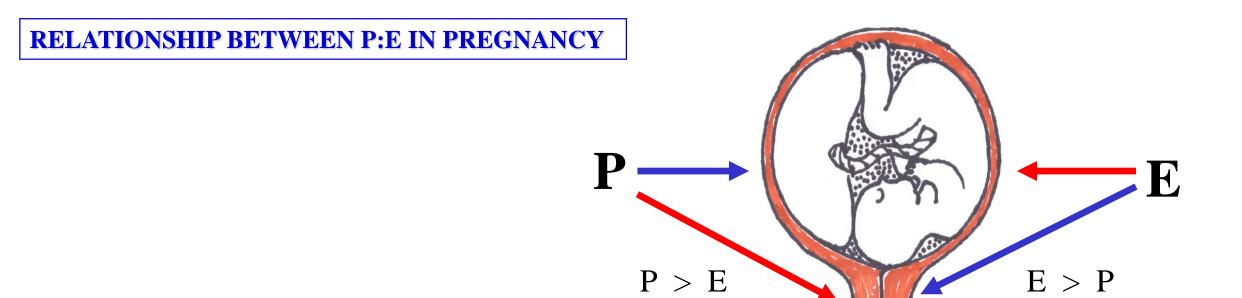
**ACTH** 

**KORT** 

ALD

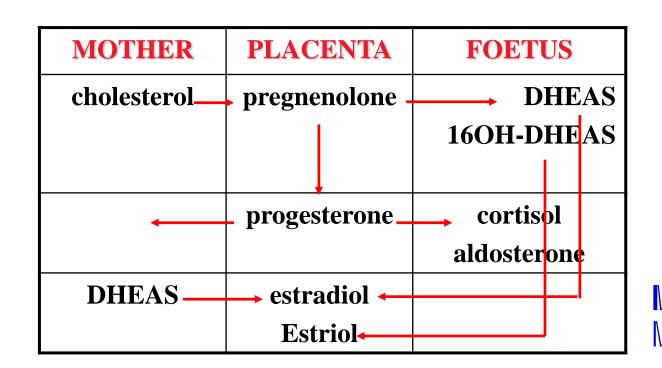
PTH

 $T_4$ 



### Foetal-placental unit

Excretion of estriol in urine – index of foetal status





#### PHYSIOLOGICAL CHANGES DURING PREGNANCY

### **Changes of reproduction organs**

#### Uterus

- Growth (from 60 g to 1000 g), change of position
- Hyperaemia
- Functional differentiation of myometrium

#### Cervix

- Changes of colour, consistency; shortening
- Hypertrophy a hyperplasia of glandules mucus plug

### • Vagina

Changes of colour, increase of secretion

### External genitals

Vascularization, vasocongestion (changes of colour)

#### **Somatic changes**

#### Breasts

- Growth alveolar as well as ductal part
- Enlargement and hyperpigmentation of mammillae and areolas

#### Skin

- Increase in subcutaneous fat
- Changes in connective tissue
- Hyperpigmentation

### **Endocrine and metabolic changes**

**Immunological changes** 

**Psychic changes** 



#### **ENDOCRINE and METABOLIC CHANGES DURING PREGNANCY**

### **Endocrine glands**

### Thyroid gland

 Slight hypertrophy (E), increase in thyroxine production, in III. trimester BEE +25%

### • Parathyroid glands

Increase in production of parathormone

### Adrenal glands

Increase in production of aldosterone

#### Pancreas

Hyperplasia of Langerhans islets

### Anterior pituitary gland

#### Metabolism

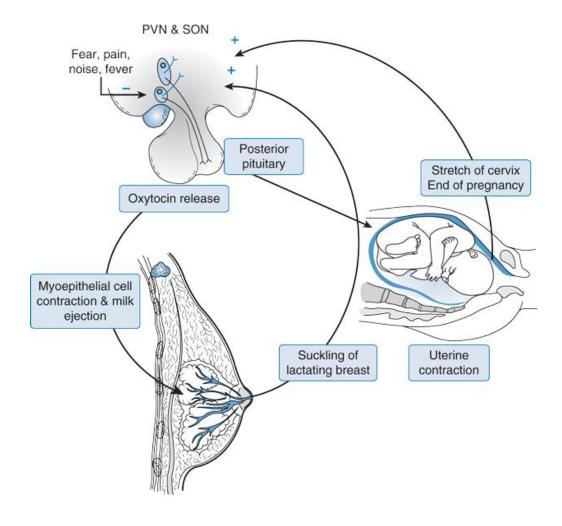
• Weight gain: 12-15 kg

#### • Glycaemia

- Glc main energetic source for foetus
- Prohyperglycemic state
- Decrease of renal glucose reabsorption, increase in glomerular filtration - glycosuria
- Gestational diabetes
- Increased demand for Ca (1300 mg), P (1200 g) and Fe (18 mg/day)
- **Water** retention: + 6.5 1



#### **OXYTOCIN**



- Mechanoreceptors/tactile receptors
- Magnocellular neurons (PVN, SON)
  - inhibition by endogenous opioids, NO, GABA
  - Autocrine (+ ZV)
  - Prolactin, relaxin (-), Estrogens (+)
- OXT receptors  $(G_{q/11})$  effect of up/down regulation
- Acts together with prolactin and sex hormones

#### **Functions**

- Lactation (under 1 min) MILK EJECTION
- Parturition
  - rhythmical contractions of smooth muscles (gap-junction, stimulation of prostaglandin synthesis extracellular matrix)
  - postpartum bleeding
  - uterus involution
- Ejaculation (males)
- Behavior

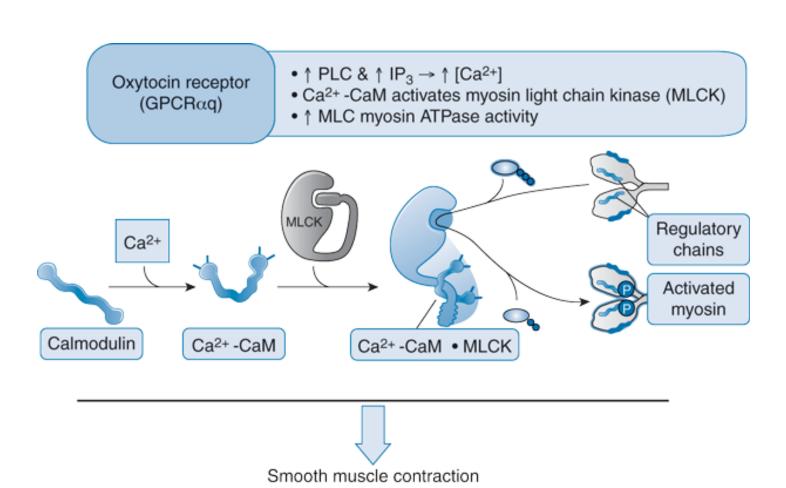
#### Other functions and places of synthesis

- CNS
  - Stimulation of ACTH secretion through CRH
  - Stimulation of ADH/induced vasoconstriction
  - Stimulation of prolactin secretion
  - Memory traces recollection inhibition
  - Maternal behavior



#### **OXYTOCIN RECEPTORS**

- OXT receptors  $(G_{q/11})$ 
  - Myoepithelial cells
  - Myometrium
  - Endometrium
  - CNS
- PLC, IP<sub>3</sub>, Ca<sup>2+</sup>
- Target molecule MLCK (myosin light chain kinase)





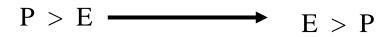
#### **OXYTOCIN**

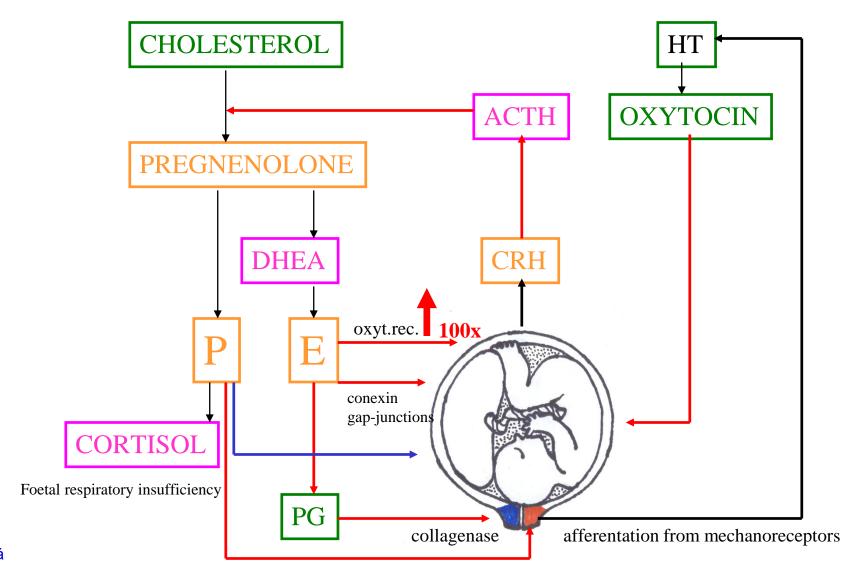
- 9 AA, differs from ADH in 3. a 8. AA
- Precursor molecule is synthetized in the same location as ADH (nucleus paraventricularis)
- Stimulus for synthesis: dilatation of birth path caused by pressure of foetus and stimulation of mechanoreceptors at breast nipple
- Reflex release: during breast-feeding, orgasm
- Main effects on reproduction system:
  - Uterokinetic effects (induction of parturition), milk ejection, involution of uterus
  - In men: probably increases contractions of smooth muscle in *ductus* deferens
- Regulation of water and mineral metabolism natriuretic effect, potentiation of ADH effect
- Effect on memory: opposite to ADH effect inhibits forming of memory and its recollection
- Note: Melanocytes inhibiting factor from oxytocin, modulates certain types of receptors, modulation of melatonin effects (melatonin epiphysis, together with glomerulotrophin and DMT, circadian/circannual biorhythms, controlled by hypothalamus, information from retina)



### **INDUCTION OF PARTURITION**

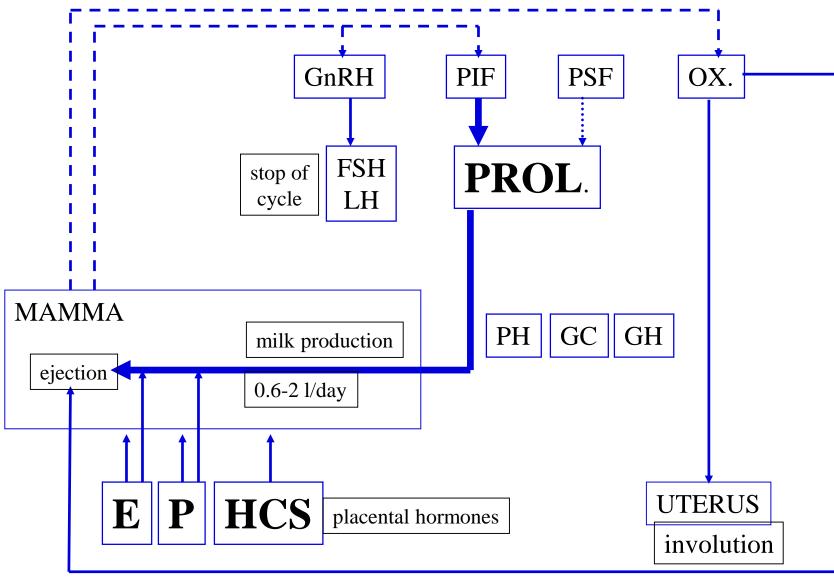
maternal placental foetal



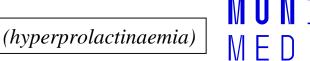


### Mammary gland Rudimentary C + Prolactin E + P + C + I + GH + Prolactin(+ oxytocin for milk ejection) Lactational Pubertal Chorionic mammotropin Placenta Estrogens Progesterone E + P + C + I + GH + ProlactinPregnant





Composition of milk: water (88%), fat (3,5%), lactose (7%), proteins (1%) trace minerals (Ca), vitamins, antibodies



#### LEPTIN AND REPRODUCTIVE FUNCTIONS

#### **LEPTIN IN PREGNANCY**

Synthesised by placenta from the 18th week of pregnancy.

Dramatic increase in maternal blood after the 34<sup>th</sup> week.

Synthesis in placenta, foetal adipose tissue and growing maternal adipose tissue.

**BUT** leptin plasmatic levels in non-pregnant women <u>do not</u> correspond to adipose tissue amount (BMI).

Decrease after delivery down to the levels typical for non-pregnant women.

Leptin may play a role in proliferation and function of trophoblast, and thus affects foetal growth.

#### LEPTIN IN NEWBORNS

Plasmatic levels of leptin correspond to newborn body mass and BMI.

Blood of newborn contains maternal and foetal leptin.

Girls have higher levels of leptin than boys.

It is supposed, that sex differentiation of plasmatic levels of leptin is already genetically given, since it is not affected postnatally by sex hormones.

