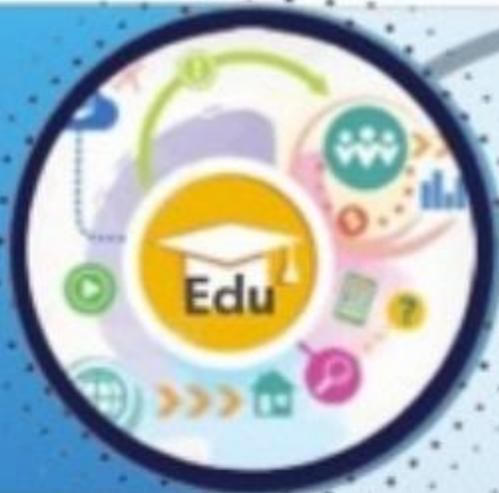




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## SEXUAL DISTURBANCES IN WOMEN DURING THE PERIMENOPAUSAL PERIOD

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**Purpose of the study** is to identify the primary causes of sexual disturbances in women during the perimenopausal period, specifically hormonal changes, psychological factors, physical symptoms, and relationship changes, as well as to explore effective approaches to managing these issues (hormone therapy, psychological support, lifestyle changes).

**Material and methods.** This study was conducted to explore the causes of sexual disturbances in women during perimenopause, their impact, and methods for managing them. A combination of quantitative and qualitative methods was used, providing a comprehensive analysis of the issue. The study focused on identifying the factors affecting sexual health in women during perimenopause and examining effective management strategies for these disturbances.

**Conclusion.** Sexual disturbances are common among women during perimenopause. Hormonal changes, such as a decrease in estrogen levels, lead to vaginal dryness and reduced sexual desire. Psychological factors, such as mood swings and lowered self-esteem, can negatively affect sexual health. Physical symptoms, such as hot flashes and insomnia, also reduce sexual interest.

Sexual disturbances impact relationships as well, requiring open communication and professional assistance. Treatment methods, including hormone therapy, vaginal moisturizers, and pelvic floor exercises, help alleviate discomfort during intercourse. Regular physical activity, stress management, and proper nutrition also play a crucial role in improving sexual health. With the right support, women can successfully navigate this period.

**Keywords:** Perimenopause, sexual disturbances, hormonal changes, psychological factors, vaginal dryness, physical symptoms, treatment methods.

## PERIMENOPAUZA DAVRIDA AYOLLARDA JINSIY BUZILISHLAR

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**Tadqiqot maqsadi:** perimenopauza davrida ayollarda yuzaga keladigan jinsiy buzilishlarning asosiy sabablari, xususan gormonal o'zgarishlar, psixologik omillar, jismoniy belgilar va munosabatlardagi o'zgarishlarning jinsiy salomatlikka ta'sirini aniqlash hamda ushbu muammolarni bartaraf etish bo'yicha samarali yondashuvlarni (gormon terapiyasi, psixologik yordam, turmush tarzini o'zgartirish) o'rganishdan iborat.

**Material va usullar.** Ushbu tadqiqot, perimenopauza davrida ayollarda jinsiy buzilishlarning sabablari, ularning ta'siri va ularni boshqarish usullarini o'rganish maqsadida o'tkazildi. Tadqiqotda miqdoriy va sifatli usullarning birlashmasi qo'llanildi, bu esa muammoning keng qamrovli tahlilini ta'minladi. Tadqiqotda asosiy e'tibor perimenopauza davrida jinsiy salomatlikka ta'sir etuvchi omillarni aniqlash va bu buzilishlarni samarali boshqarish usullarini o'rganishga qaratilgan.

**Xulosa.** Perimenopauza davrida ayollarda jinsiy buzilishlar ko'p uchraydi. Gormonal o'zgarishlar, jumladan, estrogen darajasining pasayishi, vaginal qurish va jinsiy istakning kamayishiga olib keladi. Psixologik omillar, masalan, kayfiyat o'zgarishlari va o'z-o'zini qadrlashning pasayishi, jinsiy salomatlikka salbiy ta'sir ko'rsatishi mumkin. Shuningdek, jismoniy simptomlar, masalan, issiqlik to'lqinlari va uyqusizlik, jinsiy qiziqishni kamaytiradi.

Jinsiy buzilishlar ayollarning munosabatlariga ham ta'sir qiladi, bu esa ochiq muloqot va professional yordamni talab etadi. Davolash usullari, jumladan, gormonal terapiya, vaginal namlantiruvchi vositalar va pelvik mashqlar, jinsiy aloqadagi noqulayliklarni kamaytirishga yordam beradi. Muntazam jismoniy faoliyat, stressni boshqarish va to'g'ri ovqatlanish ham

jinsiy salomatlikni yaxshilashda muhim ahamiyatga ega. To'g'ri qo'llab-quvvatlash bilan ayollar bu davrni muvaffaqiyatli o'tkazishlari mumkin.

**Kalit so'zlar:** Perimenopauza, jinsiy buzilishlar, gormonal o'zgarishlar, psixologik ta'sirlar, vaginal qurish, jismoniy simptomlar, davolash usullari.

### Сексуальные расстройства у женщин в перименопаузальный период

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**Цель исследования:** выявить основные причины сексуальных нарушений у женщин в период перименопаузы, в частности, гормональные изменения, психологические факторы, физические симптомы и изменения в отношениях, а также изучить эффективные подходы к решению этих проблем (гормональная терапия, психологическая помощь, изменение образа жизни).

**Материал и методы.** Исследование было проведено с целью изучения причин сексуальных нарушений у женщин в период перименопаузы. В исследовании использовалась комбинация количественных и качественных методов, что позволило провести всесторонний анализ проблемы. Основное внимание уделено выявлению факторов, влияющих на сексуальное здоровье женщин в период перименопаузы, а также изучению эффективных методов управления этими нарушениями.

**Заключение.** Сексуальные нарушения у женщин в период перименопаузы являются довольно распространённым явлением. Гормональные изменения, такие как гипоестрогемия, могут привести к сухости влагалища и снижению сексуального влечения. Психологические факторы, такие как изменения настроения и снижение самооценки, могут негативно повлиять на сексуальное здоровье. Также приливы и бессонница снижают сексуальный интерес.

Сексуальные нарушения влияют и на отношения женщин не только в личной жизни, что требует изучения данной проблемы и профессиональной помощи. Методы лечения, включая гормональную терапию, вагинальные увлажняющие средства и упражнения для укрепления мышц тазового дна, помогают снизить дискомфорт при половом акте. Регулярная физическая активность, управление стрессом и правильное питание также играют важную роль в улучшении сексуального здоровья. С правильной поддержкой женщины могут успешно преодолеть этот период.

**Ключевые слова:** Перименопауза, сексуальные нарушения, гормональные изменения, психологические факторы, сухость влагалища, физические симптомы, методы лечения.

**Introduction.** The perimenopausal period, which is the phase preceding menopause, marks a significant transition in a woman's reproductive life. This period is characterized by a decline in ovarian function, with fluctuating hormone levels, including estrogen, progesterone, and testosterone. These hormonal shifts, along with various physical and psychological changes, can result in a wide range of sexual disturbances. As women approach menopause, they may experience sexual dysfunctions such as decreased libido, vaginal dryness, pain during intercourse, and challenges with arousal [3-5]. Understanding these disturbances and their underlying causes is essential for addressing women's sexual health needs during this transitional phase of life.

**Purpose of the study** is to identify the primary causes of sexual disturbances in women during the perimenopausal period, focusing on hormonal changes, psychological factors, physical symptoms, and relationship dynamics. The study aims to explore how fluctuating hormone levels, such as estrogen and testosterone, contribute to issues like vaginal dryness and reduced libido. Additionally, it will examine the emotional and psychological impacts, including mood swings and self-esteem concerns, and how physical symptoms like hot flashes and sleep disturbances affect sexual health.

The research will also investigate various management strategies, such as menopausal hormone therapy (MHT), vaginal moisturizers, pelvic exercises, and psychological support. Lifestyle changes, including physical activity and stress management, will also be explored for their role in improving sexual function and overall well-being. Ultimately, the study seeks to provide insights for better sexual health management in women during the perimenopausal phase.

**Material and methods.** This study aims to explore the causes and management of sexual disturbances in women during the perimenopausal period, focusing on hormonal changes, psychological factors, physical symptoms, and relationship dynamics. The research utilizes a combination of qualitative and quantitative methods to provide a comprehensive analysis of the topic.

**Hormonal changes and their impact on sexual function.** The hormonal fluctuations that occur during perimenopause are a primary factor contributing to sexual disturbances. Estrogen plays an essential role in maintaining the health of the vaginal tissues and overall sexual function. A decrease in estrogen levels can lead to vaginal atrophy, which

manifests as dryness, thinning of the vaginal walls, and a reduction in vaginal elasticity. These changes often result in discomfort or pain during sexual intercourse. Similarly, decreased progesterone levels and fluctuating testosterone levels can also contribute to a reduction in sexual desire or libido, leading to a lack of interest in sex.

In addition to hormonal changes, the decline in ovarian function during perimenopause leads to irregular menstrual cycles and varying levels of estrogen and progesterone, which can affect a woman's sexual responsiveness and desire. Estrogen is critical for maintaining vaginal moisture, and its decline may cause vaginal dryness, which significantly affects sexual pleasure and comfort. Furthermore, testosterone, which plays a role in stimulating sexual desire, decreases as well, resulting in a loss of interest in sexual activity.

**Psychological and emotional effects.** The emotional and psychological challenges associated with perimenopause can exacerbate sexual disturbances. Women often experience mood swings, anxiety, irritability, and even depressive symptoms during this period. These mood disturbances can negatively impact sexual desire and arousal. Psychological factors such as stress, depression, and concerns about body image can reduce sexual satisfaction and interest [4,6].

The physical changes women experience, including weight gain, skin changes, and hair thinning, may lead to decreased self-esteem or body image issues. These factors can further contribute to a lack of interest in sexual activity or difficulty engaging in sexual relations. Feelings of frustration, anxiety, or embarrassment about these changes can inhibit emotional and physical intimacy with a partner.

Moreover, the psychological impact of perimenopause extends beyond the physical changes [1,2,6]. Some women may experience heightened awareness of aging, which can lead to feelings of vulnerability or a diminished sense of sexual attractiveness. These concerns may create barriers to open communication with partners and may contribute to reduced sexual frequency or intimacy.

**Physical symptoms and their influence on sexual health.** Beyond vaginal dryness, the perimenopausal period brings several other physical changes that can affect sexual health. One common physical symptom during this time is the weakening of pelvic floor muscles. The pelvic floor muscles support the uterus, bladder, and other organs, and when they weaken, it can lead to issues like urinary incontinence or difficulty achieving orgasm. Additionally, some women may experience reduced sensitivity or difficulty achieving orgasm due to the hormonal changes and physical changes that occur during this period.

Other common physical symptoms that may influence sexual activity include hot flashes, night sweats, and sleep disturbances. These symptoms can disrupt a woman's energy levels, leading to fatigue and a decreased desire for sexual activity. The physical discomfort caused by hot flashes or night sweats, especially when combined with emotional stress, may result in an overall decrease in sexual satisfaction.

Furthermore, chronic fatigue and poor sleep quality associated with perimenopause can have a negative impact on libido. Fatigue often leads to lower energy levels and less interest in engaging in sexual activity. In some cases, the reduced sleep quality due to perimenopausal symptoms may also lead to mood changes, which further contribute to reduced sexual desire.

**Relationship and intimacy issues.** Sexual disturbances during perimenopause can have significant effects on relationships, particularly when intimacy and communication are affected. As a woman experiences changes in sexual desire or physical comfort, her partner may feel confused or frustrated. This can result in a strain on relationships, leading to reduced emotional and physical intimacy. In some cases, sexual dissatisfaction can lead to communication breakdowns between partners, which may create distance in the relationship.

For many women, the perimenopausal phase can be an opportunity to redefine intimacy and sexual satisfaction. However, if sexual issues remain unresolved, it can create emotional distress for both partners. Couples may experience feelings of rejection or insecurity, which can lead to further anxiety or resentment. The open and honest communication between partners is essential for navigating the challenges of sexual disturbances during this time.

Couples may also benefit from seeking professional help, such as counseling or therapy, to address relationship issues. By openly discussing the challenges of sexual dysfunction during perimenopause, couples can work together to find solutions, reduce feelings of frustration, and improve their sexual connection.

**Treatment and management of sexual disturbances.** There are various treatment options available to address sexual disturbances during perimenopause, with approaches ranging from hormonal therapies to non-hormonal treatments. One of the most commonly used treatments is hormone replacement therapy (HRT), which involves replacing estrogen and, in some cases, progesterone, to help alleviate symptoms such as vaginal dryness and reduced libido [7]. HRT can restore hormonal balance and improve sexual function, although it may not be suitable for all women due to health concerns or contraindications.

For women who prefer non-hormonal options, there are several effective treatments available. Vaginal moisturizers or lubricants can provide relief for vaginal dryness, making intercourse more comfortable. Topical estrogen creams or suppositories can also help improve vaginal health and alleviate dryness. Additionally, pelvic floor exercises (e.g., Kegel exercises) can strengthen the pelvic muscles, improving sexual responsiveness and reducing discomfort during sex [2].

Cognitive behavioral therapy (CBT) and counseling may help address the psychological aspects of sexual dysfunction. These therapies focus on improving communication skills, reducing anxiety, and addressing concerns related to body image

and self-esteem. Psychological support can help women manage mood swings, stress, and depression, all of which can improve their sexual health and overall well-being [6].

**Lifestyle modifications.** Lifestyle changes can also play a key role in managing sexual disturbances during perimenopause. Regular physical activity, a balanced diet, and weight management can improve overall health and reduce some of the symptoms associated with perimenopause, such as fatigue, stress, and anxiety. Exercise helps improve circulation, reduces stress levels, and boosts mood, all of which can enhance sexual desire and function.

In addition to physical health, stress management techniques, such as meditation, yoga, and mindfulness, can reduce emotional distress and improve mental health. Reducing stress and prioritizing self-care can create a more positive environment for sexual intimacy and well-being.

**Research results.** The results of the study indicate that sexual disturbances in women during the perimenopausal period are common, with the main causes being hormonal changes, psychological factors, physical symptoms, and relationship changes. Hormonal fluctuations, such as a decrease in estrogen levels, vaginal dryness, and reduced libido, negatively affect sexual health. Additionally, psychological factors like mood swings, reduced self-esteem, and stress also contribute to negative impacts on sexual health.

Physical symptoms, such as hot flashes, insomnia, and fatigue, lead to a decrease in sexual desire. Furthermore, the impact of sexual disturbances on relationships is notable, requiring open communication and professional support.

The treatment methods highlighted in the study, including hormone therapy, vaginal moisturizers, pelvic exercises, and psychological support, are effective in reducing sexual disturbances. Additionally, lifestyle changes, increased physical activity, and stress management play a significant role in improving sexual health.

**Conclusion.** Sexual disturbances during perimenopause are a common and complex issue for many women. Hormonal changes, psychological factors, physical symptoms, and relationship dynamics all play a role in shaping a woman's sexual experience during this phase. However, there are various treatment options available to address these issues, from hormone therapies to lifestyle changes. With the right support, women can manage the sexual disturbances of perimenopause and maintain a fulfilling sexual life. Open communication with healthcare providers, partners, and therapists is crucial to ensure that women receive the care and guidance needed to navigate this important life stage successfully.

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