

A Note About P Mucus

P Mucus (oestrogenic)

P mucus was first identified in 1990.⁶ P mucus is secreted in the upper part of the cervical canal,^{3,5} and nor adrenaline and oestrogen stimulate the secretion of P mucus.¹ P mucus has a number of subtypes but the most important are called **P2** and **P6**. P mucus has two functions; **(i)** P2 has a mucolytic action (dissolves mucus), and **(ii)** P6 has the capacity to conduct sperm cells from the S crypts to the uterine cavity.

- **(i) P2 Mucus:** P2 mucus is secreted in the crypts in the upper half of the cervix⁵ and is at its maximum at the beginning of the fertile phase (4-8 days before ovulation).² It has **mucolytic** activity, and its physiological role may be to **liquefy the G mucus** to give space for the L mucus, and to liquefy the L mucus to facilitate the S mucus flow which is necessary for sperm propagation to the crypts. After the sperm has resided in the S crypts, mucolysis may help to liquefy the L mucus now blocking the crypt outlets, so that sperm can continue upwards.^{2,4}
- **(ii) P6 Mucus:** P6 mucus is secreted in the upper one-sixth of the cervical canal at its junction with the body of the uterus, (isthmus).^{3,5} P6 begins to appear in rising quantity at the end of the fertile phase mainly at and shortly after ovulation and it conducts sperm cells from the S crypts to the uterine cavity.⁴ **P6 mucus** is present on **maximum** amount on **peak day** and its presence is associated with the sensation described as extremely **lubricative** and slippery.² The S mucus seldom reaches 35% and the P6 mucus seldom reaches more than 10%, but still changes the quality of sensation to an extremely slippery and lubricative sensation. A contributory factor to this sensation is probably an increase of the mucolytic activity. Mucolysis may in some cases be excessive. This results in a loss of continuity of mucus, the vaginal outflow becomes watery and loss of slipperiness and lubrication occurs.²

References:

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