

## Female Inconvenience: Menstrual Hygiene Shame And Socialism

Mohini S. Surwase\*, Taslim I. Shaikh, Mrs.Kapse V.N.

Department of Pharmaceuticals, Shivlingeshwar College of Pharmacy, Almala, Latur  
Maharashtra, India

\*corresponding Author :Mohini S. Surwase

Submitted: 01-05-2022

Accepted: 09-05-2022

### ABSTRACT

Menstruation and menstrual practices still face many social, culture, and religious restrictions which are a big barrier in the path of menstrual hygiene management. In many part of country especially in rural areas woman are not prepared and aware about menstruation so they face many difficulties and challenges at home, school and work place. While reviewing literature, we found that little, inaccurate or incomplete knowledge

### I. INTRODUCTION

MENSTRUATION or periodis normal vaginal bleeding that occurs as part of a woman's monthly cycle. Every month, your body prepares for pregnancy. If no pregnancy occurs, the uterus, or womb, shed its lining. The menstrual blood is slightly blood and slightly tissue from inside the uterus. It passes out of the body through the vagina. Periods usually start in the middle of age 11 and14 and continue until Menopause about age 51. They normally last from three to five days. As shown in figure1. [18]

Menarche: The onset of adolescence, when the girl has her first period is known as menarche. During this period, most of girls observe bleeding for the first time from the vagina. This bleeding becomes a periodic occurrence in a girl's life with the cycle of bleeding observed in a gap of 24-40 day. [2]

### Why does menstruation occur?

Girls have thousand of eggs in their ovaries when they are born. Every month, or about once in 21-40 days, one of the eggs leaves one of the ovaries, and passes through a fallopian tube. When the egg leaves the ovary, this is called ovulation. As the egg passes in the fallopian tube, a smooth lining gets formed within the uterus. This lining is mostly made of small blood vessels. In case an egg and sperm meet to form an embryo, or a baby, that begins to grow in the uterus and the lining will provide the nutrition If the eggs is not joined by a

about Menstruation like are a tension in the public language of socialist system, how woman perceive Menstruation and the messages conveyed though these advertisement. The choices made by woman in relation to their views of these product assist been evaluating the liberate potential they are imagined to have, as well as the shame still widely associated with menstruation itself.

**Keywords:** Menstrual hygiene product, socialism, menstrual hygiene management.

sperm, the lining of the uterus begins to break. The blood that is released from the broken lining, discharge of the vagina this bleeding is the menstrual period. This whole cycle is calledmenstruation.

A menstrual cycle lasts from the first day of one period to the first day of the next. The typical cycle of an adult female is 28 days. Although some are as small as 22 days and as long as 45 days periods usually last about 3-7 days, which can vary too. During a period, woman passes about 2-4 tablespoons (30-59 ml ) of menstrual blood. [2]

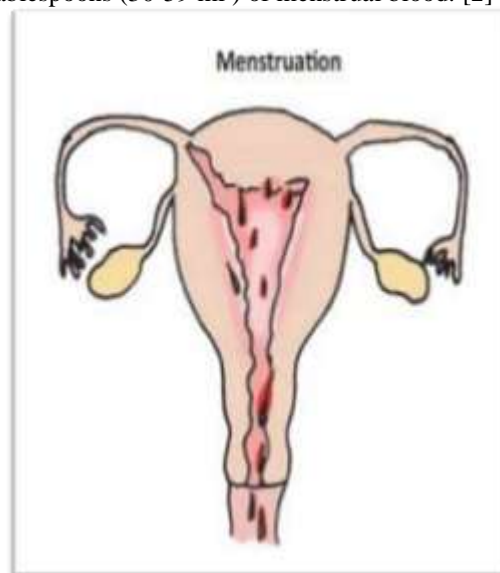


figure1 :Menstruation

- The period is considered the starting of the menstrual cycle. A period normally lasts for around five day, but can be as small as 2 days or as long as 7. There is usually around 2-6 tablespoons of blood lost during one by one period, depending on the thickness of the flow. A period occurs its lining if an egg (ovum) is not fertilized. As shown in fig. 2.
- One of ovaries releases an egg and the uterus begins to enhancing its lining. Only one egg is released in each cycle. The egg slowly travels down the fallopian tube from the ovaries towards the uterus. If the egg its fertilised by a sperm before its inters the uterus, the girl become pregnant.as shown in fig. 3.
- If the egg is not fertilised, the uterus wall continously to thicken untill there there is a sudden drop in hormon levels.the lining breaks down, and the next period begins. As shown fig. 4.



figure- 2

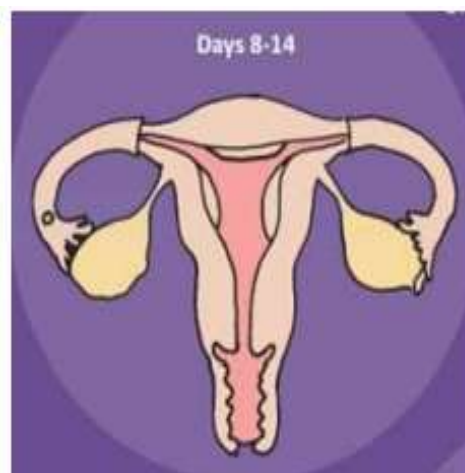


figure- 3



Figure – 4

### 1. what is menstrual hygiene?

The who joint monitoring Program (JMP) hygiene working group defines menstrual hygiene as: women and pubescence girls are using a good menstrual management material to absorb or gather menstrual blood, that can be changed in privacy generally necessary for the duration of a menstrual period, using Soap and water for cleaning the body as required, and having access to safe and suitable facilities to dispose of used menstrual management materials. They understand the basic fact linked to the menstrual cycle and how to manage it with grace and without discomfort or fear.

This definition encircle the knowledge, facilities, services and behavior required for good menstrual hygiene to be practiced at a personal level (safe use and disposal of menstrual materials,

changing and washing ) and public level (end disposal of menstrual material).

To manage menstruation hygienically, it is essential that woman and girls have access to safe water and sanitation. They need somewhere private to change sanitary pad, clean water and soap for washing their hands and used cloths, and facilities for safely disposing of used materials or a place to dry them if recyclable. They also need information, advice and support. [5]

## 2. What challenges faced by women and girl?

Woman and girls are often excluded from analyzing and management in development and emergency relief programs. At the household level, they have less control over whether they have access to a private toilet or money to spend on sanitary materials. Most people, men in particular, find menstrual hygiene a difficult subject to talk about, so these needs are not discussed. As a result, water, sanitation and hygiene (wash) intervention often fail to address the needs of women and girls. Many schools do not support adolescent girls or female teachers in managing menstrual hygiene with dignity. Deficient water and sanitation facilities at school make it very hard to change materials and keep clean, and poor sanitary protection material can result in bloodstained clothes, causing stress and awkwardness. Girls have also reported being make jock about by other students. Teachers (and male member of staff in particular) can be unaware of girls need in some cases refusing to let them visit the toilet during class. As a result, girls have been reported to absence school during their menstrual periods, or even drop out completely.

There is also a need for both men and women to have a prominent awareness of menstrual hygiene. Currently, cultural practices and taboos around menstruation have a negative impact on the lives of women and girls, and strengthen gender inequities and exclusion. Myths and social norms make their daily lives difficult and limit their daily lives difficult and limit their freedom and participation in society. For example, in some cultures, women and girls are inform that during their menstrual cycle they should not bathe (or they will become infertile), touch a cow (or it will become infertile), look in mirror (or it will lose its brightness), or touch a plant (orit will die). [15]

## 3. Why menstrual hygiene is important

Onset of menstruation is one of the vital changes happening in all females during their

period of puberty [1]. Menarche is not just a physiological process but it is a psychological, social, and action transition from adolescence to womanhood [3]. Menstrual hygiene means necessities and demand such as the use of sanitary pads or clean and smooth absorbents, and other special healthcare needs of women during monthly menstrual cycle [4, 5]. Though menstruation is normal physiological process, it is still surrounded with social taboos, miraculous beliefs, misconception, and carelessness, which is very challenging for girls in developing countries [6, 7]. Due to these social, stigmatic, cultural, and religious restrictions, menstrual practices are regarded as big control for menstrual hygiene management [8]. Several studies have reported that infections may occur due to loss of hygiene during menstruation [1, 10]. If menstrual period is not properly handled and safe hygiene is not practiced, this may lead to poor quality of life resulting from distress, reproductive tract infection, genitourinary tract infection, smelling, guiltiness, cervical cancer, poor academic performance, and school dropout [6, 11, 12] poor menstrual practice is also connected with many other complications such as premature births, stillbirths, miscarriages, infertility problems, and carcinoma of cervix [9]. Menstruation is regarded as a taboo even by the teacher; therefore, they do not offer information and management of period. In developing countries, adolescent girls face various menstrual hygiene management challenges, specifically at school.

## Data collection

Aviator study was done to know the usefulness of study and any requirement to modify the questioner. The participants were explained regarding the purpose of the study. Verbal informed consent was interviewed by house to house survey with the help of pre-designed, structured and open-ended questionnaire included topic related to female inconvenience, menstrual hygiene and barred activities practiced during menstruation the study changing include general information, questions regarding the knowledge and practice of menstrual hygiene.

This study display that the age of menstruating girls ranged from 14 to 17 years, maximum (76.25%) number of girls being in between 14 and 15 years of age group. In the midst of 210 respondents in the instant study, 174 (82.9%) were Hindus, although only four (1.9%) girls were Muslim and other were 32 (15.2) 128 (61.0%) girls belong to extended family, 75

(35.7%) to joint and only 7 (3.3%) to three generation family. Overall 51.5% adolescent girls were using sanitary napkins as menstrual absorbent, while 45.6% were using used cloths. 87.6% of the girls were aware used cloths. 87.6% of the girls were aware about menstruation prior to the attainment of menarche. Mothers were the first informants in about 56.5% girls. Regarding practices, for cleaning of used cloth 88.9% girls used both soap and water. Regarding regulation practiced, 97.6% girls practiced different restrictions during menstruation[16].

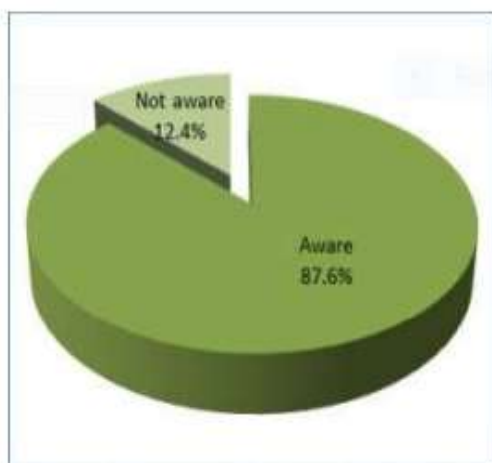


Fig.5: graph showing knowledge regarding menstruation before attaining menarche

#### Menstrual hygiene materials [15]

##### 1. Reusable and washable cloth pads

They may be continuous sanitary option but must be hygienically washed and dried in the sunlight. The sun's heat is a natural detergent and drying the cloth/cloth pads under it sterilizes them for future use. These cloth pads are reusable so they are cost effective, easily available, and Eco friendly they also need to be placed in a clean dry place for reuse to be placed in a clean dry place for reuse to avoid contamination.



##### 2. Commercial sanitary pads

They are easily available at many stores, chemist shops, or online. They are expensive, matched to cloth pads, non-reusable and not very environments friendly the cotton used in their making is not 100% natural and may contain pesticide.



##### 3. Tampons

They are the type of absorbent that provides domestic protection. They are part of smooth material (cotton) which is placed in to the vagina to absorb the menstrual flow before it go from the body. They are expensive, not easily degradable in nature and, hence, not very environmental friendly. Nowadays, sea sponge tampons are available in the Market which Are a natural alternative to artificial tampons.



##### 4. Reusable Tampons

These are washable tampons made up of natural materials like bamboo, wool, cotton, or hemp. They are also knitted or crocheted using the natural absorbent material like cotton or wool. They are placed in to the vagina to absorb menstrual flow same as the disposable tampons.



### 5. Menstrual cup

They may be a new technology for poor women and girls and an alternative to sanitary pads and tampons. They are like cups made of medical grade silicone Rubber which Build the cup easy to collect menstrual blood. They can be worn up to 6-12 hours depending upon the amount of menstrual flow, so it need to be removed and empty less frequently. They are reusable and environment-friendly. It offers sustainable, practical, and cost-effective alternative where sanitation condition are not good.



### 6. Bamboo fiber pads

Alternatively of wood pulp, bamboo pulp is used as an absorbing material in these sanitary pads. It has more absorbing capacity and is safer to use. They are affordable, easily decomposed, and environment-friendly pads which also possess antibacterial properties. This provides infection and irritation-free menstruation. also, bamboo charcoal pads are available in the market with advantage that blood stain are not clearly looking and are also reusable in nature.



### 7. Banana fiber pads

Nowadays, low- cost sanitary pads for rural women made from waste banana tree fiber were sold under trade name “SATHI” in India. They are environment-friendly and degradable within six months after use beside these Product, women in the remote poor areas also use natural materials like cow dung, leaves and mud.



### 8. Water hyacinth pads

Menstrual pads manufactured using water hyacinth is sold under trade name “JANI” they are cost-effective, easily decompose, and eco friendly in nature.



### What is menstrual waste?

Menstrual waste comprises of menstrual absorbents soiled with blood and tissue fragments. Menstrual hygiene products include cloth, sanitary napkins and other materials used to absorb collect/menstrual blood.

Solid waste management rules (2016) consider menstrual waste as sanitary waste under solid waste rules specify responding of user, GPS and manufactures. [22]



### II. RESULTS OF MENSTRUAL WASTE DISPOSAL

As sanitation systems were designed with urine and feces in mind, they are unable to cope with the menstrual absorption materials. These absorption materials clog the sewer pipelines as they are impotent to pass through and cause the system backflow [23]. Materials like tampons, cotton wool, toilet paper, and other organic materials used for menstrual management capability decomposed in latrines/landfill except the plastic inlay of the commercial sanitary pads. Sanitary napkins might decompose over a period of about one year except its plastic in on-site sanitation. [24]

In rural areas, pit latrines once full they were covered with soil and new pit was dug but due to space limitations this was not practiced in urban areas [25]. It was reported that some women and girls wrap their used menstrual cloths and packs in polythene bags before disposing in pit latrines which prevents them from decomposition. Nowadays, mostly women/girls prefer commercial sanitary pads and tampons which like polyacrylate. These pads and tampons when flushed in the toilets they get saturated with liquid and swell up, thus resulting in sewage backflow, a serious health hazard. The adhesive wings and the perforated

plastic layers in the commercial sanitary napkins are not easily biodegradable.

The sewage blockages were mostly due to accumulation of excessive quantity of solid waste or sand which results in hardening of the sludge in the pits. Blockage of sewage system is a global problem and major contributing factor is flushing of menstrual product in toilet.

### III. CONCLUSION

Despite the fact knowledge was better than practice both were not satisfactory, so, the girls should be educated about the process and significance of menstruation, use of proper pads or absorbents and its proper disposal. This can be achieved by giving them proper training and health education (by teacher, and media) so that there won't to be any misconception to the women regarding menstrual hygiene.

### REFERENCES

- [1]. A. B. MUDEY, N. KESHARWANI, G.A. MUDEY, and R.C.GOYAL, "A cross-sectional study on awareness regarding safe and hygienic practices amongst school going adolescent girls in rural area of WARDHAD District, India," Global journal of health science, vol.2,no.2,p.225,2010.
- [2]. Menstrual hygiene reading material for ASHA. ([https://www.nhm.gov.in/images/pdf/programmes/mhs/training\\_material/pdf\\_English/pdf\\_english/reading\\_material.pdf\(4-5\)](https://www.nhm.gov.in/images/pdf/programmes/mhs/training_material/pdf_English/pdf_english/reading_material.pdf(4-5)))
- [3]. D.J. PRAJAPATI, J.P Shah, and G. KEDIA, "menstrual hygiene: knowledge and practice among adolescent girls of rural KHEDA district", Indian Journal of community Medicine, vol. 13, no. 10, p.50, 2015.
- [4]. T. N. DESHPANDE, S. S. PATIL, S. B. GHARAI, S. PATIL, and P. DURGAWALA, "Menstrual hygiene among adolescent girls-A study from urban slum area," Journal of family Medicine and primary Care, vol. 7, no. 6, p. 1439,2018
- [5]. A. SINGH, "place of menstruation in the reproductive lives of women of rural North India," Indian Journal of community Medicine, vol. 31, no. 1, p. 10,2006
- [6]. Z. BELAYNESH and B. MEKURIAW, "knowledge and menstrual hygiene practice among adolescent schoolgirls in southern Ethiopia: a cross-sectional study," BMC PUBLIC HEALTH, vol. 19, no. 1, p. 1595, 2019.

- [7]. T. K. TEGEGNE and M. M. SISAY, "Menstrual hygiene management and school absenteeism among female adolescent student in Northeast Ethiopia," BMC Public Health, vol. no. 1, p. 1118, 2014
- [8]. R. KAUR, K. KAUR, and R. KAUR, "Menstrual hygiene, management, and waste disposal: practices and challenges faced by girls/women of developing countries," Journal of Environmental and public Health, vol. 2018,
- [9]. G. V. BHATHIJA D. D. BANT, and S. R. ITAGIMATH, "study on usage of women hygiene kit among menstruating age group in Fiend practice area of KIMS, HUBLI," International Journal of Biomedical Research, vol. 4, no. 2, pp. 94-98, 2013.
- [10]. J. C. BHATIA and J. Cleland, "Self-reported symptoms of gynecological morbidity and their treatment in south India, studies in family Planning, vol. 26, no. pp. 203-216, 1995
- [11]. A. DASGUPTA and M. SARKAR, "Menstrual hygiene: how hygiene is the adolescent girl?" Indian Journal of community Medicine, vol. 33, no. 2, p. 77, 2008.
- [12]. A.KHANNA, R. S. GOYAL and R. BHAWSAR, "Menstrual practice and reproductive problem," Journal of Health Management, vol. 7, no. 1, pp. 91-107, 2005
- [13]. Guidance on menstrual health and hygiene: March 2019 first edition. www.unicef.org/wash
- [14]. RAJANBIR KAUR,<sup>1</sup> KANWALJIT KAUR,<sup>2</sup> and RAJINDER KAUR, Menstrual hygiene, management, and Waste disposal: practices and challenges faced by Girls/women of Developing countries, volume 2018 [ Article ID 1730964/https://doi.org/10.1155/2018/1730964
- [15]. Menstrual hygiene matters training guide for practitioner, the department for International development. (DFID) (51-53) www.wateraid.org/mhm
- [16]. BC SOWMYA, S. MANJUNATHA, J KUMAR Journal of Evolution of medical and dental science 3(38):7955-7961 DOL: 10.14260/JEMDS/2014/2996
- [17]. Menstruation – Wikipedia
- [18]. Menstruation – medlinepluse.gov
- [19]. Hindavi.com
- [20]. A systematic review of the health and social effect of menstrual hygiene management. Colin SUMPTER, Belen jorondel.
- [21]. Menstrual Waste management. https://jalshkti-ddws.gov.in
- [22]. S. ARTHUR, H. CROW, and L. PEDEZERT, Understanding Blockage formation in sewer system A case-BY-Case Approach, Herriot-Watt University, Edinburgh, Scotland, 2008
- [23]. S. BHARADWAJ and A. PATKAR, Menstrual Hygiene and Management in Development Countries: Taking Stock, 2004.
- [24]. J. N. BHAGWAN, D STILL, C. BUCKLEY, and K. F OXON, "Challenges with up-scaling dry sanitation technologies," Water science and technology, vol. 58, pp. 21-27, 2008.