

Menstrual cycle: phase and mental health -Myth in society

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ABSTRACT:

Menstruation is a natural physiological process experienced in women can have significant implications for mental health and overall well-being. This paper represents the relationship between menstruation, pain, mental health, problems, superficially industrial and organization psychology. Drawing on research from the fields of psychology, medicine, and workplace studies, this paper examines the impact of menstruation on work performance and proposes practical strategies for organization to support women during this time. The resource conservation theory is used as a framework to understand how menstrual symptoms can deplete cognitive resources and affect job performance. By raising awareness of the challenges faced by menstruating women in the workplace, organization can create a more supportive environment for all employees.

I. INTRODUCTION :

Menstruation is a natural biological process that all women experience each month. While menstruation is a normal process in women reproductive health, it can be also by range of physical and psychological symptoms that can be impact of menstruation in women. We all explore the affect of menstruation on mental health, irregularities in pregnancy, menstruation cycle, complications in future, myth related in India etc. menstruation related all issues in work force, and the role of organization in supporting women during this time.

Key words:-Menstrual cycle, Menstrual mental health, Menstrual phase, Social life, Menstrual irregularities, irregularities in pregnancy, complications.

What is Menstruation?

Menstruation cycle is defined as cyclic events that take in arhythmic fashion during the reproductive period of a woman's life.

Concept of menstruation cycle:

Menstruation cycle starts at the age of 12 to 15 years, which marks onset of puberty.

- The menstrual cycle is called menarche.
- The menstrual cycle is a series of natural changes in hormone production and structure of uterus and ovaries of female reproductive system make pregnancy possible. It starts from onset of menarche (average 13 menopause)

The cycle of menstruation till the next one is known as menstrual cycle. It is a natural process that brings changes in female reproductive system, which is responsible for pregnancy.

• Two significant events occur within female reproductive organs:

- 1) First is release of single ovum from one of the ovaries.
- 2) Second is uterine endometrium is prepared for the implantation of fertilized ovum.
- 3) If the ovum is not fertilized the lining is released which results in menstruation.

• Phase of menstrual cycle:

- 1) Menstrual phase (4 days)
- 2) Proliferative phase (5th to 28th days)
- 3) Secretory phase (15th to 28th days)

1) Menstruation phase:

During period from the time vaginal bleeding starts to the end of blood from the previous cycle from inside the uterus is through the cervix and vagina. The uterine lining, called endometrium, is thinnest during this phase. A typical period may last up to 8 days, but on average lasts about 5 to 6.

Hormone: Level of estrogen and progesterone are typically at their lower. This causes the top layers of the lining to be released and leave the body.

2) Proliferative phase:

From the end of the period until ovulation. Proliferative means growing quickly. The uterus builds up thick inner while the ovaries prepare eggs for release (oocyte). The uterus thickness so a potential fertilized egg can implant and grow.

Hormone: Estrogen typically rises during this phase. This signal the uterine lining to grow.

3) Secretory phase:

From ovulation until the start of the next period .

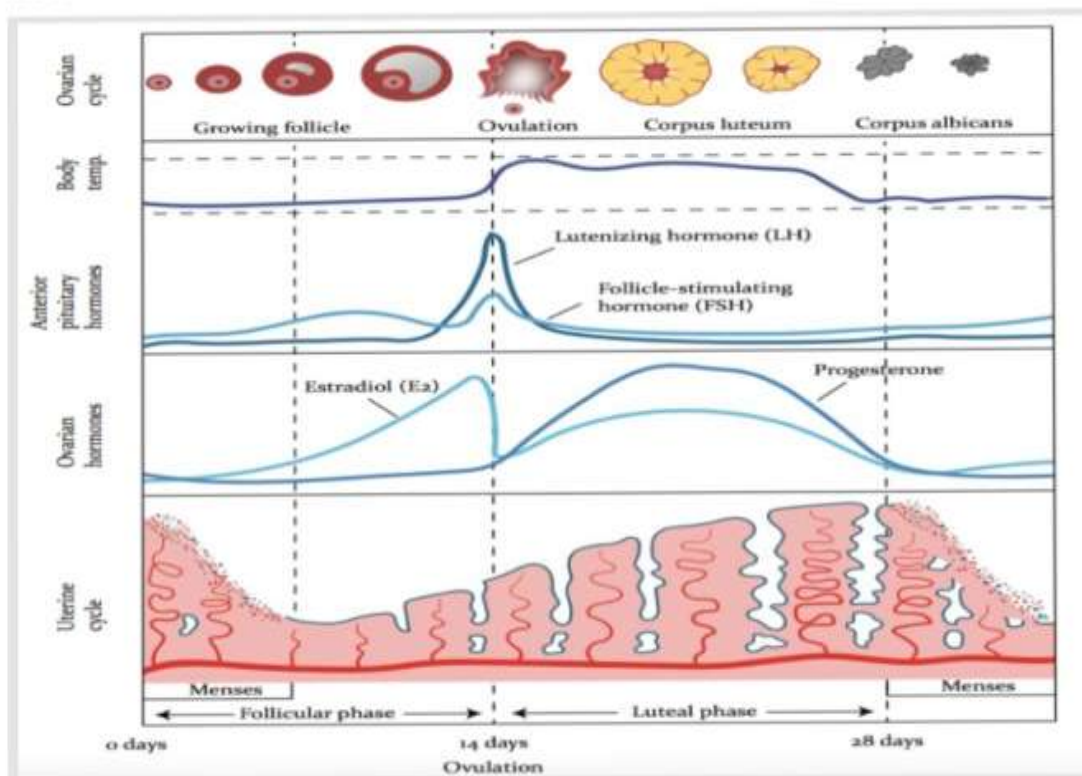
The endometrium is prepared to support a pregnancy or to break down for menstruar. The cells of the lining make and released many types of chemical.

Hormone:

Progesterone rises. This causes the uterine lining to stop thickening and prepare for a fertilized egg. Prostaglandins, "PGF2a" & "PGE2", cause the uterine muscles to cramp. These hormones rise after ovulation and highest during a period. Cramping help to start the period. Blood vessel shrink and the uterine lining break down.

The uterine cells produce less of these chemicals if pregnancy happens.

Menstruation health-



Menstrual health is a state of complete physical, mental, and social well being and not absent of disease, in relation to menstrual cycle in girls, all women experience a menstrual cycle. The focus on women experience Menstruation different shapes by their live experience, need and circumstances. gender identity, age, disability, place of residence, housing instability, condition, migration, insecurity and displacement, religion, caste, culture and many other factors influence menstrual experience and must be considered to meet menstrual health needs. This does not mean who do not experience a menstrual cycle are not affected culture, social and economic aspects of menstruation or that they

should not play essential role in achieving this state for others. On achieving a complete state of menstrual health required education about the menstrual cycle for everyone, including girls and women health care provides, the dismantling of harmful stigma and amongst society at large.

Myth related to Menstruation in India:

In India even mentioned of the topic has been a taboo in the past and even to this date the culture and social influence to be hurdles for advancement of knowledge on the subject. Culturally in many parts of India, Menstruation is considered. To be

dirty and impure. The origin of this myth dates back to Vedic time and is often linked to the slaying of Vritras. For it has been declared in the Vedas that guilty, killing a Brahmana -murder, appear every month menstruation flow as women has taken upon a part of Indra's guilt further, in the Hindu faith, women are prohibited from participating in normal life while menstruating. She must be "purified" before she is allowed that the actual cause of Menstruation is ovulation followed by missed chance of pregnancy that results in bleeding from the endometrial vessels and is followed by preparation of the next cycle. Therefore, there seems no reason for this notion to persist that menstruating women are "Impure".

Many girls and women are restrictions in daily life simply because they are menstruating. Not entered in "Pooja" room is the biggest restriction among all women and girls. Where not entered in kitchen is main restriction for women's during period. Menstruating women and girls also restricted from prayers and touching the holy book. The basis for myth is also the culture of impurity associated with menstruation. It is believed that menstruating women are unhygienic and unclean and the food they prepare or handle can get contaminated. According to study by Kumar and Srivastava in 2011, participating women also reported that during menstruation the body emits some specific smell or ray, which turns preserved food bad. And therefore, they are not allowed to touch sour foods like pickle. However, as long as general hygiene measures are taken into account, no scientific test has shown Menstruation as the reason for spoilage of any food making.

Irregularities in menstrual cycle:

When the women's menstrual cycle is short, longer or more changeable than the average.

A various factors can cause irregular periods include:-

- Stress or anxiety
- Changes in birth control method

- Hormone imbalance
- Eating disorder
- Bleeding disorder
- Infection in uterus medication
- Women who is concerned about irregular about period should contact a doctor

Irregularities in pregnancy:

In our analysis of 1.6 million much more recorded Menstrual cycle, cycle irregularities was more common all young women, Hispanic women & common health conditions,

Such as-1) **Diabetes**

2) **polycystic ovary syndrome**

The earliest symptoms of pregnancy is missed period. & Irregular menstrual cycle – are occur frequently – delay pregnancy detection past point of fetal cardiac activity.

Avoid During your periods:

- 1) Avoid over physical activities
- 2) Avoid spicy food
- 3) Avoid sugar, Alcohol
- 4) Smoking
- 5) Caffeine
- 6) Avoid non-veg

Treatment for irregularities Period:

- **Ginger**
- **Yoga**
- **Vitamin**
- **Workout**
- **Proper sleep**

Period Symptoms:

- 1) Headache
- 2) Poor sleep
- 3) Period fatigue
- 4) Lower back pain
- 5) Abdominal bloating and water retention
- 6) Breast pain
- 7) Tender breast
- 8) Gastrointestinal issue

- 9) Mood swings
- 10) Migration
- 11) Weakness
- 12) Cramp
- 13) Nausea

10 common period symptoms



PCOS(Polycystic ovary syndrome):-

PCOS is a problem with hormones that happens during the reproductive years. If you have PCOS, you may not have periods often. You may have periods last days. You may also have too much hormone known as androgen in your body. With PCOS, many small fluid-filled cysts contain immature eggs. These are called as follicles. The follicles fail to release eggs.

The diagnosis and treatment with weight loss may lower the risk of long-term complications such as type 2 diabetes and heart disease.

Symptoms:

Symptoms of PCOS start 1st period of menstruation of time. Sometime symptoms developed after you have period for a while.

A diagnosis of PCOS is made if you have at least two:-

Irregular periods: Having few menstrual periods or having periods that aren't regular are common signs of PCOS. So is having periods that last for many days or longer than is typical for a period. For example, you might have fewer than nine periods a year. And those periods may occur more than 35 days apart. You may have trouble getting pregnant.

Too much androgen: High levels of the hormone androgen may result in excess facial and body hair. This is called hirsutism. Sometimes, severe acne and male-pattern baldness can happen, too.

Polycystic ovaries: Your ovaries might be bigger. Many follicles containing immature eggs may develop around the edge of the ovary. The ovaries might not work the way they should. PCOS signs and symptoms are typically more severe in people with obesity.

Causes:-

The exact cause of PCOS isn't known. Factors that might play a role include: Insulin resistance:- Insulin is a hormone that the pancreas makes. It allows cells to use sugar, your body's primary energy supply. If cells become resistant to the action of insulin, then blood sugar levels can go up. This can cause your body to make more insulin to try to bring down the blood sugar level.

Too much insulin might cause your body to make too much of the male hormone androgen. You could have trouble with ovulation, the process where eggs are released from the ovary. Insulin resistance is dark, patches of skin in lower part of neck, groin or under the breast. A bigger weight gain may be other sign.

Low – grade inflammation:- White blood cells made substance is response to infection or injury. This response is called as low grade inflammation. The research show PCOS is a type of long term, low grade inflammation that PCOS is produced androgen. This can lead to blood vessels and heart problems.

Heredity:- Research suggest that certain genes might to be linked to PCOS. PCOS is play imp role in development the condition.

Excess androgen:- PCOS ovaries produce a high level of androgen, which have more androgen interfere with ovulation. That means egg is not developed regular time released from the follicles they are developed. Excess androgen also results in hirsutism and acne.

Complications:

Complications of PCOS are following:-

- Infertility
- Gestational diabetes or pregnancy -high blood pressure
- Miscarriage or premature birth
- Non-alcoholic steatohepatitis- a severe liver inflammation caused by fat build up in the liver.
- Sleep apnea
- Type 2 diabetes or pre-diabetes
- Depression
- Anxiety
- Eating disorder
- Cancer of the uterine lining
- Metabolic syndrome – In condition high blood pressure, high blood sugar, unhealthy cholesterol and increase your heart and blood vessels (cardiovascular) disease.
- Obesity occur with PCOS and worse complications of the disorder.

II. CONCLUSION:

Conclusion, the relationship between irregular menstruation and mental health is complex and multifaceted. Hormonal fluctuations, stress, and psychological factors can all contribute to menstrual irregularities, while irregular periods can, in turn, impact mental well-being, leading to conditions such as anxiety and depression. It is essential to approach this issue with a holistic perspective, addressing both physical and mental health aspects. By recognizing the interplay between menstruation and mental health, individuals and healthcare providers can work towards comprehensive treatment plans that promote overall well-being and quality of life.

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