

**DEMISTIFYING MENSTRUAL TABOOS AND IMPROVISATION OF MENSTRUAL HYGIENE MANAGEMENT IN RURAL KARNATAKA**

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**Abstract—** Menstruation (a period) is a major stage of puberty in girls. It's one of the many physical signs that a girl is turning into a woman. Regarding period the bay amongst rural and urban ladies expands significantly. While growing up we have perceived how monthly cycle was not a subject that was talked about openly by our instructors and moms, yet it was a discussion every female had. With TV, the web and more mindfulness and training discussions around period have turned out to be less hindered. Be that as it may, with regards to provincial regions is seen as an entire differentiation. With the absence of assets, instruction and mindfulness about individual cleanliness, overlooked data about cleanliness items the ladies don't have any discussion around feminine cycle.

This literature review analyzes the current challenges related to menstruation hygiene management (MHM) among schoolgirls in Sarjapura (A Village in Karnataka). Research shows that many adolescent schoolgirls miss days of school and/or do not concentrate as well during their menses. Numerous students need enough ladylike cleanliness items, sanitation offices, and menstrual cleanliness training. Misguided judgments with respect to feminine cycle are far reaching, and there is a general culture of quiet encompassing this subject. The current quantitative and subjective information identified with MHM is rare with moderately little information tests. The present activities to convey and deliver cleanliness items, extend sanitation offices, and give MHM instruction should be extended to enhance young ladies' vocations and capacity to deal with their menses.

**Keywords— MHM, Menstrual hygiene, Menstrual cup**

**BACKGROUND**

Focus is to enable the menstrual hygiene to reach the rural areas of Karnataka and India through the usage of eco-friendly and cost-effective menstrual cup and to cater feminine hygiene for large bandwidth of females who hit puberty.

**INTRODUCTION**

Feminine cycle is a physiological marvel. Be that as it may, it has been connected to numerous religious conventions and taboos in creating nations like India. Social, religious and customary convictions can prompt diverse confinements that ladies look amid their menstrual period. The taboos related with period are not simply of chronicled intrigue. It is yet regular for bleeding ladies to stay disengaged at home amid the menstrual period. Some of them don't wash their bodies, shower or bathe. In a few networks, they are not permitted to utilize water sources amid monthly cycle as thought about unclean. Menstrual administration is yet a wellspring of social humiliation, with so much double speaks as time, period, or on the cloth still in like manner utilize. Indeed, even sponsors are yet hesitant to speak specifically about monthly cycle; they keep on discussing ladylike cleanliness and urge ladies to remain new.

In the creating scene, menstrual administration isn't just troublesome; it additionally may have genuine unfavorable effect on the lives of ladies. Notwithstanding when taboos are not a noteworthy issue, helpful or modest menstrual accumulation materials may essentially not be accessible. Endeavors to deliver modest materials are exclusively deficient.

Ladies utilize materials, retentive cushions or tampons to oversee menstrual stream. Washing the garments or arranging the cushions cleanly is a test for most of the females. In numerous societies, ladies fall back on the utilization of clothes, which must be reused, yet washing them might be constrained by absence of water or the security expected to wash and reuse cushions, bringing about constrained utilization of soggy or even wet defiled clothes.

## **METHOD**

A study was carried in a village named Sarjapura, along with BMSCE and Government Hospital, Sarjapura, Anekal Taluk, Karnataka, India. Total 468 participants aged between ages of 20 to 50 years with regular menstrual cycle were enrolled in the study. Participants were provided menstrual cups to be used for three consecutive menstrual cycles. They were given detailed explanation/information about its usage. Feedback was obtained after every cycle for three cycles using a structured questionnaire.

## **SURVEY**

A study conducted in December 2018 by BMSCE and Government Hospital Sarjapura:

Each Woman Health Right gives inside and out examination of the common unhygienic practices in India. The survey shrouded 468 Girls & Ladies in the menstrual age and 88 gynecologists who considered them. The review result say that 08% ladies utilize clean napkins and rest 92% ladies utilize locally situated stunning alternatives. Such unhygienic practice can bring about gaining disease of lower genital tract. Moreover, in India less presentation is given towards this subject and is generally ignored. Monthly cycle can be a hindrance to instruction for some young ladies, as an absence of powerful clean items confines young ladies' association in instructive and social activities. Often, they don't go to class because of dread of spilling, humiliation, torment or insufficient sanitation offices that don't enable them to wash or change in protection.

Menstrual Cup is a gadget for menstrual stream administration and is asserted to be a wellbeing and condition benevolent other option to the traditional menstrual sterile securities. Vaginal gadgets have a long and charming history. In the United States, the primary gadget was licensed in 1867. Early vaginal mugs utilized particularly for menstrual gathering have never accomplished across the board utilize, even though they have been accessible in created nations for a long time.

Reusable menstrual items (including menstrual cups) are more practical than expendable ones. The menstrual cup has been investigated as a method for menstrual cleanliness administration in creating nations like India. It is made utilizing wellbeing grade non-dangerous non-unfavorably susceptible silicone. As it is made of silicone it is totally latent and smooth along these lines nearly invalidating the issues like contaminations, hypersensitivities, rashes, and abrasions. It is worn inside henceforth it disposes of foul scent and feeling of wetness. It can likewise be worn for extended periods on account of its ability and the capacity to adjust to the body totally. Menstrual cups can be disinfected/autoclaved before utilizing and along these lines is most sterile and safe menstrual clean insurance.

It is a reusable gadget which can last through the menstrual life-cycle of a lady if utilized deliberately. There are a couple of clinical examinations demonstrating the genuine advantages of menstrual cups and in this manner, there is a great deal to be demonstrated and affirmed. Thus, it leaves an extension for concentrate to assess the menstrual glass as an elective opposite customary menstrual sterile insurances regarding flexibility and adequacy for the client.

Any questions regarding the utilization of menstrual container were examined and explained by individual meeting with the ladies. On the off chance that they consented to partake in the investigation they were asked for to sign a composed assent shape.

To gather individual and monthly cycle related data a pre-planned poll was controlled through individual meeting with respondent. The members were given the menstrual cup to be utilized for three sequential menstrual cycles and answer to agents after finish of each menstrual cycle. At each visit, member was met for the observations and involvement with the assistance of the poll. Survey incorporated the inquiries regarding strategy for wearing, evacuating, feel and purging of the menstrual cup.

The poll was filled by the respondents after each cycle (add up to 3). At each visit, any issues identified with utilization of cup like trouble in addition and evacuation, spillage or some other uneasiness were noted and corrected. Convincing inquiries were inquired as to whether the menstrual glass could be utilized as a powerful contrasting option to different strategies and whether it has any focal points over them. Information was investigated utilizing MS excel 2016.

### Experimental Results

At the beginning of the study, 468 participants were enrolled in the study. The Characteristics considered for the survey is shown in each Table's

TABLE I.

<b>Characteristic</b>	<b>Group</b>	<b>Number of females (%)</b>
<b>Age (years)</b>	<b>20 to 29</b>	<b>215(45.9)</b>
	<b>30 to 39</b>	198(42.30)
	<b>40 to 50</b>	55(11.75)
<b>Menstrual history</b>	<b>Normal bleeding</b>	<b>431(92.09)</b>
	Heavy bleeding*	37 (07.90)
<b>Menstrual sanitary method</b>	<b>Clothes</b>	212(45.29)
	<b>Sanitary napkins</b>	245(52.35)
	<b>Tampons</b>	11(0.024)
<b>Income spent on buying the sanitary protection product in a year (average) in INR</b>	<b>&lt;500</b>	<b>323 (69.01)</b>
	500-1500	142 (30.34)
	>1500	03 (0.0625)
<b>Level of satisfaction with current method (Pads)</b>	<b>Satisfied</b>	<b>141 (30)</b>
	Dissatisfied	327(70)

\*BASED ON NUMBER OF SANITARY PROTECTION PRODUCTS CONSUMED PER DAY (>3)

**TABLE II.**

The Benefits of Menstrual cups vs Conventional Pads is shown in TABLE II

<b>Particulars</b>	<b>Disposable Pads</b>	<b>Menstrual Cups</b>
Absorption & Collection Mechanism	External	Internal
Activity Levels	Can-not swim, not fitness friendly	Can swim, run, do yoga, fitness friendly
Recommended Duration Before Change	4 hours	10-12 hours
Waste Generated	150 kg in a lifetime	Zero waste
Active Life Cycle	4 - 6 hours	7 - 10 years minimum
Monetary Cost Associated in a Lifetime	₹ 60,000 - ₹ 1,20,000	₹ 500 - ₹ 2,000
Reusable	No	Yes

**TABLE III.**

FEEDBACK WAS TAKEN FOR EACH CYCLE AND TABULATED AS SHOWN IN TABLE III. EACH CYCLE SIGNIFICANTLY SHOWS THE USAGE OF MENSTRUAL CUPS FOR BETTER HYGIENE.

**Participant Feedback for First Cycle.**

<b>Cycle 1</b>	<b>Easy</b>	<b>Not so easy</b>	<b>Difficult</b>
Wearing	375(80%)	80(17.09%)	13 (2.77%)
Removal	426(91%)	28(5.98%)	14 (2.99%)
Feel	Comfortable 375(80.1%)	Uncomfortable 93(19.87%)	
Leakage	Yes 47(10.04%)	No 421(89.95%)	
Cleaning	Easy 422(90.17%)	Difficult 46(9.82%)	
Rash	10(2.13%)	0	
Dryness	14(2.99%)	0	

**Participant feedback for second cycle**

<b>Cycle 2</b>			
	<b>Easy</b>	<b>Not so easy</b>	<b>Difficult</b>
Wearing	397(84.82%)	65(13.88%)	6 (1.28%)
Removal	435(92.9%)	26(5.5%)	7 (1.49%)
Feel	Comfortable 412(88.03%)	Uncomfortable 56(11.9%)	
Leakage	Yes 42(8.97%)	No 426(91.02%)	
Cleaning	Easy 431(92.09%)	Difficult 37(7.90%)	
Rash	6(1.28%)	0	
Dryness	4(0.85%)	0	

**Participant feedback for third cycle.**

<b>Cycle 3</b>			
	<b>Easy</b>	<b>Not so easy</b>	<b>Difficult</b>
Wearing	425(90.81%)	40(8.54%)	3 (0.06%)
Removal	445(95.08%)	21(4.48%)	2 (0.42%)
Feel	Comfortable 431(92.09%)	Uncomfortable 37(7.90%)	
Leakage	Yes 29(6.19%)	No 439(93.80%)	
Cleaning	Easy 445(95.08%)	Difficult 23(4.91%)	
Rash	0	0	
Dryness	0	0	

**DISCUSSION**

Over 80% of members discovered menstrual Cup insertion is simple with expanding solace in second and third cycle for the most part because of assistance of mate and experience. Removal was simple in 90% of members. Trouble in evacuation was because of meager periods, dryness of vagina and inconvenience by contact with menstrual liquid. The worries about untidy evacuation and badly arranged transfer may be limited by including a cheap plastic glove with the cup packaging. There was negligible issue of spillage. The individuals who experienced spillage evaluated it as proportionate to spillage with their earlier strategy. High solace levels were accounted to medicinal reviewed silicon rubber material. Most members did not discover any issue in cleaning the cup in all the three cycles as educating for cleaning with cleanser and water was a piece of advising. The individuals who discovered trouble were expected to non-accessibility of sanitation offices and protection. The issues of rashes, dryness, infection and hypersensitivity were insignificant and overseen properly. The menstrual cup was satisfactory to most clients in connection to comfort, usability, and adequacy in menstrual accumulation. Referred to favorable circumstances incorporate general comfort, versatility and simple stockpiling, expanded wear time, and more noteworthy flexibility of development.

When reusable, menstrual cups are easy to clean and, therefore, more hygienic than cloth pads, and they require less water for cleansing. Inner position of cups keeps away from the smell and distress of an external pad. Reusable menstrual cups have a monetary preferred standpoint. Overall, ladies favored the cup to their present strategy for menstrual administration.

Clearly, a noteworthy hindrance to menstrual cup acknowledgment is the prerequisite that the menstrual cups be controlled into and out of the vaginal vault, requiring contact with genital tissues and with menstrual liquid. Obviously, women who are uncomfortable, mostly with this aspect of menstrual cup use. This issue can be overwhelmed by legitimate directing of the clients with respect to its utilization. There is no gadget to gather the menstrual blood for a quantitative investigation of blood misfortune amid monthly cycle which again is a major hole in learning. Menstrual cups are additionally the most ideal approach to make a quantitative evaluation of the menstrual blood misfortune as it is a menstrual fluid collector unlike other menstrual sanitary protections like Pads/Tampons/Cloth which are absorbents.

### **CONCLUSION**

Disregarding the impediments of this examination, this investigation demonstrates that the menstrual mugs can supplant the present strategies for menstrual sanitation because of lower cost and enhanced cleanliness. Expanding mindfulness and simple accessibility of this item can help in expanding the utilization. Government organizations can take help of female wellbeing specialists to expand the mindfulness and help the utilization of this gadget and in this way enhancing the menstrual cleanliness at bring down cost which will be of critical significance in creating nations like India. It could be reasoned that menstrual mugs could be an eco-accommodating alternative in contrast with other utilized vaginal gadgets which have awesome transfer issues. Satisfactory sanitation offices and menstrual cleanliness items are only one a player in the answer for obstructing ladies' advance in numerous creating nations.

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