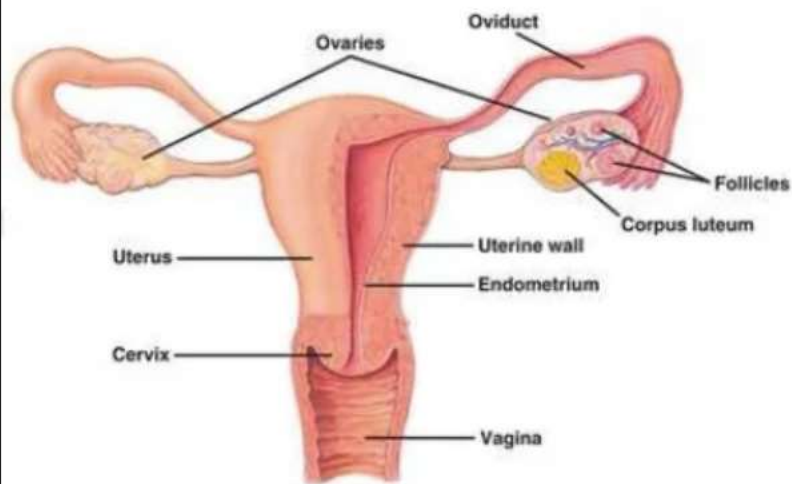


Menstrual Cycle & Hygiene Management



Adolescence

Key stages in life

- Infancy
- Childhood
- Adolescence
- Adulthood.

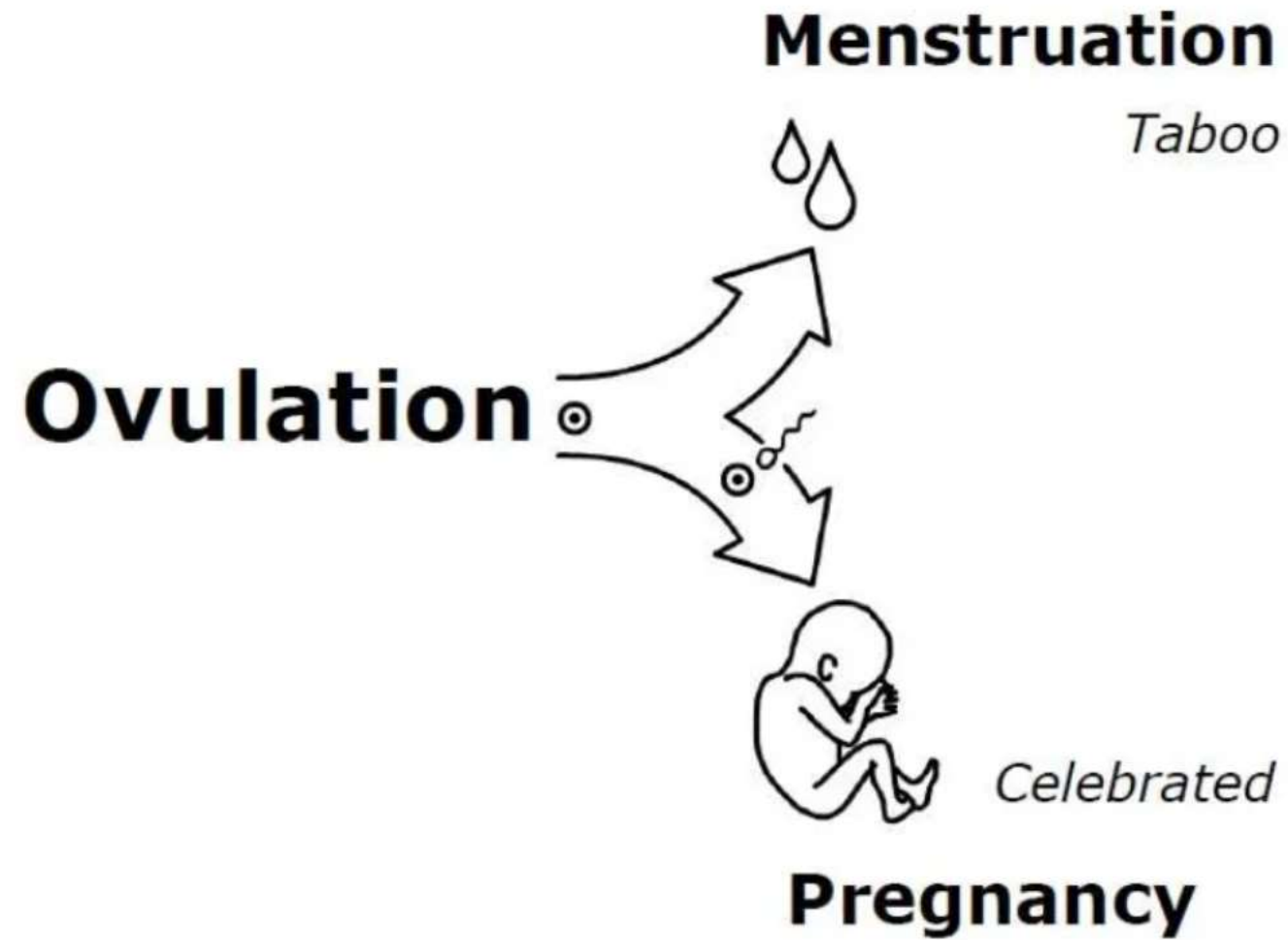


Period.....
Its a "taboo" topic???????
"Unclean or Embarrassing"





**It is a Natural process of
our body.**



menstrual phase

Cycle days (approximate)	Events of the menstrual cycle
Days 1-5 (menstrual phase)	<ul style="list-style-type: none">•The first day of menstrual bleeding is considered Day 1 of the cycle.•Bleeding is usually heaviest on the first 2 days.

Period symptoms

- Cramps
- Tender breasts
- Bloating
- Mood swings
- Irritability
- Headaches
- Tiredness
- Low back pain



Restrictions

on a **menstruating girl**



Religious views

Hinduism:

- considered ritually impure, impure and polluted .
- women are not allowed to “enter the kitchen and temples”, wear flowers, touch other males or females.”
- women have a separate room to stay in, separate plates and cutlery, and do not enter the kitchen or any sacred section of the house.
- women who are into activities such as singing, tailoring or art, do not touch their tools for these three days.
- On the third day, after the woman takes a ritual bath, she is considered cleansed and may resume her normal routine.

Christianity

- Most Christian denominations do not follow any specific rituals or rules related to menstruation.

Islam

- During menstrual periods, women are excused from performing prayers. They should not fast.

Menstrual Myths

- *Every woman's cycle is or should be 28 days long.*
- *Every woman will or should bleed every month.*
- *Every woman will or should ovulate every cycle.*
- *If a woman bleeds, she is not pregnant.*
- *A woman cannot ovulate or get pregnant while she is menstruating.*

Every woman is different.

Identifying common issues

- Every woman's menstrual cycle is different.
- Some women get their period at the same time each month.
- Others are more irregular.
- Some women bleed more heavily or for a longer number of days than others.

Signs of a problem with your menstrual cycle

- You've skipped periods, or your periods have stopped entirely.
- Your periods are irregular.
- You bleed for more than seven days.
- Your periods are less than 21 days or more than 35 days apart.
- You bleed between periods (heavier than spotting).

•

WHAT ARE THE OPTIONS?

Sanitary Napkin

OR

Cloth



WHAT ARE THE ADVANTAGES OF SANITARY NAPKIN?

- Sanitary napkin can be used and disposed in a much easier way as compared to cloth
- It has absorbent material layer, which provides a dry feeling
- Decreases chances of infections
- Helps in mobility and ease of daily routine work

HOW OFTEN TO CHANGE SANITARY NAPKIN

- Change atleast once a day
- Changing every six-eight hours is recommended
- During heavy menses, may need to change every 3-4 hours
- Do not keep till completely soaked

WHAT IF USING CLOTH?

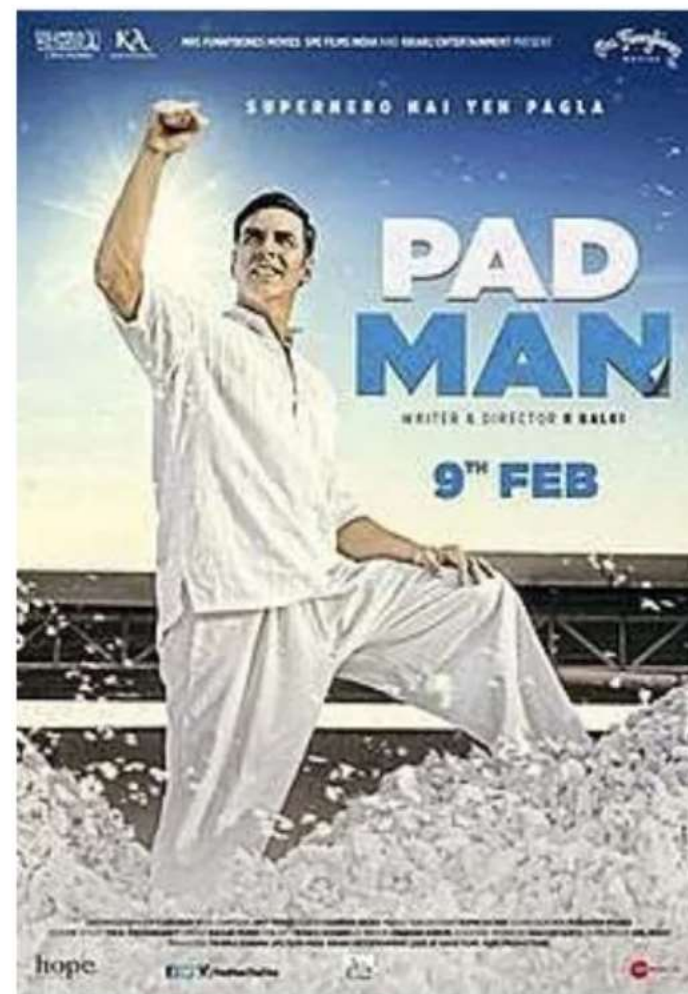
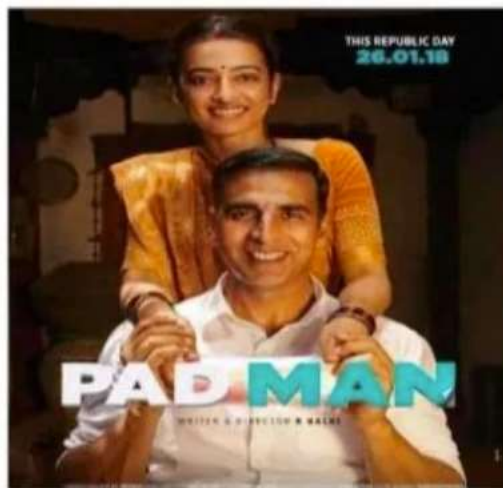
- Ensure that clean, soft, dry and absorbent cloth is used
- In case, it is being reused, it must be washed thoroughly and dried in private but sunny place.
- After drying, if possible it should be ironed
- store in a clean and dry place
- Do not share this cloth with anyone
- After multiple use, dispose off this cloth

WHY IS IT NECESSARY TO DISPOSE OFF SANITARY NAPKINS?

- If they are left in the open, they are a sore sight
- May lead to transmission of infections like Hepatitis B and hepatitis C
- Will attract flies and insects

HOW TO DISPOSE NAPKINS?

- Napkins should not be thrown into the toilets particularly the water closet.
- Keep old newspapers/waste paper ready to wrap the used napkin. Drop it in the bin.
- You can dispose the contents of the bin after your cycle bleed is over or daily.
- In case there is no disposal mechanism prevalent in your locality, see about disposing it within your backyard itself either by sanitary pit (burial) or incineration(burning).



India

In a 2014 study,

42% of women who participated in the study did not know about sanitary pads or from where in their anatomy menstruation originated.

"Most of them were scared or worried on first menstruation."

TAKE TIME FOR YOURSELF!

Educate
ALL
learners
about puberty

Connect
them to
HEALTH
services

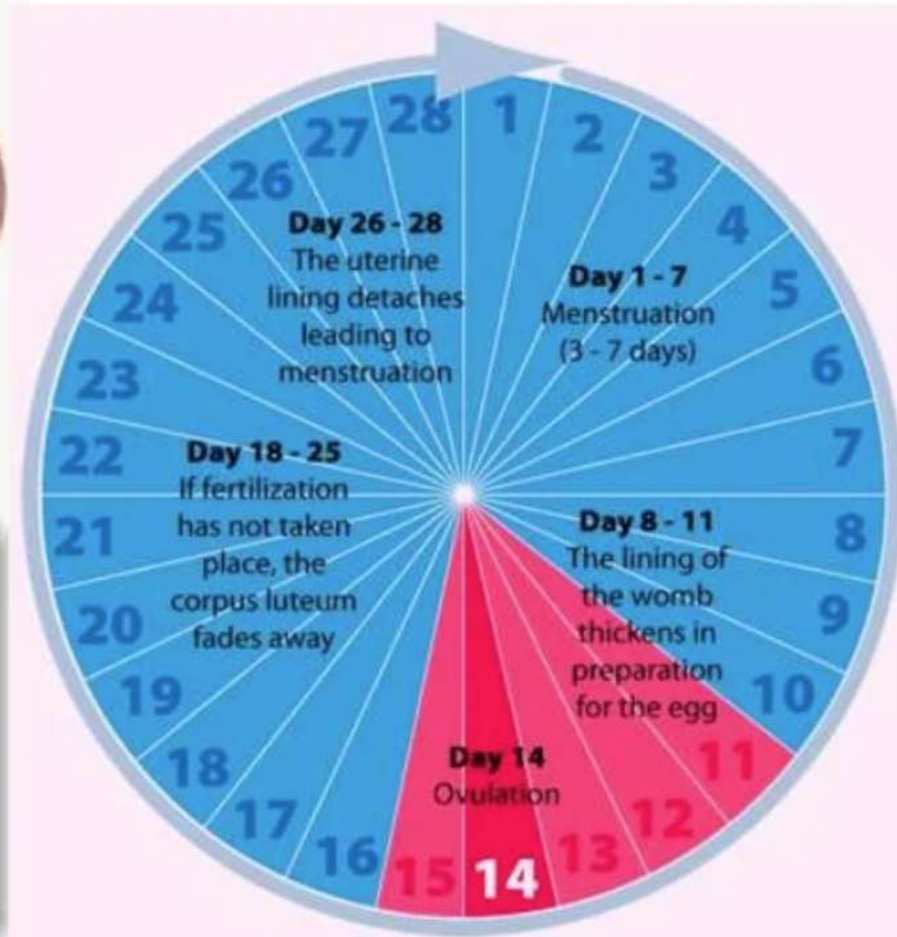
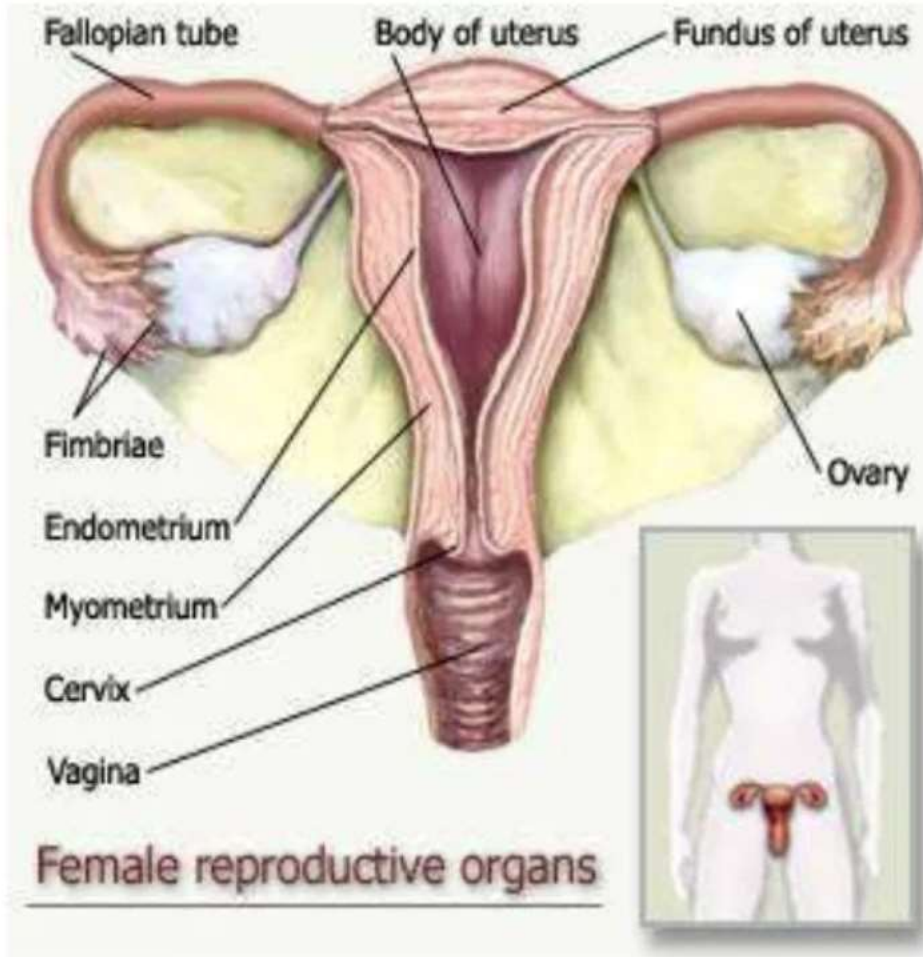
Provide a **HEALTHY**
and **SAFE**
PHYSICAL and **SOCIAL**
ENVIRONMENT



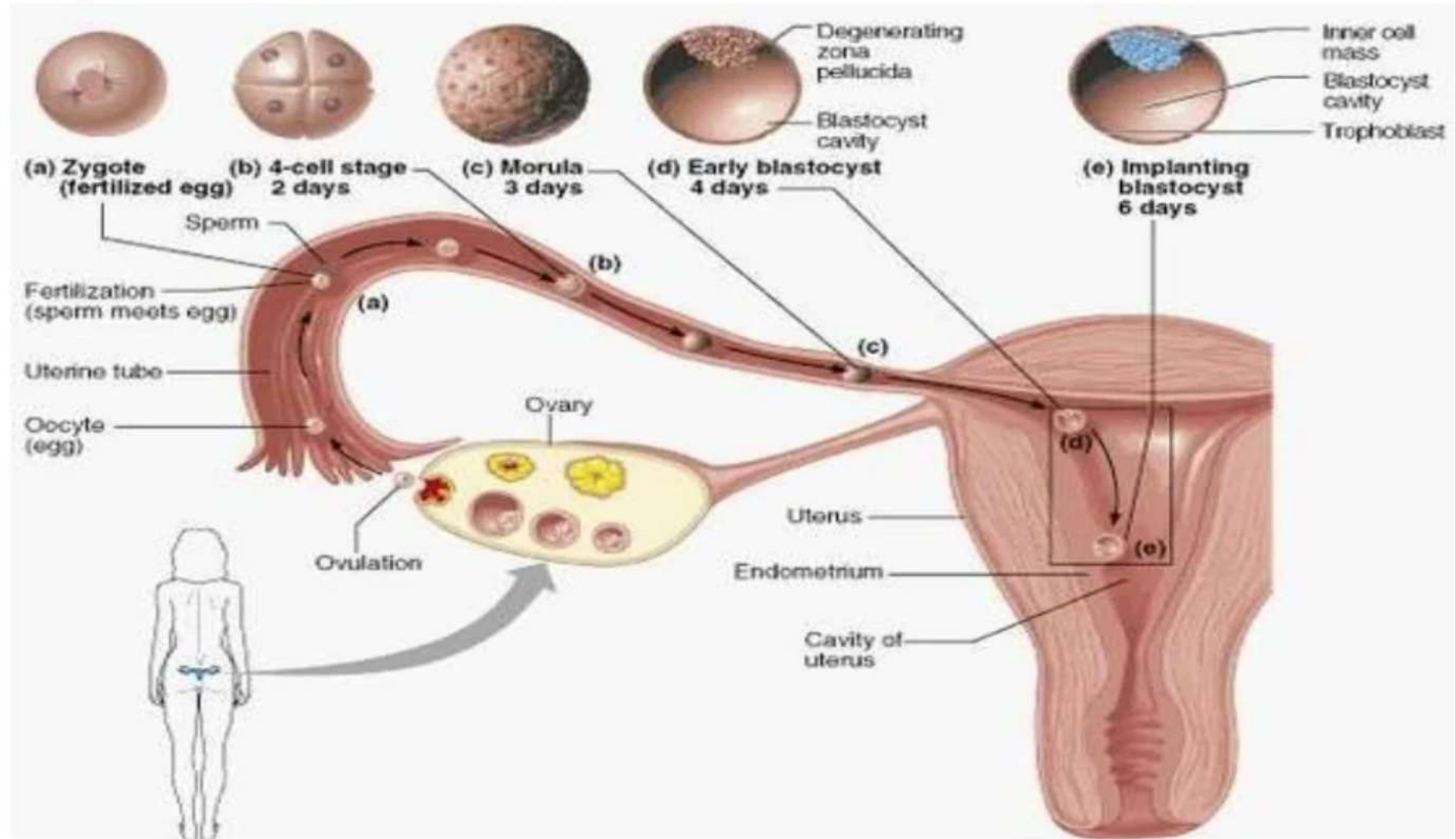
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- <https://youngwomenshealth.org/2014/02/25/polycystic-ovary-syndrome/>

What is menstruation & Period?



What happens during the menstrual cycle?



Follicular phases

Cycle days (approximate)	Events of the menstrual cycle
Days 6-14 (follicular phase)	<ul style="list-style-type: none">•Once the bleeding stops, the uterine lining (also called the endometrium) begins to prepare for the possibility of a pregnancy.•The uterine lining becomes thicker and enriched in blood and nutrients.

ovulation phase

Cycle days (approximate)	Events of the menstrual cycle
Day 14- 25 (ovulation phase)	<ul style="list-style-type: none">•Ovulation is when your ovary releases a mature egg.•The egg travels down the fallopian tube toward the uterus to be fertilized by sperm.•Ovulation happens at around day 14 if you have a 28-day cycle — right in the middle of your menstrual cycle. It lasts about 24 hours.•After a day, the egg will die or dissolve if it isn't fertilized.

Symptoms:

A slight rise in [basal body temperature](#).

Thicker discharge that has the texture of egg whites

Luteal phase

Cycle days (approximate)	Events of the menstrual cycle
Days 25-28 (luteal phase)	<ul style="list-style-type: none">•If the egg was not fertilized or implantation does not occur, hormonal changes signal the uterus to prepare to shed its lining, and the egg breaks down and is shed along with lining.•The cycle begins again on Day 1 menstrual bleeding.

Symptoms premenstrua syndrome (PMS)

- Bloating
- Breast swelling, pain, or tenderness
- Mood changes
- Headache
- Weight gain
- Changes in sexual desire
- Food cravings
- Trouble sleeping



Flo Period & Ovulation



Do you know him?



**Mr. Arunachalam
Muruganantham**



Arunachalam Muruganantham

- **Arunachalam Muruganantham** is a social entrepreneur from Coimbatore in Tamil Nadu, India.
- He is the inventor of a low-cost sanitary pad-making machine and is credited for innovating grassroots mechanisms for generating awareness about traditional unhygienic practices around menstruation in rural India.
- His mini-machines, which can manufacture sanitary pads for less than a third of the cost of commercial pads, have been installed in 23 of the 29 states of India.
- He is currently planning to expand the production of these machines to 106 nations.
- In 2014, he was included in *Time* magazine's list of 100 Most Influential People in the World. In 2016, he was awarded the Padma Shri by the Government of India

Period Diary



Drink plenty of water.....

- For men: Around 3.7 liters or 125 ounces
- For women: Around 2.7 liters or 91 ounces



Period Products



What are the things can alter your menstrual cycle?

- **Birth control**
- **Pregnancy**
- **(Polycystic ovary syndrome PCOS)**
- **Uterine fibroids**
- **Eating disorders**

Period Tracking Mobile Applications

- **Clue**
- **Eve Tracker**
- **Flo Period & Ovulation**
- **Period Diary**
- **Ovia Fertility Period Tracker**
- **Cycles**
- **Dot**

Uterine cramping

- **Spasmodic cramping :**

A diet high in linoleic and liblenic acids, found in vegetables and fish, increases the prostaglandins for aiding muscle relaxation.

- **Congestive cramping :**

To counter congestive cramping, avoid wheat and dairy products, alcohol, caffeine, and refined sugar.



Natural options to alleviate cramping

- Increase exercise.
- Try not using tampons.
- Avoid red meat, refined sugars, milk, and fatty foods.
- Eat lots of fresh vegetables, whole grains, nuts, seeds and fruit.
- Avoid caffeine.
- Meditate
- Drink ginger root tea.
- Put cayenne pepper on food.
- Breathe deeply, relax, notice where you hold tension in your body and let it go.