



Karupa Institute of Development Initiatives
(Unit of Karupa Foundation)



Menstrual Hygiene Management Knowledge Centre



Karupa Foundation
Education and Research Centre
129-D, Old Court Building, Karamadai Road, Mettupalayam-
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As far Menstrual Hygiene Management Programs Conducted

- Survey on Menstrual Hygiene Management and Awareness Program conducted on 30.07.2017 at Coimbatore, Nilgris, Erode, Tiruppur.
- Evaluation of Community Resource Person Health and Sanitation for women conducted on 22.06.2018-27.06.2018 at Coimbatore, Nilgris, Erode, Tiruppur, Karur, Salem, Namakkal, Krishnagiri, Dharmapuri, T V malai, Tiruvarur, Cuddalore, Kancheepuram, Villupuram, Vellore.
- Certificate Course on Menstrual Hygiene Management conducted on 07.07.2018 at Coimbatore, Pilgrims, Erode, Tiruppur, Karur.
- Evaluation of The Menstrual Hygiene Management Process conducted on 13.07.2018 to 17.07.2018 at Coimbatore, Nilgris, Erode, Tiruppur, Karur.
- Napkin Distribution to Home at Ondipudur on 26.01.2019.
- The Menstrual Hygiene Management Training Certificate Distribution conducted on 31.05.2019 at Chennai.
- Emotional Quotient Improvement Programme (EQIP) Workshop conducted on 21.08.2019 to 22.08.2019 at Cuddalore.
- Menstrual Hygiene Management- State Balanced Growth Fund Program conducted on 25.09.2019 at Ramanathapuram.



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What is Menstruation ?

The process in a woman of discharging blood and other material from the lining of the uterus at intervals of about one lunar month from puberty until the menopause, except during pregnancy.

Another word for menstruation is "period." A period is the 2 to 7 days that a girl or woman has her menstrual flow, which is when blood and tissue leave her body through her vagina.

Menstruation Stages From Baby girl to Grown women

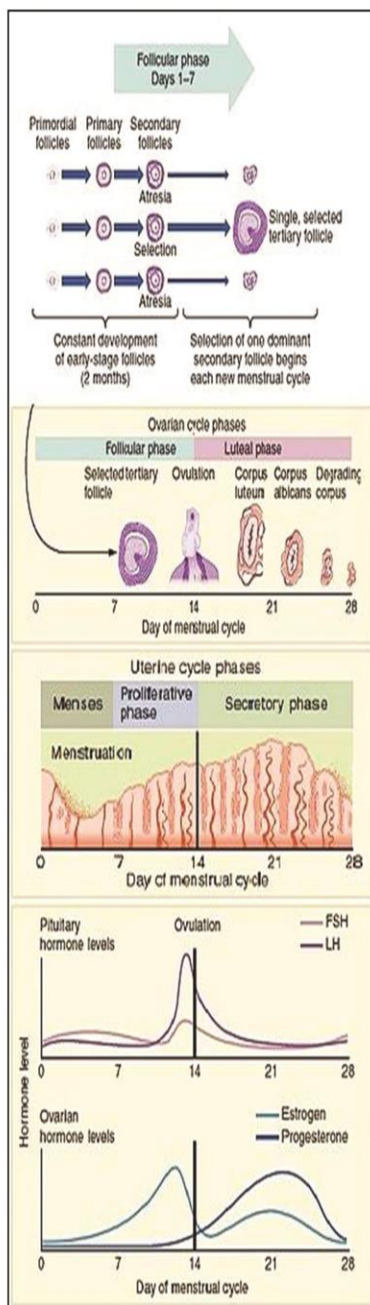
Menarche Reproductive Years Menopause



What is Menstrual Cycle?

The monthly cycle of changes in the ovaries and the lining of the uterus (endometrium), starting with the preparation of an egg for fertilization. When the follicle of the prepared egg in the ovary breaks, it is released for fertilization and ovulation occurs. Unless pregnancy occurs, the cycle ends with the shedding of part of the endometrium, which is menstruation. Although it is actually the end of the physical cycle, the first day of menstrual bleeding is designated as "day 1" of the menstrual cycle in medical parlance.

Menstrual Cycle



Know Your Menstrual Cycle

Menstrual Phase

The first day of your menstrual period – the very first day of your menstrual period – is the official beginning of your cycle. A duration normally lasts between 3 and 7 days. It may seem like more, but the normal menstrual flow is about a quarter of a cup for your entire period.

Follicular Phase

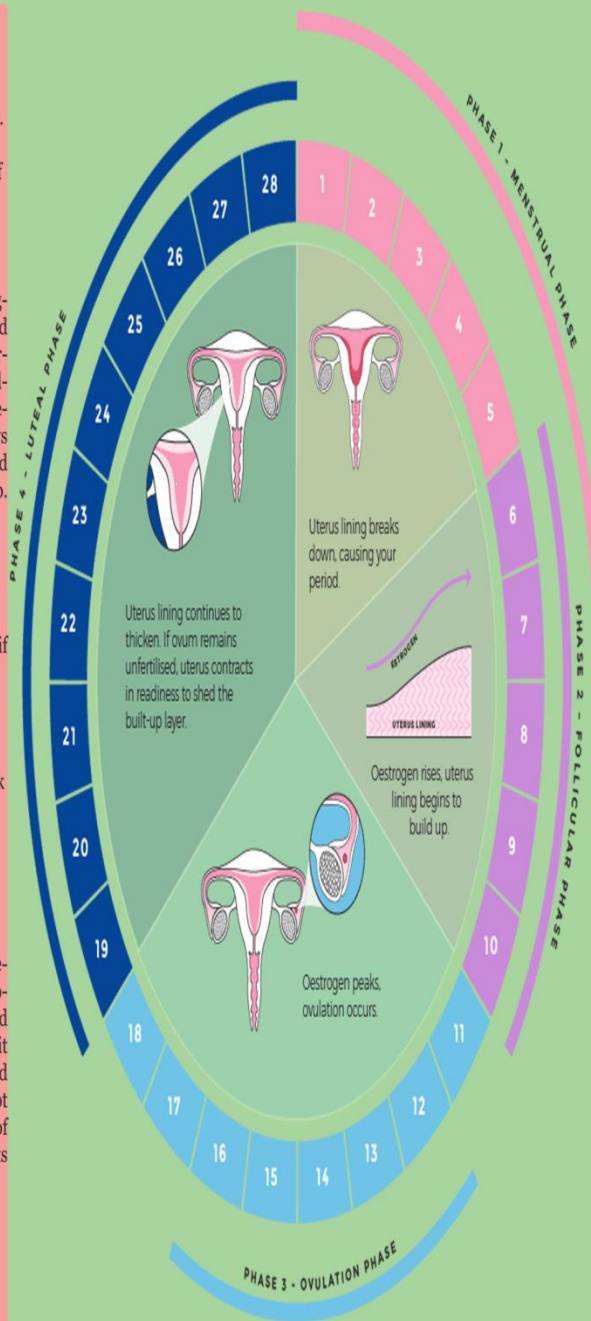
This process includes the body preparing every month for pregnancy. This begins with your estrogen hormone to thicken and grow to prepare for fertilized egg. Simultaneously, another hormone called FSH promotes the development of the ovarian follicles. There is an egg in every follicle. In general, one egg is prepared absolutely per month to be fertilized. During the days before ovulation, the estrogen levels increase dramatically and peak one day before the start of the next step.

Ovulation Phase

This surge in estrogen caused a spike in a third hormone—the hormone of luteinization, or LH. It is LH which breaks a follicle and sets an egg free. Ovulation usually occurs on day 14, if you have normal 28-day menstrual cycles. But most women have different lengths of the menstrual cycle. Ovulation usually takes place 11 to 16 days before your next date. It's called ovulation when a mature egg is released by one of those ovaries. The egg is transferred out of the ovary into the next trunk and into the uterus. The uterine lining continues to grow thicker and thicker as the egg moves down the fallopian tube over several days.

Luteal Phase

The luteal phase starts after ovulation. The missing follicle becomes a corpus luteum. The corpus luteum cells produce estrogen and high progesterone levels. The fertilized egg is activated by progesterone in the uterine lining to prepare. Here's where it can happen two things. The Egg moves into your uterus and sticks itself to the stain if you become pregnant. If you are not pregnant, the uterus lining is inserted through the opening of the vagina. The period begins and a new cycle starts



Various Sanitary Protection Materials

A sanitary napkin, sanitary towel, sanitary pad, menstrual pad or Pad, tampons, menstrual cup is an absorbent item worn in the underwear by women and girls who are menstruating, bleeding after giving birth, recovering from gynecologic surgery, experiencing a abortion, or in any other situation where it is necessary to absorb a flow of blood from the vagina.



1. Cotton Cloths
2. Reusable Pad
3. Disposable Sanitary Pad
4. Tampons
5. Menstrual Cup



History of Sanitary Protection Material used in early stages

Papyrus is the thick paper that was used to write when it was printed. The women will soak it, soften it, and then use it as a sanitary pad. The papyrus is the papyrus, which is used as a writing paper for a time.



As a menstrual product, Moss was used! Ladies would get moss and fold it into a cloth and place the tissues into their underwear.



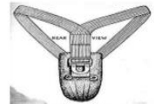
The Chinese made pads of the period by wrapping the sand in a tissue. Once the pad was wet, it threw the sand away, wash the towel, and re-use it the following month.



Women used grass as pads for the absorption of flow in Africa and Australia. The grass was not safe to use to prevent blossoming because the grass is pointy and rugged in arid regions and could easily harm the skin.



Pre-version of sanitary pads were sanitary belts. Essentially, the belts were diapers with elastic belts that were cut off and then covered with cotton pads. The belts were invented in the 1800s and remained popular until the 1970s when someone found a way to untie the braces and then to use them.



WWI nurses' invention were bandages. The nurses used bandages in France to treat the soldiers who were injured. The nurses felt that it would not be used to drain their normal fluid since it concentrated the blood.



It's unfortunate but it is true that most of our grandmothers and perhaps even mothers used rags in their period. Old clothes, especially cotton, would be ripped for use as menstrual clothing. When they got wet, the next time they were cleaned and used. While they caused pain, they were still better than the sure choice of grass or sand!



Roman women used to roll up and use sheep's wool there. The wool was very thick and obviously, it had to smell too bad.



The Greeks tied small pieces of wood with lint and held it in their bodies. It didn't consume blood very much.



During those days women who lived in colder climates were dependent on animal fur. Because the colder parts are ice-cursed, there are limited survival products available. Women, therefore, used fur from animals they killed for the prevention of staining their natural fluids.



Recent Menstruation Products: Sanitary Napkins, Tampons, Menstrual cups, Reusable pads.



Menstruation and Hygiene Practices



Replace at least 2-3 times a day your sanitary napkins.

Dry clean clothing under the sun to reduce infection chances



During periods don't skip a bath. If your body is clean, infections are less likely.

Wipe your vagina with soft tissue, especially for periods after using a loo (front to back). keep clean, keep dry.



When disposing of your napkins or tampons wrap them carefully.

If changing pads or tampons, use antiseptic hand wash.



Don't use additives such as perfumes or hard synthetics.

Don't hesitate to explore the periods Although it means confronting your colleague about her poor period hygiene talk about it.



Menstruation And Nutritional Diet

Your menstrual period it comes to visit about once a month. It's not the most enjoyable of physiological functions, but it's necessary for normal reproductive health

Period Diet Chart



Eat smaller more frequent meals.

This may help keep blood sugar levels constant, or maybe it just helps to know your next meal isn't several hours away.

Choose fiber-rich foods. The fiber slows down the digestion and absorption of carbohydrates and helps you feel full a little longer.

Add protein. Foods that are high in protein might also help curb your food cravings.

Drink more water. Water has no calories so it can replace sugary beverages. Add a slice of lemon, lime or cucumber for flavor.

Try some exercise or take a walk.

Light exercise might help reduce your appetite for junk foods or at least get your mind off eating while you're moving around.

Keep sugary and salty foods out of your house. Keep fresh fruits and vegetables around. A handful of grapes or a sweet tangerine may be enough to curb your craving for sugar.

5 Foods you should eat during your period

Leafy green vegetables

Leafy green vegetables are rich in iron and B vitamins, their high fiber count also can help with digestive issues often associated with your menstrual cycle.



Red meats

It's important to increase your iron intake during your period to make up for what's lost each month.



Nuts

Foods that are rich in good fats or omega-3s (such as nuts) can be helpful and much more filling than the calories in junk foods.



Whole grains

Just like fruit, the fiber in whole grains can help you stay regular, especially during your period.



Fresh fruits

Stock up on your favorite fresh fruit before your flow begins to ensure a healthy digestive system.

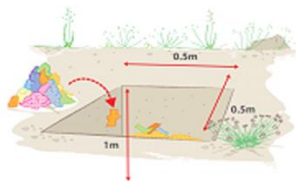


Menstrual waste Disposal Techniques

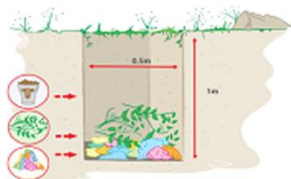
1. Collection of Used Cloths and Sanitary Napkins



2. Deep Burial



3. Composting



4. Burning/ Incineration



5. Electric Incinerator



6. Disposal and composting pit for school Toilets



7. Biosanitizers



To handle Stress and Reduce Anxiety During Your Period



Exercise on a regular basis.



Eat a well-balanced diet with plenty of fruits and vegetables.



Be sure to get enough sleep; seven to eight hours a night is optimal for most people.



Spend time relaxing with friends and family.



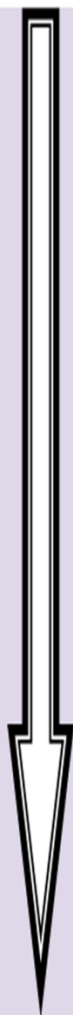
Express your thoughts and emotions by writing in a journal



Consider meditation and deep breathing exercises

Disposal Method of Menstrual Wastes in Household, community, school various models

Safe



Unsafe

Municipal waste management/burning in health clinics (more urban)

Use small scale incinerators (community or school level)

Burn it (rural areas and peri-urban areas)

Throw them in toilets/latrine

Bury them for de-composting

Drying, wrap in plastic bag/paper and throw in dustbins (mostly non-rural)

Wrap them in plastic bag /paper and throwing them Outside

Throw them unwrapped into field, rooftops, etc



Irregular Periods

The normal length of a woman's menstrual cycle is 28 days, but this varies between individuals. Irregular menstruation is when the length of the cycle is more than 35 days, or if the duration varies.

Symptoms

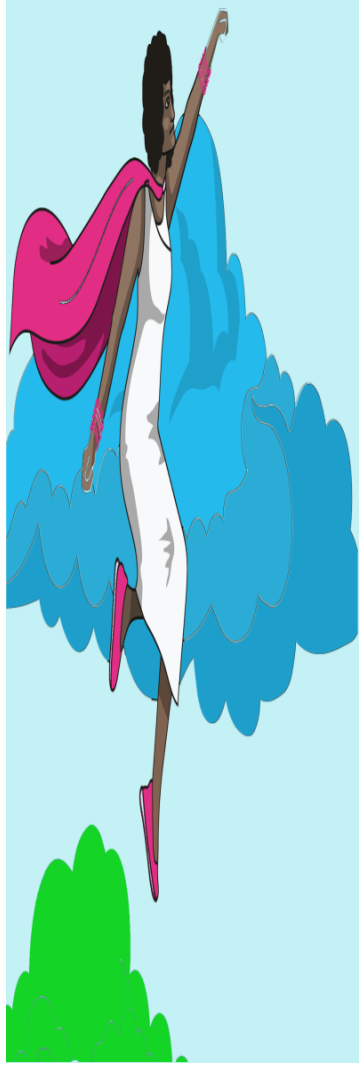
1. Periods that occur less than 21 days or more than 35 days apart.
2. Missing three or more periods in a row.
3. Menstrual flow that is much heavier or lighter than usual.
4. Periods that are accompanied by pain, cramping, nausea or vomiting.
5. Periods that last longer than seven days.

Causes

1. Life cycle changes that influence the hormonal balance include puberty, menopause, pregnancy, and childbirth, and breastfeeding.
2. During puberty, the body undergoes major changes. It can take several years for the estrogen and progesterone to reach a balance, and irregular periods are common at this time.
3. Before menopause, women often have irregular periods, and the amount of blood shed may vary. Menopause occurs when 12 months have passed since the woman's last menstrual period. After the menopause, a woman will no longer have periods.
4. During pregnancy, menstruation ceases, and most women do not have periods while they are breast-feeding.

Home Remedies

1. exercising regularly to maintain a healthy weight and reduce stress.
2. following a healthful diet herbal remedies, such as black cohosh, chasteberry, licorice root, and turmeric



From Menarche to Menopause (M to M)

Adrenarche: Adrenarche takes place from six to nine years of age and is the beginning of puberty. During this time, the hormone DHEA is developed in a higher amount and a precursor to estrogen and testosterone. This causes puberty to begin.

The menstrual cycle: Day one is the first day of bleeding. All hormones are very weak this day (the beginning of the follicular phase). The first week of estrogen starts to rise and then peaks at ovulation, normally day 14. Progesterone starts to increase after ovulation (luteal phase), which prepares the uterine implant lining. If the egg isn't fertilized within the same week, both progesterone and estrogen begin to drop and bleeding starts within a week (day 28). When young women are out-of-balance in this hormone cycle, symptoms such as moodiness, acne, irregular periods, heavy bleeding and endometriosis can occur.

Pregnancy Stage: A normal pregnancy lasts 40 weeks from the first first day of the last menstrual period (LMP) and the baby's birth. It has three levels, which are known as trimesters: the first trimester, the second trimester and the third trimester. The first trimester marks the 12th week of pregnancy. The second trimester is 13-27 weeks, with the third quarter lasting for about 28 weeks and lasts until birth.

Perimenopause: It can start as early as the mid-30s when progesterone and then ovarian estrogen first begins to drop. This decrease will interrupt ovulation, which can cause irregular periods and many menopausal symptoms. Sleeplessness, night sweats, bloating, depression and anxiety, the elevated weight of hair, skin and vaginal dryness, are among the signs.

Menopause: Menstrual cycles may get closer or more spaced out until they completely disappear. A woman is finally on menopause after twelve consecutive months without a cycle. Menopause age is 52 years old on average. It can not be anticipated how long symptoms last; it is different for each woman and varies greatly.

