



To Pad or Not to Pad: A Statistical Survey on Menstrual Health and Hygienic Sanitation

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Abstract:

Menstruation and menstrual practices still face many social, cultural, and religious restrictions which are a big barrier in the path of menstrual hygiene management. In many parts of the country especially in rural areas girls are not prepared and aware about menstruation so they face many difficulties and challenges at home, schools, and work places.

A number of programmes have recently been launched to popularise the use of sanitary pads among poor women in progressing countries. In this light, we review the prevailing menstrual practices in different contexts across the Kolhapur, as well as the initiatives undertaken to improve sanitary care. We also report findings from a study amongst women in Kolhapur. We draw upon these results to comment on better sanitary care for women slum dwellers in a rapidly urbanising context.

Keywords: Menstrual, health, hygienic, sanitation

Introduction:

In many developing countries, a culture of silence surrounds the topic of menstruation and menstruation related issues, as results many young girls lack appropriate and sufficient information regarding menstruation and menstrual hygiene. Menarche is an important milestone in the life of a girl which signifies the onset of fertility in a woman.

While reviewing literature, we found that little, in accurate, or incomplete knowledge about menstruation is a great obstacle in the path of personal and menstrual hygiene management. Girls and women have very less or no knowledge about reproductive swathe infections caused due to lack of knowledge of personal hygiene during menstruation time. In rural areas, women do not have access to sanitary products or they know very little about the types and method of using them or are unable to afford such products due to high cost. So, they mostly rely on reusable cloth pads which they wash and use again. Needs and requirements of the adolescent girls and women are ignored despite the fact that there are major developments in the area of water and sanitation. Women manage menstruation differently when they are