



A study on Menstruation- a social taboo: discussion on its impact on women's health & hygiene

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Abstract: Menstruation and impurity are considered synonymous across the world. Most of the girls endure mental and emotional trauma during periods. However, there is a positive change in people's mindset of young women. They now talk about it openly.

Even in the 21st century, women are considered as impure during her 'those days'. It is believed that her touch can contaminate the food. Girls in both rural and urban areas follow different rules and regulation when they menstruate.

Menstrual hygiene is still ignored in both rural and urban areas where as special need girls they follow proper hygiene required during this period.

For India to become a developed country not only social, economic or industrial changes are required, there is a need to change mindset and individual perceptions in a positive way.

Keywords: menstruation myths, hygiene, special need girls.

Introduction:

Menstruation is a phenomenon unique to girls. It has always been surrounded by taboos and myths that exclude women from many aspects of socio-cultural life. Such taboos often have negative effects on women's emotional mental state, lifestyle and most importantly, health.

Don't go into the kitchen, don't touch the 'Prasad', don't touch the pickles, don't enter the temple, are what the menstruating women have to often hear from their elders. That's not all; some girls aren't even allowed to enter other people's homes during their periods. The origin of this myth is dated back to the Vedic times. In the Hindu faith, women are prohibited from participating in normal life while they menstruate. She must be "purified" before she is allowed to return to the normal day-to-day chores of her life.

Menstruation is a periodic flow of blood and cells in women. It is repeated at an average interval of about 28-30 days, and the cycle of events starting from one menstruation till the next one is called menstruation cycle. One ovum is released during the middle of the menstruation cycle. The cycle starts with the menstrual phase, when menstrual flow occurs and it lasts for 2-7 days.

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