

# Evaluation of Menstrual Hygiene in Young Females in the Age Group of 18-25 Years. A Study from Tamilnadu, India

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**Abstract:-** The menstrual cycle is a phenomenon specific to women. One of the biggest changes that girls go through in their adolescence is the commencement of the menstrual cycle. The menarche, or first period, happens between the ages of 11 to 15. Menstruation is a normal procedure, but it's also associated with a number of myths and customs that might occasionally have a negative impact on one's health. At the Sree Ramakrishna Medical College of Naturopathy and Yogic Sciences and Hospital in Kulasekharam, Tamil Nadu, India, ladies between the ages of 18 and 25 are participating in the study. After the purpose of the study was described, verbal consent was obtained. 30 people answered this questionnaire. The survey consists of 30 questions. Sanitation, pain management, water consumption, and sanitary napkins were among the characteristics of the questionnaire. Female volunteers who were uncooperative or unwilling were not included in the study. Most women have regular menstrual cycles. Nobody uses a menstrual cup. The state of sanitary hygiene is mediocre at best. Women therefore need more education about the need for a healthy diet, good cleanliness, and sanitation. Future medical interventions should concentrate on these areas in order to improve young women's general health and wellness.

**Keywords:-** Stress, Sanitary Napkins, Sanitation, Vaginal Wash.

## I. INTRODUCTION

The menstrual cycle is a unique phenomenon that nature has designed specifically for women. It's not just a phrase; it's a significant period of time when a woman experiences several reproductive changes, starting with menarche and ending with menopause. The phase of physical, psychological, and reproductive development known as adolescence typically spans the years from

puberty to the attainment of legal adulthood. Adolescence is defined by the World Health Organization as the period between the ages of 10 to 19. Girls adolescence is acknowledged as a unique stage in their life cycle that calls for particular care. The menarche begins during this time. Menstruation is surrounded by a variety of psychological and religious barriers, since the scientific process of menstruation is not well understood. Despite being a natural occurrence, menstruation is associated with a number of societal beliefs and customs that can occasionally have a negative impact on health. Menstrual hygiene is an essential aspect of life for women. Menstruation's physiology, pathology, and psychology have all been linked to women's health and wellbeing, making it a significant factor in the morbidity and mortality of the female population. Girls and women encounter significant obstacles in obtaining appropriate menstruation management, especially in developing nations.

## II. PATHOPHYSIOLOGY

Since adolescence coincides with menarche, a significant life milestone, it has been acknowledged as a unique time that calls for special attention. As such, maintaining proper hygiene throughout menstruation is essential to a healthy existence. The waste products produced by a female throughout her reproductive years are known as menstrual waste. These waste products are created throughout the menstrual cycle, sometimes referred to as the monthly bleeding cycle, periods, or menses. There are three phases to the menstrual cycle: the proliferative follicular phase, the ovulation phase, and the secretory luteal phase. Hormones control menstruation; during this time, the uterine lining, or endometrium, gradually thickens and sheds, resulting in bleeding that typically lasts three to five days, but can sometimes last up to seven days. Two thirds of the endometrial lining is shed during menstruation. Menstrual fluid often includes vaginal fluids and mucus in addition to

blood. Every woman has a different menstrual flow, which might be roughly at the start of the menstrual cycle or fluctuate throughout. The menstrual fluid might be crimson, brilliant red, dark brown, or black in hue. It's possible for menstrual fluid to smell bad, especially when it's in touch with the air. Premenopausal or gynecological cancer patients experience changes in menstrual flow or duration as well. Menstrual flow increases in cases of hormonal imbalance, fibroids, polyps, and endometriosis. Excessive blood loss during menstruation might result in anemia. Women have evolved unique coping mechanisms for this phase of life. Due to factors including individual choices, resource availability, economic standing, cultural customs and beliefs, level of education, and menstrual awareness, these tactics differ widely throughout the world. Menstrual hygiene practices carry significant health implications; neglected, they can result in vaginal illnesses, toxic shock syndrome, and reproductive tract infections (RTI). Adolescent health is adversely affected by poor genital hygiene. Due to their lack of knowledge or ignorance regarding menstruation, the majority of girls are unprepared for menarche and ignorant of it.

### III. MATERIALS AND METHOD

At the Sree Ramakrishna Medical College of Naturopathy and Yogic Sciences and Hospital in Kulasekharam, Tamil Nadu, India, females between the ages of 18 to 25 are participating in the study. After outlining the goal of the study, verbal consent was obtained. Thirty respondents filled out this survey. The survey consists of thirty questions. Sanitation, pain management, water consumption, and sanitary napkins were among the characteristics of the questionnaire. Female volunteers who were uncooperative or unwilling were not included in the study.

### IV. RESULT

The female responders ranged in age from 18 to 25. In all, thirty women were present. As Table 1.1 illustrates, 90% of people have a regular menstrual cycle, whereas 10% do not. Periods last three to five days. 16.67% and 83.33% of people do not have this symptom. Periods extend beyond ten days 3.33% and 96.67%, the menstrual cycle does not extend beyond 10 days. 73.33% of people change their napkins every five hours, whereas 26.67% don't change them at all. 30% of women have excessive bleeding during their periods, while 70% do not have this symptom.

Table 1. Menstrual Hygiene in Young Women in the Age Group of 18-25 Years

S. NO	CONTENT	YES (%)	NO (%)
1	Have regular menstrual cycle	90%	10%
2	Menstruation last for 3-5 days	83.33%	16.67%
3	Menstruation last more than 10 days	3.33%	96.67%
4	Change the Napkin at the interval of 5 hours	73.33%	26.67%
5	Excess bleeding at the time of menstruation	30%	70%
6	Scanty bleeding at the time of menstruation	20%	80%
7	Using cotton napkin	43.33%	56.67%
8	Using menstrual cup	Nil	100%
9	Hair bath at the time of menstruation	63.33%	36.67%
10	Wash genitals after urination	96.67%	3.33%
11	Washing hands after using washroom	100%	Nil
12	Using common toilet	90%	10%
13	Itching around genitals	20%	80%
14	Any rashes over pubic area while using sanitary napkins	26.67%	73.33%
15	Using vaginal wash	10%	90%
16	Often remove pubic hair	90%	10%
17	Washing underwear daily	100%	Nil
18	Pain during menstruation	86.67%	13.33%
19	Medications during menstruation	3.33%	96.67%
20	Follow special diet during menstruation	3.33%	96.67%
21	Vomiting sensation during menstruation	23.33%	76.67%
22	Dizziness at the time of menstruation	50%	50%
23	Discharge is pale in colour	6.67%	93.33%
24	Clot in your menstrual blood	53.33%	46.67%
25	Complaint of white discharge	53.33%	46.67%
26	Frequent complaint of urinary tract infection	10%	90%
27	Complaint of poly-cystic ovarian disease	3.33%	96.67%
28	Hydrated during menstruation	56.67%	43.33%
29	Travel during menstruation	46.67%	53.33%
30	Smell during white discharge	20%	80%

20% of people experience scanty bleeding during their menstrual period, whilst 80% do not. Of those who use cotton napkins, 43.33% use them, while 56.67% do not. 100% of nobody uses a menstrual cup. Taking a hair wash during menstruation. During menstruation, 36.67% and 63.33% of people do not take a hair bath. After peeing, wash your genitalia. Of those who urinate, 96.67% and 3.33% do not wash their genitalia. 100% of people wash their hands after using the restroom. 10% of people do not use the shared restroom, compared to 90% who do. Only 20% to 80% of people have genital itching as a symptom. Any skin irritations in the pubic region after using sanitary napkins. Using sanitary napkins did not cause rashes on the pubic area in 26.67% or 73.33% of cases. 10% of women use vaginal wash, whilst 90% do not. 90% of people frequently remove pubic hair, whilst 10% of people rarely do so. Everybody washes their underwear every day. Menstrual pain affects 86.67% of women, whereas 13.33% do not experience it. Medication during menstruation is taken by 3.33% of women, whereas 96.67% do not. A particular diet is followed by 3.33% of women and not by 96.67% of women during menstruation. During menstruation, 23.33% of women experience vomiting sensations, whilst 76.67% do not. 50% have dizziness during menstruation. Pale discharge is present in 6.67% of cases, while 93.33% do not exhibit this symptom. 53.33% of menstrual blood had a clot, whereas 46.67% did not. 53.33% of complaints had white discharge, whilst 46.67% did not. Recurring urinary tract infection complaints 10% and 90% of people do not frequently complain of urinary tract infection. 96.67% of people do not have this symptom, while 3.33% report having polycystic ovarian disease. 56.67% of women who menstruate are hydrated, whereas 43.33% are not. 46.67% of people travel while menstruating without experiencing this sensation and 53.33% not travel during menstruation. 20% of white discharges are smell, and 80% of white discharges are odorless.

## V. DISCUSSION

90% of young women get regular menstrual cycles. 83.33% of adolescent females experience menstruation for three to five days, and 96.67% do not experience menstruation for more than ten days. 73.33% of young ladies change their napkins every five hours on average. Just 26.67% of people do not change their napkins every five hours. 30% of young girls experience excessive bleeding during their periods. Nobody uses a menstrual cup 100%. 63.33% of women take a hair bath throughout their menstrual cycle. Rinse genitalia 96.67% of the time after urinating. Just 3.33% of people urinate without washing their genitalia. 100% of people wash their hands after using the restroom. 90% of people use the common restroom. Any rashes in the pubic region when 26.67% were using sanitary napkins. 90% of people don't use vaginal wash. Usually 90% of females removes pubic hair. Everyone washes underwear 100% daily. Pain during menstruation is 86.67%. 96.67% of women do not take medicine during their period. 23.33% of women experience vomiting during their period, whilst 76.67% of women do not experience vomiting during their period. 50% have dizziness during menstruation. 53.33% of

women report having a clot in their menstrual blood, while 53.33% of women report having white discharge. Ten percent of women report having a urinary tract infection on a regular basis, whereas the remaining ninety percent do not. Polycystic ovarian disease complaints 3.33%. 56.67% of menstruating women drank water. 46.67% of ladies travel during their menstrual cycle. 20% of white discharges are smell, and 80% of white discharges are odorless.

## VI. CONCLUSION

It has been found that most women have regular menstrual cycles. Nobody uses a menstrual cup. The state of sanitary hygiene is mediocre at best. Women therefore need more education about the need for a healthy diet, good cleanliness, and sanitation. Future medical interventions should concentrate on these areas in order to improve young women's general health and wellness.

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