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# Diploma in Pharmacy 1<sup>st</sup> Year

## Social Pharmacy

### Experiment

To study about menstrual hygiene and products used.

#### Aim:

To study about menstrual hygiene and products used.

#### Reference :

Dr. Gupta G.D , Dr. Sharma Shailesh , Dr. Sharma Anshu , “ Practical Manual of Social Pharmacy ” Published by Nirali Prakashan , Pg.No 30 - 32

#### Requirement

Sanitary napkins, pads, menstrual cups, and tampons.

#### Theory :

Menses or menstruation is a natural process of body in which blood and associated matter are released from the uterus from the vagina as part of the menstrual cycle. Menstruation wastes are formed by a female during the reproductive years of her life. These are the wastes formed during menstruation commonly known as periods, menses, or monthly bleeding cycle. There are three phases of menstrual cycle :

1. Follicular phase (proliferative),
2. Ovulation phase, and
3. Luteal phase (secretory)

Hormones regulate the menstrual cycle. In this process, lining of uterus, i.e., endometrium slowly thickens and sheds off. This causes bleeding that usually ends in 3-5 days and sometimes up to 7 days. Two-third of the endometrial lining sheds during menstruation. Additionally, along with blood, menstrual fluid contains vaginal secretions and mucus. The menstrual fluid colour varies between bright red, red, and dark brown to black.

Menstrual Health and Hygiene (MHH) includes both Menstrual Hygiene Management (MHM) and the broader systemic factor that connects menstrual cycle with well-being, health, education, gender equality, empowerment, equity, and rights.

Menstrual hygiene materials are products used for collecting the menstrual flow, like, tampons, cups, pads, cloths, etc. Menstrual supplies are other supportive items required for Menstrual Health and Hygiene (MHH), like- pain relief items, body and laundry soap and underwear. Menstrual facilities are generally associated with dignified and safe menstruation, like- water infrastructure and toilets.

## Menstrual Products

Menstrual products are the products used in menstruation for catching the menstrual flow. These products include:

1. **Menstrual Pads (or Sanitary, Napkins)** : Menstrual pads, also known as sanitary napkins or sanitary pads are rectangular in shape made up of absorbent material that attaches the inside area of the underwear of a girl to collect the menstrual blood. Some pads are made with extra material on the sides known as "wings". These "wings" fold and attach over the edges of underwear so that the pad is held tight in place and thereby prevents any kind of leakiness. There are various different types of pads, which includes :
  - Slender
  - Super
  - Mini
  - Scented
  - Maxi
  - Overnight
2. **Tampons** : Blood is absorbed in the tampons from inside the vagina. A tampon is compressed into a small tube and is made up of absorbent material. Tampons are available in various sizes and absorbencies for heavy to light periods. Tampons are available with or without deodorant. However, the requirement of deodorant in a tampon is not necessary as regularly changing tampons generally gets rid of

any odour. Nevertheless, in some girls, the deodorant in tampons can cause irritation in the vagina, and also an allergic reaction.

Some tampons are available with an applicator. An applicator is a cardboard or plastic tube that helps the tampon to insert into the vagina. Other tampons are inserted using a finger.

3. **Menstrual Cups :** Alike tampon, menstrual cups are also inserted inside the vagina. However, in this the cups collect the menstrual blood before it flows out of the vagina rather than absorbing the menstrual blood. These cups are made up of flexible materials, such as rubber or silicone.

Since the user cannot see the menstrual blood volume therefore one must empty it multiple times a day. Instructions are written on the cart for user help.

**Result :** Various menstrual hygiene and products used were studied.

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