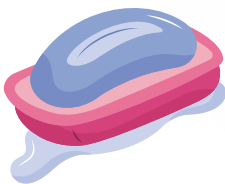


# Let's know about **Menstrual Hygiene Management (MHM)**



**Break the silence!**

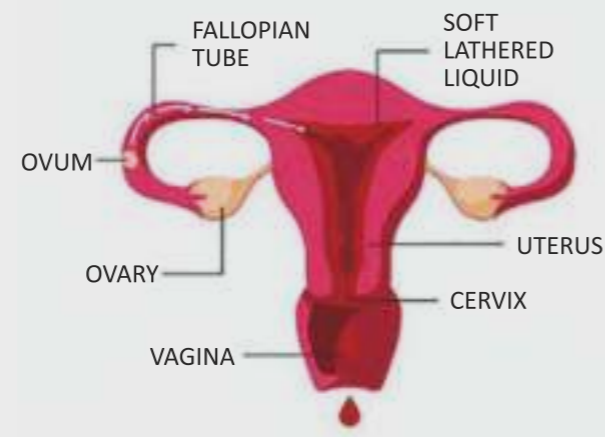
**Periods are natural; taboos are a barrier to healthy lifestyle**

**Swachh Bharat Mission-Grameen  
Public Health Engineering (Sanitation), Assam**

# What is menstruation?

"A biological process in a woman where each month, blood and other material is discharged from the lining of the uterus. Menstruation occurs from the onset of puberty until menopause, except during pregnancy." \*

\*source MHM National guideline 2015, Ministry of Drinking Water & Sanitation, Govt. of India



## How do you keep yourself clean and hygienic during periods?

- Do you bathe regularly?
- Do you wash your intimate parts with water properly?
- Do you change your menstrual absorbent like - cotton cloth, sanitary pad on regular interval?
- Do you wash your hands with soap before and after changing sanitary/ menstrual absorbent?
- Do you wash and sundry reusable sanitary material/ menstrual absorbent?
- Do you dispose your menstrual waste safely ?

← If you practice these, you are truly keeping yourself hygienic and safe during your periods.

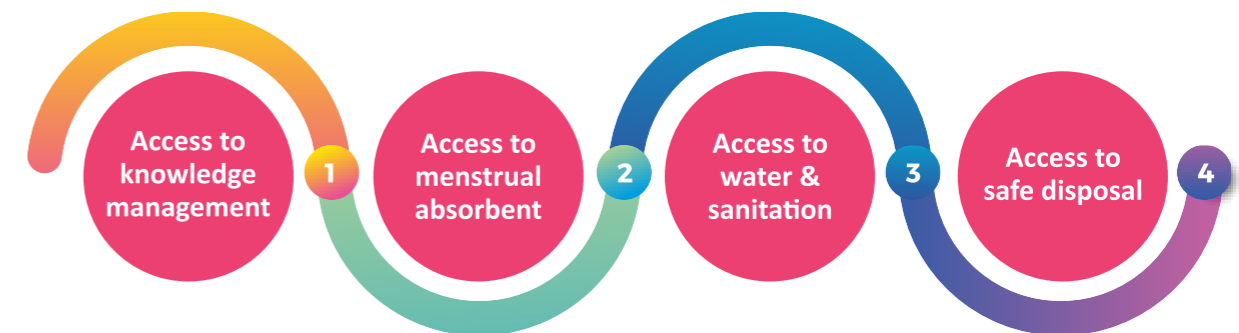
→ If no, it can cause infections

**Unsafe disposal of menstrual waste pollutes the environment**

## What are menstruation taboos?

- Sleeping separately/ sleeping on the floor
- During periods females are not allowed to touch any plant/food/sacred items/objects in the house, not to wash hair everyday, not allowed to go outside, not to engage in any physical activity or playing etc.
- Not talking to male members
- Not entering in the kitchen
- Not eating citric foods like lemon, curd, tamarind, pickle etc.

## What is Menstrual Hygiene Management?



Source: Menstrual Hygiene Management National Guideline 2015, Ministry of Drinking Water & Sanitation, Govt. of India

## Your checklist during menstruation

### Don'ts

- Improper cleaning of reusable menstrual absorbents
- Drying reusable menstrual absorbents in shadow/ shallow place
- Using inappropriate words to denote menstruation
- Engaging in unsafe disposal of menstrual absorbents
- Practising menstruation taboos promoting discrimination, inequality and gender differentiation
- Using soap or any other cleaning material in the intimate part

### Do's

- Taking regular bath & keep yourself clean and hygienic
- Ensure consumption of proper food items, rich in Iron and Vitamin-C such as - Peas, Spinach, Fish, Mutton, Orange, Milk etc.
- Living a healthy and an active life is absolutely normal as well as necessary.
- Usage of safe menstrual absorbents like – cotton cloth pad, sanitary napkin, menstrual cup etc.
- Proper cleaning and sundry of reusable menstrual absorbent is essential
- Ensure proper and safe disposal of used menstrual absorbent.
- Ensure storage of all menstrual products and undergarments in clean and dry place.

### Our role in sensitizing with adolescent girls & women on MHM

- Break the silence and discuss periods with them openly
- Discuss on - Consumption of balance diet during periods  
Sun drying of reusable menstrual absorbents  
Safe disposal of used menstrual absorbent
- Advise them to take necessary measures for maintaining hygiene during periods
- Educate them with right information on menstruation



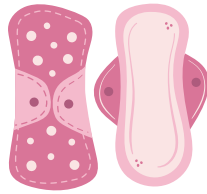
### Role that line departments may play in MHM

- Capacity building on MHM to service providers and caregivers
- Discussion and sensitizing on menstrual health and safe disposal of menstrual absorbents in monthly group/ community meeting/ home visits etc.
- Promote manufacturing of low cost and safe menstrual absorbent or material for easy availability or access; even to hard to reach areas
- Regular / weekly/ monthly discussion on MHM in VHSND, school, Anganwadi centre etc.
- Bring in policy change on addressing the issue of MHM in schools and community, including MHM in school curriculum, access to safe disposal of the used menstrual absorbents etc.
- Create and ensure access to menstrual absorbents and safe disposal of these used absorbents in public places.

# What are Menstrual Products?



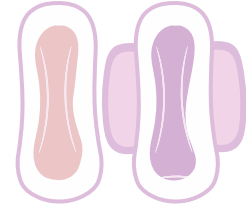
Menstrual cup



Biodegradable pad



Tampon



Non-Biodegradable pad

## Unsafe disposal of used menstrual absorbents



Used Menstrual Absorbents



Water bodies



Drains



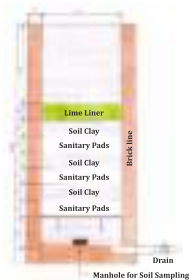
Fields



Toilet

## Safe disposal of menstrual waste -

For reusable napkins: Deep burial, Composting



Contact: Arundati Muralidharan  
(ArundatiMuralidharan@wateraid.org) for further information on  
deep burial design

Low cost incinerators for  
Non-SAP napkins



City Incinerator by Wateraid  
Prototype named 'Sukalimathar'  
(Also available in Bangalore, Anant)

Incinerators for Sanitary pads with  
SAP (Super Absorbent Polymer)



1.5 kWh,  
550-600  
napkins/day

## What we can do during Pandemic like COVID-19 for menstrual hygiene management –

- ✔ You can make your own reusable layered cloth pad from cotton cloth at home and teach others as well
- ✔ Wash your reusable layered cloth pad with water and soap after every use and dry under the sun
- ✔ Wash your inner garments with soap & water, then dry it under the sun and store them in a clean dry place.
- ✔ Wash your hands with soap at regular intervals, before and after changing pads
- ✔ Maintain hygiene by taking bath and washing your private part with plain water
- ✔ Change pads at regular intervals i.e. every 6 hrs.
- ✔ Ensure intake of iron, vitamin C, protein rich diet and remain hydrated
- ✔ Educate and discuss on menstruation and menstrual hygiene

Your right behaviour can give birth to a healthy & pollution free world.  
Adopt safe menstrual hygiene management practices.