Case Report

SANITARY NAPKINS SHOULD BE MADE AFFORDABLE

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INTRODUCTION

Sanitary napkins have very low penetration in India, partly due to un-affordability and partly due to use of unhygienic old cloth pieces.¹,² As a result they suffer from infections. This is due to lack of awareness and economic inability for adopting better precautions like use of good sanitary napkins during menstruation period. Usually different varieties of sanitary napkins are found available in the market but they are very expensive and are not affordable for rural & underprivileged women and girls. The author has witnessed several materials which a woman used during menstruation to prevent soiling of clothes.

CASE 1

The patient a 32 year old lady came in Gynecology OPD with complaints of excessive bleeding per vaginum. Her general condition was good. On PV examination her uterus was normal in size firm mobile but the fornices were tender with slight bleeding per vaginum. On taking a history of napkin use we discovered that she could not afford napkins but always used a cloth which was not available this time.

The most striking fact in the current case is that the woman had to use a plastic bag because she could not afford to buy sanitary pads. This brings an important question to the forefront: what can be done to ensure guaranteed personal hygiene to all women irrespective of their ability to pay for it? The answer is already available.......stares us in the eye. We only have to implement it.

DISCUSSION

These are not an isolated instance of women resorting to a random object for soaking the menstrual flow. Women have used linen, fiber and other materials for millennia. In Rajasthan, India, the menstrual cycle is referred to as ‘kapda’ or ‘kapad’ in the vernacular which translated to ‘cloth’ in English. Since a cloth is used to soak the bleeding, the Hindi word for cloth is used to designate the menstrual cycle. Any available rag or its substitute is used for the purpose which is unhygienic to say the least.

REFERENCES

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