



EXPERIENCE AND ACCEPTABILITY OF MENSTRUAL CUPS AS A MENSTRUAL HYGIENE MANAGEMENT PRODUCT DURING MENARCHE- AN OVERVIEW

Health Science

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ABSTRACT

With the growing environmental concerns with the usage of non-biodegradable sanitary napkins along with its hygienic issues, it is the need for us to look at other, already available, environmentally friendly, and safer alternatives. Menstrual cup is a good, safe hygienic eco-friendly alternative we can use in this case. Proper awareness and health education should be implemented to increase its acceptability and to correct the prevailing misconceptions.

KEYWORDS

Menarche, menstrual cup, menstrual hygiene management, social stigma

INTRODUCTION

Menstrual cup is a good, safe, hygienic, eco-friendly and economical option for menstrual management than other menstrual products.

Menstrual cups are mostly made up of silicon, latex, or a thermoplastic isomer, which even though are not completely biodegradable but the waste from the single cup, which can be used for a minimum period of 9 months before it is discarded is less than the waste produced by the sanitary napkins over the entire period of 9 months.

Menstrual cup's acceptability, safety and leakage are main topic of concerns in the females. They are reusable and minimise waste and are environmentally friendly. But still the acceptability of cup was lacking in awareness.

The present study aims to find knowledge, acceptability, and misconceptions of menstrual cup among young females.

MATERIALS AND METHODS

To study the acceptability of menstrual cups, the search for this literature review was carried out in June 2023. The data were collected from other previous research results conducted by previous researchers published during 2019-2023. The source of the data was obtained from searching keywords in online database like Scopus, PubMed, Web of science and google scholar.

usage among females of all age, community and literacy level. Along with this a low amount of encouragement towards its use has also been a major drawback. Difficulty in availability of clean water, access to clean toilet, need for having privacy were other reported challenges.

More awareness campaigns and better availability of cups should be there in community. Making available of wash facilities in public places is also important to ensure better health and menstrual management.

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Table:1 Comparison Of Health Problems Faced By Participants While Using Menstrual Cup And Other MHM Products.

Variables	Menstrual cup	Other MHM products
Allergy and irritation	3%	59%
Rashes	1%	43%
Dryness	2.5%	9.3%
Other infections	2%	4.9%

Table:2 Experience Of Participants Using Menstrual Cup During Menarche

Cycles	Easy in insertion	Difficulty in insertion	Easy while cleaning	Difficulty in cleaning	Easy in removal	Difficulty in removal
First use	8.5%	45%	83.4%	2.4%	27%	37.9%
Second use	39.8%	9.5%	93.3%	0.5%	55.5%	15.6%
Third use	74.4%	1.9%	95.2%	0.5%	74.4%	1.9%
Subsequent uses	93.3%	0.5%	96.2%	0%	91.5%	0.9%

CONCLUSION

From the results of the analysis of these articles on the use of menstrual cups, menstrual cup was superior to other MHM products. Experience of insertion and removal became significantly easier after the third time use onwards. On the subsequent uses participants are more comfortable with this device. It is safe and sustainable alternative MHM product in menstruating persons. Health concerns are significantly less compared to other menstrual devices.

Social stigma about how it is inserted has been a major issue of low