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IMBALANCE IN DIVERSITY
OF NORTH EAST INDIA: TRENDS AND PROSPECTS
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**MENSTRUAL HEALTH AND HYGIENIC
PRACTICES AMONG THE EVER-MARRIED
KAIBARTA MOTHERS OF DEODUBI VILLAGE,
DHEMAJI DISTRICT, ASSAM**

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ABSTRACT :

Menstruation is an inseparable physiological phenomenon of women's reproductive life. Menstrual disorders are quite common among the gynaecological problems that fraught reproductive health. Lack of sufficient knowledge and unhygienic practice during menstruation leads multiple health issues that impair women's health. Thus, it is essential to study about the menstrual health and hygienic practices of women to create consciousness among the women

The basic objective of this study was to understand some facets of menstrual health and hygienic practices among the ever-married Kaibarta mothers.

Data for this study were collected from the 149 ever-married Kaibarta women inhabiting in Deodubi villages, located under the Bordoloni Block of Dhemaji district, Assam. Structured pre-tested fertility investigation schedules were used to collect data.

Lower abdominal pain during menstruation (36.25%) is the most leading menstrual disorders among the respondents. Majority of Kaibarta mothers used old linen/ piece of cloths (40.27%) as an absorbent during the periods while a good number of mothers (24.16%) did not used any variety of napkins. Quite a few women (39.60%) did not change their napkins and used the same for whole day. Existing traditional and cultural

beliefs, attitudes towards the menstrual disorders as usual women's problems, feelings of shyness, economic background of the family, age and educational status of respondents were observed to be the important factor for their disappointing reproductive health status.

It is important to provide appropriate information about menstruation and the advantages of using sanitary napkins among the women of reproductive age group particularly in rural areas so that they became aware about it and maintain proper hygienic practices. □

Key Words: Menstruation, Reproductive Health, Hygienic Practices, Kaibarta, Sanitary Napkin.