

## Menstrual Hygiene Management among Young Unmarried Women in India

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**Abstract :** Menstruation among women is an integral part and a natural process that starts with menarche and stops at menopause. Women use sanitary pad, clothes and other methods to prevent blood stain from becoming evident. This paper examines the prevalence and discrepancies in use of hygienic method during menstruation among unmarried women in India using nationally representative District Level Household and facility Survey data (2007-08). The findings suggest that only one-third of the study population used hygienic method during menstruation. Rural-urban and poor-non poor disparity persists across all background characteristics in use of hygienic method. Women with high school and above education (OR=8.8,  $p<0.001$ ), from richest wealth quintile (OR=5.2,  $p<0.001$ ) and women following Christian religion (OR=3.6,  $p<0.001$ ) are more likely to use hygienic method as compared to women with no education, poor household and Hindu women respectively. Locally prepared, low-cost sanitary pads can be promoted across the country for easy accessibility and affordability. Efforts should be made to produce locally prepared low-cost sanitary napkins in bulk and supply it through female health workers such as ANM and Anganwadi worker across the country.

**Keywords :** menstrual hygiene, sanitary pad, unmarried women, India

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