



## Facts and Myths of Menstrual Cycle

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### Introduction

The genuine purpose of the regular (Monthly) menstrual cycle is to prepare for gestation. Reproductive period of a human female extends from puberty till the age of 55. The release of the first menstrual flow or period is called menarche, when the cycle stops, it indicates the stoppage of egg formation. It is called menopause, it consist of cyclic changes in the ovaries and the reproductive tracts of females which culminate into the periodic vaginal bleeding on an average menstrual cycle is completed in 28 days.

Myths	Facts
Period blood is impure and girls should be banned from entering kitchen and visiting places of worship while menstruating.	Period blood is not rejected bloody fluids or the body's way of flushing out toxins. Menstrual blood is just a natural process.
Sanitary products should be kept hidden and it's shameful to buy the while someone's watching.	Like soap, body wash all feminine hygiene products are personal care essentials, there is no need to feel embarrassed.
Menstruating girls should sleep on the floor or in a separate shed or room.	Menstruation is regular process and causes no harm to anyone around, it is perfectly safe to sleep next to someone who is on their period.

Girls should not engage in any form of physical activity or sports while menstruating.	Regular exercise is great for relieving menstrual cramps and releases happy hormones.
Discussing your periods with others is shameful.	Open conversations are the only way to normalise periods and to seek support and medical help when required.
If you miss your period, you must be pregnant.	Hormonal imbalances like polycystic ovary syndrome, excessive weight, unhealthy diet, illness and stress can be causes of your missed or irregular periods too.
Premenstrual Syndrome (PMS) is all in the head and is just an excuse women use to get out of work.	PMS is occurs due to hormonal changes during the monthly cycle. Symptoms can range from bloating, headaches, irritation, depression, fatigue, severe cramps.
Only women are hormonal.	Men also go through hormonal cycles and imbalances which cause tiredness, cramps, increased sensitivity, cravings and mood changes, men are as vulnerable as women when it comes to having mood swings.
Periods are personal issue.	The lack of access to menstrual hygiene management facilities affects girls education and employment opportunities, impacting entire families and communities.
Menstrual cycles do not last 28 days.	A women's menstrual can range anywhere from 21 days to 35 days depending on her age and other various health factors.
The timing of menstruation depends on ovulation.	Menstrual period normally occurs 14 days after ovulation, first part of the cycle can vary from 7 to 20 days which can result in shorter or longer cycles.
Periods can be irregular due to stress and illness.	Periods can be irregular on our list of menstruation fact in stress, any stress on the

	body whether physical or mental can upset natural balance of other hormones.
Fluctuations in weight can affect your periods.	Women with high percentage of body fat are more likely to experience irregular menstrual cycles due to excess estrogen production.
Abnormal bleeding can indicate more serious health issues.	Abnormal bleeding and spotting during your cycle can signal other underlying health issues, such as cancer, polyps, infection or menopause.
Irregular periods can often be treated with birth control pills or other hormonal treatments.	Birth control pills can often help regulate your menstrual cycle so you can experience lighter more regular periods
You can't go swimming when you have your periods.	If you want to swim during your periods, it is advisable to use tampons / menstrual cups.

### Other Names of Menstrual Cycle

- Menstruation
- Menses
- Periods
- Bleeding
- That time of the month

### Symbol

Symbols have the power to catalyse awareness and action.

### Conclusion

The process of menstruation is natural occurrence that female experience from age of puberty until menopause and periods are normal there is nothing to hide in it. Hygiene and proper education is very important people should know the difference between myths and actual facts about menstrual cycle.

Reference

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