

MENSTRUATION BETWEEN AN ANCIENT AND THE MODERN ERA**Dr. Vipin Singla***

Gurgaon Haryana India.

***Corresponding Author: Dr. Vipin Singla**

Gurgaon Haryana India.

Article Received on 10/12/2018

Article Revised on 31/12/2018

Article Accepted on 20/01/2019

ABSTRACT

The difference in the periodic time directly impact the menstruating women confusing holy beliefs, myths and scientific facts followed by restricted zone of the menstruating women either physically or socially as the latest example of the "Ayyappa temple in Sabarimala" but the true relevance is still unrevealed.

The word 'menstruation' probably be an unpleasant expression for woman, which is well known as regular monthly vaginal discharge in their reproductive period of life. While, in this period the woman body is at quite struggling point or at the point of discomfort including physical changes sometimes fluctuating hormonal imbalances, psychological, mental, social disturbances along with leading to mood swings with unbearable pain.

In an ancient era, there are many holy beliefs regarding menstruating woman considering daily lifestyles and habits including the restricted zone of work 'only' because to give her proper rest and to maintain the personal hygiene care.

According to Ayurveda; 'Vata, Pitta & Kapha' are the three pillars of the body, equal balance of which maintains the normal functioning of the body. Increase in physical or mental activity directly increases 'Vata' causes increase in dryness of the body along with uterus leading to dysfunctioning and affects the menstruating woman.

This classical knowledge is then shared with the further offspring's where the myths are arise while transformations like the game of 'Chinese Whispers', considering the woman as "Apavitra" (impure) during menstruation.

In this modern era, sanitary pads are boon for the woman to make proper hygiene and also maintain someone privacy in emergency situation, but their advertisements with the combination of the concept of gender equality* and the race in hustle free life boosts a woman to work more at that weak time which is like a compromising situations with the body.

The result of which might leads to the diseases such as dysmenorrhoea, sometimes leads to repetitive

miscarriages and abortion which is one of the most common causes of infertility nowadays.

Therefore, woman must have to take proper rest while the time of menstruation. But from my point of views, somewhere the common brands name also indicate the same point as;

Stay Free – Don't be too busy, stay free with excessive physical activity.

Whisper – Don't be too talkative.

Don't Worry – Chill out from unnecessary tensions.