

BRUSSELS | 20-22 MARCH 2018

18TH GENERAL MEMBERSHIP MEETING OF THE REPRODUCTIVE HEALTH SUPPLIES COALITION

Struggles of Girls and Women during Menstruation in Nepal

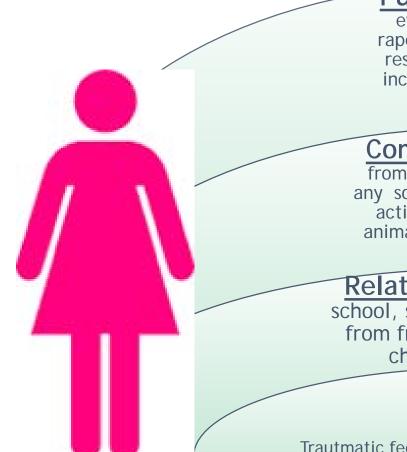
Radha Paudel, Menstrual Right Activist + Author, March 21, 2018, Brussels



Menstrual Restrictions in Nepal

- Girls and women are isolated during menstruation:
 - adjoining in same house,
 - separate house or hut,
 - separate room
 - separate corner of the room or tents during diasters
- During isolation, they follow three sets of restrictions:
- Restriction in terms of food e.g. no diary products
- II. Restrictions in terms of touch e.g. no touch of household member
- III. Restriction in terms of mobility e.g.no entry in to the house or community program

Consequences of Menstrual Restriction on Nepalese Women: Ecological Perspectives



Public: Deep silence
everywhere against
rape, murder, menstrual
restriction no research
including religion ,poor
enforcement of
constitution , NO

Community: Deprived from participation in any in any social, cultural, economic activities, beaten by wild animals, rape, sexual abuse

Relationational: Failing in school, stigma and discrimination from friends, religious people, child/early marriage,

Individual:

Trautmatic feeling, suicidal attempt, isolation, no proper food, water, clothing, cleansing, hygiene, absentism in school and work, reproductive and unirnary infections, rape, sexual abuse,

Consequences of Menstrual Restriction for Nepalese Women







Human Right



Empowermen

Murder, abuse, rape, sexual abuses

Death: bites from snakes, wild an mals, collection of carbon

monoxide

Increased vulnerability, exclusion,

maginalization

Low Economic opportunities, les income, poverty

Trauma, shock and suicide

High Absentism in

work

Poor psych social health.

Uterus prolapse

School droppoed out 60 Cancer

Infertility

Anaemi

Restrictions on food

Limited Participation

days/year

Spontenous Abortions

+Mobility Malnutrition

Stigma, Ostracize,

Discrimination Restrictions on touch

Reprodutive and Urinary Tract

Infections Restrictions on entering/

Why do Menstrual Restrictions Continue in Nepal? Supplies of Menstrual Hygiene Products:

- Ignorance about the menstrual hygiene products including physiology of menstruation
- ➤ No practice of use of sanitary products: use a saree or wrapper for 3-4 days, no use of panty in rural areas
- ➤ No availability of all products, imposed saniatry pads
- ➤ Not afforadable, even if available (expensive products, Poverty)
- Stigma and rumours associated with it such as infection, infertility
- Waste management of used products e.g dogs carrying here and there
- Not priority of family, girls used the money from notebooks or snacks
- ➤ No priority for governemnt&funders/fianancing struggling for last five years
- ➤ No mechanism for promotion of sanitary products e.g. subsidies



Do I make mistake with menstruation? If NOT when will be the priority of menstrual hygiene products ?