



**POUR ELLE**

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# Struggles of Girls and Women during Menstruation in Nepal

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# 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:
  - I. **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

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

**Individual:**

Traumatic feeling, suicidal attempt, isolation, no proper food, water, clothing, cleansing, hygiene, absenteeism in school and work, reproductive and urinary infections, rape, sexual abuse,

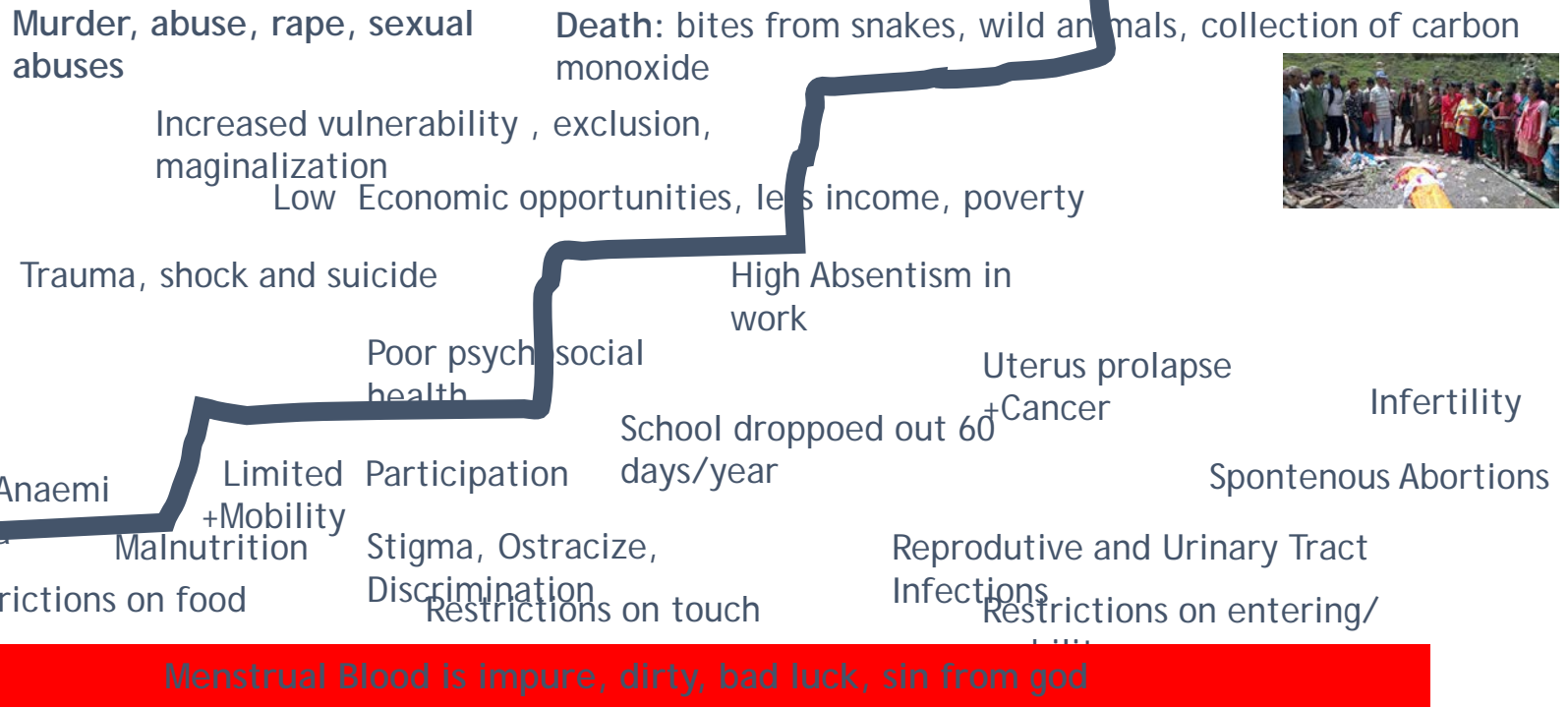
# Consequences of Menstrual Restriction for Nepalese Women



Sustainable Development

Peace ↔ Human Right ↔ Empowerment

Power, Gender Inequality, violence, Injustice, Patriarchy, Masculinity



# 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 sanitary pads
- Not affordable, 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 government & funders/financing - struggling for last five years
- No mechanism for promotion of sanitary products e.g. subsidies

# Why do Menstrual Restrictions Continue? contd-....

**Religion and Poor Mindset:** Missions among front liners including activists, teachers, health workers, male, priests etc.

**Gender Discrimination:** Menstruation as a sole business of women, viewed as bad luck, impure, etc.

**Unavailability of products with water supply:** Lack of access to clean water (NPC, 2015)

**Resistant to Policy Attention:** Merely a health issue, not a priority, deep culture of

**Affordable, quality sanitary products could mitigate these issues**

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