In Episode 5 we had looked at 3 questions:

1. What is the meaning of the word ‘Qeefing’?
2. Which year was the menstrual cup invented and who was the inventor?
3. What is name of a material that is found on the sea bed which can be used as a menstrual absorbent?

In Episode 6 we bring in lesser known facts.
We pass or release gas, routinely from the anus. Air is released also from the vagina. This air, which is audible - is called "queefing".

Leona Chalmers invented the menstrual rubber cup, patented 1937. Due to shortage of rubber in World War II, sale was slow. Mass production was only possible later, when rubber was replaced by silicone.

Sea sponges are living organisms found in underwater surfaces. Sea sponges are absorbent, they expand and retain liquid. This is harvested from the sea and then sold for use during menstruation. It is worn exactly like tampon.
What is common to all these creatures?

What is common to all these creatures?
Lesser known facts around menstruation

- सोमाली चूहा/ हाथी चूहा (Elephant Shrew)
- चमगादड़ (Bat)
- चिम्पाज़ी (Chimpanzee)
- स्पाइनी चूहा (Spiny Mouse)

इन प्राणियों में माहवारी होती है

These creatures menstruate
**Visible Menstruation** - humans, apes, monkeys, bats, elephant shrews - thick endometrial lining

**Non visible** - thin endometrial lining; absorbed by the body if the egg isn’t fertilized.
Lesser known facts around menstruation

- **Elephant shrew**: 12 day cycle, gestation 42–75 days long
- **Bats**: 21–27 day cycle gestation of 4 months
- **Chimpanzees and others**: 21 to 37 days cycle – gestation 6 to 9 months
- **Spiny Mouse**: 8–9 cycle, gestation 39 days
- **Humans**: 21 to 35 days cycle – gestation 9 months
• There are other human bodies that menstruate – not just human females
• Transgender, Non binary people, intersex - face many practical problems such as washroom facilities, access to menstrual products, appropriateness of menstrual product. They face stress and other mental issues.
• In some countries one can now find common toilets for all genders.
Humans are the only species that need “management” - a social construct.

- Earlier - free bleeding, free flowing, menstruators used leaves and grass to wipe off
- Pregnant often – 100 menstrual cycles /400 times in today’s context
- Subsequently when communities settled in one place - anything that absorbed, found suitable. was explored and used
- Separation was a method – menstrual hut, got, chaupadi (law in Nepal banning this 2018/2019)
Leaf shaped cloth pad fits in between labia

Labia (fleshy part, hanging loosely)

Kaise karen upayog

How to place

Do you know that there are artists who draw about menstruation? Here are two examples made by artist-activist Kavya Menon. Her drawings take on humour—a super woman reads about the cup. And then there is serious one on menstrual waste. Something to think about!
Lesser known facts around menstruation

माहवारी से जुड़े अनछुये अफ़साने

Into the future!!
A fashion show of reusable cloth pads that can be worn over outer clothing. Put together by the Srishti School of Art Design and Technology, Bengaluru, in collaboration with Jatan Sansthan

भविष्य की झलक!
भविष्य में माहवारी उत्पादों की परिकल्पना के लिए श्रृष्टि स्कूल ऑफ आर्ट डिजाइन एंड टेक्नोलॉजी, बेंगलुरू और जतन संस्थान द्वारा फैशन शो

Hosted by Jatan Sansthan
द्वारा- जतन संस्थान

माहवारी स्वास्थ्य भारत दर्शन - एपिसोड 6
मेघालय, कर्नाटक, महाराष्ट्र की बातें

Menstrual Health: Bharat Darshan - Episode 6
Voices from Meghalaya, Karnataka, Maharashtra
Non-menstruators make the most beautiful pads for those who menstruate. A symbol of caring and solidarity.