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Menstruation is a normal physiological process in all women in the reproductive age group. Those days of menstruation are really the days of shame, guilt, apprehension and worry for the women. The use of clean pads, whether hygienic or unhygienic for soaking the menstrual blood is a conventional practice for all women till today. However improvised, the sanitary pad may be, there will always be a fear of staining, seepage of blood during the menstrual days. Moreover disposal of the pads have again become a cause of concern as these biological waste will be of thousands of tons if we account for the usage by all women of the globe. This will one day become a great threat to our environment.

A new option has emerged in the name of Shecup where a menstrual cup is used for collecting menstrual blood. It is economical, eco friendly & usable for years together continuously and also very easy to sterilize and handy to carry. That is why it is used in many western countries as well as in many places of our country today.

My patients are quite happy with the use of Shecup and I sincerely recommend this for premenopausal women in particular. With a broad based trial in a large women population the benefit can really be seen. I see a great future of "Shecup".



(H. P. Pattanaik)