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Thoughts & Views on Menstrual Cup

Menstruation is by far one of the physiological process peculiar to human race and higher apes, which signifies one of the evolutionary advancement. Long since menstrual hygiene has become a focus of sound reproductive health as well as a personal wellbeing and satisfaction. With the changing status of women in society, the modern women needs some unique device other than sanitary tampons, which will serve many advantages as far as day-to-day activities of modern women is concerned. I personally feel that the innovative concept of menstrual cup will certainly be one of the unique in its kind and satisfies the needs of a modern woman.

Further, the reusable, cost effective and last but not the least the problem of disposal of sanitary pads will certainly be an advantage over the conventional method. My initial study with this device (Shecup from MediAceso Healthcare Pvt. Ltd., Mumbai) is very encouraging and I feel in the coming years it will certainly be a useful device particularly for Indian women.



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