

Physical activity during menstruation and its association with the use of menstrual cup: A cross sectional study

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Introduction: Though there are studies that talk about the various problems that women face in their reproductive age, menstrual hygiene products, and the scrutiny of each of them are not readily available, this study is undergone to understand the influence that menstrual cup has on the physical activity, Menstrual cup: It is flexible and bell-shaped product made of medical grade silicone rubber, it can be worn up to 6-12hours and reusable and eco-friendly. It is sustainable and cost-effective compared to tampons and other sanitary products. It should be sterilized adequately.

Objectives: To assess the physical activity during menstruation and its association with the use of menstrual cup.

Study Design: Observational Qualitative study

Participants: Women using menstrual cup, age group between 25-40yrs.

Study Setting: Collected data through online by providing physical activity Questionnaire (MPAQ) to the participants through google forms

Results: Study was conducted with 95 participants, in that 62% of women experienced moderate physical activity and addressed there is no difference compared to physical activity in non-menstrual days

Biography

Varalakshmi V was doing her MPT(CBR), 2nd year in St. Johns Medical College, Bangalore, India.

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Received date: 13 July 2022; **Accepted date:** 15 July 2022; **Published date:** 30 August 2022