

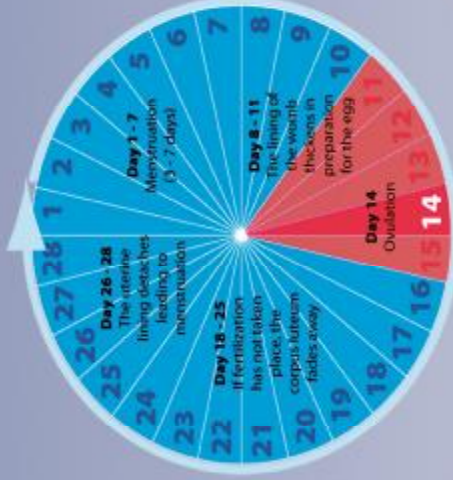
TREND OF MENARCHE AND MENSTRUATION IN SURAT CITY GIRLS.

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INTRODUCTION

When implantation of zygote does not occur and glandular secretion stops, there is an irregular breakdown and shedding of the endometrium wall occurs, which is termed as menses. The first menstruation in life is called menarche. Age at menarche can mark important points of physical and cultural maturations. It can help predict health and disease status. Menstrual hygiene is also of considerable importance, as it has a health impact in terms of increased vulnerability to reproductive tract infections (RTIs). It's also an issue responsible for water and sanitation problems.



MATERIALS AND METHOD

The present study sample consists of 150 observations which were collected from different urban zones of Surat city belonging to different castes and communities like Brahmins, Rajputs, Patels, Muslims etc. The sample ranges from age group 13 to 18 years where each group consists of 25 subjects. A random cross-sectional survey was carried out.

Table -1 Overview of certain aspects of Menstruation in Surat subjects.

*A.G	MMA	ANMD	RMC	IRMC	MB	H
				L	M	H
13	10.5	5.13	16	5	0	18
14	12.12	6.04	20	4	0	24
15	13.02	4.92	23	2	2	19
16	13	5.36	23	2	0	20
17	13.04	4.46	23	2	0	22
18	12.76	4.62	23	2	5	19

6(25)= 150 * Each age group has 25 subjects. See Abbreviations for full form.

ABSTRACT

The present study was undertaken with an aim to know the appropriate mean age at menarche and to highlight the trend of menarche in different communities of Surat city (Urban population).

We also tried to look for the regularity or irregularity in their cycles, effect of food, number of days of menses and amount of bleeding.

Present study is an attempt to elicit source of information and status of menstrual hygiene among young girls.

RESULTS

1) The mean menarcheal age varies from 10 to 13 years in Surat subjects (Table - 1). This is relevant when compared with mean menarcheal age in other states of India like Jammu (13.25 to 13.85 years), Madhya Pradesh (13.3 years), Punjab (13.31 years) & Assam (11.94 to 12.23 years). 2) Study sample shows high number of girls experiencing first period mostly between 12.34 to 13.5 years of age (Table - 2) which is close to the mean value of menarcheal age in Urban India i.e. 12.6 years. 3) Mothers rank highest as the first informants for Surat subjects to tell them about menses (Pie graph -1). 4) Urban girls of Surat are heading towards using pads more instead of cloth pieces (Pie graph- 2). 5) A remarkable difference can be noted in MA between Hindu & Muslim subjects (Graph -1) where Muslims reveal to have menarche mostly during 12-13 years of age as compared to Hindu girls. 6) Not much relevant difference can be noted in MMA between Hindu & Muslim subjects (Graph -2) due to veg. & non-veg. diet.

CONCLUSION

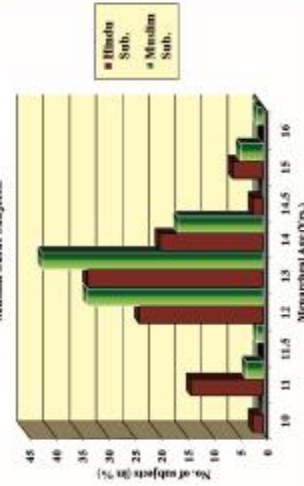
Menarche and Menstrual hygiene is not highly satisfactory but not even poor in case of Surat city girls. A more detailed and intense study further, can still reveal better, concrete and more information related to the same.

Table - 2 *MMA IN VARIOUS CASTES / COMMUNITIES IN SURAT.

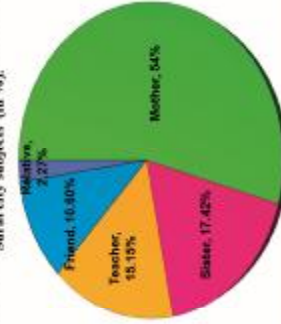
Hindus (overall)	MMA
	12.52
Brahmins	13.5
Patels	12.64
Marwadi	12.75
Others	11.41
Jains	13.5
Muslims	12.34

* See abbreviations for full form.

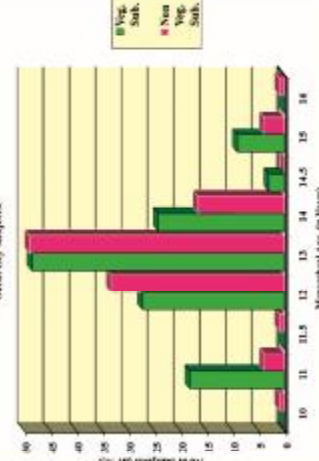
Graph -1 Comparative Study on Menarcheal Age in Hindu & Muslim Surat Subjects.



Pie Graph - 1 First source of information on Menses for Surat city subjects (in %).



Graph - 2 Comparative study of Menarcheal Age (MA) in Veg. & Non - Veg. Surat city subjects.



Pie Graph - 2 Use of Menstrual Absorbents amongst Surat city subjects (in %)

