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**Original article:**

**Knowledge and attitude of men and women for menarche and menstruation – A reproductive health issue**

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**Abstract**

Background: Unaddressed menstrual issues are a reflection of how menstruation is dealt within the society. It is tragic that menstruation being a natural and important phenomenon is not given due importance that it demands.

Objectives: An observational study to find out the awareness of menarche and menstruation among men and women.

Methods: A sample of 100 men and 100 women over 15 years of age attending the outpatient department of rural health training centre in Delhi, India. Information was collected on their knowledge and attitude about menarche, menstruation and menstrual hygiene. Data was collected, compiled, processed and analyzed by SPSS. Chi square test was applied.

Results: 38% women were not aware about normal length of menstrual cycle and duration of bleeding while 56% men were not aware about the same. 35% of women thought that menstrual problems are normal and do not need any consultation.

Conclusions: Increasing awareness about the importance of menstruation and menstrual hygiene can decrease the burden of menstrual problems to a great extent. Male participation in these issues of women would help in shedding of the shame culture and contribute towards maintaining menstrual hygiene.

Key words: Menarche, menstruation, menstrual hygiene, male participation.