

Eco-Conscious Menstruation: An Imperative Need Towards Sustainable Sanitary Pad

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ABSTRACT

Menstrual products aid in controlling menstruation safely and hygienically by absorbing period blood. Establishing rules for both reusable and disposable menstruation products is vital for empowering young girls to manage their periods effectively in any circumstance. However, in low-income countries, unsuitable menstrual hygiene management among schoolgirls has an influence on their education, dignity, and self-esteem. Girls those use conventional materials frequently report poorer concentration in order and greater truancy at school, emphasizing the importance of sustainable, effective, and sanitary menstruation products. Disposable menstrual products are designed to offer better performance and raise the level of everyday convenience. There have been significant efforts to assess the potential risks linked with the usage of these hygiene pads. This comprises hazard identification, hazard characterization, exposure assessment, risk classification, and post-market risk management. Despite these measures, there are still worries about chemical exposure from disposable hygiene pads. To address these issues, further clinical testing and post-market surveillance are needed to continuously monitor any potential health impacts of the sophisticated goods and their constituents.

Key words: Sanitary pads, Menstrual hygienic, Ecofriendly product, Women health, Biodegradable

Introduction

In today's society, the search for sustainable and environmentally responsible solutions serves as a priority. The development of biodegradable, low-cost sanitary pads is an important initiative that addresses both women's health and environmental concerns¹. Traditional disposable pads, while convenient, contain non-biodegradable elements that substantially contribute to environmental pollution and degradation of ecosystems. Biodegradable sanitary pads represent an integral innovation in menstrual hygiene products. They have been designed to serve a dual purpose of achieving women's health demands and minimizing environmental impact². These pads comprise a combination of organic cotton, bamboo, and plant-based polymers, which collapse spontaneously, unlike traditional plastic-based products.

The research and creation of these sustainable menstrual hygiene solutions require contemporary material science and resource-efficient manufacturing methods, ensuring that the pads remain functional and environmentally friendly. Local, small-scale manufacture additionally reduces their cost, making them accessible to a wider range of consumers. Biodegradable pads mitigate the risk of skin irritation and pain resulting from chemical-laden traditional pads³. Environmentally, they assist to minimize the plastic waste crisis by decaying naturally on landfills. Continuous research and development must occur to improve these products despite balancing affordability, performance, and sustainability. This endeavor serves as an essential for promoting women's health and dignity as protecting the environment. Biodegradable sanitary pads have been produced using modern materials and recyclable production procedures to create environmentally friendly and cheap menstrual products. Researchers and industry pioneers are working to develop and implement materials that suit the functional needs of traditional pads while disintegrating organically over time⁴. This innovative approach has led to the use of materials such as organic cotton, bamboo, and plant-based polymers, which form the absorbent cores and outer layers of these pads. The manufacturing procedure for

biodegradable sanitary pads depends on resource-effective processes that minimize the use of energy and environmental effect. This includes small-scale, local production, reducing expenditures and makes these products accessible to a wider spectrum of users⁵. Environmentally, biodegradable pad materials must fulfill several critical criteria like Natural Fibers: Cotton, bamboo, and other plant-based fibers are favored since they collapse more easily as the plastics and synthetic components used in traditional pads. Absence of Harmful Chemicals: Utilizing organic, chemical-free materials reduces the chance of skin irritation and allergies, making these pads safer for users. Reduced Plastic Usage: Biodegradable pads significantly reduce the use of plastics, which are a major component of traditional sanitary pads and a primary source of environmental pollution. Compo-stability: These pads should be recyclable, decomposing spontaneously and reverting to the environment without harm. ecological footprint⁶. There are several arguments underlying the drive for advancement in biodegradable sanitary pads. The mission's substantial goal is to improve the health and comfort of women. Chemicals and polymers commonly found in traditional pads can cause skin irritation and pain. Biodegradable alternatives, on the other hand, prioritize gentleness and safety, making them a more comfortable and healthful solution for menstruation persons and has also been elucidated on the basis of its composition in Fig 1. From an environmental standpoint, conventional sanitary pads pose significant challenges. These pads, constructed from non-biodegradable materials, contribute to the increasing plastic waste problem^{7,8}. They accumulate in landfills and streams, where they can remain for millennia and emit dangerous toxins. In contrast, biodegradable pads disintegrate naturally, lessening the pressure on landfills and mitigating the long-term environmental impacts of menstrual waste management⁹.

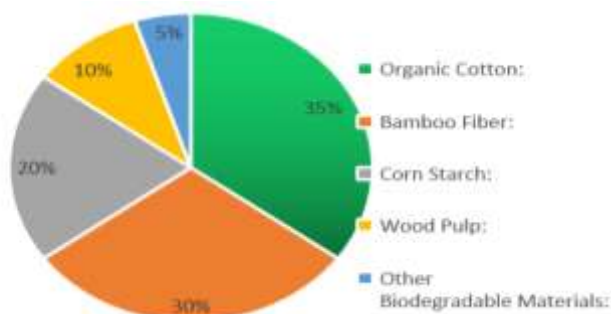


Fig. 1: A Formulation of biodegradable menstrual hygiene products

Biodegradable pads are economically viable. They have the ability to close the accessibility gap caused by standard pads. Biodegradable pads are an economically viable solution. They have the ability to close the accessibility gap caused by standard pads¹⁰. Biodegradable pads, which combine functionality and affordability, can assure menstrual hygiene for everyone, regardless of socioeconomic status¹¹. However, designing these pads isn't beyond hurdles. Achieving a balance between affordability, performance, and environmental sustainability is an urgent priority ensuring that biodegradable materials have no impact on the product's effectiveness as a vital component of current research and development. Our research attempts to address these constraints effectively¹². We have focused on demonstrating the effectiveness of the several biodegradable pads available on the market. This involves carrying out a thorough investigation of materials, production processes, and user experiences to discover prospects for improvement. By resolving these drawbacks, researchers contribute to the continued refinement of biodegradable sanitary pads, increasing their potential as a superior alternative to conventional goods¹³. The introduction of biodegradable, low-cost sanitary pads represents an outstanding demonstration of innovation, pointing the route to a healthier and sustainable future¹⁴. Though challenges persist, the dedication to promote this essential menstrual hygiene solution remains constant. The present review reports records available on the biodegradable products of sanitary pads in Table 1.

Table:1 Exploring reports on biodegradable sanitary pads in India.

Sl. No.	Materials Used for eco-friendly napkin	Framework for biodegradable Sanitary pad	Drawback	References
1.	Bagasse cellulose & Cigarette Filters	Recycled cigarette butts combined with solvent produce a protective covering of cellulose fiber.	Limited production	Sharma, A. 2019
2.	Low Cost Napkin Pads (Azadi Pads)	Cotton and cellulose with a leak-proof sheet are sterilized and then used	Empowerment needed, mind-set change crucial	Goyal, V. 2016
3.	Polyester, Propylene, Cotton & Rayon	Absorbent core is made of mixed cellulose, with a soft top and a leak-proof layer	Limited environmental focus	Kamal et al., 2016 Londiwe 2016

4.	Banana Fibre (Sathi)	Pseudostem fibers boiled with sodium hydroxide followed by chilling to form a thin layer	Preference synthetic pad	Nguyen 2022
5.	Bamboo Pulp-Based Material Fiber	Bamboo is processed into pulp and fibers, then assembled, sterilized, and packaged.	Complex extraction process	Ann & Mburu 2013
6.	Anandi Sanitary Pads	Local biodegradable materials are processed into absorbent cores, stacked, sanitized, and packed.	Limited production	Hafiz et al. 2016
7.	Polymer-Based Absorbent	Sugarcane, cotton based polymers are blended with nonwoven fabrics to form a core, which is then laminated, sterilized, and packed for use.	Lack of biodegradable information & limited waste disposal methods	Woeller and Hochwalt 2015
8.	Maka Pads (Papyrus and Paper Waste)	Papyrus and paper waste are pulped, divided into sheets, disinfected, and packaged for distribution.	Disposal concerns & limited resources	Sustainia1 2015
9.	Coconut Pads	Coir fiber is treated, stacked, sterilized, and packed for distribution as an eco-friendly agent	Discomfort compared to other materials.	Thilakavathi & Ramakrishnan 2021
10.	Sunflower Pads	Sunflower stalk fibers use as a coat, sanitized, and packaged for distribution	Shipping issues lead to higher production costs.	Mathias 2015

In spite of assessing the safety assessment of recent iterations of disposable absorbent goods, present article summarizes assurance of quality and criteria for affordable sanitary pads. Proper menstrual hygiene plays an essential role for women's respect and well-being, as well as basic sanitation, hygiene, and reproductive health care¹⁵. The National Family Health Survey 4 (NFHS 4) results reveal 57.6% of women use hygienic procedures to manage their periods and about 62% of women use reusable cloths to clean, dry, and wash during the menstrual period¹⁶. These items are often not thoroughly disinfected due to a lack of awareness or societal taboos, which force women to dry them indoors away from the sun. The market for menstrual hygiene products continues to shift with numerous choices increasingly accessible. However, merely accessibility to such products does not indicate hygienic or experts usage. Objective information regarding the benefits and drawbacks of various menstrual hygiene products is necessary for women to make informed decisions that best satisfy their personal, reproductive health, and socioeconomic needs. Through providing accurate information on any kind of period hygiene products, it empower women to make knowledgeable choices that benefit their health and environmental sustainability.

Current sanitary product its over view and market scenario:

The current market of sanitary product offers an abundance of feasibility, including pad disposal, tampons, menstrual cups, and biodegradable pads. However, disposal of pads remain popular due to their accessibility, biodegradable pads have gained popularity as eco-friendly options^{10, 11}. The market landscape continues to shift, with consumers demanding more sustainable and cheaper menstrual products. Material and manufacturing process innovations attempt to achieve an equilibrium between usefulness, cost, and environmental impact, making menstrual hygiene products more accessible and environmentally friendly¹². The future of the menstrual hygiene market remains largely influenced by environmentally conscious action¹³. Governments, non-governmental organizations (NGO), the health and education sectors, community leaders, civil society organizations, corporate sector entities, research institutions, academics, media, men and boys are all stakeholders in creating an enabling environment for menstrual hygiene management (MHM) which supports health, dignity, and well-being, but it encounters obstacles such as stigma and limited access to resources¹⁷. However, some important figures in establishing supportive conditions for menstrual hygiene management has been listed in Table -2

Table 2: Target Stakeholders for Ensuring an Enabling Environment for MHM

S. No.	Target Group	Stakeholders Within Target Group
1.	Girls and women	School Going girls, Adolescents and young women in communities Older women in communities
2.	Female influencer	Mothers and mothers in law, Peer groups
3.	Male influencer	Fathers, fathers- in- law, husbands, brothers, Peer groups
4.	Educators	Teachers, principals, and other school functionaries

		Government influencers (Ministry of Human Resource Development, State Departments for Education)
5.	Public and private healthcare providers	General practitioners and gynaecologists, •Traditional health care providers such as local doctors, travelling medicine men, etc.
6.	Product retailers	Pharmacists, Consumer goods retailers, Informal retailers for women focused products (salons, tailors in communities)
7.	Community mobiliser	CSOs, NGOs, District, block and panchayat/municipality-level functionaries Government front line workers

Cost-effective Sanitary Pad Safety and its Protocols:

Inadequate menstruation hygiene puts teenage girls globally at risk for sexual and reproductive health complications. Menstrual hygiene practices can affect school attendance and performance, psycho-social health, the prevalence of STIs and RTIs, and outcomes like shame and leak anxiety, all of which can hinder girls from realizing their full potential^{17, 18}. Ensuring the quality assurance and standards of low-cost sanitary pads involves a comprehensive approach. Start by implementing rigorous testing protocols for raw materials, ensuring they meet safety standards. Regularly inspect manufacturing processes to maintain quality control and adhere to established guidelines. Conduct thorough product testing for absorbency, comfort, and durability. Additionally, stay informed about industry regulations to guarantee compliance. Regular audits and certification from relevant authorities can further validate the product's safety and quality¹⁹. Continuous improvement and feedback mechanisms will help refine the methodology over time. To improve product safety for low-cost sanitary pads, some major should be taken care which are listed as follows. a) Material Traceability: Origin of materials to be used in the production process should traced and the quality of the product also be properly taken care²⁰. b) Hygiene Standards: strict hygiene protocols in the manufacturing facility to prevent contamination should maintain and regular equipment sensitization should also preform²¹. c) Product Testing: comprehensive testing of finished products for safety, absorbency, and leakage prevention should perform in collaboration with testing laboratories for unbiased assessments²². d) User Feedback: collecting feedback from users regarding comfort, effectiveness, and any adverse reactions is essential for maintaining quality of the product. e) Compliance with Regulations: regular information of international regulations related to sanitary products should updated²³. f) Documentation and Records: maintenance of detailed records of production processes, testing results, and quality control measures should consider. g) Packaging and Labeling: accurate and clear labeling of products, including eco-friendly and safe packaging materials. h) Social Responsibility: community outreach and education programs on menstrual hygiene should be taken care. i) Recall Plan: comprehensive plan for product should develop²⁰⁻²³.

Environmental Impact: Non-Biodegradable Sanitary Napkins Vs Biodegradable Sanitary pads

Non-biodegradable sanitary napkins, which are usually constructed of plastic or synthetic materials, contribute greatly to environmental pollution. They take hundreds of years to disintegrate, collecting in landfills and the oceans and releasing toxic compounds into ecosystems. Biodegradable sanitary pads, on the other hand, are created from organic and plant-based materials such as bamboo, cotton, and cornstarch, which degrade spontaneously within months to years¹⁷. This reduces waste and has a lower environmental impact. The change to biodegradable choices is being pushed by an increasing awareness of sustainability, with the goal of reducing the ecological impact of menstrual hygiene products and promoting environmental health has been listed in Table 3. However, by integrating cost effective sanitary pad methodology, researcher can establish a robust quality assurance system for low-cost sanitary pads, ensuring both product safety and customer satisfaction¹⁹⁻²¹. Non-biodegradable pads made of synthetic materials pollute the environment. Biodegradable napkins, manufactured from organic materials, disintegrate spontaneously, providing an environmentally responsible alternative for long-term menstruation hygiene.

Table: 3 Non-Biodegradable Sanitary Napkins Vs Biodegradable Sanitary Napkins

Feature	Non-Biodegradable Sanitary Pads	Biodegradable Sanitary Pads
Decomposition Time	500-800 years	6 months to a few years
Environmental Impact	High (landfill waste, chemical pollution)	Low (reduced waste, sustainable)
Health Concerns	Potential exposure to chemicals, skin irritation	Fewer chemicals, hypoallergenic, skin-friendly
Cost	Generally lower cost	Generally higher cost due to sustainable materials

Feature	Non-Biodegradable Sanitary Pads	Biodegradable Sanitary Pads
composition	Made from plastics and synthetic materials	Made from natural fibres like banana, bamboo, and organic cotton
Availability	Widely available	Increasing availability but still limited

Analysis on efficacy of Biodegradable sanitary pads

An assessment of biodegradable sanitary pad's efficacy for providing menstrual hygiene taken into consideration its environmental impact. This assessment looks at absorbency, comfort, durability, and decomposition rate to establish the acceptability of biodegradable solutions for sustainable menstrual management which influence on girls' education, dignity, and self-esteem in low-income countries. Menstrual products must be reusable, sanitary, and effective. A randomized controlled feasibility study has conducted in thirty elementary schools in rural western Kenya to investigate the acceptance, use, and safety of sanitary pads or menstrual cups. Girls aged 14 to 16 were recruited. Six months after the product's launch, focus groups were organized to get feedback from female participants. Ten girls' and six parents' FGD narratives were thematically analyzed. Confidence, fear, and comparison emerged as key themes. Cups were initially used slowly. Girls who used cups or pads reported feeling less ashamed once they were at comfort. Cotton fibre from discarded knitwear was used in this project to make low-cost sanitary napkins. Following the technique adjustment, the finished product was evaluated based on performance, comfort, and hygiene considerations. Applying preset criteria.

Case study on Biodegradable sanitary pads

Assessing the Market-available Branded Sanitary Napkins 16 different sanitary napkin variations from four well-known brands Stayfree, Whisper, Kotex, and Shapers—were assessed today based on physical and microbiological factors. We also evaluated each brand's pricing profile and the unique qualities that were promoted on the outside of the packaging and included following physical parameters¹⁷⁻¹⁹.

i) Analysis of Qualitative Fibers Layer by layer; the chosen sanitary napkin's fibers were analyzed utilizing the conventional AATCC test procedures. A light microscope was used for preliminary identification, and the fibres' longitudinal perspective was examined. The nature of the fibres was verified by chemical examination of each layer to determine the type of synthetic fibre and the amount of cellulosic fibre, solubility tests were performed. The polypropylene and polyethylene types of polyolefin fibre were identified using the melting point procedure²²⁻²³. To identify the type of cellulose fibre utilized, scanning electron microgram (SEM) of the pulp fibres of normal-type napkins were prepared and schema of pad layering has been enlisted in Fig. 2



Fig 2: Construction of Eco-Friendly layer design for Biodegradable Menstrual Hygiene Products in sanitary pads

- ii) pH measurement using cold and aqueous extracts of the samples, the pH of sanitary napkins has been measured. The test procedure for determining a sanitary napkin's pH is outlined in the IS: 5405-1981 specification.
- iii) Determining the capacity to absorb and tolerate pressure following absorbance This test was carried out in accordance with IS: 5405-1981. The amount of time the liquid took to get fully absorbed by the napkin, and the liquid's spread area were noticed. We looked for any fluid leakage on the napkin's sides and back. after applying a one-kilogram weight to it.
- iv) The Adaptability of Sanitary Napkins; The Modified Circular Bend was used to test the sanitary napkins' flexibility. This test is based on the typical ASTM circular bend process. The maximal force reading for the specimen represents its peak bending stiffness, and the test device utilized was an Instron inverted compression load cell.

- v) **Retention of Water** The typical ASTM Centrifuge method has been used to measure the amount of water retained. To fully moisten each prepared specimen, it was submerged in room-temperature distilled water for five minutes. The immersion period for incredibly thin napkins was 2.5 minutes. The material was centrifuged, dried, and then weighed again. The percentage of the dry mass that was retained as water was computed and reported.
- vi) **Expend-ability** In accordance with IS: 5405-1981, the napkins' possibility was evaluated. The time it took for the napkin to fully disperse in 15 liters of water after the top and back coverings were removed was recorded. 15. Based on the current study's findings, it is possible to create inexpensive sanitary napkins with an absorbent layer made of cotton swatch waste that is just as high-quality as branded napkins. This will make it possible for lower-class women to use feminine hygiene products to enhance the health of their reproductive systems.
- vii) **Microbial Investigation of Biodegradable Sanitary Pads: Bacterial and Fungal Bio-burden Testing** was done using the standard method BAM, 2001 for the bacterial and fungal bio burdens, respectively, utilizing the Aerobic Plate Count method and the Yeast and Mold Count method. Including pinpoint size, every Colony Forming Unit (CFU) was counted. Similarly, existence of *Staphylococcus auric* With the standard test method IS: 5887 (part II) 2005, sanitary napkins were also tested for the presence of *Staphylococcus aureus*. Inoculating the Baird Parker agar plates with the sample saline extracts, they were then incubated for 30 hours at 37°C. The probable organism colonies were searched from the incubated plates.

Step 2: Preparation of Cotton Knitwear Waste

1. Conversion into fibre from the knitwear waste consisted of irregular fabric fragments. It was transformed into fibre form (ideal for manufacturing the absorbent core of a sanitary napkin) using the garnering process. The evaluation of the average length and uniformity of length fibres were created using the conventional IS process. The average length of the fibers and the percentage of short fibres were observed.
2. Preparation of web for an absorbent layer of napkin Washing the fibers improved their absorbency, softness, and hygiene. Three techniques of washing were used: detergent, rewetting agent, and alkali. The appropriateness of a method was assessed based on the increase in fiber absorbency and pH with each treatment.

Step 3: Development of Prototypes and Evaluation

Prototyping and Evaluation Sanitary napkin prototypes in standard sizes were created using the optimized low-cost fibre as the absorbent web. The designs ranged from beltless to belted. The developed prototype was sterilized in an autoclave following the usual IS technique. The created prototypes were evaluated using the same test conditions as branded sanitary napkins. In addition, the generated prototypes were microbiologically examined for the presence of *Candida albicans*, a frequent uterine pathogen. The samples' saline extracts were inoculated onto Potato Dextrose agar plates, which were then incubated for 48 hours at 25°C. The organism's probable colonies were identified from the incubated plates. (Coneman, E.W. 1997). Similarly, analysis of Garneted Knitwear Waste Fibres A comb sotter was used to assess fibre length following garnering. The average length was 16 mm, with 28% short fibers. The best washing results were obtained using detergent, with a pH of 7.4 and an absorbency (time of sinking in water) of 1.14 seconds.

Manufacture of sanitary napkins in India

In India, the method used to make sanitary pads hasn't altered in many years. According to nano technologist Chandra Shekhar Sharma of the chemical engineering department of the Indian Institute of Technology Hyderabad, the only modifications are superficial. "There is no denying that using these commercially sold napkins poses health risks. However, scientific research needs to be done much more before a decision can be made. Though they haven't been measured yet, worries about some negative impacts are legitimate," he said. for the amount and duration of user interaction with the product. According to the FDA guidelines, firms should conduct clinical microbiology and toxicity testing because the approving authority is aware of the dangers involved with using these medicines, including toxic shock syndrome, unfavourable tissue reaction, and vaginal injury. Some comely available biodegradable sanitary pads in India market has been listed in a pi chart in Fig.

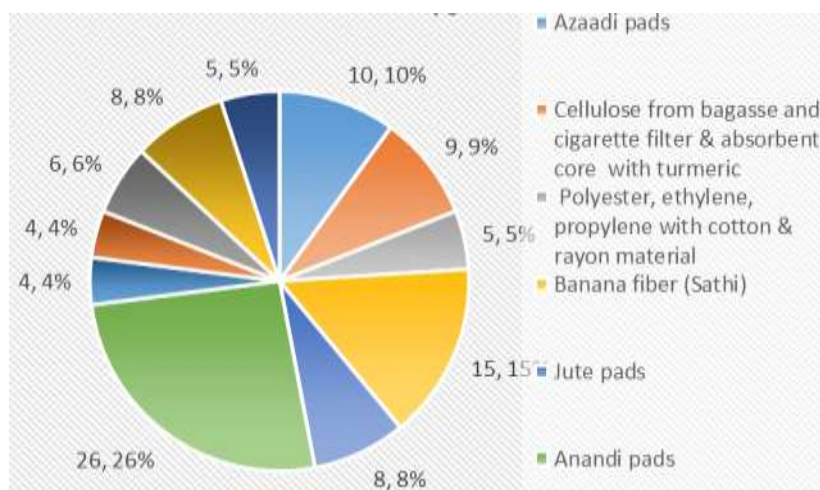


Fig: 3 Pi chart showing biodegradable sanitary pads in India market

BIS Standards for menstrual products

The Bureau of Indian standards (BIS) uses certain criteria to oversee the quality and safety of menstruation products. These standards address a wide range of issues critical to consumer health and pleasure. They include requirements for raw materials, production methods, and product quality. For example, BIS standards specify the acceptable materials for menstrual products in order to protect against dangerous compounds that could cause irritation or allergies. They also develop absorbency, leakage prevention, and durability standards to ensure that products efficiently satisfy the practical needs of their consumers. Furthermore, BIS regulations provides specifications for labels that offer customers with essential details about product composition, usage instructions, and disposal rules. Packaging standards guarantee that products are hygienic and undamaged until usage, avoiding contamination or damage. Manufacturers must comply with BIS standards, which promote consistent quality across the sector and protect customers from poor or harmful products. By following to these guidelines, producers demonstrate their dedication to delivering dependable and trustworthy menstruation products. Consumers may make informed decisions while remaining confidence in the quality and safety of the products they purchase. Overall, BIS standards contribute significantly to menstrual hygiene promotion and public health programs by providing industry criteria for product quality, safety, and transparency.

Economic Dynamics of Sanitary Pad

The economic dynamics of biodegradable sanitary pads include a variety of elements that influence their manufacture, pricing, and market demand. As customers become more aware of environmental sustainability, they prefer eco-friendly alternatives, which drives demand for biodegradable pads. However, the utilization of natural materials and sustainable sourcing methods may result in higher initial production prices. Over time, economies of scale, technological breakthroughs, and government incentives can reduce production costs, making biodegradable pads more competitive on the market. To attract buyers and ensure long-term success, pricing strategies must strike a balance between affordability and profitability. Market variables, such as rivalry from traditional sanitary pad makers and consumer preferences, have an impact on pricing and market penetration. Here's a hypothetical graph depicting the economic dynamics, displaying the relationship between production volume, production cost, and market demand over time, with potential cost reductions and demand rises as the market matures. The maximum production and marketing capacity of Saathi is established by a number of factors, including the availability of raw materials, manufacturing facilities, and market demand. Similarly, industrial information and its available psychological feature has been summarized here.

Production Capacity:

Biodegradable sanitary pad manufacturing capacity varies by a number of factors, including production equipment, raw material availability, personnel efficiency, and market demand. Saathi, situated in Ahmedabad, Gujarat, operates a manufacturing plant with cutting-edge machinery that allows it to produce thousands of pads per day. Raw ingredients such as banana fiber are purchased locally from nearby farmers, ensuring long-term supply chain sustainability. While the actual manufacturing capacity is unknown, estimations indicate that they may generate several hundred thousand to a few million pads every month under ideal conditions. Government and non-governmental organization (NGO) support plays an essential role in encouraging environmentally friendly menstrual hygiene practices. Governments may give financial incentives and legislation that favor biodegradable materials, while non-governmental organizations (NGOs) increase awareness and provide technical help to manufacturers. Collaboration among governments, non-governmental organizations (NGOs), and enterprises promotes innovation, decreases costs, and increases access to environmentally friendly sanitary pads. Finally, these efforts improve public health and the environment by promoting appropriate menstrual hygiene practices and lowering the environmental effect of traditional menstruation products.

Conclusion

The production of eco-friendly biodegradable sanitary pads represent a viable solution to the environmental issues related with standard menstrual products. These pads degrade spontaneously after disposal, decreasing landfill waste and environmental damage. Furthermore, their production benefits local economies by partnering with farmers and establishing sustainable supply chains. Selecting eco-friendly options, consumers not only prioritize their health but also contribute to broader environmental conservation initiatives. The development and promotion of biodegradable sanitary pads represent a significant step towards addressing both environmental concerns and women's menstrual health needs. Accessibility and awareness are critical aspects in increasing the use of biodegradable pads, and they necessitate joint efforts from a variety of stakeholders, including governments, NGOs, healthcare providers, and the media. Breaking down the stigma surrounding menstruation is critical for delivering accurate information to women and encouraging informed decision-making. However, ongoing research and innovation are required to improve manufacturing efficiency, enhance product performance and increase global access to environmentally friendly solutions. Overall, the transition to sustainable menstrual hygiene products represents a positive trend toward a more ecologically conscious and socially responsible approach to personal care.

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