

Effect of Plastic Based Sanitary Pads on Environment and Women's Health

Disposable sanitary napkins have developed significantly over the years since their discovery and acceptance, with several varieties. From cotton layered fiber sheets with a waterproof plastic layer at the bottom to prevent stains to ultra-thin sanitary napkins with gel cores to absorb more and prevent leaks, there's something for everyone. Modern women like the convenience of using plastic-based sanitary pads, but many are ignorant of the underlying health risk that they are exposing themselves to, which is negatively impacting their reproductive health.



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Many of us have grown up using sanitary napkins made of plastic, naive of the dangers they pose to our health.

Harmful for health

Our bodies eliminate blood and other bodily fluids when we menstruate. While the plastic in sanitary pads successfully traps moisture within, it also serves as a breeding ground for bacterial and fungal illnesses. This can result in vaginal and vulval inflammation, as well as allergic responses to the plastic and discomfort. It can also cause pelvic inflammatory illnesses, as well as cervical cancer in certain circumstances. It depends entirely on the type of plastic used and the length of time the pads are used. Individuals' reproductive health may be jeopardized, and their fertility may be harmed in the long run.

To minimize bacterial build-up, it is vital to change plastic-based pads on a regular basis. Most of the time, this is impossible or impossible, especially if there are no restrooms or privacy or if one is on a lengthy travel with no access to disposal systems.

There is a lack of understanding concerning the usage of plastic-based sanitary pads and the long-term effects they have on human health.

Harmful for environment

Sanitary napkins are frequently tossed into ponds, rivers, and lakes, polluting the water bodies and the species that live there or discarded in the open, clogging drains, and damaging the land.

While the plastic in sanitary pads is difficult to decompose, menstrual waste, which is made up of blood and other fluids, is another form of pollution that can lead to severe infections. Rag pickers frequently touch these sanitary goods with their bare hands, making it easy for them to become infected if the blood is from an HIV-positive individual.

Pathogens can be collected by the blood on the pads, which can contaminate not only the soil but also the water sources in cities and villages, especially if the water pipes are not adequately insulated.

The separation of sanitary waste, including menstrual waste, is critical. After segregation, the plastic must be disposed of separately, while blood and bodily fluids must be handled as biological waste. One option for disposing of sanitary napkins is to burn them, although the restrictions are rarely followed.

Sustainable Menstruation and Biodegradable Sanitary Pads

Rural women use sanitary pads made of re-usable cloth, which is ecologically friendly but not particularly hygienic. Cloth napkins should be thoroughly washed and dried in the sun, which acts as a natural steriliser.

Traditional, mass-produced plastic sanitary pads can be replaced with wool, cotton, bamboo, and reusable hemp tampons, which are both practical and environmentally friendly. They're inserted into the vaginal canal similarly to disposable tampons. Other possibilities include pads made of bamboo pulp, wood pulp, or bamboo charcoal, all of which are highly absorbent and healthful, not just for your health but also for the environment.

Banana tree fibre is currently being used by rural women to make **disposable sanitary pads** that degrade in less than a year. A lot of businesses have recently decided to go into the business of producing [biodegradable sanitary pads](#). Carmesi is another sanitary pad brand that focuses on long-term menstruation. Carmesi sanitary pads are constructed of maize starch and bamboo fibre, which are environmentally friendly, biodegradable, and safe to use.

Conclusion

While plastic-based menstrual hygiene products are widely accessible, it is preferable to choose a natural, safer alternative that is free of hazardous chemicals and synthetic fibres. Your intimate care is just as vital as any other aspect of your personal hygiene.