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## Why People Should Abandon The Stereotypes About Menstruation

I woke up this morning and wished that I disappear just for today. Why you ask? Well because there is a shedding of the endometrium, Luteinizing hormone, and follicle stimulating hormones, which are produced by the pituitary gland which promote ovulation and stimulate the ovaries to produce estrogen and progesterone. Estrogen and progesterone stimulate the uterus to prepare for possible fertilization which sometimes causes crampy lower abdominal pain, sharp or aching pain that comes and goes and sometimes back pain.

For those who still didn't get it I just briefly explained the menstrual cycle. To break it down further - I got my periods. Oops! Did I just say it out loud?

Periods are the worst. You are confused and emotional and sad and horny – everything is just so annoying. You don't feel like moving or talking to anyone, but you're also going through an emotional turmoil. What to do? Well, girls, I feel you. And honestly, there's nothing you can actually do to get rid of periods, you know, except pregnancy, which might complicate life in other ways! We all dread "that time of the month" and it's only then that we kind of wish we were guys.

For years I've been taught to keep mum about this, it was something that had to be whispered into each other's ears and was proudly tagged as "the girl talk". All of a sudden for five days in a month she's considered unhealthy, unclean and in some cases, even cursed. She is not supposed to cook food. In fact, she has special mystical powers to curdle milk and spoil pickle. Ironically though, science proves that it is a vital sign that your heart rate or blood pressure is that of a healthy person.

Today, we live in an era that is not barred with limitations regarding any topic of discussion be it homosexuality, human trafficking, prostitution, castration, and what not! But periods is something that is dismissed off the table hastily. I wonder if it is only the topic that draws the iron curtain for expression or is it viewed as disgusting simply because it belongs to a woman. Had it been associated with men I am sure there would be no avoidance or hesitation lulling. Rather, bragging and so much macho competition would have dominated the scene. The sanitary products wouldn't be named "whisper" it would be something like "power" or "warrior". The brand ambassador would be Ranveer Singh and the ads would be as stereotypical as possible - like the ones whereupon its use, you'd find skinny girls running behind you just because you're wearing the sanitary napkin. There would be special reservations on train tickets for men going through their periods. According to most advertisements, we are meant to excrete a thin blue liquid. The last time I checked, blood was red in color.

Even now when you have to head out to buy a sanitary napkin you are meant to greet the person in a low tone. We proudly ask for a pack of cigarettes or even. But for sanitary napkin well you know the whispers and the awkward glares. But the best part is the way they "gift wrap" it in a black polythene bag and give it you; As women, we have greater issues to discuss - violence, pay gap inequality, abuse but all of us want to keep our hands clean from this.

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While you think I am going all feminist on you, I would like you to be more accepting and understanding towards the emotional and physical strain a woman undergoes for five days every month. No sex can survive without the other in this world. It is vital to stub the discord and ensures harmony and we must be that generation that makes that change. Words like bleed or blood are always accompanied by stares. Stop It!

Accept yourselves and your better halves for who they are! Be supportive of them.

Countering Jennifer Aniston's wisecrack in the F.R.I.E.ND.S. Series, "No uterus, No opinion", I believe we still have hope for change. The youth will rise above all stereotypes and be a catalyst for a society that does not think PMS-ing symptoms are merely equivalent to overdoing crunches as a workout.

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