

Not only women Menstruate.

Yes, the statement “Not only women menstruate,” is correct.

Menstruation has always been seen or looked upon as a Femininity character. Menstruation happens to both, who identify themselves as male and female. CIS women may not have periods because of menopause, stress, disease, or a hysterectomy. They may never have menstruated due to a variety of medical conditions or they may be transgender or intersex.

The language we use is important.

Those who do not fit the typical definition of a woman can easily become marginalized, stigmatized, and discriminated against. When diseases and health care issues are gendered, it becomes even more difficult for trans and gender nonconforming people to obtain health care. It is important that all of us have a context for our experiences and a way of talking about them. If we all work together, we can change the way menstruation and health are discussed. Many parts of India still restrict cis-women who menstruate due to social, cultural, and religious restrictions. Those without a basic understanding of menstruation and the needs associated with it face restrictions. A biological phenomenon such as menstruation being gendered causes emotional and mental turmoil, social exclusion, and lack of menstrual healthcare, especially among non-binary gender identifiers. By spreading menstrual awareness, menstrual stigmas and misinformation can be dismantled and a semblance of normalcy can be achieved. Yet a great deal of stigma still remains and those left out might feel alienated.

What should be done?

We need to shift the mindset in our society. First of all, we need to acknowledge and accept a person's right to identify as whatever gender they choose. Secondly, we need to stop connecting menstruation with only cis-gender women. In addition, having unisex bathrooms available in public places stocked with low-cost or free menstrual products could serve as a major step forward on the government's part. This will lead to a reduction in period poverty, which is rampant in this country.

Changing the conversation to include all gender identities is a first step towards inclusiveness, but we can't expect changes to happen overnight.