Violence against women associated factors with the menstrual period: a narrative review

Factores asociados a violência contra as mulheres no período menstrual: uma revisão narrativa

Factores asociados a la violencia contra la mujer en el período menstrual: una revisión narrative

DOI: 10.55905/revconv.17n2-241

Originals received: 01/19/2024
Acceptance for publication: 02/06/2024

Tara Gaire
PhD student in Sciences
Institution: Universidade Federal de São Paulo
Address: São Paulo - São Paulo, Brasil
E-mail: taragaire33@gmail.com
Orcid: https://orcid.org/0000-0003-3524-5705

Paula Arquioli Adriani
PhD student in Sciences
Institution: Universidade Federal de São Paulo
Address: São Paulo - São Paulo, Brasil
E-mail: paulaadriani_97@hotmail.com
Orcid: https://orcid.org/0000-0002-5941-7922

Odilon Vieira Santos
Master's student in Science
Institution: Universidade Federal de São Paulo
Address: São Paulo - São Paulo, Brasil
E-mail: odilonvieiradossantos@gmail.com
Orcid: https://orcid.org/0009-0009-3950-2204

Meiry Fernanda Pinto Okuno
Post-PhD in Science
Institution: Universidade Federal de São Paulo
Address: São Paulo - São Paulo, Brasil
E-mail: mf.pinto@unifesp.br
Orcid: https://orcid.org/0000-0003-4200-1186
ABSTRACT
Violence constitutes a pervasive infringement of human rights on a global scale, impacting approximately one-third of women throughout their lives. Menstruation-related violence remains an underreported issue globally, with causative factors spanning social class, education, ethnic discrimination, financial access, and other concealed influences. The objective was to identify and analyze the most factors associated with violence against women during the menstrual period. A narrative review of existing literature was conducted, utilizing databases and academic repositories. The search strategy focused on identifying studies that specifically addressed violence against women in the context of the menstrual period. The inclusion criteria encompassed research from diverse disciplines, including sociology, psychology, public health, and gender studies. This literature review investigates the intricate nexus between violence against women and the menstrual period, aiming to elucidate the associated factors that contribute to this complex relationship. Recognizing the need for a comprehensive understanding of the subject, the study delves into existing research to explore the multifaceted dynamics surrounding violence during the menstrual cycle. The synthesis of literature revealed a spectrum of factors associated with violence against women during the menstrual period. These factors span cultural, social, psychological, and physiological dimensions, highlighting the complexity of the issue. The results provide insights into patterns, risk factors, and consequences, offering a holistic perspective on the dynamics at play. The findings illuminate the multifaceted nature of this phenomenon, emphasizing the importance of tailored interventions that address cultural, social, and psychological aspects. By consolidating current knowledge, this review serves as a foundation for future research and the development of targeted strategies to mitigate and prevent violence against women in the context of the menstrual period.

Keywords: violence, gender-based violence, women’s health, menstruation, health vulnerability.
RESUMO
A violência constitui uma violação generalizada dos direitos humanos à escala mundial, afectando cerca de um terço das mulheres ao longo da sua vida. A violência relacionada com a menstruação continua a ser uma questão subnotificada a nível mundial, com factores causais que abrangem a classe social, a educação, a discriminação étnica, o acesso financeiro e outras influências ocultas. O objetivo era identificar e analisar os factores mais associados à violência contra as mulheres durante o período menstrual. Foi realizada uma revisão narrativa da literatura existente, utilizando bases de dados e repositórios académicos. A estratégia de busca centrou-se na identificação de estudos que abordassem especificamente a violência contra a mulher no contexto do período menstrual. Os critérios de inclusão abrangeram investigação de diversas disciplinas, incluindo sociologia, psicologia, saúde pública e estudos de gênero. Esta revisão da literatura investiga o intrincado nexo entre a violência contra as mulheres e o período menstrual, com o objetivo de elucidar os factores associados que contribuem para esta complexa relação. Reconhecendo a necessidade de uma compreensão abrangente do assunto, o estudo aprofundou a investigação existente para explorar a dinâmica multifacetada que envolve a violência durante o ciclo menstrual. A síntese da literatura revelou um espetro de factores associados à violência contra as mulheres durante o período menstrual. Estes factores abrangem dimensões culturais, sociais, psicológicas e fisiológicas, realçando a complexidade da questão. Os resultados fornecem uma visão dos padrões, factores de risco e consequências, oferecendo uma perspetiva holística da dinâmica em jogo. Os resultados iluminam a natureza multifacetada deste fenómeno, sublinhando a importância de intervenções adaptadas que abordem os aspectos culturais, sociais e psicológicos. Ao consolidar os conhecimentos actuais, esta revisão serve de base a futuras investigações e ao desenvolvimento de estratégias específicas para mitigar e prevenir a violência contra as mulheres no contexto do período menstrual.

Palavras-chave: violência, violência de género, saúde da mulher, menstruação, vulnerabilidade à saúde.

RESUMEN
La violencia constituye una violación generalizada de los derechos humanos a escala mundial, que afecta aproximadamente a un tercio de las mujeres a lo largo de su vida. La violencia relacionada con la menstruación sigue siendo un problema poco denunciado en todo el mundo, cuyos factores causales abarcan la clase social, la educación, la discriminación étnica, el acceso financiero y otras influencias ocultas. El objetivo era identificar y analizar los factores más asociados a la violencia contra las mujeres durante el periodo menstrual. Se realizó una revisión narrativa de la literatura existente, utilizando bases de datos y repositorios académicos. La estrategia de búsqueda se centró en identificar estudios que abordaran específicamente la violencia contra la mujer en el contexto del período menstrual. Los criterios de inclusión abarcaron investigaciones de diversas disciplinas, como la sociología, la psicología, la salud pública y los estudios de género. Esta revisión bibliográfica investiga el intrincado nexo entre la violencia contra la mujer y el periodo menstrual, con el objetivo de dilucidar los factores asociados que contribuyen a esta compleja relación. Reconociendo la necesidad de una comprensión exhaustiva del tema, el estudio profundiza en la investigación existente para explorar la dinámica multifacética que rodea a la violencia durante el ciclo menstrual. La síntesis de la literatura reveló un espectro de factores asociados a la violencia contra las mujeres durante el periodo menstrual. Estos factores abarcan dimensiones culturales, sociales, psicológicas y fisiológicas, lo que pone de relieve la complejidad del problema. Los resultados proporcionan
una visión de los patrones, los factores de riesgo y las consecuencias, ofreciendo una perspectiva holística de la dinámica en juego. Los resultados ponen de manifiesto la naturaleza polifacética de este fenómeno y subrayan la importancia de las intervenciones a medida que abordan los aspectos culturales, sociales y psicológicos. Al consolidar los conocimientos actuales, esta revisión sirve de base para futuras investigaciones y el desarrollo de estrategias específicas para mitigar y prevenir la violencia contra las mujeres en el contexto del periodo menstrual.

**Palabras clave:** violencia, violencia de género, salud de la mujer, menstruación, vulnerabilidad sanitaria.

1 INTRODUCTION

Violence constitutes a pervasive infringement of human rights on a global scale, impacting approximately one-third of women throughout their lives (Fulu, Kerr-Wilson, Lang, Gibbs, Jacobson & Jewkes, 2014). Sexual violence against women not only affects the individual survivor but also reverberates throughout the community, influencing healthcare accessibility (Green, et al., 2022), escalating mortality rates, causing injuries, and compromising mental health and well-being (Matzopoulos et al., 2008). This issue is burgeoning into a significant global public health crisis. Globally, the World Health Organization (WHO) reports that about 30% of women are affected by such violence, with the majority of cases occurring among women aged 15 to 49 (World Health Organization, 2021). The prevalent forms of violence encompass physical harm, psychological trauma, and the looming threat of mortality (Yosep, Hikmat, Mardhiyah & Lukman, 2023).

Beyond physical violence, a distinct challenge emerges in the form of "period poverty," affecting a substantial portion of the 1.9 billion individuals worldwide who experience menstruation each month—comprising nearly a quarter of the global population (Sommer Sutherland & Chandra-Mouli, 2015). Period poverty denotes insufficient access to necessities such as pads, tampons, hygiene facilities, and proper waste management. Alarmingly, approximately 500 million individuals contend with period poverty monthly, constituting a worldwide crisis. Over the course of their lives, contemporary women anticipate enduring around 400 menstrual cycles, translating to approximately four to eight years dedicated to managing menstruation, further underscores the gravity of the issue (Crawford & Waldman, 2020).

In developing countries, menstrual hygiene emerges as a growing concern within schools and communities, as inadequate sanitary facilities persist globally, particularly impacting women...
and girls (UNICEF & WHO, 2015). This deficiency is associated with gender-based violence, with schoolgirls experiencing psychological abuse during their periods, often rooted in social norms and cultural beliefs (Chikwiri & Lemmer, 2014). Discrimination extends to more severe forms of violence, notably in Western Nepal, where menstruation-related violence is a pressing issue. Women face confinement in secluded houses (chhaugoths), encounter local restrictions, and endure societal prohibitions, impinging on their basic rights to education, equality, and social justice. This violence persists even beyond menopause, leading to humiliation, loss of dignity, inferiority complexes, and, tragically, suicidal thoughts (Budhathoki, 2021).

Historically ingrained in patriarchal societies, menstruation-related violence remains an underreported issue globally, with causative factors spanning social class, education, ethnic discrimination, financial access, and other concealed influences. Addressing this escalating concern necessitates interventions that empower women to overcome entrenched taboos and unmet needs (Hennegan, 2020). In the broader context, violence against women transcends boundaries and cultures, manifesting in diverse forms such as physical, sexual, psychological, and economic abuse. Rooted in gender inequality and harmful societal norms, it poses an escalating challenge that demands comprehensive attention.

This review while acknowledging the multifaceted nature of violence against women zeroes in on a specific aspect—the intersection between violence against women and their menstrual health. Menstruation, a natural and essential physiological process, is often shrouded in stigma, misinformation, and cultural taboos. This review aims to illuminate the less-explored dimension of gender-based violence by examining the intricate connections between violence against women and their menstrual cycles.

2 OBJECTIVE

Identify and analyze de most factors associated with violence against women during the menstrual period.

3 METHODS

This narrative review was conducted to facilitate the synthesis of studies by mapping key concepts, evidence, and research gaps related violence against women and girls during the menstrual period. This was accomplished through a systematic search, selection, and synthesis
of existing knowledge, following the methodology outlined by Snyder, H. (2019). The literature review utilized a five-stage framework, which encompassed the following stages: (1) identifying the research question, (2) identifying relevant studies, (3) selecting studies, (4) charting the data, and (5) summarizing and reporting the data. In addition to this, an emerging model of research synthesis, known as the "realist review," was integrated into the approach. This model is designed to address complex social interventions or programs, aiming to discern what works for whom, in what circumstances, in what ways, and why. The current review has incorporated elements of the scoping review to focus on the crucial aspects of identifying what works for whom and under what contexts. This approach supports the formulation of practical recommendations for nursing and future research in primary care settings. While a systematic review can inform us about whether an intervention is effective or not, it often falls short in explaining how and why this effectiveness occurs, and the extent to which the context may trigger different processes or mechanisms influencing outcomes. Therefore, in our systematic search of the literature, we adopted an inclusive approach that encompassed a wide range of evidence, rather than excluding "weaker" studies.

3.1 STAGE ONE: IDENTIFY THE RESEARCH QUESTION

In this section, the road map was clear for the subsequent stages. Search the relevant literature rapidly on the basis of population, concepts, and context (PCC) framework with assembling both author clearly defined the ramifications for search strategies. We decided to find the nursing those who are involving to menstruation and violence and effectively by which type of interventions. To conduct this scoping review, a comprehensive literature search using various academic databases, including Google Scholar, PubMed, PsycINFO, LILACS, Embase, and Epistemonikos with keywords such as (((Violence against women) OR (Gender-based violence)) AND (Menstrual period)) OR (Menstrual cycle), ("Stigma" OR "Social stigma") AND ("Menstruation" OR "Menstrual hygiene") AND ("Violence against women" OR "Gender-based violence") ("Menstrual violence" OR "violence against women during menstruation"), (Cultural beliefs) AND (menstrual violence)) OR (girls)) OR (women), (Menstrual violence) AND (Violence against women during menstruation).
3.2 STAGE TWO: IDENTIFYING RELEVANT STUDIES

The search strategy used a broad-brush approach, employing overarching terms/keywords, including internet searches and other grey literature, to identify government and other reports, conference presentations, and student dissertations and theses. The following databases were searched: Google Scholar, PubMed, PsycINFO, LILACS, Embase, and a hand search of related journals published up to December 2023. Also, using "Related Articles Cited Links" “automatic notifications search” and” Save your search” will apply to the search.

3.3 STAGE THREE: SELECTING STUDIES

The search across all databases was limited to articles where the primary focus was on the specified keywords. Additionally, we examined the reference lists of previous reviews to identify potentially relevant studies. The inclusion criteria consisted of: (1) studies involving interventions to enhance nursing care for menstruating women, (2) studies that included menstruating women, and (3) English-language articles published up until June 2023. Throughout the search and writing process, the second reviewer/author assessed the data's quality. We omitted the study characteristics after thoroughly reviewing each article multiple times. We then organized them into a summary table labeled "factors of interest" and highlighted those referenced in other literature reviews in the same field, emphasizing key themes.

3.4 STAGE FOUR: CHARTING THE DATA

One reviewer extracted information regarding the study's design, assessment characteristics, intervention, comparator, setting, and eligible studies. For each study, two reviewers read the full text and independently assessed the study's risk of bias for each outcome and time point as low, medium, or high, following the guidance from the Agency for Healthcare Research and Quality (AHRQ) (Viswanathan et al., 2012). One author of this paper ensured the methodological process. The authors excluded and included papers, recording all of them in Microsoft Excel, categorized by country, author, year of publication, intervention, and setting.

3.5 STAGE FIVE: SUMMARIZING AND REPORTING THE DATA

Studies are extracted in Microsoft Word and recorded from the storage system of the PubMed, google scholar database directly. We read all the papers and their aim, design, sample
unit, eligibility criteria, their variables, and related factors of functional capacities from each paper. Data extraction is checked and discussed with all other authors for more confirmation. In addition, for the tabulation and thematic procedure, we applied a narrative synthesis (Popay et al., 2006). A color-coding system is applicable in Microsoft Word, where papers are selected based on their suitability. Regular meetings, both online and in-person, were arranged to gather more information and avoid paper selection bias in the study.

3.6 ELIGIBILITY CRITERIA

Studies focused on violence against women/girls linked with menstrual violence and menstrual dignity are included. The exclusion criteria were papers were those specifying other types of violence like child abuse, male abuse, review studies, conference papers, thesis pieces, and those without full access.

4 RESULTS

On the database search there was recorded few studies those were measured the violence factors associated with girls and woman. In comparison, majority studies are focused on gender based violence, at work violence, domestic violence associated with girls and woman instead of alone menstruation violence and its associated characteristics (Joshi, 2022). We found that violence against women is a pervasive global issue that transcends borders, cultures, and socioeconomic backgrounds. It encompasses various forms of abuse, including physical, sexual, psychological, and economic violence, and is often rooted in gender inequality and harmful societal norms.

This review delves into the ways in which violence against women is associated with their menstrual periods, shedding light on this lesser-explored dimension of gender-based violence. Among the published papers are from Nepal. The Chaupadi, a deeply ingrained and prevalent tradition in the Far and Mid Western Regions of Nepal, observed across all castes and Hindu groups. According to this tradition, women are deemed 'impure' during their menstrual cycles, leading to their segregation from others in various aspects of everyday life. This practice is referred to as 'chhue' or 'bahirhunu' in Dadeldhura, Baitadi, and Darchula, 'chaupadi' in Achham, and 'chaukulla' or 'chaukudi' in Bajhang district. In adherence to the tradition of chaupadi, women are prohibited from entering houses, kitchens, and temples (Joseph, 2022).
Additionally, they are forbidden from touching other individuals, livestock, green vegetables, plants, or fruits. Those following the chaupadi practice are also restricted from milking buffalos or cows and are not permitted to consume milk or milk products. Typically, women undergoing menstruation retreat to a distinct hut or cattle shed for five days. However, for those experiencing menstruation for the first time, the tradition dictates a minimum stay of 14 days in such a shed. Access to water taps and wells is constrained, with women practicing chaupadi only allowed to bathe or wash clothes in a designated area known as 'chaupadi dhara'—a separate well, stream, or small rivulet near the village. Furthermore, they are prohibited from engaging in cultural and religious activities at both the family and community levels, including poojas and festivals, throughout their menstrual cycle (Baumann, et al., 2021).

**Violences characteristics** - The below information is not intended as medical advice or a diagnosis. Nevertheless, specific studies have uncovered a potential association between menstruation and incidents of violence against women, as illustrated in Figure 1.
This review highlights the complex intersection between violence against women and their menstrual health. It underscores that violence against women is not solely physical but extends into various aspects of their lives, including their reproductive health and dignity. Violence against women/ girls associated with menstrual health factors is summarized in the following sections.

**A Complex Intersection of Stigma and Discrimination:** Many societies still perpetuate menstrual taboos and myths, leading to the social exclusion of menstruating women and girls. Women may be restricted from participating in religious activities, entering certain spaces, or even sharing meals with their families during their periods. Such exclusion can be considered a form of violence, as it perpetuates gender discrimination (Mukherjee, 2020).

**Lack of access to hygiene products:** The inability to afford or access sanitary hygiene products can lead to humiliation and embarrassment for women and girls. In some cases, they resort to using unhygienic alternatives, putting their health at risk. This vulnerability makes them susceptible to exploitation and harassment (Chirwa, 2019).

**Health issues and violence:** Women who experience severe menstrual pain or other
health-related issues during their periods may be less likely to seek medical attention due to fear, lack of financial resources, or coercion from their partners. This can result in untreated health problems and exacerbate their vulnerability to violence.

**Economic factors:** Economic disparities can intersect with menstrual health, making women from marginalized communities more susceptible to violence. Poverty can limit access to menstrual products and healthcare, perpetuating cycles of abuse and disempowerment (Rohatgi, & Dash, 2023). Addressing economic disparities through education and job opportunities can reduce the vulnerability of women to violence (Kidron, 2021).

**Mental health and violence:** The psychological impact of menstrual-related stigma and violence can be profound. Women who experience discrimination and humiliation during their periods may develop mental health issues, further compromising their overall well-being (Levitt, & Barnack-Tavlaris, 2020), (Rohatgi, & Dash, 2023), (Muharam, et al., 2022).

**Education:** Raising awareness about menstrual health and debunking myths and taboos can help reduce stigma and discrimination. Access to Menstrual Hygiene Products: Ensuring access to affordable and hygienic menstrual products is crucial to maintaining women's dignity and health (Iroegbu, Adamu, Ekhator, Ojike, & Oyama, 2018).

**Healthcare:** Providing accessible healthcare for women experiencing menstrual-related health issues is essential to address their physical well-being (Babbar, Martin, Ruiz, Parray, & Sommer, 2022).

**Legal and Policy Reforms:** Enacting and enforcing laws that protect women from gender-based violence is crucial, alongside implementing policies that promote gender equality (Rossouw, & Ross, 2021).

It is essential to emphasize that violence against women is a human rights violation, and it is never justified or excusable under any circumstances. Efforts should be made to raise awareness about the issue, change harmful social norms, and provide support and resources to those who experience violence. Addressing violence against women and promoting menstrual health and hygiene are two separate but important aspects of gender equality and women's rights. Both require a comprehensive and multi-faceted approach involving education, policy changes, and community support to create a safer and more equitable world for women and girls.
5 DISCUSSION

The historical oversight of menstruation as a trigger for gender-based violence is a topic worthy of discussion. Various societies, despite this oversight, have witnessed connections between menstrual stigma, taboos, and harmful traditional practices with incidents of violence against women and girls. It’s important to delve into the reasons why women and girls, despite facing violence, often hesitate to report or seek assistance. Cultural acceptance, the stigma surrounding such incidents, fear, shame associated with reporting, and potential social and economic consequences from families and communities contribute to this hesitancy. The repercussions are far-reaching, affecting not only their physical and emotional well-being but also their financial stability, employment opportunities, and their ability to care for themselves and their children.

A notable example comes from Kenya, where girls have reportedly been coerced into engaging in sexual activity in exchange for sanitary products, as highlighted in a report by Maya Oppenheim in "The Independent" on July 5, 2019 (The Independent, 2019). Likewise, in Nepal, approximately 90% of women and girls encounter restrictions during menstruation, including being barred from entering places of worship, temples, and kitchens, refraining from physical contact with male family members, sleeping separately, and missing school, as reported by Population Services International Nepal in 2017 (Population Services International Nepal, 2017). The societal taboos and stigmas surrounding menstruation persist, with the ancient Hindu tradition of Chhaupadi exemplifying the deeply-rooted cultural and religious beliefs that menstruation is spiritually polluting.

Chhaupadi is a complex socio-cultural tradition deeply ingrained in a country where over 80% of the population practices Hinduism. While not as extreme in urban areas, some socio-cultural restrictions during menstruation persist in different castes across country (Mukherjee, et al., 2020). A high prevalence of Chhaupadi practice is reported in the western region, which violates Nepal’s commitment to several national and international conventions to protect women’s reproductive rights and the right to live without discrimination (Thakuri, Thapa, Singh, Khanal, & Khatri, 2021).

Furthermore, this issue is not isolated; globally, there exists a diverse range of attitudes, beliefs, and social norms regarding menstruation, influencing practices during this period. In certain contexts, there persists a perception that menstruation is impure, leading individuals to
consider menstruating women as unclean (Purwanto, Amalia, & Dewanti, 2022; Mohamed, et al., 2018). These discussions shed light on the need for a comprehensive understanding of the societal factors contributing to the challenges faced by women and girls in relation to menstruation (Purwanto, Amalia, & Dewanti, 2022), (Mohamed, et al., 2018).

The exploration of the intricate relationship between menstruation and violence against women has revealed compelling findings, adding a layer of complexity to our understanding of this issue. Historical studies, such as Dalton's in 1961, showed that a significant proportion of crimes committed by female offenders occurred during the premenstrual or menstrual phases, with a startling 49% incidence rate (Dalton, 1961). Subsequent research by d'Orban and Dalton in 1980 reinforced this connection, reporting a 44% incidence in a study involving 50 female offenders (Harry & Balcer, 1987). Recent investigations have extended this link beyond the confines of the home, associating women's sanitation and menstrual hygiene experiences with an increased vulnerability to violence in broader societal contexts (Cardoso, Clark, Rivers, Ferguson, Shrestha, & Gupta, 2019). Beyond direct associations, the influence of menstrual stigma, taboos, and harmful traditional practices on violence against women and girls has also come to the forefront. These socio-cultural elements, prevalent in various communities, contribute to instances of violence and further underscore the need for a holistic approach to addressing gender-based violence. Adding another layer to the discourse, research delves into the impact of the menstrual cycle on criminal behavior (Vanezis, 1991). Notably, Vanezis's study in 1991 revealed a significant decrease in offenses during the ovulatory and post-ovulatory phases. The connection between serotonin levels and mood regulation as the menstrual period approaches introduces a psychological dimension, suggesting that hormonal fluctuations may contribute to changes in mood. Moreover, anxiety has been identified as a moderating factor, with highly anxious women experiencing increased irritability during the late luteal and menstrual phases (Elena Steinhaus, 2021).

In the broader context of combating violence against women and girls on a global scale, the past decade has witnessed substantial progress. Thanks to persistent advocacy and initiatives led by women's movements and feminist activists, violence against women is now universally recognized as a fundamental violation of human rights and a significant development and public health concern (Michau et al., 2015). This acknowledgment has translated into increased financial investments and the development of conventions, policies, and frameworks embedded
in the Sustainable Development Goals. Unequal gender power dynamics and discrimination are now acknowledged as foundational causes of such violence, with the Ecological Framework providing a common model to understand the multifaceted drivers across various levels. Despite the magnitude of the issue, there is growing evidence that rates of violence can be curtailed within programmatic timelines. Effective prevention programming relies on identified key elements, although more empirical support is needed, especially from low- and middle-income countries, notably in Asia and the Pacific (Fulu & Warner, 2019). This comprehensive understanding forms the basis for ongoing efforts to address and mitigate violence against women and girls globally.

In Nepal, particularly in the mid- and far-western regions, the traditional practice of banishing women during menstruation persists, driven by factors such as illiteracy, superstitions, gender inequality, age group, educational level, ethnicity, number of children, residence setting, and community support (Acharya et al., 2021). This practice, known as "chaupadi," confines women to makeshift cattle sheds called "chaupadi goth," characterized by rudimentary, unsanitary, and exposed conditions. Abiding by tradition, menstruating or pregnant women are prohibited from consuming milk or ghee, limited to plain flatbread with salt (Gautam, 2017).

The consequences of adhering to such practices are dire for women's health. Isolated in these unsuitable conditions, women face heightened risks of hypothermia during winter and dehydration leading to heat stroke in summer. The absence of running water contributes to poor hygiene, exposing them to potential infections. Prolonged isolation during menstruation or after childbirth exacerbates feelings of fear and depression due to the lack of companionship and emotional support. In regions with already high maternal and neonatal mortality rates, the extended periods of isolation following childbirth pose a significant threat (Kadariya & Aro, 2015).

Despite the outlawing of such practices, the persistence of menstrual seclusion underscores the need for increased social awareness within affected communities. This article employs ethical theories like liberalism and communitarianism to analyze menstruation, human rights, and public health implications (Baumann et al., 2021; Parajuli et al., 2019). It emphasizes the interconnectedness of violence against women and community well-being. By recognizing the link between violence against women and their menstrual health, the article argues that addressing this intersection is a crucial step toward holistic gender equality.

In conclusion, understanding the challenges women face during their menstrual periods,
especially in cultural contexts like Nepal, is essential for crafting comprehensive interventions. By raising awareness, challenging deeply rooted traditions, and advocating for policy changes, society can contribute to creating an environment where women can live free from violence and discrimination, irrespective of their menstrual cycle.

**Limitation** - The study has limitations. Firstly, due to the review research study and its terminology of search words, the published paper was found associated with other types of violence. Secondly, we only included the menstruation violence but not other types of violence associated with women and girls. Lastly, the outcomes were not synthesized and summarized in the study, such as the impact of nutritional status and health during the periods, including mental health impacts, and were limited by data availability.

6 CONCLUSION

This review critically examines an expanding body of literature that delves into the intricate relationship between violence against women and their menstrual periods. The cumulative evidence highlights the pressing need for heightened awareness, extensive research, and targeted interventions to effectively address this significant issue. The findings gleaned from the reviewed studies underscore the multifaceted nature of violence against women during menstruation, influenced by cultural, psychological, and socioeconomic factors. In recognizing the complexity of the problem, it becomes apparent that a comprehensive approach is imperative to tackle violence against women during their menstrual periods. This multifaceted strategy should encompass educational initiatives, advocacy efforts, policy changes, and the provision of support services. The review emphasizes that a siloed approach is insufficient and that a holistic framework is necessary to address the diverse challenges faced by women in different cultural and social contexts.

Additionally, the review sheds light on existing gaps in the literature, highlighting the need for further research to deepen our understanding of this complex issue. This is crucial for developing effective strategies aimed at mitigating violence against women during their menstrual periods. The identification of these gaps underscores the ongoing importance of advancing our knowledge base and refining intervention strategies.

In conclusion, this literative review significantly contributes to our comprehension of the intersection between violence against women and menstruation. It serves as a foundation for
future research endeavors and actions in this critical area. By drawing attention to the gaps in current knowledge, the review advocates for ongoing efforts to enhance our understanding and develop targeted interventions that can make a tangible difference in the lives of women facing violence during their menstrual periods.

FUNDING

Foundation for the Improvement of Higher Education Personnel (CAPES) (number 88887.817968/2023-00)
REFERENCES


Elena Steinhaus, M. A (2021). *Building Bridges to End*

