

2 Days Late Menstruation

A menstrual taboo is any social taboo concerned with menstruation. In some societies it involves menstruation being perceived as unclean or embarrassing, inhibiting even the mention of menstruation whether in public (in the media and advertising) or in private (among friends, in the household, or with men). Many traditional religions consider menstruation ritually unclean, although anthropologists say that the concepts 'sacred' and 'unclean' may be intimately connected. 994f5083d6 Naturally occurring hormones drive the cycles; the cyclical rise and fall of the follicle stimulating hormone prompts the production and growth of oocytes (immature egg cells). The hormone estrogen stimulates the uterus lining (endometrium) to thicken to accommodate an embryo should fertilization occur. The blood supply of the thickened lining provides nutrients to a successfully implanted embryo. If implantation does not occur, the lining breaks down and blood is

released. Triggered by falling progesterone levels, menstruation (commonly... 994f5083d6

Menstruation Symptoms typically last less than three days. The menstrual cycle is characterized by the rise and fall of hormones. Feminine hygiene products are used in order to maintain hygiene during menses. pain during menstruation. Its usual onset occurs around the time that menstruation begins. Menstruation is triggered by falling progesterone levels, and is a sign that pregnancy has not occurred. The pain is Menstruation (also known as a period, among other colloquial terms) is the regular discharge of blood and mucosal tissue from the inner lining of the uterus through the vagina 994f5083d6

The first period, a point in time known as menarche, usually begins during puberty, between the ages of 11 and 13. However, menstruation starting as young as eight years would still be considered normal. The average age of the first period is generally later in the developing world, and earlier in the developed world. The typical length of time between the first day of one

period and the first day of the next is 21 to 45 days in young women; in adults, the range is between 21 and 35 days with the average often cited as 28 days. In the largest study of menstrual app data, the mean menstrual cycle length was determined to be 29.3 days. Bleeding typically lasts two to seven days. Periods stop during pregnancy and typically do not resume during the initial months... 994f5083d6 According to Lévi-Strauss, a point came when the human mind proved capable of distinguishing between 'sister' and 'wife'. Equipped with that ability, human males who had previously kept their sisters to themselves offered them in matrimonial exchange to other males, who reciprocated by making a return gift of their own sisters. In this way, rule-governed society became established as alliances were forged between neighbouring groups of men. Lévi-Strauss claims that in addition to the incest taboo, men invented a further series of critically important rules concerning such things as the timing of menstruation, cooking, romantic attachment... 994f5083d6 Although there is some disagreement in definitions between sources, menstruation is generally considered to be limited to primates. It is common in simians (Old World monkeys, New World monkeys, and apes), but completely lacking in

strepsirrhine primates and possibly weakly present in tarsiers. Beyond primates, it is known only in bats, the elephant shrew, and the spiny mouse species *Acomys cahirinus*. Overt menstruation (where there is bleeding from the uterus through the vagina) is found primarily in humans and close relatives such as chimpanzees. 994f5083d6 Diagnosis requires a consistent pattern of emotional and physical symptoms occurring after ovulation and before menstruation to a degree that interferes with normal life. Emotional symptoms must not be present during the initial part of the menstrual cycle. A daily list of symptoms over a few months may help in diagnosis. Other... 994f5083d6 Females of other species of placental mammals undergo estrous cycles, in which the endometrium is completely reabsorbed by the animal (covert menstruation) at the end of its reproductive cycle. Many zoologists regard this as different from "true" menstrual cycle. Female domestic animals used for breeding—for example dogs, pigs, cattle, or horses—are monitored for physical signs of an estrous cycle period, which indicates that the animal is ready for insemination... 994f5083d6 == Terminology == 994f5083d6 The terms menstruation and menses are derived from the Latin: *mensis*, lit. 'month', which in turn is cognate with the

Ancient Greek: μήνη, romanized: mēnē, lit. 'lunar month', and the roots of the English... 994f5083d6 The book outlines a new theory of human origins, focusing particularly on the emergence of symbolic ritual, kinship, religion and mythic belief. Previously, the main theory in currency was that of Claude Lévi-Strauss, who claimed that culture's rule over nature was established by men when they invented the incest taboo. 994f5083d6

Culture and menstruation The basis of many conduct norms and communication about menstruation in western There are many cultural aspects surrounding how societies view menstruation. In most of India, menarche is celebrated as a rite of passage. view menstruation. The basis of many conduct norms and communication about menstruation in western industrial societies is the belief that menstruation should remain hidden. Different cultures view menstruation in different ways. By contrast, in some indigenous hunter-gatherer societies, menstrual observances are viewed in a positive light, without any connotation of uncleanness. Different cultures view menstruation in different ways 994f5083d6

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The first formalized calendar-based method was developed in 1930 by John Smulders, a Catholic physician from the Netherlands. It was based on knowledge of the menstrual cycle. This method was independently discovered by Hermann Knaus (Austria), and Kyusaku Ogino (Japan). This system was a main form of birth control available to Catholic couples for several... 994f5083d6 == Mythology == 994f5083d6

Menstruation (mammal) Overt menstruation (where there is blood flow from the vagina) occurs primarily Menstruation is the shedding of the uterine lining (endometrium) in some mammals. It occurs on a regular basis in uninseminated sexually reproductive-age females of certain mammal species. endometrium without vaginal discharge is sometimes called covert menstruation 994f5083d6

Menstrual hygiene management (Good) MHM requires a minimum level of knowledge and awareness in women and adolescent girls to manage their menstruation effectively Menstrual hygiene management (MHM) or menstrual health and hygiene (MHH) is the access to menstrual hygiene

products to absorb or collect the flow of blood during menstruation, privacy to change the materials, and access to facilities to dispose of used menstrual management materials. It can also include the "broader systemic factors that link menstruation with health, well-being, gender equality, education, equity, empowerment, and rights". Menstrual hygiene management can be particularly challenging for girls and women in developing countries, where clean water and toilet facilities are often inadequate. their menstruation. Menstruation can be a barrier to education for many girls, as a lack of effective sanitary products restricts girls' involvement in educational and social activities. Menstrual waste is largely ignored in schools in developing countries, despite it being a significant problem 994f5083d6

Blood Relations: Menstruation and the Origins of Culture Blood Relations: Menstruation and the Origins of Culture is a book by the evolutionary anthropologist Chris Knight. Published by Yale University Press Blood Relations: Menstruation and the Origins of Culture is a book by the evolutionary anthropologist Chris Knight. Published by Yale University Press

in hardback 1991 and in paperback four years later, it has remained in print ever since 994f5083d6

The proposed mechanisms have also received scientific criticism. Reviews in 2006 and 2013 concluded that menstrual synchrony likely does not exist. 994f5083d6

Niddah a uterine discharge of blood (most commonly during menstruation), or a woman who has menstruated and not yet completed the associated requirement of A niddah (alternative forms: nidda, nida, or nidah; Hebrew: נִדָּה nida), in traditional Judaism, is a woman who has experienced a uterine discharge of blood (most commonly during menstruation), or a woman who has menstruated and not yet completed the associated requirement of immersion in a mikveh (ritual bath) 994f5083d6

Menstrual synchrony (1988). McClintock's paper in Nature proposed that social interaction could affect the menstrual cycle, but her study had methodological flaws and other published studies failed to find synchrony. ;

Gottlieb, A. Berkeley: University The menstrual synchrony theory of psychologist Martha McClintock proposes that living together would tend to synchronize the menstrual cycles of women. (eds.). Blood Magic: The anthropology of menstruation. "Menstruation and the power of Yurok women". In Buckley, T. T. Although no scientific evidence has been found to support this theory, the (supposed) phenomenon was dubbed "the McClintock effect" or the "Wellesley effect" (named for the college where it reportedly occurred) 994f5083d6

In the Book of Leviticus, the Torah prohibits sexual intercourse with a niddah. The prohibition has been maintained in traditional Jewish law and by the Samaritans. It has largely been rejected by adherents of Reform Judaism and other liberal branches. 994f5083d6 In rabbinic Judaism, additional stringencies and prohibitions have accumulated over time, increasing the scope of various aspects of niddah, including: duration (12-day minimum for Ashkenazim, and 11 days for Sephardim); expanding the prohibition against sex to include: sleeping in adjoining beds, any physical contact, and even passing objects to spouse; and requiring a detailed ritual purification

process. 994f5083d6 An accepted definition of menstrual hygiene management (MHM) is: 994f5083d6

Menstrual cycle This hypothesis held that menstruation protected the uterus against pathogens The menstrual cycle is a series of natural changes in hormone production and the structures of the uterus and ovaries of the female reproductive system that makes pregnancy possible. The ovarian cycle controls the production and release of eggs and the cyclic release of estrogen and progesterone. Menarche (the onset of the first period) usually occurs around the age of 12 years; menstrual cycles continue for about 30–45 years. These cycles are concurrent and coordinated, normally last between 21 and 35 days, with a median length of 28 days. the evolutionary significance of menstruation: Control of sperm-borne pathogens. The uterine cycle governs the preparation and maintenance of the lining of the uterus (womb) to receive an embryo 994f5083d6

== Overview == 994f5083d6

Premenstrual syndrome as PMS, symptom intensity must increase at least 30% in the six days before menstruation. An individual's pattern of symptoms may change over time. Additionally, this pattern must be documented for at least two Premenstrual syndrome (PMS) is a disruptive set of emotional and physical symptoms that regularly occur in the one to two weeks before the start of each menstrual period. PMS-related symptoms are often present for about six days. PMS does not produce symptoms during pregnancy or following menopause. The range of symptoms is wide, and most commonly are breast tenderness, bloating, headache, mood swings, depression, anxiety, anger, and irritability. Symptoms vary, though commonly include one or more physical, emotional, or behavioral symptoms, that resolve with menses. Symptoms resolve around the time menstrual bleeding begins. To be diagnosed as PMS, rather than a normal discomfort of the menstrual cycle, these symptoms must interfere with daily living, during two menstrual cycles of prospective recording 994f5083d6

Calendar-based contraceptive methods These methods may be used to

achieve pregnancy by timing unprotected intercourse for days identified as fertile, or to avoid pregnancy by avoiding unprotected intercourse during fertile days. Various methods are known as the Knaus-Ogino method and the rhythm method. Incorrectly identifying bleeding as menstruation will Calendar-based methods are various methods of estimating a woman's likelihood of fertility, based on a record of the length of previous menstrual cycles. However, mid-cycle or anovulatory bleeding can be caused by a number of factors. true menstruation. The standard days method is also considered a calendar-based method, because when using it, a woman tracks the days of her menstrual cycle without observing her physical fertility signs. The standard days method is based on a fixed formula taking into consideration the timing of ovulation, the functional life of the sperm and the ovum, and the resulting likelihood of pregnancy on particular days of the menstrual cycle 994f5083d6

Since the late 19th century, with the influence of German Modern Orthodoxy, the laws concerning niddah are also referred to as טְהָרַת הַמִּשְׁפָּחָה, taharat haMishpacha, 'family purity'. This is a euphemism coined

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