



Kalon Lueur sanitary pads; A Sanitary Pad with Natural Super Absorbant Polymers protects from skin reactions, rashes, allergies, reproductive issues like carcinogens, endocrine disruptors, and surface irritants and toxic Shock Syndrome.

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ABSTRACT

Synthetic sanitary napkins are laced with odor neutralizers and artificial fragrances. These cheap chemical components can cause serious irritations and allergy. These chemicals can cause complications in reproduction, to the extent of infertility. Phthalates are compounds used to give a smooth finish to the sanitary pads. These compounds have been shown to cause endocrine disruption and affect normal reproductive hormone levels. Super Absorbent Polymers used in sanitary pads are mostly petroleum by-products which claim to soak 30 times their weight. This quality of ultra-thin sanitary napkin makes it very desirable for women, but there is a considerable health threat that comes with this convenience. SAP can cause skin reactions, rashes, allergies, reproductive issues, and Toxic Shock Syndrome. KALONLUEUR SANITARY PADS, A Sanitary Pad with Natural Super Absorbant Polymers free from skin reactions, rashes, allergies, reproductive issues and toxic Shock Syndrome. The present paper Reviews the Role of KALONLUEUR SANITARY PADS developed by R&D cell of Lactonova Nutripharm Pvt Ltd. Hyderabad to protect the women from innumerable health threats.

Keywords; Kalonlueur sanitary pads, skin reactions, rashes, allergies, reproductive issues.

INTRODUCTION

A sanitary napkin, sanitary towel, sanitary pad, menstrual pad, or pad is an absorbent item worn in the underwear when menstruating, bleeding after giving birth, recovering from gynecologic surgery, experiencing a miscarriage or abortion, or in any other situation where it is necessary to absorb a flow of blood from the vagina. A menstrual pad is a type of feminine hygiene product that is worn externally, unlike tampons and menstrual cups which are worn inside the vagina. The pad has to be changed several times in 24 hours depending on whether menstrual flow is heavy or light.

Menstrual pads are made from a range of materials, differing depending on style, country of origin, and brand. US brands include Kotex, Always, Equate, and Stayfree. Lil-lets are available in several other English-speaking countries. The pads are not the same as incontinence pads, which generally have higher absorbency and are worn by people who have urinary incontinence problems or experience stress incontinence. Although menstrual pads are not made for this use, some people use them for this purpose.

Disposable

Although producers are generally reluctant to reveal the exact composition of their products, the main materials will

usually be bleached rayon (cellulose made from wood pulp), cotton and plastics. In addition, fragrance and antibacterial agents can be included. The plastic parts are the backsheet and polymer powder as an additional powerful absorbent (superabsorbent polymers) that turns into a gel when moistened.^{[1][2]} Procter & Gamble are advertising a proprietary material called *infinicel* as the core of their napkins.^[3] In general, the layering is as follows: "an absorbent core material placed between a flexible liquid-pervious topsheet and a liquid-impervious plastic backsheet that has an adhesive on the outside for attaching the napkin to an undergarment".^[4] As is the case with disposable tampons and diapers, recycling is difficult and rarely done due to cost reasons, although proof-of-principle solutions appear to exist.^[5] When not dumped in a landfill where the non-biodegradable parts may persist for thousands of years, conventional hygiene products can at best be "thermally recycled" (incinerated).

There are several different types of disposable menstrual pads

- Panty liner: Designed to absorb daily vaginal discharge, light menstrual flow, "spotting", slight urinary incontinence, or as a backup for tampon or menstrual cup use.
- Ultra-thin: A very compact (thin) pad, which may be as absorbent as a Regular or Maxi/Super pad but with less bulk.

- Regular: A middle range absorbency pad.
- Maxi/Super: A larger absorbency pad, useful for the start of the menstrual cycle when menstruation is often heaviest.
- Overnight: A longer pad to allow for more protection while the wearer is lying down, with an absorbency suitable for overnight use.
- Maternity: These are usually slightly longer than a maxi/Super pad and are designed to be worn to absorb lochia (bleeding that occurs after childbirth) and also can absorb urine.

The shape, absorbency and lengths may vary depending on manufacturer, but usually range from the short slender panty liner to the larger and longer overnight. Long pads are offered for extra protection or for larger people whose undergarments might not be completely protected by regular length pads, and also for overnight use.

Other options are often offered in a manufacturer's line of pads, such as wings or tabs that wrap around the sides of underwear to add additional leak protection and help secure the pad in place. Deodorant is also added to some pads, which is designed to cover menstrual odor with a light fragrance.

Reusable (cloth)

Some people use a washable or reusable cloth menstrual pad. These are made from a number of types of fabric—most often cotton flannel, or hemp (which is highly absorbent and not as bulky as cotton). Most styles have wings that secure around the underpants, but some are just held in place (without wings) between the body and the underpants. Some (particularly the older styles) are available in belted styles. Cloth menstrual pads made a comeback around the 1970s,^[6] with their popularity increasing in the late 80s and early 90s. Reasons women choose to switch to cloth menstrual pads include comfort, savings over time, environmental impact and health reasons.

Washable menstrual pads do not need to be disposed of after use and therefore offer a more economical alternative. They have become a popular alternative because they are allergen- and perfume-free, and can be more comfortable for people who suffer from irritation from using disposable pads. There are many styles of cloth menstrual pads available today, ranging from panty liners to overnight pads. Popular styles of cloth menstrual pads include all-in-one, or AIO pads, in which the absorbent layer is sewn inside the pad, "inserts on top" style pads, which have absorbent layers that can be secured on top of the pad as needed, envelope or pocket style pads, which have absorbent layers that can be inserted inside the pad as needed, and a foldable style, in which the pad folds around the absorbent layers. Cloth menstrual pads can have waterproof lining, which provides more leak protection but may also be less breathable.

Modern reusable cloth pads in differing sizes

Menstrual pads are worn to absorb menstrual discharge thereby protect clothing and furnishings. They are usually individually wrapped so they are easier and more discreet to carry in a purse or bag. This wrapper may be used to wrap the soiled pads before disposing of them in appropriate receptacles. Some people prefer to wrap the pads with toilet paper instead of (or as well as) using the wrapper, which, often being made of slick plastic with a small tape tab, may not adequately stick. Menstrual pads of any type should not be flushed down the toilet as they can cause blockages. In developed countries, public toilets almost always include a purpose-made receptacle in which to place soiled pads. In first aid, they make excellent dressings for heavy bleeding due to their high absorbency if gauze is unavailable or inadequate.

Many people who experience urinary incontinence use menstrual pads to manage bladder leaks. However, since menstrual pads are designed to absorb menstrual flow, they are not as effective in absorbing urinary leaks; incontinence pads are designed for this purpose.

Synthetic Sanitary Napkins & its harmful effects on women's health.

What does a commercial sanitary napkin contain?

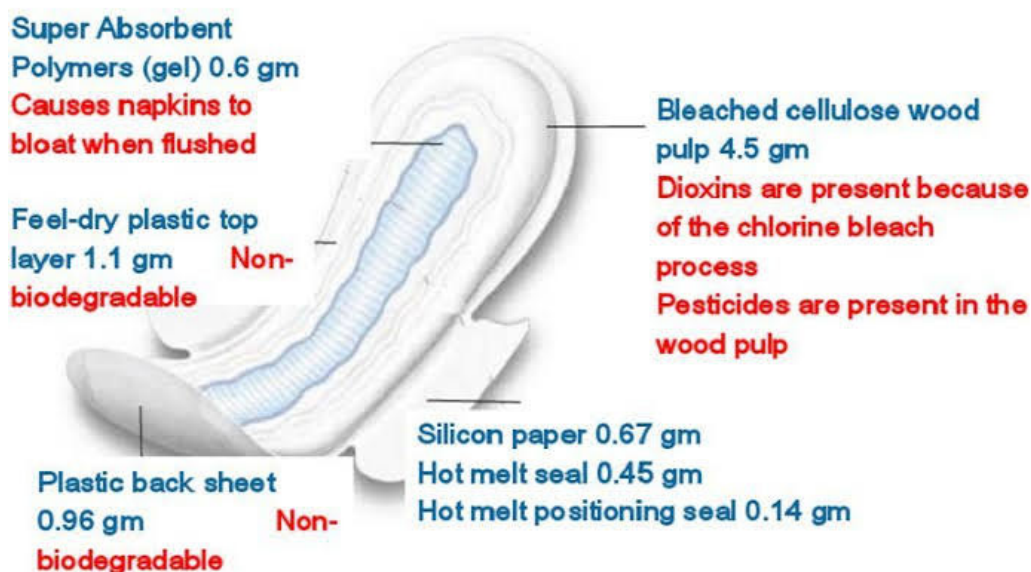


Fig.1 Synthetic Sanitary Napkin

Sanitary napkins have evolved from cotton layers held together by a fibre sheet with a waterproof plastic layer at the bottom to prevent staining. As new techniques and designs came up, it transformed into ultra-thin sanitary napkins with gel core, to absorb more and provide safety against leaks. While modern women enjoy the ease that comes with the use of synthetic sanitary pads, little do they suspect the impending health threat that they are being exposed to, is affecting their reproductive health.

On an average, a woman uses 11,000 to 17,000 sanitary pads during her lifetime. Use of sanitary pads varies from region to region. According to the National Family Health Survey, in 2015-2016 the use of sanitary pads is 47% in rural India and 77% in urban India. Considering the population of the country, these proportions translate to a huge number. If every Indian woman who uses sanitary pads generates waste of disposable sanitary pads weighing 500 gm, then the total waste generated in the country is a whopping 16180 tons.

There is a long list of reasons as to why synthetic sanitary pads are risky. Several independent studies have been carried out to determine the extent of health damage caused by the components of synthetic sanitary napkins. A WHO report in 2013 which states that several carcinogens, endocrine disruptors, and surface irritants are being used in menstrual hygiene products like sanitary pads and tampons.

These dangerous chemicals called Dioxin. The WHO labels dioxin as a pollutant and carcinogen which does not degrade in the environment easily. The effects it can have on the human body is much more serious than just superficial irritation and allergy.

Dioxin is a chemical used to bleach the cotton and cellulose wood pulp, to give it a white color. This chemical does not get eliminated from the product on which it is used and finds its way to our body and environment when you use a sanitary pad containing this cotton. Even at low doses, Dioxin finds its way into your fat tissues and continue to pose several health threats.

Dioxin is a potent carcinogen. the nature of dioxin to get accumulated in your body has the potential to cause cancers like cervical cancer and ovarian cancer. The vaginal mucous membrane is extremely permeable and can absorb chemical like Dioxin directly into the bloodstream. Dioxin is also an immunosuppressant and can disrupt hormonal regulatory mechanism. This endocrine disrupter can alter the ratio of estrogen and androgen in body, resulting in reproductive problems.

The plasticizers like BPA and synthetic linings of sanitary pads can result in the increased risk of exposure to bacteria and yeasts. Wetness resulting from the collection of moisture can be a breeding ground for bacteria like *Staphylococcus aureus* and yeast like *Candida albicans*. These microbes multiply rapidly in a humid environment and cause vaginal infections.

If left untreated, these microbes can enter the bloodstream and cause severe septic shock. Vaginitis can progress into Pelvic Inflammatory Disease, which has the potential to damage the reproductive ability of a woman. BPA and BPS are also linked with disruption of embryonic development.

Synthetic sanitary napkins are laced with odor neutralizers and artificial fragrances. These cheap chemical components can cause serious irritations and allergy. These chemicals can cause complications in reproduction, to the extent of infertility. Phthalates are compounds used to give a smooth finish to the sanitary pads. These compounds have been shown to cause endocrine disruption and affect normal reproductive hormone levels.

Super Absorbent Polymers used in sanitary pads are mostly petroleum by- products which claim to soak 30 times their weight. This quality of ultra-thin sanitary napkin makes it very desirable for women, but there is a considerable health threat that comes with this convenience. SAP can cause skin reactions, rashes, allergies, reproductive issues, and Toxic Shock Syndrome.

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Fig 2: KALONLUEUR SANITARY PADS, A Sanitary Pad with Natural Super Absorbant Polymers free from skin reactions, rashes, allergies, reproductive issues and toxic Shock Syndrome.

SUMMARY & CONCLUSION

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