

A sanitary napkin is an absorbent material used to absorb fluid discharged during menstruation. Hygiene-related practices of women during menstruation are of considerable importance, as they have a health impact in terms of increased vulnerability to reproductive tract infections (RTI). Menstrual hygiene is vital for the empowerment and well-being of women and girls worldwide.

IS 5405 : 2019 specifies the requirements that ensure the sanitary napkin is assembled in a proper fit, is able to withstand pressure after an absorption test to ensure no leakage and is free from lumps, oil spots, dirt or foreign material. Additionally, to ensure hygiene and safety, testing of bacterial and fungal bioburdens and testing for common skin pathogens has also been incorporated in the standard. Moreover, to ensure that the raw materials used for manufacturing the final product are safe for the user, a biocompatibility evaluation covering cytotoxicity, irritation and skin sensitisation tests is specified in the standard. This Indian standard addresses the optional requirements of biodegradability and compostability, aiming to mitigate solid waste generation.