

Cycling in India is growing by leaps and bounds. With men and children pedalling their way to fitness, women of our country too are a part of the action. They have realized that the kitchen is not a place where they belong, and there is more to life than just spending their life under the roof.

Barriers to cycling:

Over the years, women have fought every barrier and opened themselves up to many opportunities such as education, employment, social and property rights, and sports.

The problem:

However, periods have caused many teenagers, college students, office-goers and even mothers to think twice before getting on the saddle on those days.

While cycling on your period can be a pain during your menstrual cycle, it is a fantastic way to reduce cramps, beat mood swings and much more.

Below, we have listed a few ways that can help you beat Mother Nature and keep you on your saddle during your periods.

The cure:

Let's explore the options.

Try a menstrual cup:



Menstrual cups have been around for decades and have evolved over time. In today's times, you can purchase cups that are both reusable and disposable. The biggest advantage of a menstrual cup is that it can hold three times as much fluid as compared to most super-

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absorbent tampons. These menstrual cups come in a wide variety of colours, stem styles, capacities and firmness levels.

In case you are into long distance cycling, menstrual cups can be a great way to help you stay comfortable for long hours. As the cups can be reused, one is all you need.

Use tampons:

Another smart choice for women who are physically active is considering making use of tampons. They do not interfere while you swim, bike or even run. Today, you can find a variety of [tampon](#) brands in the market that are less expensive and environmentally friendly. You can choose from cardboard applicators, plastic applicators and even no applicators that are easy to use and can hold mensuration fluid for your heaviest days.

Listen to your body:

While any form of exercise does help you alleviate the discomfort, plenty of women are likely to feel very lethargic. If you are finding it hard to thrust the pedals downwards and push yourself forward, it's ok to give up. Tomorrow is another day! Just remember not to make it a habit.

Drink caffeine:

A cup of caffeine is more than just an eye-opener. It can help you get some relief from pain when taken in small doses.



Ibuprofen:

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Ibuprofen is one of the many modern ways that can help you ease the pain and discomfort during your cycle. The drug simply reduces the body's production of inflammatory elements called prostaglandins that help reduce the bleeding during menstruation.

Disclaimer: We advise not to make this a habit and should be only taken after having a word with your doctor. They will keep you updated with the advantages and side-effects of using medicines to ease the pain.

Eat more:

As our body needs more, ensure to eat more during this time of the month. Failing to supply your body with adequate nutrients only means that your body is not getting enough energy from the foods you eat.

Effective home remedy for muscle cramps:

Ginger - A wonder herb that is known to ease menstrual cramps that work by lowering the levels of the pain-causing prostaglandins.

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Method:

Grate a small piece of ginger

Boil for five minutes in a cup of water

Strain

Add honey and lemon juice

Drink this tea three times a day during your menstrual cycle.

If you happen to know any women cyclist, do share these tips with them so they can ride better, further and stronger. After all, happiness is just a bicycle ride away!

Editor: Nigel Buthello

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