

# Menarche and Menopause among the Kalita of Dhemaji District, Assam

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**Abstract:** *In the present paper, an attempt has been made to study the age at menarche and menopause of the women among the Kalita of Dhemaji District, Assam. Menarche and menopause are significant to each other because one's determine the onset of reproductive growth and the other determine the women's cessation of the reproductive cycle.*

**Keywords:** Menarche, Menopause, Kalita, Dhemaji, Assam

## 1. Introduction

The Menarche and menopause are two important biological and physiological events, which occur in the life cycle of every normal female. They are accompanied by many morphological, physiological changes in the body. The term menarche introduced into medical literature (EH Kisch). Menarche is the primary indicator of onset of sexual maturation in a female, which affects her reproductive life. Age at menarche is varied as it being physiological phenomenon is affected by interaction between different factors such as genetic, nutrition and socio-economic status (Eveleth and Tanner, 1976). Natural menopause is recognized to have occurred after 12 consecutive months of amenorrhea for which there is other pathological or physiological cause. Menopause may interact with or accelerate event of normal ageing. Early menopause may be a risk factor for earlier mortality from disease related to decreased estrogen levels and may promote increased incidence of osteoporosis, heart disease, diabetes, hypertension, breast cancer, osteoarthritis and autoimmune disease [Mathews et al. 1989; Sowers and La Pietra 1995; Adler 2000]. In the present study an attempt has been made to study the age at menarche and menopause among the Kalita of Dhemaji District, Assam.

## 2. Material and Methods

In the present study, data from 50 women belonging to the Kalita women were collected for menarchial and menopausal ages from Bordoloni Kalita Gaon of Dhemaji district, Assam. Women were asked to focus on their age at menarche and age at menopause. While all the 50 women reported of attainment of menarche from 11 to 14 age group and on the other hand 18 women for menopause at the age group of 45 to 51.

## 3. Results and Discussion

### Menarche of the Kalita Women

In the present study, the analysis of the data reveals that the maximum number of Kalita women attained menarche at the age of 11 (50 %) and 12 years (24 %). The range of variation is 11 to 14 years, and the mean onset of menarche is found

to be  $11.80 \pm 0.926$ . As comparative with other tribes of mean menarcheal age of women are as follows: 12.95 years in Sinpho (Kar and Mahanta, 1975); 12.60 years among the Ahom (Sengupta, 1982); 13.23 years among the Brahmin (Das and Sengupta 1984); 12.80 years among the Khamyang (Das, 1985); 13.06 years among the Turung (Das, 1985); 12.76 years among the Kaibarta (Ahmed Das, 1992) and 12.78 years among the Maiteis (Ahmed Das and Boruah, 1997).

**Table 1:** Age at menarche among the Kalita women

Age	Number	Percentage	Mean $\pm$ S.D
11	25	50	11.80 $\pm$ 0.926
12	12	24	
13	11	22	
14	2	4	

### Menopause of the Kalita Women

In the present study, the analysis of the data reveals that the maximum number of Kalita women attained menopause at the age of 45 and 47 (22 %) and 46 and 49 years (17 %). The range of variation is 45 to 51 years, and the mean onset of menopause is found to be  $47.33 \pm 1.886$ . As comparative with other tribes of mean menopause age of women are as follows: 48.44 years in Ahom (Gogoi, 1972); 46.25 years among the Khamyang (Das, 1985); 44.30 years among the Turung (Das, 1985); 45.27 years among the Kaibarta (Saikia et al). Due to environmental and hereditary factors the age at menopause is found to be different.

**Table 2:** Age at menopause among the Kalita women

Age	Number	Percentage	Mean $\pm$ S.D
45	4	21.1	47.33 $\pm$ 1.886
46	3	15.8	
47	4	21.1	
48	1	5.3	
49	3	15.8	
50	2	10.5	
51	1	5.3	

## 4. Conclusion

In the present study, most of the Kalita women attained menarche between 11 and 12 years. The mean menarcheal age of the Kalita women in the study is 11.80 years and

mean menopausal is 47.33 years. Due to heredity and environment factors it varies from one tribe to another, one caste to another caste group.

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