

Age at Natural Menopause among Rural and Urban Punjabi Brahmin Females

Maninder Kaur* and Indu Talwar**

**Department of Home Science, Kurukshetra University, Kurukshetra, Haryana, India*

E-mail: maninderkaur_2@yahoo.co.uk

***Department of Anthropology, Panjab University, Chandigarh, India*

E-mail: talwarindu@yahoo.co.in

KEYWORDS Menopause. Rural. Urban. Punjabi Brahmin

ABSTRACT Present study is an attempt to estimate age at natural menopause among rural and urban Punjabi Brahmin females of Roop Nagar district (Punjab). Cross-sectional data are based on 870 Brahmin females (rural=450, urban=420), ranging in age from 40 to 70 years. Mean and median age at menopause of rural females is 48.22 ± 2.47 years and 48.98 ± 1.12 years respectively, while among urban females it is 49.30 ± 2.80 years and 50.12 ± 1.15 years, respectively. These findings indicate that urban Brahmin females experience menopause at a later age as compared to their rural counterparts. The mean age at menopause of rural as well as urban females is found to be earlier than their median ages at menopause. Punjabi Brahmin rural and urban females of the present study exhibit a slightly later age at menopause for females having early menarche.