



Sisal Leaves: A Green Revolution in Menstrual Hygiene

Recently, scientists at Stanford University have devised an innovative method utilizing [sisal leaves](#) to create a highly absorbent material, potentially **replacing cotton, wood pulp, and chemical absorbents in sanitary napkins.**

- This environmentally-friendly approach boasts higher absorption capacity than commercial alternatives, while the **cultivation of sisal requires significantly less water compared to cotton.**
- Sisal is a **xerophytic, semi-perennial leaf fiber** producing plant. Leaves are thick, fleshy and often covered with a **waxy layer.**

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Read more: [Addressing the Menstrual Health & Hygiene](#)

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