

PERINEUM

Meaning: Perineum: the region of the body located between the anus and the genitals.

1. The perineum is often referred to as the area between the anus and the genitals.
2. In some yoga practices, awareness of the perineum is encouraged to enhance pelvic floor strength.
3. After childbirth, women may experience sensitivity or discomfort in the perineum.
4. During certain medical examinations, the healthcare provider may assess the condition of the perineum.
5. Proper hygiene of the perineum is important for preventing infections and promoting overall health.

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