

***“It Must Be Recalled It’s a Woman’s Job”*: Sociocultural Parameters  
of Menstruation in Bulgarian Traditional Culture and Folklore**

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(Summary)

This article aims to outline the main sociocultural aspects of menstruation in Bulgarian traditional culture and folklore. Menarche rituals and etiological legends about the womb’s creation and the menstruation are explored and analyzed in order to define folklore motifs and beliefs. The woman and her cyclicity is related to fertility in the human world. Both in legends and in menarche rituals, the womb and the menstruation are essential for arranging and preserving the dimension between order and chaos, for building a connection between heaven and earth. The magical power of woman’s blood and body is included in the cultural system of the human world, but it also aims to achieve prosperity on other levels. This sacred and mysterious physiological process gives woman a special place, makes her wiser and more responsible for the common good.

**Keywords:** menstruation; menarche; female blood

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