



## WOMEN HEALTH STATUS IN INDIA

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### ABSTRACT:

In every house or household women are being as the pillars and backbone of the family success, development, growth, commitment, responsibility, accountability and progress. Since birth of world administration, governance and family system, women's role have been huge and plenty in terms of making family system, obeying to norms, values, generating process, ceremony, custom and convention. All types of procedures, formalities, growth, success, commitments and other various practices are emerging out owing to massive role of the women. Since birth of women have been growing to go to other house as daughter-in-law with an interest to foster and protect family system for the betterment of the social progress and development. In all growth and place of the society both men and women are playing much significant role and occupying important designation, in this work and commitment both men and women are used to work to bring out changes, improvement, success, growth in a family system thereby children are able to nurture and rear up in a planned and determined ways as a symptom and reference of growth family system in India. To lead and run family women are most one their role more significant than male people in terms of guiding, directing, bring up children in ethical ways, allowing them to follow ethical principles and getting all the needs through hard work. There is proverb as fathers so sons in this way parents must be sound in their life achievements, saving, income generating, working and conducting family if so, it would be followed by the children and be role model to them in future toward attaining and receiving success. Family gets its shape, structure, prospects, responsibility due to women birth and presence, without their role and presence in all families family would not be as a family with fully furnished and stylized value and norms.

### KEYWORDS:

### IMPORTANCE OF THE WOMEN HEALTH

In any place or geography location from animal to human being wanted to have good health with ambitions, imagination, aspiration and other achieving targets. In this way no creature in this world could not able to carry out its mammoth tasks and works unless it has good health and structure. Good health is needed one to all the creatures from species to human being without any basic criteria, women in all family have been doing work more than male people because in this period since women are married any male people they have been doing all types of works as an equal to men's work and more than men's work in all the family system. After women marriage in families have been doing all works from agriculture to office works without any hesitations and problems, work of family, sons, grandfathers, mother-in-law, father-in-law, saving and other family oriented works are purely done by the women than male people.

### NEEDED STRONG HEALTH

- To do household work lastingly
- To carry out continuously all types of defendant work
- To manipulate family oriented commitments
- To draw plans and procedures for the future generations
- To make up all needs and arrangements for the whole

family members growth

To care defendants and family member's welfare without any bitter feelings

To strengthen family system as an equal to neighboured family

Nurturing children with fundamental discipline principles

Imbibing moral value, ethical norms and good behavioural approaches to the children's

Good health of women makes prosper entire family system

Good health of women in all families leads to bring out lot changes and success

Good health of women leads to make reproduce children

Good health of women gives strong baby and sound career

Good health of women reduces unnecessary expenditure to car children as soon as born

Good health of women gives sound mind, life, organs to the children without any defects

Good health of women increases stamina to adjust and tolerate inconvenience and stress of the family

Sound health of women brings lot of revenue, education benefits, economical growth and wonder in all family system.

Without women no happiness would be in all families

In all families children are eagerly defending women's hospitality

Their strong health is needed to accommodate all families' grief, sweet and needs.

### MAJOR HEALTH PROBLEMS OF THE WOMEN

Concern for **women health** has increased multi fold in the recent times. There has been an increase in the diseases which have been attributed to the recent lifestyle changes of today's woman. The need of the hour is to adopt the easiest strategy of prevention. Prevention means an early diagnosis and a timely and effective treatment.

#### BREAST CANCER:

According to a recent report by the WHO (World Health Organization), 1 in 12 women are at the risk of developing cancer at some or the other point in their life. The **commonest types of cancer in women** are breast cancer and cervical cancer. An early detection with a women health check-up and breast cancer awareness is the best way to beat it.

#### CARDIOVASCULAR DISEASES:

The heart ailments are also a matter of concern for women not only in India but also globally. As a result of no "me time" and a busy schedule, more and more women are being diagnosed with **heart problems**. These problems can be tackled by a healthy lifestyle to include a healthy diet from an early age, staying physically active, quitting addictions like smoking and by a regular **female health check-up**.

#### DIABETES:

Though this disease is predominantly seen in men, there might be a possibility that it is undiagnosed in women. Especially type 2 diabetes is also seen in women who have an unhealthy lifestyle. Diabetes type 2 is usually seen in obese women, women who smoke and are into alcohol abuse.

#### ANEMIA:

In case a woman has a low RBC (Red Blood Cells) count, low haemoglobin levels; she is definitely anaemic. A woman might look healthy even if she is anaemic. However, in case a woman feels exhausted and tired all the time, it is because of the low levels of oxygen in her blood. Such symptom should not be taken lightly, a health check-up for women can confirm this.

#### GYNECOLOGICAL PROBLEMS:

Like Pre-Menstrual Syndrome (PMS) and vaginal infections are also conditions that a woman must be aware of. In case, you are experiencing vaginal itching and swelling you might be at the risk of Vaginitis. This condition can be caused by lack of hygiene, sexual activity, infections, uncomfortable clothing, or any chronic illness. In the PMS, women experience muscle cramps, muscle illness, tiredness and body ache, and frequent mood

swings during the menstrual cycle. In case of symptoms like pain and depression are ignored, it might consequently lead to another serious complication called Premenstrual Dysphoric Disorder.

#### DEPRESSION AND MENTAL HEALTH:

Along with the illnesses mentioned above; currently today's woman also is prone to the issues of mental health. Women are now also at the risk of depression, anxiety, insomnia, etc.

#### CONCLUSION

Since birth to death women's life is accompanied sincere, dedicative, thoughtful and hard work for the whole family development. Without any hindrance and disturbances women wanted to run family life long on account of she has to save and protect family members. Their health is family play ground in which from children to elder need to shine, grow, get success and attain all types of progress, their health must be protect in all family by their male partners without any insult and ignorance. In most of families most of hard works are being done by the women alone reverse to previous stages of male people done all hard works. Now days male people gets abdicated to lot of bad habits which makes them so dull and idle as they not able to save and protect family and meet expenditures. In this place women's dynamic power, role and health is repairing and overhauling and supporting all those works are left out and forgotten by the male people, to do this works women need to have sound and vibrant health.

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