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Abstract

Women's mental and Physical health in India can be examined in terms of multiple indicators which vary by Geography, Socio economic Standing and culture. To adequately improve the health of women in India multiple dimension of wellbeing must be analyse in relation to Global Health average and also in comparison to men in India. Negative life experience, infertility and perinatal loss, poverty, discrimination, unemployment and isolation also impact on women mental health and wellbeing an unequal economic and social condition also contribute to women higher risk of depression. Nutrition plays a major role in and individuals overall health psychological and Physical health status is often dramatically impacted by the percentage of malnutrition India currently has one of the highest rates of malnourished women among developing countries. Maternal malnutrition has been associated with an increased risk of maternal mortality and also child birth defied. According to the problem of malnutrition would lead to beneficial outcome for women and children.

Keywords :Common Mental Disorder, Mental Health, Physical Health, Malnutrition etc.

Introduction

Healthy children are real wealth of any country. The future of any Nation depend upon them. Today's children are good citizen of tomorrow. future of country and Society is their hand only. Women's health refers to the branch of medicine that focuses on the treatment and diagnosis of diseases and conditions that affect a woman's physical and mental well-being. Health is an important factor that contributes to human wellbeing and economic growth. Currently, women in India has to face numerous health issues, which ultimately affect the aggregate economy's output. Addressing the gender, class or ethnic disparities that exist in healthcare and improving the health outcomes can contribute to economic gain through the creation of quality human capital and increased levels of savings and investment.

Research Methodology

Researcher has used secondary medium of the research. Data collected from various books, journal , newspapers and websites .

Objective of the Research Article

1. To study definition of physical and mental health.
2. To study the mental and Physical health issue of women
3. To improve women's physical and mental health.

Result and discussion

Definition of Physical and Mental Health. The WHO constitution states: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." An important implication of this definition is that mental health is more than just the absence of mental disorders or disabilities.

Mental And Physical Health issues of Women

According to the World Health Organization (WHO), “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” However whenever there is a discussion about women’s health, it is mainly focused on only reproductive health, neglecting many other important aspects. In order to understand the health status of women in India, it needs to be examined against the backdrop of various dimensions of health and compared against corresponding global averages and also against that of men in India. The socio-cultural set-up and deep rooted patriarchy have relegated women to a secondary status in India.

Malnutrition

This is one of the foremost women’s health issues in India. Indian women are socially and mentally conditioned to sacrifice for their family. They are trained to be the nurturers who would eat after feeding the entire family. This and other such practices have hugely contributed to women’s malnourishment. India accounts for one of the highest rates of malnourished women among developing countries. 24% of women in India are malnourished and 54% women are anemic. While the nutritional intake in early adolescence is nearly equal, the rate of malnutrition increases for women as they enter adulthood. This malnourishment in young girls leads to multiple issues as they enter into pregnancy and motherhood.

Poor Maternal Healthcare

There is a severe lack of maternal health care for Indian women. Although in the past few years awareness has been improving, we still have a long way to go. As per a study, India has a Maternal Mortality Ratio (MMR) of 113 which is much higher than the target of 70 set by United Nations Sustainable Development Goals (SDG).

This accounts for 15% of the world’s maternal deaths. However, the MMR is not identical across all states or even within different regions of a state. While urban areas often have lower MMR, women’s health in rural areas in India is more vulnerable due to lack of access to healthcare facilities and poor awareness level regarding maternal health care needs.

Suicide

Suicide or ending one’s own life is an extreme step often resulting from mental and emotional distress. Data from the National Crime Records Bureau (NCRB) shows that during 2021, as many as 45K women in India died by suicide, more than 23,000 of them being housewives. The death rate by suicide reached to record-high this year, following a turbulent year caused by the pandemic. The NCRB report states family problems and illness as the primary reasons behind the suicides, with more female suicides caused due to marriage related issues pertaining to dowry and infertility.

Poor Menstrual Management

Data shows that girls are treated almost at par with boys until adolescence, but with onset of puberty several outcomes for girls begin to diverge. The National Family Health Survey (NFHS-5) states that 77.6% of women in India in the age group of 15-24 years use a hygienic method of menstrual protection like locally made napkins, sanitary napkins, tampons or menstrual cups. Millions of women in India still face major obstacles to a comfortable and dignified experience of Menstrual Hygiene Management (MHM). Lack of education and awareness about menstrual health, lack of proper sanitation facilities and lack of access to suitable MHM products lead to poor menstrual hygiene which results in many kinds of diseases and infections in women.

Lack of access to family planning measures

Lack of women’s access and agency to contraceptive measures results in early motherhood and more number of children which adversely impacts women’s health. Women often have limited or no autonomy in decisions regarding family planning. A change of mindset and societal norms is highly

called for to improve this situation. Discrimination against working women: There is still huge gender disparity for an average working woman at the work place. In 2015, India had largest gender gap in median earnings of full time employees.

Eating disorders

Women account for at least 85 percent of all anorexia and bulimia cases and 65 percent even when men and women share a common mental health diagnosis, the symptoms, and subsequently the treatment, can be different. For example, a man who is depressed is likely to report job-related problems, while a woman is more likely to report physical issues, like fatigue or appetite and sleep disturbances. Women are more likely to use religious and emotional outlets to offset the symptoms of depression compared to men, who often find relief through sports and other hobbies. Women with schizophrenia more often experience depression and thought impairment, while men with schizophrenia are more likely to become apathetic and socially isolated.

Biological influences

Female hormonal fluctuations are known to play a role in mood and depression. The hormone estrogen can have positive effects on the brain, protecting schizophrenic women from severe symptoms during certain phases of their menstrual cycles and maintaining the structure of neurons in the brain, which protects against some aspects of Alzheimer's.

Socio-cultural influences

Despite strides in gender equality, women still face challenges when it comes to socio-economic power, status, position, and dependence, which can contribute to depression and other disorders. Women are still the primary caregivers for children, and it is estimated that they also provide 80 percent of all caregiving for chronically ill elders, which adds stress to a woman's life.

Behavioural influences

There is some thinking that women are more apt to report mental health disturbances than men and that doctors are more prone to diagnose a woman with depression and to treat the condition with mood-altering drugs. Women are more likely to report mental health concerns to a general practitioner, while men report tend to discuss them with a mental health specialist. However, women are sometimes afraid to report physical violence and abuse. clearly made in mental health research.

Improving women mental and Physical health

Some of the simple ways through which a woman can improve their health are as follows.

Hydrate your body

Women should always stay hydrated to avoid complications due to dehydration. Several women's healthcare centres and doctors give countless tips and suggestions regarding women's health, out of which hydration is the most common. Staying hydrated energises the body and helps to stay active throughout the day. Hydration helps you to keep fit and Hydration helps you to keep fit and doesn't complicate any health condition.

Exercise regularly

The habit of exercise increases the chances of staying productive and healthy. Further, men and women should be physically conditioned to help them stay healthy and fit in this illness-prone world. It isn't necessary to hit the spa to self-pamper oneself. Regular exercise and stretching in the morning are sufficient to achieve and maintain good fitness.

Eat well and sleep well

Eating and resting are mutually related to each other. Any insufficiency in either of these two affects the function of the total body. Not only women but every adult deserves eight hours of good

sleep. Any change in order disrupts the balance in the body and may bring about stress and diseases like insomnia in the future. Women should eat, exercise and sleep well for their bodies to remain fresh and healthy. While a pack of instant noodles might taste delicious and take just two minutes to prepare, they hardly contribute anything in terms of “food value”. You should, thus, concentrate on the following food groups while planning your reflections.

- Surplus fruits, vegetables and legumes.
- Beans and grains.
- Lean meat
- Fish
- Eggs
- Dairy products like cheese
- Nuts and seeds.

Maintaining standard weight

Regardless of a woman’s age, health experts recommend a diet plan consisting of fruits, vegetables and protein. Such diet plans reduce your chances of getting prone to health complications. This can help women maintain ideal weight.

Body Mass Index is the determinant of the body fat content and is calculated in accordance with your height and weight. The key to an ideal BMI is to maintain it within the optimal range by consuming a balanced diet and including exercise in the daily routine. To reach your ideal BMI, you’ll have to reduce your daily calorie intake and include as numerous natural foods as you can in your everyday mess. It’s recommended to consult a dietician for a diet plan to reach your ideal weight naturally.

Quitting smoking and reduce alcohol intake

While the hazards of tobacco aren’t limited to women, it can have an unfortunate effect on them. From unseasonable menopause to ectopic gestation, several smoking effects occur in women. Farther, health problems like rectal or cervical cancer are some other conditions that are prevalent among women as a result of smoking. To keep the pitfalls of similar situations in check, it’s best to let go of this habit.

Sun exposure

The sun can provide vitamin D to the body, which helps the body to absorb calcium. But, prolonged exposure to the sun can negatively affect your body. In some cases, ultraviolet rays from the sun can damage the skin. This can make your skin susceptible to damage. Further, it can expose your skin to the threat of cancerous or precancerous lesions.

Stress reduction

Too significant stress or anxiety can be a silent killer affecting your physical and mental health. Thus, it is incredibly pivotal to follow measures to relieve daily stress from work and other hassles. Supplements can also control stress and anxiety. Some of these include – omega- 3 fatty acids, green tea, ashwagandha, etc.

Prevention of Health effects by making regular check ups

Making yearly check-ups are especially pivotal to reducing the chances of critical illness like bone and cervical cancer. In this aspect, it’s also essential to have comprehensive health insurance coverage in place. This insurance plan is one of the musts that can reduce your fiscal pressures arising from treating these conditions.

Conclusion

Health is the most important asset for an individual and healthy population is the need of a nation. Women’s physical and mental health in particular is of primary concern as it has been constantly neglected and also determines health of future generations. Awareness campaigns,

improvement of health infrastructure and access to healthcare are crucial to improve the health scenario. Please donate online for health care and partner in creating a healthy India.

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