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V. P. S. P. M. S. ARTS, COMMERCE & SCIENCE COLLEGE, KANNAD,

Tq 'Kannad, Dist Aurangabad, Maharashtra, 431103

Ph: 02435-213552

Web: <http://www.vpspms.ac.in/>



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Calcium Deficiency in Women

Dr. Ayodhya D. Pawal (Kakde)

Assistant Professor

Dept. of Home Science

Arts & Science College, Gadhi.

Email Id: ayodhyapawal@gmail.com

Abstract:

Calcium is significant for all infants and youngsters yet it is particularly for women. It is worldwide medical issue. Calcium deficiency maladies were for the most part found in women. For that purpose my investigation is on calcium deficiency ailments in women. Assortment of information is Primary. 100 examples of Women those are experienced calcium deficiency maladies. Women were chosen from 25-50 years old. Women were gathered by using review technique from Beed city. women were experiences 21% spine, 10% Tingling fingers, 13% Muscle Cramps, 07% Osteoporosis, 25% Joint Pain, 15% Poor Appetite and 09% Teeth issues every one of these issues of calcium deficiency sicknesses were found in Beed city. Women ought to be wellbeing cognizant for to carry on with a sound life. It is important to take nutritious eating routine. Calcium and vitamin D sources were include in the eating routine. So Health is Wealth.

Keywords: Calcium, Deficiency, Women

Introduction:

Wellbeing is huge factor that adds to human flourishing. In India women faces such an enormous number of medical problems in view of nonattendance of training, forceful conduct at home, financial condition in Rural similarly as in Urban.

Definition of Health:

Health is a state of complete physical, mental & social well being and not merely the absence of disease or infirmity.

For women nutritious eating routine is noteworthy in her life. A lot of Indian women is dealing with her family members. Women were not perceptive about her wellbeing. She isn't taking nutritious eating routine. For any situation, directly women were perseveres through more calcium deficiency diseases. Calcium is noteworthy for all infants and youths anyway it is especially for women. It is overall restorative issue.

Bone is living, developing tissue. It is made generally of collagen, a protein that gives a sensitive framework and calcium phosphate, a mineral that includes quality and harden the structure. Fastest bone loss of women after menopause and it continues into the post menopausal stage. At the hour of menopause women have less bone tissue and lose bone speedier. Women were progressively genuine threat of osteoporosis bones become increasingly thin and progressively delicate by changing body size and age.

Objectives:

- To study calcium deficiency diseases in women.
- To study causes of calcium deficiency diseases in women.

Methodology:

Collection of data is Primary. 100 samples of Women those are suffered from calcium deficiency diseases. Women were selected from 25-50 years of age. Women were collected by using survey method from Beed city.

Result & Discussion:

American Journal of clinical Nutrition published a study which showed that calcium deficiency in women is a prevalent problem in rural & urban India. Calcium deficiency diseases

in women were mostly found Dental changes, alterations in the brain and Osteoporosis, Joint Pain, Back Pain and bone problems.

Symptoms of Calcium deficiency diseases: Tingling fingers, muscle cramps, Lethargy, poor appetite, weak or brittle fingernails, difficulty in swallowing, fainting, mental confusion, irritability, depression and anxiety, tooth decay, insufficient blood clotting, bone fractures osteoporosis & heart problems. Calcium deficiency is also known as Hypocalcaemia can lead to symptoms vary from mild to severe.

Education of Women in Beed City

Sr. No	Education	Number of Women(100)	Percentage (%)
01	Post Graduate	10	10
02	Graduate	25	25
03	H.SC	22	22
04	S.SC	12	12
05	Primary School	17	17
06	Illiterate	14	14
		Total	100

From above table education of women those are suffers from calcium deficiency diseases found that 10% Post graduate, 25% graduate, 22% H.SC,12% S.SC, 17% Primary School education, 14% illiterate.

Calcium Deficiency Diseases In Women Of Beed City

Sr. No	Calcium Deficiency	Number of Women(100)	Percentage(%)
01	Back bone	21	21
02	Tingling Fingers	10	10
03	Muscle Cramps	13	13

04	Osteoporosis	07	07
05	Joint Pain	25	25
06	Poor Appetite	15	15
07	Teeth Problem	09	09
	Total		100

From above table women were suffers from 21% back bone, 10% Tingling fingers, 13% Muscle Cramps, 07% Osteoporosis, 25% Joint Pain , 15% Poor Appetite & 09% Teeth problems all these problems of calcium deficiency diseases. All these

What Is Osteoporosis?

Osteoporosis is an infection of the bones that causes issues that remains to be worked out frail and break successfully. It is a genuine therapeutic issue generally in progressively settled women.

Information by WHO and IOF or International Osteoporosis Foundation shares that osteoporosis leads over 8.9 million breaks every year which infers osteoporotic split happens predictably where in which 200 million women were perseveres.

Sources of Vitamin D: Some dairy items, squeezed orange, soya milk and oats. The greater part of egg yolks, cheddar, Beef liver, Fatty fish like fish, mackerel, & salmon too. Vitamin D is available in early morning Sun Rays. Vitamin D assumes significant job calcium ingestion and bone wellbeing.

Wellsprings of Calcium: Calcium rich nourishments are dairy items like milk, cheddar and Yogurt. Numerous non dairy sources are additionally high in mineral. These include fish, green verdant vegetables, vegetables, dried natural products tofu and different that is invigorated with calcium.

Causes of Calcium deficiency diseases in women: Life Style, use of medication, lack of education, women were not giving first priority to their health, lack of knowledge about

nutritious diet, use of fast food in diet and lack of exercise these are the causes of calcium deficiency diseases found in women of Bood city.

Prevention:

Osteoporosis is a sickness of the bones that makes bones become powerless and break effectively. It is a genuine medical issue for the most part in more established women.

Information by WHO and IOF or International Osteoporosis Foundation shares that osteoporosis leads over 8.9 million breaks every year which infers osteoporotic split happens predictably where in which 200 million women were perseveres.

Conclusion:

Nutritious eating regimen is significant for good wellbeing. Nutrients, Minerals and different supplements should take adjusted in extent in the standard eating regimen. Calcium and Vitamin D are fundamental for to keep away from deficiency maladies. Women ought to be Exercise consistently, maintain a strategic distance from quick nourishments and give the primary need to our wellbeing. 99% calcium is found during the bones and teeth just 01% in blood. All these anticipation is superior to solution for solid life.

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