Every day, approximately 1000 women die due to complications of pregnancy and childbirth — nearly all of these deaths are preventable. Access to family planning is also known to play an important role in reducing maternal mortality. Health services include all services dealing with the diagnosis and treatment of disease, or the promotion, maintenance and restoration of health. They include personal and non-personal health services. Every year, 99% of maternal deaths occur in developing countries. Despite the increase in contraceptive use over the past 30 years, significant unmet needs remain in all regions. For example, in sub-Saharan Africa, one in four women who wish to delay or stop childbearing does not use any family planning method. According to WHO, improving access, coverage and quality of services depends on the key resources being available; on the ways services are organized and managed, and on incentives influencing providers and users. This article highlights some of the basic issues of the women community in India and their remedies.

The scientific community and the public have become increasingly aware of and justifiably concerned about the health of women and there is consequent increasing demand to evaluate the potential health risk factors of the women community. Health doesn’t mean body/physical fitness it is actually over all well being which includes mental and social fitness too that can be represented by health triangle (Fig 1) thus we can define health as “the measure of our body’s efficiency and overall well being”.

India has 16% of the world’s population and its 70% of the population resides in rural areas and males significantly outnumber females, an imbalance that has increased over time. There are systematic problems in women’s health care as the typical female advantage in life expectancy is not seen in India [1]. India is one of the few countries where women and men have nearly the same life expectancy at birth; however, women’s health is a systematic problem because of high mortality rates during childhood.
and reproductive years [2]. On the other hand son preference along with highly dowry costs for daughters, sometimes results in the mistreatment of daughters aggravate the problem, and because of this daughters are neglected for the health care facilities most of the times. It is a fact that most of the women are getting married before leaving the schools/ colleges in our country (Fig 2) and most women in rural areas are not aware of the different types of diseases (Fig 3).

India a traditional country, where women are respected as Matrishakti. Health care access is important for women as women’s body changes throughout her life time, from fetal development to post menopause. They use medical services more often than men, especially during their reproductive years. Many women also face huge social, economic and cultured barriers to having lifelong good health. Several reasons have been found to cause health problems all over the country. There is a strong correlation between illiteracy and women’s health. It has been found that children of illiterate mothers are twice undernourished as compared to the children of literate mothers. The educational level and place of residence has direct role in morbidity and mortality of women folk. Almost two-thirds (70%) of all illiterate women received no care compared with 15% of literate women. Women in rural areas were much less likely to receive ANC than women in urban areas (43% and 74%, respectively) [3-4].Research has shown that numerous women in most parts of India have closely spaced births that also increase the health risk for the mothers [5]. Some argue that the high levels of maternity mortality could be prevented if women had adequate health services as in India the leading contributor to high maternal mortality ratios is lack of access to health care [5,6]. Even today India’s maternal mortality rates in rural areas are
among the worlds highest. From a global perspective, India accounts for 19% of all live births and 27% of all maternal deaths [1]. It is advocated that births that take place in non hygienic conditions or births that are not attended by professionals are more likely to have negative impact for the mother and child [7]. Although violence against women is a health problem, ignored by authorities as it is beyond their perception and sometimes women beating by husband is perceived as a right of husband [8], the data of crime against women is increasing but the fact is that most of the crimes go unreported [9]. About 1 dowry death for every 100,000 women is reported every year in our country [10]. It has been found that most of the women are not using any kind of contraceptive device in order to prevent sexually transmitted diseases and more often women's are being sterilized in our country other than males (Fig 4).

![Fig 4: What contraceptive methods do women Use](image)

Over the years the primary significance of women was child bearing and child caring [11]. However, women have overcome the traditional mind sets and have made important contributions in professions like teaching, medicine, science & technology. Additionally women provide the majority of family health care by caring for both aging parents and children. Women manage health throw their domestic work, through cleaning, sweeping, drawing water, washing clothes dishes and children and preparing food. But the realities of women’s lives remain invisible and this invisibility persists at all levels beginning with the family to the nation.

Although efforts have been taken to improve the status of women, but the constitution dream of gender equality is miles away from becoming a reality, even today. The attention needs to be focused on the following issues to maintain the dignity and respect for women's health in our country.

Physical health deals with ability to function and it can be gained and maintained by regular exercise, as it helps to give more energy, keep muscles fit & strong. Balance diet which create a balance between what we eat and the way our body uses the food for energy and growth, another factor which is essential for physical health is sufficient sleep as daily 6-8 hour sleep is must for healthy mind. Regularity in sleep time is also one of the factor otherwise biological clock of body get disturbed.

Mental health death with how a person think, feel and cope with their daily life. Which can be managed by learning as it increases self confidence, awareness, knowledge, self perception and coping skill.

Social health deals with the way a person react with people within their environment. Strong and supportive relations with family and friends increase happiness, self stream and reduce stress. When the three components are balanced than we can say that we are really healthy. Over the last 70 years more than 80,000 chemicals have been released into environment through human activity. Because of inadequate health and safety laws, more than 85% of these chemicals have not been assessed for possible effects on human health.

Women’s are mainly exposed to indoor pollutants which cause great damage to their health. Women’s can expose to these chemicals at home and in work place. They get into body when a person breaths, eat, drink, or have skin contact with them. They can be found in household products such as cosmetics and plastic container or can come from industrial pollution and cigarette smoke. The impact of chemicals depends upon time of exposure. Stage of rapid development can be especially time of vulnerable to the effect and exposure at these times can increase risk for health problems later in life. High exposures following accidental or occupational exposure to environment chemicals have shown striking effects and
their low doses may also be unsafe [12]. Increasing evidence shows that women's and children are more vulnerable than males to various chemicals. There is a close knit knot between mother and child and in the process both get affected. Only few have access to balanced diet that include plenty of fresh fruits, vegetables, legumes, and whole grains and only few women care to wash fruits and vegetables carefully. Most of the women quite often get olive; instead they regularly get hydrogenated or semisolid fats. The practice of hand washing in most of the rural areas is often neglected by the women folk and transferring their germs from hands to mouth in this process, thus become the victim of various diseases. Most of the women still in India are puffing smoke and making their and their children's life a hell to live in.

Rural people in India in general and tribal population in particular, have their own beliefs and practices regarding and cure of diseases. Some tribal groups still believe that a disease is always caused by hostile spirits or by breach of some taboo. The smoky places and smoking habit should be avoided to reduce the burden of respiratory diseases like asthma, bronchitis, emphysema, chest pain. To maintain flexibility women's should exercise regularly, they must walk, swim, jog, dance, garden that may burn their calories and accompany friends that make you happy in order to relieve the stress.

Since healthy mind lives in healthy body so a women with good health can contributes better in all fields of life including science and technology.

REFERENCES

Citation of this article: