

Health Problems of Women in Rural Areas

Dr. Vandana Namdeo Bankar

Asso. Professor And Head, Dept of Home Science
Arts and Sci. College, Chincholi (Li), Ta-Kannad, Dist- Chht. Sambhaji Nagar, M.S.

Introduction

70 percent of the population of our country lives in rural areas. Rural women are the backbone of the rural community. They play an important role in all activities such as agriculture, agricultural labor, farm-related work, housework, childcare, family management, and care of members. Even after doing such important work, they have to face many problems. According to the National Family Health Survey (NFHS), rural women are likely to face health problems. In which maternal mortality, malnutrition, and reproductive health problems are in large numbers. Only if the health of women remains intact, she can take good care of her children and family. If women get proper nutrition from childhood, their physical and mental growth can be good, which can also lead to healthy and strong offspring. There is no doubt that the mother is the center of the house, her health needs to be intact, but even today it seems that even housewives and employed mothers are indifferent to their own health. She does not even realize when important matters such as one or two childbirths, abortions, menstruation, etc. become her problems. In rural areas, medicines are not taken during pregnancy, so anemia, decreased immune system, diseases caused by lack of various nutrients, as well as various types of cancer are also increasing at a large scale. That is why it is necessary to pay special attention to women's health. Objectives To know the health problems of rural women To suggest measures related to the health of rural women The World Health Organization has defined health as not only the absence of disease but also the physical, mental and social well-being of a person. From this it is clear that health is not only the absence of disease, but also the physical and mental ability of a person to fulfill his social role in an orderly manner. Health Such health is very rare among women in rural areas, that is, various health problems are found in rural women. They are as follows-

1) Anemia

This is a very big problem among women in rural areas. This problem arises due to the decrease in the amount of hemoglobin in the blood. To produce hemoglobin, the body needs to have enough iron, protein, vitamin C and vitamin B in the diet. However, rural women also neglect their diet and themselves. Therefore, due to eating stale food or eating less, they do not get various nutrients and as a result, anemia occurs. Weakness and anemia are found in women in every household. According to the fifth report of the National Family Health Survey, 54.5% of women are reported to have anemia.

Due to socio-economic conditions, ignorance about nutrition, etc., diet is not consumed in the right quantity and in a balanced manner in rural areas.

2) Reproductive health problems

Due to poor health care availability in rural areas, women have to face reproductive health problems like menstrual disorders, various complications during pregnancy, various birth defects, and obstacles in it. Already,

malnutrition and limited health care also increase the risk of maternal mortality, and hormonal balance is necessary for fertility. Imbalance in hormones like estrogen, progesterone, FSH, etc. occurs due to poor diet. And this increases problems like P.C.O.D., PCOS. Hormonal imbalance causes various disorders like uterine cancer, breast cancer, fibroids, heavy bleeding, mood swings, infertility, constant abdominal pain, frequent urination. Due to this, her physical health has deteriorated.

3) Broken Bones

In rural areas, 80 percent of women suffer from bone problems. During menstruation, women's bones are protected by a secretion called estrogen, but during menopause, this secretion decreases and due to this, bones start to hurt, bones start to become brittle, 80% of fractures occur. During pregnancy and breastfeeding, bone fragility increases due to a decrease in calcium levels. In recent times, symptoms of this disease are seen from the age of 35. Joint pain occurs due to a decrease in calcium and vitamin D levels. Rural women simply ignore menstrual disorders, which worsens the disease and the uterus is removed, due to which estrogen levels also decrease, bones become brittle. Moreover, protein and calcium rich diet is not consumed, which increases this rate.

4) Mental health problems

Due to lack of education and financial dependence or financial problems, rural women also have to face mental problems like depression, anxiety, stress. Moreover, during periods like Rajni Vritti or childbirth, various hormones are constantly imbalanced, due to which mental health is deteriorating and when mental health deteriorates, more health complaints also increase, complications increase and stress increases.

5) Chronic diseases

Due to lack of fasting and various stress among rural women, as well as avoiding going to health services, the risk of chronic diseases like high blood pressure, diabetes, heart disease, arthritis has also increased. Blood vessel-related diseases are also increasing among women. The result of all this is that women's neglect of diet and themselves leads to hormonal imbalance and they do not get support from their families. Since they are constantly in secondary status, their families ignore them and then mental problems and physical obstacles/diseases are increasing among them.

Conclusion

- 1) Rural women ignore this disease and if the problem increases, they resort to home remedies, which further aggravates the disease.
- 2) Due to lack of balanced diet, various diseases like anemia, bone pain, arthritis, eye defects, skin diseases, and weakness develop.
- 3). Drinking water is not pure, there is a lack of sanitation facilities, there are no toilets or there are few of them, so women have to face various diseases. Stomach disorders also increase.
- 4) Even today, women have a secondary status, so women in rural areas have to face many problems.

5) Women are housewives and while performing all the responsibilities of housework, farming, and child care properly, they neglect themselves, which is the result of which the health of women is deteriorating and the health status has deteriorated.

Recommendations

- 1) Efforts should be made to publicize and disseminate the health schemes of the government.
- 2) Gram Panchayat or similar persons should be appointed to ensure that the government schemes are implemented in a proper manner.
- 3) Rules should be tightened to create awareness about diet for pregnant and lactating mothers through Anganwadi workers. So that women's ignorance about diet can be removed. And information about balanced diet can be provided.
- 4) Iron-rich medicines and food should be distributed in a proper manner.
- 5) Health camps should be organized for women in the village once a month.
- 6) It should be made mandatory to conduct awareness programs about diet and health in schools and colleges as well. This means that the boys and girls of the house will also get information and through them, there will be door-to-door discussions.

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