

# Women Health in India a Crucial Area Which Requires Attention and Change in the Outlook of Society

Sumanta Bhattacharya<sup>1\*</sup>, Bhavneet Kaur Sachdev<sup>2</sup>

<sup>1</sup>Research Scholar and Policy Analyst, Department of Development Studies, Maulana Abul Kalam Azad University of Technology, Howrah, India

<sup>2</sup>Student, Department of Development Studies, Calcutta University, Howrah, India

**Abstract:** Today the world need to accept the fact that half of the population consist of women, who play an integral role in the growth of the society, from giving birth to nurturing the child, so women health should be paramount to living. Even in this age of growing economy and technology in India, only 36% of the women have access to a sanitary pad or go and visit a doctor to discuss their health issue, we live in 21st century, its high time we end our moral thoughts, orthodox mentality and social stigma which affects the women health, 60% of the women suffer from UTI once in their lifetime, Poor sanitation results in the death of 5 million women every year. Domestic violence, mental and physical torture, rape, demand for a male child, killing of new female child, constant birth after birth for a male child has tremendous effect on the health of a women. A women is a human being and not a machine, whose body is more critical than men and giving birth to a child is the most difficult job, every women on this earth has gone through some kind of health issue. It's time that we overcome barriers and bring a society where we can opening discuss women health issue and cure them without hesitation and restrictions.

**Keywords:** Women health, sanitary napkins, birth, women, economy, domestic violence, sanitation.

## 1. Introduction

Power can be defined as the degree of command /authority by people, institutions, and organization over material, resources, humans, and financial resources. This control over resources makes one superior to other. It is a dynamic and relational, which is exercised in the social, political and economic relation between individuals and groups. The greater the control over the resources the more powerful that individual becomes. Different degrees of power are sustained through social stratification like class, gender, caste etc. The Power related to a lot of things superior in decision making, power over which refers to control over a relation, threat of violence. Where there is a power there is subordination also, subordination refers to position you hold in the society, inferior in order of society, dignity and importance, lower cate, placed in a lower position, here women are the subordinate, the social norms, culture and customs which maintain men as primary,

superior and paramount and women as secondary, subordinate to men. This exclusion and restriction make women incapable of entering the public domain, taking their own decisions. However with passing time women are trying to empower themselves, here empowers would means to transfer the nature of the society that distance women from the main stream society and other disadvantaged sectors. Discrimination is very common in the world, the society has been biased to the men sex. Where women over the years have been fighting for their entitlement and rights. Women rights refers to the freedom and entitlement of women and girls of all age, These rights may or may not be institutionalized, ignored or suppressed by law, local customs and attitude of a particular society. Issues commonly associated with women rights include right to bodily integrity and autonomy, to vote, to hold public office, to work, to fair wages and equal pay to own property, education, to have religious right, martial right to enter into legal contracts. Women and Development an approach with has come into existence in an attempt to uplift women. Women have also been vulnerable to power which applies for women across the globe, there no such women on this planet you didn't face discrimination or lack of power or domination at any point, women health has been a major concern today. Women being kept away from the economic sector has resulted in unaccountable problem. Women considered as secondary has not received proper health care facilitates in their entire life which equally has an effect on the upcoming generation which are born with some kind of mal nutrition, where access to basic sanitation is given birth to many diseases and infection in women. Women have not been cared who are actually the producer of the world, even the male sex.

## 2. Research Methodology

For the purpose of this exploration, I have used a amalgamation of two of the archetypical social sciences research tools application –as they are authentic and brilliant method to assemble statistics from multiple appellants in an

\*Corresponding author: [sumanta.21394@gmail.com](mailto:sumanta.21394@gmail.com)

methodical and convenient way. Question were asked to the common youth , public policy Analyst , rural people , farmers ,survey , interviews –consisting of several interrogation which were dispersed among representative of each contender group.

#### 1) Objective of the Research Paper

The main areas of exploration in this paper incorporates

1. A study on women health issue and how the society response to it.
2. The circumstances which have led women into such crucial health condition.
3. How can be work on women health issues in India and provide them basic facilitates.

### 3. Literature Review

Women in Asia have particularly been vulnerable where countries like China, Pakistan, Bangladesh, India have a patriarchy society where countries like Bhutan and Nepal have the countries where a girl birth is celebrated, even in North Eastern states of India, the birth of a girl is celebrated. Women have been vulnerable to economy independent, right to make decision for themselves, have put them into their worst health crisis. Social stigma has made the life of women miserable , open defecation , not using of sanitary napkins , it is considered as evil, not accepted by the old society , followed by no condoms and using of birth control pills have made the women health miserable , giving rise to thousands of disease , 5 million people die each years due to poor sanitation , in countries like India , Bangladesh , Sri Lanka , Pakistan majority of the adolescent don't know about menstruation and neither do they talk about it with their mother . In India less than 20% women and girls uses pad, in Bangladesh 14% of the women have access to sanitary pads, only 30% in Sri Lanka uses sanitary pads, in Nepal only 15% uses sanitary pad, in Bhutan 44.7% girls skip school due to menstruation. In the south Asian countries majority of girls don't go to school during their menstruation, they have no ideas what it is until their it happens to them. Our society is so narrow minded that they don't even talk about periods in an open space. It is something very natural and everyone women will have it , it is a pure thing , but the society consider its to be impure , in these countries the sanitary napkins are not available in huge number , constant use of cloths keep them away from school and in many places like in India , majority of the girls drop out from school once their menstruation starts and all these countries are undeveloped , where majority of the population live in the rural region , they practice open defecation and only 2 to 3 % of the rural population uses a pad . Sanitary napkins and lack of Sanitation together contributes to the death of millions of people. Young girls who have just started with their periods have no clue about the hygiene practices which needs to be practiced , they land up using cloths which causes many problems for them , the different attitude of the society where is girl is on her period, kept away from all kinds of activities , in fact in many Indian family , on the first period cycle, the girl is worshipped and many other rituals follow , People are more into rituals , religious , customs than concern about the health of a girl , instead they should provide her with a sanitary pad which

changing climate and weather patterns , hygiene and self-care is very important .

### 4. Findings

Domestic violence and dowry death are very common in the male dominant society, in South Asian countries women have always been subordinate to men, constant physically and mentally torture day and night have badly affected their health considering them inhuman is not fair, these constant physically can lead to some kind of nerve or born problem or beating women with rod, or burning their hands can led to internal injury which if not cured no time can led to multiple issues. In India martial rape is not a crime , this rape itself can affect the body , leading into injury , the brain nerve can be affected by mental torture , forced pregnancy have a lot of health issues attached with it . In India majority people live in rural India and these all are considered normal, as men are supreme and it is the duty of the wife and all the female to abide by their rules as they are economically dependent on the men. Domestic violence incudes injuries, temporary or permanent disability , suicide depression , gynecological problem and also affect the reproductive and sexual health . In India 25% have faced sexual violence, 52% psychological , 16% domestic violence .Karnataka, Bihar and Manipur have majority of the cases unreported followed by this malnutrition which is a very big problem also common among the children . Now there can be many reason for malnutrition in women , one may be poverty the family cant afford , second biased towards male gender , where a mother and her daughter is served with less nutrition food , however the society forgets the fact that the daughter whom you are serving poor quality food , will give birth to the new generation a male / female child and that child will be born with some deficient because of the poor health care of women / pregnant women .With advance in technology , a family can easily get to know weather the baby is a boy or a girl and based on that many families have preferred abortion of child , however this is illegal in India but many people practice but families with a narrow mentality or demand for a male child , many girl child are burn as soon as they are born , in many villages this is a practice to kill the baby if a girl is born.

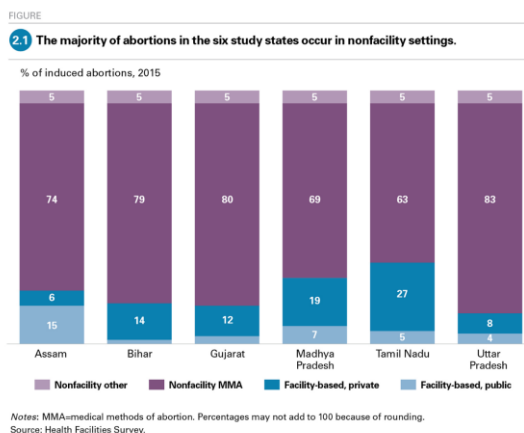


Fig. 1. Majority of abortions

This has a tremendous affect on the health of a women, the greed for a male child has resulted in giving birth to 5 girls , she is a women and not a machine that you keep on making her pregnancy , giving birth is the toughest thing and you have to go through a lot of pain , keeping a child for 9 months in the womb along with going all the household work in a village where you don't have sanitation facilitates and use of sanitary napkins , the lady is going to land up with a number of health issues where mal nutrition is normal due to lack of knowledge on what a women should be feed with during her pregnancy.

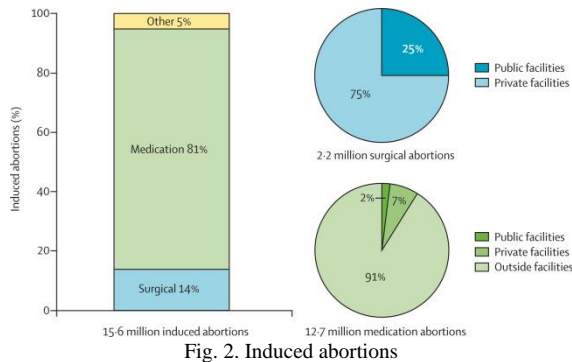


Fig. 2. Induced abortions

There have been awareness programmes on women health and Primary health care centres at the rural area still due to high cost people prefer to give birth at home or in many cases there are midwives. Every women has faced some kind of health issue being a women in life , the life of women is filled with complicated health issues , due to lack of female doctors , many women restrict themselves for going to the doctors . However in urban India, the women visit the doctors and majority of them use a sanitary napkins, in all the medical shops in the urban sector who have sanitary pads available , now the narrow culture comes in and prohibit many of the people . Cloth is used by many women even in urban area because they cant afford the cost .Menstruation has not been talked about much even after so many television ads and post on different social media sites , even there has been a movie padma on sanitary pads in India , still majority of the adolescent don't know what does it mean until they experience it .urinary Tract infection is very common among the women this is product of not maintaining hygiene and proper sanitation , 60% of the women in their lifetime experience this infection .

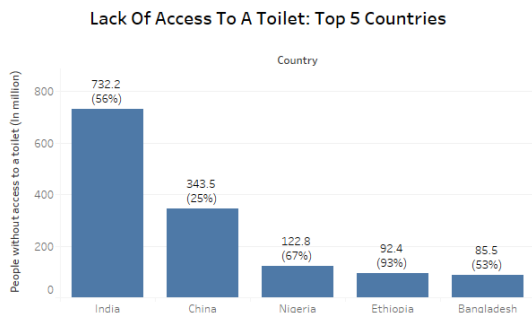


Fig. 3. Lack of access to a toilet

Wombless women in Mumbai village has soon us how women in order to earn a for their children and family have scarified so much, this removing of uterus from the body comes up with a number of infection and pain but the women of the villages were provided false information and asked to remove their uterus to get job in the sugarcane fields and the doctors also agreed to remove it with informing these women of the health issue. The government has introduced many schemes to provide free sanitary pad, empower women , women care , economy independent bringing women into the fore front , however it has been unsuccessful in taken into consideration the most crucial aspect of women that is women health.

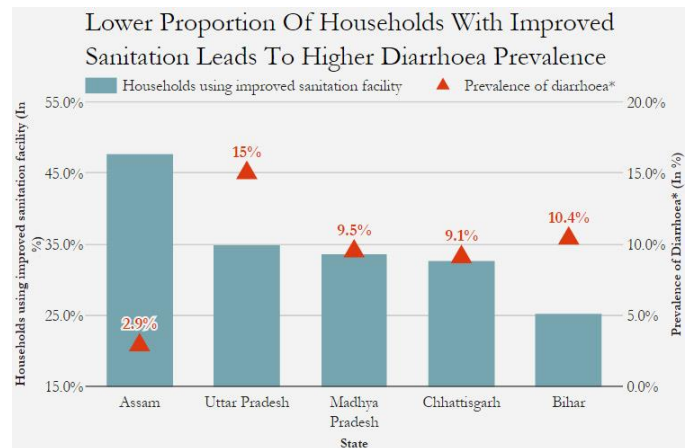


Fig. 4. Lower proportions of Households

1) *Way forward*

We need to take into consideration women health and give that sector utmost importance by providing free sanitary pads available in all kind of shops. Thousands of sanitary napkins should be send to the villages everyone. Regular checkup should be made mandatory. Awareness programme on hygiene, menstruation should be organize both at the rural and urban area. Schools should make it compulsory to provide menstruation and sex education in all schools both male and female. A complete no to domestic violence and strike action should be taken against the offence. Mandatory construction of toilets in every household both in the whole of India. Sanitation is a part of living. Women and girls should be educated in the rural sector on the use of sanitary napkins and end social stigma which consider periods as impure. We need to bring a change in our mindset both at the community and national level , accept more free doctors , create a society where people both mae and female , children and parents are comfortable taking about menstruation basic sanitation , sex education , women health . End to domestic and dowry violence, followed by considering female birth a precious gift from god instead of a curse. We need to bring change and empower women through a change in the social, cultural and political institutions.

5. Conclusion

Over the years we have seen the society has neglected women health which has led to death of many women , while

open discussion was restricted , talking about menstruation will you partner was not accepted , use of sanitary napkins is against the villagers rules , construction of washroom is not accepted due to unreasonable orthodox view constructed by humans who don't exist anymore ,Living in a modern society , we need to change our lifestyle and the way we think , today health is the most important segment of our life , Women health should be promoted and they should be an open discussion in the society, menstruation is normal thing domestic violence is a transgression.

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