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**HEALTH AND NUTRITIONAL ISSUES OF WOMEN IN
INDIA HEALTH IS THE GREATEST GIFT.....
BUDDHA**

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ABSTRACT

In Indian Society, the women community was not given owing attention in all aspects, particularly on the health aspects. Women form almost half of the population in our country. Women's health concerns cover a wide continuum. Many health conditions affect both men and women but a number of health issues affect only women. Empowering of women contributes to the perfect health and productivity of whole families and communities and enhanced prospects for the next generation. Women generally have less access than men to medical care, property ownership, credit, training and employment. When a woman can plan her family systematically, she can plan the rest of her whole life. Women's empowerment is vital to sustainable development and the realization of human rights for all. Where women's prominence is low, family size tends to be big, which makes it more difficult for families to succeed. Various awareness health programmes are more needed for the raising population to improve educational opportunities, status and empowerment of women. When women are empowered, whole families get benefit, and these benefits often have ripple effects to the future generations. Refining of women's health necessitates a strong and sustained government commitment, a favorable policy environment, and well-targeted resources.

Keywords: Health issues, Empowerment, Sustainable development, Human rights.

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almost half of the population in our country. Women’s health concerns cover a wide continuum. Many health conditions affect both men and women but a number of health issues affect only women. Empowering of women contributes to the perfect health and productivity of whole families and communities and enhanced prospects for the next generation. Women generally have less access than men to medical care, property ownership, credit, training and employment. When a woman can plan her family systematically, she can plan the rest of her whole life. Women's empowerment is vital to sustainable development and the realization of human rights for all. Where women’s prominence is low, family size tends to be big, which makes it more difficult for families to succeed. Various awareness health programmes are more needed for the raising population to improve educational opportunities, status and empowerment of women. When women are empowered, whole families get benefit, and these benefits often have ripple effects to the future generations. Refining of women's health necessitates a strong and sustained government commitment, a favorable policy environment, and well-targeted resources.

Women should have access to comprehensive, affordable and quality health care. Women’s health is generally apprehension by interrelated social, cultural and biological factors. It is expected that women live longer than the men. Women are mostly weak and disabled than the men throughout their life cycle.

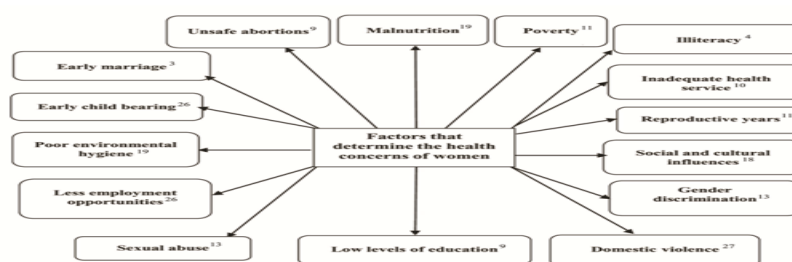


Figure: Factors determine the health concerns of the women.

Women’s traditional knowledge about health care and nutrition will be renowned through proper documentation and its use will be encouraged. Health care at its essential core is widely acknowledged to be a

public good. Holistic approach to women's health which includes both nutrition and health services will be accepted and special attention will be given to the requirements of women and the girl at all stages of the life cycle. Many women suffer with exceptional health problems like pregnancy, menopause, menstrual cycles and birth control. Many diseases affect the women health inversely and they may even require separate treatment. Generally many pregnant women and adolescent girls suffer with anaemia. At worldwide nearly 50 per cent of all the pregnant women are anaemic and 120 million of the women in under developed countries are categorized as underweight. More awareness programmes and proper education is needed to women to know about the significance of health care for ensuring health pregnancies and safe childbirths.

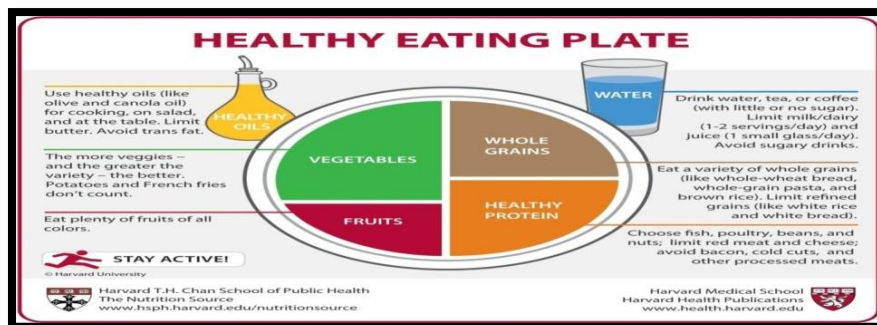
Nutrition and Health:

Nutrition nourishment is the benefactor of resource's food required by organisms and cells to stay alive. Nutrition additionally focuses on diseases, conditions, and issues may be prevented or reduced with a healthy diet for a person. It proposes civilizing nutritional status and feeding habits like intake of meat, fruits and vegetables for healthy diet. The majority of women are suffering with health and nutrition problems like anemia, malnutrition, vitamin deficiency.

Essential Nutrients for Women's Health:

Good nutrition is needed for every individual to grow up physically and for normal human natural development. Poor nutrition can also affect the mental and social wellbeing adversely. Poor nutrition is a frequent problem regularly connected to poverty, a poor considerate of nutrition and dietary practices which can be resolved with a best healthy eating plate.

Figure: Best Healthy Eating Plate



Source: Biological Process Public Health

Healthy eating guidance is creating the most effective ingestion selection. The healthy ingestion as a guide for making healthy, balanced meals, whether or not served on a plate or packed in a very lunch box.

Importance of Nutrition in Women’s Health:

Nutritional may be a vital for health because it may be a major factor of health. It depends on several elements like nutrient intake, kind of food taken, frequency of food, co-morbid conditions like polygenic disorder, any chronic infections like infectious disease, perennial infections like acute looseness of the bowels, metabolism infections, secretion factors like thyroid, etc.

Objectives of the study:

- To study about the health and nutrition conditions of women in India.
- To find out the factors affects the health conditions of women in India.
- To analyze the healthcare and nutritional status of women in India.
- To suggest various schemes introduced by the government for improving health and nutrition status of women in India.

Micro Nutrients:

Water soluble vitamins: This group comprises the B-complex vitamins like thiamine (B1), riboflavin (B2), Niacin and Vitamin C. Whole cereals, pulses and alternative vegetables and animal foods are suitable sources of the B-complex vitamins, while vitamin C is found in raw fruits and vegetables. Water-soluble vitamins are easily lost during cooking.

Table: Water Soluble Vitamins

Nutrients	Sources	RDA Or Ai (Adults > 19)
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		Years)
Vitamin B1 (thiamine)	Whole Grains, Meat, Fish	1.1-1.2 mg
Vitamin B2 (riboflavin)	Organ Meat, Eggs, Milk	1.1-1.3 mg
Vitamin B3 (niacin)	Meat, Salmon, Leafy Greens, Beans.	14-16 mg
Vitamin B5 (pantothenic acid)	Fish, Milk, Carrots, Potatoes.	5 mg
Vitamin B6 (pyridoxine)	Vegetables, Bread, Eggs, Fish.	1.3 mg
Vitamin B7 (biotin)	Eggs, Almonds, Spinach, Sweet Potatoes.	30 mg
Vitamin B9 (folate)	Beef, Liver, Black- Eyed Peas, Spinach, Asparagus	400 mg
Vitamin B12 (cobalamin)	Clams, Fish, Meat	2.4 mg
Vitamin C (ascorbic acid)	Citrus Fruits, timer Peppers, Brussels sprout	75-90 mg

Source: Nutrition for Micronutrient Functions

Fat Soluble Vitamins: This cluster contains vitamins A, D, E, and K, which are found in most animal products.

Table: Fat Soluble Vitamins

Nutrients	Sources	RDA Or Ai (Adults > 19 Years)
Vitamin A	Retino (liver, dairy, fish), carotenoids (sweet potatoes, carrots, spinach)	700-900 mcg
Vitamin D	Sunlight, fish oil, milk	600-800 IU
Vitamin E	Sunflower seeds, wheat germ, almonds	15 mg
Vitamin K	Leafy greens, soybeans, pumpkin	90-120 mcg

Source: Nutrition for Micronutrient functions

Minerals: Important minerals needed for the best health of women are like iron, iodine, zinc. Iron is required for the formation of hemoglobin, and iron deficiency is a common cause of anemia in many countries including India.

Table: Minerals

Chloride: It is a key for producing stomach acid, important in the transport of	Deficiency hypochloremia - low salt level, which is severe, can be very	Excess - hyperchloremia - sometimes no
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molecules between cells, and vital for the proper functioning of nerves.	dangerous.	symptoms, linked with excessive fluid loss.
Iron: It is required for proteins and enzymes, especially hemoglobin, the oxygen-carrying compound in blood. People with anemia feel weak Iron source: eggs, fish, green vegetable, beans, etc.	Deficiency - anemia.	Excess – bronzed diabetes disorder; iron deposits will kind in organs, particularly the heart.
Manganese: It is a cofactor in enzyme functions.	Deficiency - wobbliness, fainting, deafness, weak tendons and ligaments. Less commonly, will be a reason for diabetes.	Excess - interferes with the absorption of dietary iron.
Copper: This is component of many enzymes.	Deficiency - anemia and neurodegeneration.	Excess - can interfere with body's formation of blood cellular components; in severe cases, and eventually death.
Iodine: This required for the biosynthesis of thyroxin one type of thyroid hormone.	Deficiency - developmental delays, enlarged thyroid gland (in the neck), and fatigue.	Excess - can affect the function of the thyroid gland.

Source: Nutrient- minerals and Public Health

Eat by the pyramid for healthy eating every day:

Vegetables and fruits form the base of a healthy diet. To get even more accurate about ensuring nutritional balance in diet the USDA’s Pyramid recommended intakes for all the major food groups.

Figure: Pyramid Group for a Range of Different Calorie Level



Source: USDA’s eating pyramid

The following equation can assist women verify the quantity of calories women would like to take care of their current weight.

<p>Body weight X 12 = Calorie level</p>
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Functions of Food:

Nutrition is one of the main environmental problems responsible for the maintenance of health and physical fitness. The rural women are lacking sufficient nutrition and best healthcare facilities due to their socio economic status.

Table:Functions of Food

FUNCTIONAL FOOD	POTENTIAL HEALTH BENEFIT
Fruits And Vegetables	Reduces risk of certain cancers and heart disease reduces hyper tension.
Grapes/ Grape Juice	Reduces risk of heart disease.
Fish	Reduces cholesterol and triglycerides.
Nuts	Reduces risk of heart diseases.
Grains	Reduces risk of certain cancers and heart diseases and nutrient deficiencies.
Oats	Reduces cholesterol and constipation reduces risk of heart disease.
Garlic	Reduces risk of certain cancers and heart

	diseases reduces cholesterol.
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Source: Handbook of Nutraceuticals and Functional Foods FL, CRC.

Importance of Healthy Diet Food:

Nutrition is assumed to enhance child, stronger immune system to fight diseases, safer pregnancy and childbirth, lower risk of non-communicable diseases like diabetes, stroke and cardiovascular disease and longevity.

Body Mass Index (BMI): Calculation of BMI Level:

$$\text{BMI LEVEL} = \frac{\text{WEIGHT IN KILOGRAM}}{\text{HEIGHT IN CENTIMETER}^2}$$

The body mass index is also called BMI could be an easy calculation of a person’s height and weight. A low BMI will indicate a malnourished individual. If women BMI is between 25.0 and 29.9 considered as overweight. A body mass index greater or equal 30 is represented as obese.

Table: Level Body Mass Index

Concern Problems	BMI Level
Underweight	Less than 18.5
Healthy weight	18.5 to 24.9
Overweight	25 to 29.9
Obese	Greater than 30

Source: National Institutes of Health (NIH)

Risks of being overweight (high BMI): If women are overweight (with a BMI over 25) and physically inactive, women may develop problems like Gallbladder disease, High blood pressure (hypertension), Type 2 diabetes, Depression and other mental health disorders, Osteoarthritis, Certain types of cancer, such as colon and breast cancer.

Risks of being underweight (low BMI): If women are underweight (BMI less than 18.5), women may be malnourished and develop health issues

like Compromised immune function, Respiratory disease, Cancer, Respiratory disease, Digestive diseases, Osteoporosis.

Status of Women's Health in India:

India accounts for nearly twenty five per cent of the world's maternal deaths. Every year nearly 1,25,000 Indian women die from pregnancy related causes. Poor maternal health results in low birth weight and premature babies.

Poor Nutrition: Most of the women do not get adequate nutrition during pregnancy and lactation. The dietary intake of women in the lower economic group is deficient by 500 to 600 calories.

Morbidity: Woman's morbidity linked with the environment like indoor air pollution, iodine deficiency of soil and water.

HIV/AIDS: Male to female transmission of HIV is twice as efficient as female to male. The impact of HIV and AIDS on women is also much more severe and critical.

Crime & Violence: Women are the victims of a whole plethora of violence committed against them infanticide, torture, rape, molestation, battering, trafficking, prostitution, forced marriage, dowry death, custodial violence and so on.

Factors have an effect on the health conditions of the women:

Caring for or supporting others: Over two thirds of primary careers are women, caring for partners, parents and children. While this brings joy to many, managing competing paid and unpaid work demands will have a bearing on physical and psychological state, money security and independence.

Relationship breakdown: When a relationship ends, it will bring with it losses in each space of life, monetary security, social connections, housing and relationships with children will be pretentious. As a result, women who are separated, divorced or widowed are measure a lot of probably to expertise mental state problems like depression and anxiety.

Violence or abuse: To maintain good mental health and prosperity, women need to feel safe and respected in their relationships. Experiences

of violence and assault moreover as emotional, physical and sexual abuse have devastating effects on women's health and wellbeing.

Multiple and frequent pregnancies: The Indian society is keen about a child, and hence women are forced to induce pregnant usually for want of a son. Once multiple pregnancies, the women internal organ muscles become weak and can fail to contract post-delivery.

Lack of Nutrition: Lack of knowledge concerning dietary pattern throughout physiological condition and breastfeeding stages is crucial, but in most cases, the women do not seem to be aware towards maternal and procreative health.

Violent Crime against Women: Violence against women is additionally an ill health. Every 5 minutes a violent crime is reported against women in India.

Important nutrition programmes in India: There are major programmes designed to improve food nutrition security viz.

Integrated Women Development Service Programme (IWDS):

IWDS is a unique programme which provides integrated services consisting of supplementary nutrition, immunization, medical checkup, referral and education service are provided to the notable vulnerable groups even among the women, that expectant and nursing mother, through a standard attention referred to Anganwadi in each of the village and urban slums.

Special Nutrition Programme (SNP):

This programme was launched in 1970-71 for an equivalent target cluster as in ICDS those children below 6 years age and expectant and nursing mothers. Key activity of this programme is to provide supplementary feeding to the beneficiaries for 300 days in a year. Under this programme, every child is to receive 300 calories and 8 to 15 gms of protein and each expectant and nursing mother 500 calories and 20 to 25 gms of protein per day.

Conclusion:

Nutrition is a process that includes the failure of food and other substances in the mouth useful in the delivery of body energy. Practicing

healthy diet can lead to avoidance of both the known and the unknown health issues. There is a strong need of developing women's nutrition and health status which helps to improve standard of living of women to manage their family wellbeing and overall economic development of the country.

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