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A detailed Analysis of women's Health System in India - A Human Rights Perspective

Shrishti Bhardwaj[a]

[a]Amity University, Jharkhand, India

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"I measure the progress of a community by the degree of progress which women have achieved."

- *Dr. B.R Ambedkar*

Health is the ability of the human body to function well. Health is not only physical fitness but is the combination of mental, emotional, and social well-being. Health in women plays a very important role in the development of the family, society, and the country. Women in India are not treated appropriately and equally by society in terms of their education, upbringing, healthcare, and many more. India is a Democratic country and the Indian constitution acknowledges all persons as equals. This means that all citizens regardless of their gender, caste, religion, tribes, and economic backgrounds are recognized as equal. Despite the provisions stated in the constitution women are not getting equality. Inequality affects the health of women. Women themselves ignore their health issues which later becomes a huge problem for them. Lack of knowledge, awareness, carelessness, and ignorance in women leads them to serious health issues. Many other factors are affecting the health of women in society. Women represent the backbone of the overall health of a family and they face numerous health issues which are different from men and some of which we are not even aware of. These issues need to be addressed and improved for a women's physical and emotional well-being. Good health should be a top priority for a woman and for all of us but the major obstacle that all women faces is a lack of time because of a busy life which has become busier now as many women go to work. Women nowadays face a lot of health issues and they are kept on increasing day to day due to many lifestyle changes. Women are also prone to many chronic diseases as compared

to men. This strongly highlights that it is high time that women should start thinking about their health and giving it more importance.

Keywords: *democratic, constitution, economic, equality, chronic disease.*

INTRODUCTION

From putting a life 9 months inside their body to giving birth to a life, from experiencing major hormonal imbalances to getting thousands of never-ending responsibilities a woman plays the most crucial role in society. They not manage their families but also give a lot to society and the country. The role and contribution of women in all aspects are so dynamic. Women nowadays are pushing themselves not only to do household work but to get themselves independent in all possible ways whether it is emotionally, mentally, or financially. They need to push themselves out of their houses and comfort to get equality and independence. Nowadays, women in society have dignity and respect which they have earned through the hard work they are doing for the betterment of society, the country, the family, and for themselves.

Despite doing a lot women somehow lack behind when it comes to their health. Women tend to ignore their health as they think that health is not an important factor. They put on doing all that they can for their spouse, parents, and children and keep on ignoring their health due to which they not only harm themselves but their family and society too. Due to ignoring the health issues they were not able to examine the changes in their bodies which later turns out major and serious health problems that can cost their life. There are many diseases women are facing nowadays like depression, anxiety, chronic diseases, heart issues, diabetes, sexually transmitted diseases, and breast cancer. They are major and can affect their lives and their family too. That is why it is necessary to get a time-to-time checkup for women to maintain their health and can get themselves prevent these diseases. The detailed analysis done is on the above-mentioned diseases, habits, factors, and prevention below which will help us to conclude and resolve this major issue of the women's health system in India.

SIGNIFICANCE OF WOMEN'S HEALTH

A good life relies on good health. Each one of us must take care of our health as it is a state of an individual's physical, mental, and social well-being. As we all know that women play a crucial role in the well-being of their families, their coming generations, and society so for them it's more important to maintain good health but due to their busy schedules and hectic life, they fail to maintain their health. In India, every individual has the right to live life as they want but there also women are discriminated against. Women in Indian society are not treated equally to men, they have to take permission from their family or spouse for living the life they want. In the case of women, even before coming out of the mother's womb, the discrimination starts and continues till their death which is a big concern. Due to discrimination against women they fail to get their education which later turns into another reason for their poor health.

WHY EDUCATING A WOMAN IS MORE IMPORTANT THAN A MAN?

"Educate a man and you educate one person. Educate a woman and you educate the whole family."

- Jawaharlal Nehru

Education of women is important for bringing a balance in society.[1] Education plays one of the most important roles in women's empowerment. It not only educates women but also helps to put a stop to discrimination based on gender. Education is the basic step to giving women the power and dignity to choose the way of life she wants to lead. No society or culture can progress without the presence of women. Back a few years ago, people in underdeveloped and developing countries like India thought that women should stay at home and do the household work, but now the mindset has changed in some places. Nowadays women are doing well in every field like education, sports, and politics and at the same time, they are managing all the needs of their families. This can only be possible through encouraging women's education.

[1] Prasanna, 'Article On Importance of Education for Women 500, 200 Words for Kids, Children and Students in English' (*Aplus*, 20 July 2020) <https://www.aplustopper.com/article-on-importance-of-education-for-women/#:~:text=Education%20plays%20a%20vital%20weapon,be%20eradicated%20through%20female%20education.> accessed 01 September 2022

Education is the only weapon that can empower girls and as a result, strengthen society. The education of women includes many benefits as mentioned and discussed below[2]:

Independence - Educated women do not have to depend on anyone if they are capable of earning their livelihood and raising their family. Financially independency helps women to attain dignity and respect in society. Educationally independency helps a woman to live healthily and also promote awareness of the rights they have been given by the government.

Socio-economic growth - Educated women turns out to be a responsible citizen and leaders for the growth of society.

Promotes gender equality - Educating women or girl children will promote equality between males and females in society.

Improves the financial position of women - Education helps women to do jobs and to achieve a position in the outside world. It makes women earn the desired money and make them financially capable and independent.

Attack poverty - The education of women is a boon in this era of economic crisis. After marriage, an educated woman can work and help her family with household expenses.

Improves decision-making - Education gives women a position to take better decisions for their livelihood and a better future. Education helps women to gain the ability to make better decisions in society.

Reduces the risk of violence against women - Education brings awareness to women against the violence they face in society. It makes them aware of their rights so that they can put a stand for the problems they face. Education along with employment increases awareness and reduces the risk of violence against women.

[2] *Ibid*

Economic empowerment - It contributes to the economic prosperity of the nation by including the neglected portion of society in the talent and knowledge pool.

Educated women can play an important role in the development of the country. Education in women will make them aware of the fact that health must be a priority in everyone's life. This leads women to a healthy and wealthy life. If we want to develop women's health then we have to educate them. Educating women will lead to a reduction in infant and maternal mortality, child marriage, population explosion, malnutrition, domestic violence, and sexual violence and promote socioeconomic growth and independence.

HEALTH ISSUES THAT NEED TO BE ADDRESSED IN WOMEN

Women in India face a lot of health issues due to a lack of awareness and carelessness and our society also plays a most important role in making the health of women even worse. As we all know the discrimination against women in Indian society that they are facing for ages and there is no reduction in it which leads to domestic violence, sexual violence, etc. There is a huge injustice every woman faces every day in India. Society is responsible for it.

People say that women are getting health issues due to their working life and due to going outside and making their bodies tired but that is not true. Women in India are more likely to get health issues in their houses only. Most people think that females are unsafe and going through many health problems due to their engagement outside the house and it causes more risk regarding their health but it's not the reason. To date, out of all the cases of physical violence or domestic violence against women, most of them have occurred inside the houses and out of all the rape cases that occurred, most of them have been done in the victim's houses by their acquaintances. Health issues like domestic violence, sexual violence, depression, anxiety, and others are more likely to happen to a woman due to the family and the society in which they are living and they must get resolved or addressed for a better future and health conditions. Despite this, there are many other health conditions like chronic diseases, heart diseases, anemia, PMS, PCOD & PCOS and breast cancer which are happening more due to carelessness and late

diagnosis by women and they are also responsible for the happening of these serious health problems.

Let us now discuss the diseases and health issues that women face in their day-to-day life. Being aware of these health conditions and what causes them in women can help us prevent them in a better way.

Heart disease - Most women are unaware of the fact that women are more prone to heart diseases as compared to men and it is the leading cause of death in women. This condition occurs because of excessive stress and because of excessive workload but it can get managed or cured by proper stress management and physical activities. Taking out only 30 minutes from our daily routine can help us stay fit and stress-free and prevent and reduce the chances of getting heart disease.

Breast cancer - It is the most common and aggressive form of cancer which affects the female population and it is very important for all women to be aware of this disease so that it can be detected in its early stage. We must be aware of the risks factor and symptoms of this cancer for early detection and diagnosis. Women must go for routine mammograms mainly after the age of 30 years for better prevention and treatment of this health condition.

Cervical cancer - It is another form of cancer that is common in women. In this health condition, the abnormal cells start to develop in the lining of the cervix in an uncontrol manner and if it's not get detected in its early stage, it can become fatal. This cancer is caused by the human papillomavirus (HPV), and for the early detection of this cancer, routine pap smear tests are very important for them.

Gynecological health - If women ever face any unusual symptoms during her menstrual cycle, this can indicate health issues about which we should consult a doctor otherwise it can contribute to serious complications later and this is something that women do not need to be shy or uncomfortable about.

Osteoporosis - Women are more prone to osteoporosis than men mainly after the age of 50 years which weakens their bones. The risk factor for osteoporosis is genetics, lack of physical activity, smoking, and alcohol use. To prevent osteoporosis, women must adopt a lifestyle choice and we are completely aware of this health condition.

Depression and anxiety - Women face many hormonal fluctuations which can contribute to depression and anxiety. Premenstrual syndrome (PMS) is faced by all women that can lead to intense symptoms of anxiety. Women also suffer from postpartum depression and menopause which can create stronger emotional symptoms of anxiety and tiredness. It is very important for women are aware of all these conditions so that where they experience these conditions, they can hint that something is not right in their health.

PCOS/PCOD - Polycystic ovarian syndrome or polycystic ovarian disorder. In recent times PCOS or PCOD which is a lifestyle disorder has become very common in women that affect their ovaries and leads to the formation of follicles and cysts in the ovaries this contributes to irregular periods and the formation of male hormones in the body leading to the excessive body and facial hair. It also leads to insulin resistance and it will later contribute to fertility problems. PCOS or PCOD cannot be treated but if detected, a balanced and healthy diet, and losing weight can be very beneficial to reduce its symptoms.

Women must be aware of all these health issues they are facing so that they can fight and prevent them efficiently. Awareness is very important for women for a better self-examine to fight these diseases. It is only possible if women will be having a proper knowledge regarding these health conditions. Women in India must get a proper education and should be treated equally in society so that they can live a healthy and peaceful life.

CONCLUSION

In the preamble of the constitution of India, it is stated that all the citizens of India have the equality of status and opportunity and article 14 of the constitution of India[3] states that the state

[3] Constitution of India, art 14

shall not deny to any person equality before the law or the equal protection of the laws within the territory of India. So according to the Indian democracy, all the citizens of India including women are equal in the eye of the law[4] and have been given equal rights to live a life as they want according to this, it is most important for all of us to treat women equally and to respect their dignity. We make sure to support them in getting educated so that they get aware of the rights they have in society. We must look up to address the health condition of women so that they can have better health[5] and it will contribute to their well-being. Women must raise their voices against the injustice and discrimination they are facing in Indian society after all they are one of the strongest pillars of the country. After analyzing women's health and their rights, most of you have felt that only men are the culprit and responsible for the bad health and discrimination among women. So, it is not so. All the things that we analyzed above, are the thinking of the society that discriminates against women and the acceptance of the discrimination by women contributes more to this. There are both men and women in society who believe in this and who also fight against this. Poor health, discrimination, gender health gap, and health system in women is not a women's rights issue, it is an issue of human rights.

[4] Constitution of India, art 15
[5] Constitution of India, art 21