



A Comprehensive Survey Report on Women Health Care Problems at the age Group of 18-30 Years

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Abstract

Women go through major physiological changes throughout their lives, leading to differences in health concerns for varying age groups. During times of physiological change, women are facing many issues such as depression, anxiety and eating disorders, fertility, avoiding STDs and practicing safe birth control gain importance. We have performed this survey on women health issues at this age group (18-30), the behavioural changes are greatly seen compared to other age group in terms of hormonal changes, depending on busy life schedule, peer pressure, less sleeping, weakness due to menstrual cycles, improper food habits etc. So, these were the factors to be concern which leads us to do enquiry on these topics and go to root of cause of the disease. Also, we did enquiry on the medication they were using for their health issues and the side effects of the medications and checked cause of the adverse events happening.

Keywords: Women Health; PCOD; UTI; IBS; Diabetes; Hormonal Imbalance

Abbreviations

IBS: Irritable Bowel Syndrome; BMI: Body Mass Index; BP: Blood Pressure; PCOS: Polycystic Ovary Syndrome; FRS: Framingham Risk Score; FAI: Free Androgen Index; UTI: Urinary Tract Infection; COPD: Chronic Obstructive Pulmonary Disease; PPBS: Post Prandial Blood Sugar; FBS: Fasting Blood Sugar; CBC: Complete Blood Count; HbA1c: Haemoglobin A1C; USG: Ultrasound Sonography; ECG: Electrocardiography; LFTs: Liver Function Tests; TSH: Thyroid Stimulating Hormone; STDs: Sexually Transmitted Diseases

Introduction

Both male and female come in the countenance of numerous disease conditions. But there are some health issues which the women face uniquely and customarily [1]. Up to present century, we can see that there are various women's health problems which

are undiagnosed due to lack of concern or failure of the health care system. Also, in majority cases, the drug trials are not passed through female patients as test subject (example - pregnant women). Women contract absolute health issues such as such as breast cancer, cervical cancer, problems due to menopause, and pregnancy related problems [2]. Heart attacks and mortality are more common in women compared to men. They forced to withstand anxiety and depression [3]. Urinary tract infections and STDs can exhibit serious unfavourable effects in women [4]. Sometimes, there is a tendency of causing infertility and unwanted side effects and health problems after using birth control pills [5,6]. Fortunately, most of the diseases that affect women are treatable if detected early [7]. Though there are many diseases which are common both in females and males, the women face those distinctly at different times of their life-span. Also, there are many gender-

specific diseases occurring in women only [8]. Generally, after menopause, the high blood pressure is seen in women whereas in between 45 to 65 it is seen in men. This high BP level causes various problems [9]. Moreover, women become prey to metabolic diseases and syndrome highly throughout their life integrally [10] which can be the reason behind the high blood pressure, high blood glucose levels, abnormal lipid levels or obesity and increased waist size harming their body shape which is unacceptable to most of the women [11].

The autoimmune disease Lupus also affects more women than men. Those with lupus die more often from cancer and infections than otherwise healthy people. Women are also more likely to experience a urinary tract infection, or UTI, especially women older than 60. UTIs cause frequent urination and a burning feeling during urination. If untreated, it can spread to the kidneys, causing sepsis. Sepsis is the body’s response to infection which sometimes causes death [12]. Most of the women are suffering from ovarian and cervical tumour or cancer; gynaecological problems like irregular

periods, pregnancy related issues like miscarriage; exhaustion, depression and anxiety, mild fever, abdominal pain, vertigo, skin related problems, diabetes. Vaginal issues sometimes indicate serious problems such as STDs or reproductive tract cancer. Sometimes, pregnancy leads to Anaemia. In this survey, we have seen that most of women at the age of 18 to 30 were suffering from mostly PCOS, Thyroid, Diabetes, Acidity and Gastritis, COPD, lung problem, Skin Hair problem and Eczema, UTI, Hormonal problem, miscarriage, Breast tumour, Bone problem like D3 deficiency, Low BP weakness, Irregular Blood pressure, Cough cold migraine, Irregular Periods, Gall stone and liver problem, GOUT, Constipation and Diarrhoea/IBS, Anaemia and Vitamin D3 deficiency [13-15]. We also do research on how the women are conscious about their health, whether they were aware of knowing which type of doctor they should appoint for their distinct diseases. In the present study a survey was conducted on woman health status at the age of 18-30 yrs. and the related physical, physiological and psychological health of the women suffering from certain diseases, their medication, possible side effects also been explored.

1.	Name
2.	Address
3.	Age (in Years)
4.	Height (in ft)
5.	Weight (in kgs)
6.	What is the common health related issues that you are facing recently?
7.	What are the Medications used to cure that problem?
8.	What is the common health related issues that you were facing before (past months/years)?
9.	Medications and treatment that you took before to cure that problem?
10.	Is any of the health issues associated with genetic? (Example- my mother/grandmother has the same disease)
11.	Do/did you face any side effects after using the medicines or doing surgery?
12.	Do you face physical/mental distress or mood swings?
13.	Probable cause of mental stress or depression.
14.	Does your period come on normal time?
15.	Do you face any stomach/abdominal pain?
16.	What kind of Physician’s appointment do/did you take for your problems?
17.	Do you use the same physician for most of your personal medical needs?
18.	How likely are you to switch hospitals on your physician’s advice (from your preferred hospital)?
19.	After the medication, what is the status of your health?
20.	Any surgery required? (specify)
21.	Do you take medicine by yourself from the medical shop?
22.	Do you exercise/walk daily?
23.	What is your normal diet plan?
24.	Do you take fast foods?
25.	When do you take medicine? (After/Before the food)
26.	Did you do any Test (e.g., blood test) in last 3 months? (specify)
27.	What was the report of the Test (e.g., blood test)?
28.	How long you have been taking medicines
29.	Habits (Smoking/Alcohol/Tobacco/Others/Nothing)
30.	How much clean and hygienic your area is?
31.	Do you have any allergies?

Table 1: Survey questionnaire for determination of woman health status at age group of 18 to 30 years.

Materials and Methods

We prepared the survey questionnaire in order to determine the woman health status at age group of 18 to 30 yr on four specific areas. Thus, Barasat, Madhyamgram, Habra and Bongaon area located in North 24 Parganas, West Bengal, India was selected. Most of women gave their health information via the given questionnaire. Some of the information was collected by their prescription and test reports also. The tools used were Google form, Google Drive, Microsoft excel, Microsoft Word (Interpret data), audio and video calls.

Discussion

BMI of each of 60 women participated in the survey was calculated with using the following standard formula: $BMI = \frac{Weight}{(Height)^2}$

(where, height is measured in meter and weight is measured in kg); which is tabulated in Table 2. Also, we compared this data with standard BMI chart for their respective ages, and found either they were having over/under weight or normal weight. 21.67 % (13 women) of the patient was found to be over weighted, 10 % (6 women) of the women were found to be under weighted and 68.33 % (41 women) patient was found to be Normal.

Patient No	Area	Age (yrs)	Weight (kg)	Height (cm)	BMI (kg/m ²)	Overweight/ Underweight or Normal
1	Barasat	25	55	150	24.4	Normal
2	Barasat	24	53	159	21	Normal
3	Barasat	24	61	168	21.6	Normal
4	Barasat	21	55	168	19.5	Normal
5	Barasat	18	44	152	19	Normal
6	Barasat	28	75	162	28.6	Overweight
7	Barasat	21	70	155	29.1	Overweight
8	Barasat	28	56	152	24.2	Normal
9	Barasat	26	55	163	20.7	Normal
10	Barasat	22	69	155	28.7	Overweight
11	Barasat	24	75	158	30	Overweight
12	Barasat	30	69	155	28.7	Overweight
13	Barasat	20	48	158	19.2	Normal
14	Barasat	29	68	152	29.4	Overweight
15	Barasat	19	45	149	20.3	Normal
16	Bongaon	27	71	161	27.4	Overweight
17	Bongaon	27	71	152	30.7	Overweight
18	Bongaon	30	60	158	24	Normal
19	Bongaon	21	42	155	17.5	Underweight
20	Bongaon	25	67	158	26.8	Overweight
21	Bongaon	29	65	146	30.5	Overweight
22	Bongaon	30	62	165	22.8	Normal
23	Bongaon	68	61	165	22.4	Normal
24	Bongaon	19	50	152	21.6	Normal
25	Bongaon	22	46	155	19.1	Normal
26	Bongaon	25	53	165	19.5	Normal
27	Bongaon	19	56	152	24.2	Normal
28	Bongaon	19	46	162	17.5	Underweight
29	Bongaon	23	51	158	20.4	Normal

30	Bongaon	22	75	164	27.9	Overweight
32	Madhyamgram	22	68	161	26.2	Overweight
33	Madhyamgram	25	54	158	21.6	Normal
34	Madhyamgram	18	41	149	18.5	Normal
35	Madhyamgram	27	60	168	21.3	Normal
36	Madhyamgram	23	68	164	25.3	Normal
37	Madhyamgram	24	55	162	21	Normal
38	Madhyamgram	30	51	155	18.1	Underweight
39	Madhyamgram	30	65	168	23	Normal
40	Madhyamgram	21	49	161	18.9	Normal
41	Madhyamgram	23	54	161	20.8	Normal
42	Madhyamgram	26	44	162	16.8	Underweight
43	Madhyamgram	25	60	165	22	Normal
44	Madhyamgram	22	53	152	22.9	Normal
45	Madhyamgram	25	55	162	21	Normal
46	Habra	23	47	155	19.6	Normal
47	Habra	22	58	165	21.3	Normal
48	Habra	25	48	164	17.8	Underweight
49	Habra	23	68	168	24.1	Normal
50	Habra	19	50	162	26	Normal
51	Habra	26	55	162	21	Normal
52	Habra	23	44	158	17.6	Underweight
53	Habra	27	56	164	20.8	Normal
54	Habra	25	58	168	20.5	Normal
55	Habra	27	55	162	21	Normal
56	Habra	30	60	152	26	Overweight
57	Habra	28	61	165	22.4	Normal
58	Habra	24	54	158	21.6	Normal
59	Habra	23	56	161	21.6	Normal
60	Habra	24	53	146	24.9	Normal

Table 2: Determination of Initial Parameters i.e., age, height, weight and BMI of the participants.

All the women participants took part in the survey were facing several diseased conditions and summarized in table 3.

Table 4 represents the data of health problems of the 60 women facing at recent days which is tabulated with respect to different type of diseases. We found that the maximum women were facing problems related to digestive system (IBS, gastritis/acidity, lactose

intolerance, vomiting, ulcer, dysentery) (9 women) and bone related diseases (Costochondritis, vitamin D3 deficiency, chest Pain, bone fracture, arthritis, joint Pain/knee pain) (8 women). Also, there were 5 patients who were suffering from PCOS and 5 patients were facing problems related to reproductive system (pregnancy problems, bulky uterus, irregular periods, period pain) and

Disease	Patient No	Medication Used/Surgery	Diagnosis	Side Effects	Status of Health
Hypotension	1	Nothing was used	By doctor. no other tests were done	-	Facing Problems Again
	2	Vitakind-Zit	By doctor. no other tests were done	-	Recovered
	27	Supradyn	By doctor. no other tests were done	-	Better than before (Improved)
	42	Zincofer Tablets	By doctor. no other tests were done	-	Better than before (Improved)
Hypertension	21	Telma 40, Panazep LS, Neopride, Tetrafol plus	FRS (Abnormal)	Diarrhea	Better than before (Improved)
Excessive Hair-fall	2	Keraglo eva, Renocia Shampoo Other - Plex treatment	By doctor. no other tests were done	-	Recovered
	47	Ascazin Tablet, Kerablach Tablet, MiniCheck	TSH, Uric acid, D3 (Abnormal)	-	Recovered
PCOS	3	Ovasense-pcos Forte	By doctor. no other tests were done	-	Recovered
	11	Unienzyme tablets, ESOZ D 40	By doctor. no other tests were done	-	Facing Problems Again
	13	Clomid 50 (clomiphene citrate)	FAI (androgen test) - Abnormal	Hair thinning	Better than before (Improved)
	17	Deviry 10 mg Tablet, Cheri XT, Normoz	By doctor. no other tests were done	Weakness	Better than before (Improved)
	50	Normoz, Deviry 10 mg, Bodywise capsule	By doctor. no other tests were done	Heavy flow of menstruation	Better than before (Improved)
Bone Fracture	4	Zerodol SP, Tolagin gel, Pantin 4, Uprise D3, B fit CD.	X-Ray (Abnormal)	-	Better than before (Improved)
Fibroadenoma	5	Amoxyclav 625, Pantoprazole 40, Paracetamol 650, Primosa 1000 Surgery - Lumpectomy	Low BP, uncomfortable in the chest muscles, lump and redness in the left breast area. Confirmation - Hb, TLC, Platelet, PT/INR, FBS/PPBS, Na, K, TSH, ECG, USG, FNAC from breast.	Weakness	Recovered
IBS	6	Sompraz 40 tablet, colospa X, Pan-D, Rablet 40	By doctor. no other tests were done	-	Unknown
	24	Librax 0.5, Clopam.	By doctor. no other tests were done	Difficulty in Urination	Facing Problems Again
Lactose intolerance	6	Unknown	By doctor. no other tests were done	-	-

Gastritis/ Acidity	6	Pan-D, Sompraz 40	By doctor. no other tests were done	Constipation	-
	26	Omez D, Aciloc RD	By doctor. no other tests were done	-	Better than before (Improved)
	60	Sompraz 40, Omez-D solution, Pan-D	By doctor. no other tests were done	-	-
Hyperprolactinemia	7	Cabgolin 0.25 mg	By doctor. no other tests were done	-	Better than before (Improved)
Urinary incontinence/UTI	8	Pan D, Vitamin A to Z gold, Hifenac-P, Loxof 500 mg	By doctor. no other tests were done	-	Better than before (Improved)
	44	Urikind-KM, Fosfomycin Trometamol Powder	By doctor. no other tests were done	-	Recovered
HK Eczema	9	Teczine 5, Capsule H omega, Remoiz Cream, Azithral tablet, Melanin ultra gel 500	By doctor. no other tests were done	-	Facing Problems Again
COPD/Asthma/Sinus	10	Zerostat, Doxovent 400, Mucinac 600, Rofaday 500	By doctor. no other tests were done	Headache	Facing Problems Again
	33	ProAir HFA, Tylenol	By doctor. no other tests were done	-	Better than before (Improved)
Hypothyroidism	12	Eltroxin 25	By doctor. no other tests were done	-	Better than before (Improved)
	27	L-thyroxine	TSH/ft3/ft4 (Abnormal)	-	Better than before (Improved)
	32	Thyroxin, Janumet XR CP	By doctor. no other tests were done	Dizziness, Headache	Recovered
Diabetes	14	Jalra M 50, Pregaba M 75, Duzela 20 mg, Telma AM, Rabclar DSR	PPBS, FBS, HbA1c - Abnormal	Sometime dizziness, falling suddenly, Sleepiness	Better than before (Improved)
	49	Metformin, Metaprolol, Clinidipine, Atrovastin, Linagliptin, Insulin glargine injection	HbA1c, Sugar (Abnormal)	Dizziness	Better than before (Improved)
Anaemia	15	Dexorange capsule 1mg, Supradyn Capsule, Shelcal HD, Aciloc RD	CBC (Abnormal)	-	Better than before (Improved)
	23	Autrin, Shelcal HD, supradyn, Claribid, Ascoril LS.	By doctor. no other tests were done	Tiredness	Better than before (Improved)
	45	Ferrex 150 Plus, Fericip XT, Limcee	Hb, RBC	-	Better than before (Improved)

Estrogens Imbalance	16	Valest 2mg, meprate 10, Hemfer XT	By doctor. no other tests were done	Constipation	Better than before (Improved)
Kidney Stone	18	Alkacip, Cyclopam, Pan - D	By doctor. no other tests were done	-	Better than before
	38	Zerostane, Y co Forte, Pan 80 Surgery – Nephrolithotomy	By doctor. no other tests were done	Diarrhea	Better than before (Improved)
Costochondritis, Vitamin D3 deficiency, Chest Pain	19	Arachitol 6L injection, Cobaforte CD3 tablet, vivax 5, tolargin gel	Vit-D3 (Abnormal) Other test-TSH, serum uric acid (Normal)	Drowsiness, vertigo	Recovered
	25	Tolagin Gel, Cipcal 500 tablet, Uprise D3	Vit-D3, Calcium (Abnormal)	-	Better than before (Improved)
	35	Dolmia D3, Shelcal CT, Pan D	By doctor. no other tests were done	-	Recovered
Vomiting	20	All 9 nvp, Susten sr 200.	By doctor. no other tests were done	Headche, abdominal pain	Better than before (Improved)
Arthritis/ Joint Pain/ Knee pain	22	Clavam 625, Emazen —D, T—T-Back, E-sylate	By doctor. no other tests were done	-	Better than before (Improved)
	39	Nortipan MSR, Pantoloc Plus, Decal Tablet	By doctor. no other tests were done	-	Better than before (Improved)
	53	Shelcal XT, Vernance 500, Y Co Forte, D-360	Anti-CCP, D3 (Abnormal) Other: TSH/FT4 (Normal)	-	Better than before (Improved)
	54	Cobaforte CD3	By doctor. no other tests were done	-	Recovered
Allergy, Infection	29	Crixan 500, Telekast F, Rantac – RD	By doctor. no other tests were done	-	Recovered
	37	Telekast L, Paracetamol 500	By doctor. no other tests were done	Nausea	Better than before (Improved)
	56	Cetirizine, Pan 40, Zerodol SP	By doctor. no other tests were done	Drowsiness	Facing Problems Again
Cough, Cold, Fever	31	P-650, Ambrodil - S syrup	By doctor. no other tests were done	Headache	Recovered
	34	Calpol 650, Dexorange syrup	By doctor. no other tests were done	-	Better than before (Improved)
	59	Azithromycin, Zerodol SP, Pan-40	By doctor. no other tests were done	Headache, Nausea	Recovered
Jaundice	40	Udiliv-300, Sorbiline Syrup, Hepamerz Tablet	By doctor. no other tests were done	Vomiting	Better than before (Improved)

Ulcer	41	Fiflux Forte, Prilosec, Som-praz 40	By doctor. no other tests were done	Nausea	Better than before (improved)
Pregnancy related issues	43	Sildenafil	By doctor. no other tests were done	Headache, Chest pain	Used as Contraceptive but facing problems now.
Insomnia	46	Nexito Forte, Algolam 5.0, Zerodol SP	By doctor. no other tests were done	-	Better than before (improved)
Acne Prone Skin	48	KLM KLIN Facewash, ILU-MAX cream, Deriva CMS gel, Persol Forte (10%), Koiglo Glod cream, Avarta Gel	By doctor. no other tests were done	-	Recovered
Dysentery	51	Metronidazole	By doctor. no other tests were done	Hardening of stool	
Bulky Uterus	52	Tablet A to Z woman, Evion 400 capsule, Pantop 40	USG - Confirmation	Abdominal pain	Better than before
Eye infection	55	Gatilox Eye drops	By doctor. no other tests were done	-	Recovered

Table 3: Recently faced Health issues or several diseased condition by women.

hormonal imbalance (Hyperprolactinemia, estrogen imbalance). The minimum number of woman patients was having HK Eczema, eye infection, skin problems like acne, insomnia and jaundice (1 woman for each disease). And rest of the women were having generally health issues like Low BP and weakness (4 women), diabetes and high BP (3 women), thyroid problems mainly hypothyroidism (3 women), anaemia (3 women), cough, cold, fever (3 women), allergic reactions (3 women), UTI (2 women), COPD (2 women), excessive hair fall (2 women) and kidney stone (2 women). Table 3 represents the data of health problems of the 60 women facing in last months or years which is also tabulated with respect to different type of diseases. We can see that most of the women were facing gastritis (5 women) and weakness due to low BP (5 women) before. Also, there was health issues related to bones problem (leg pain, back pain, Vitamin D3 deficiency, chest Pain) (4 women), depression and anxiety (4 women), thyroid

problems (thyroid cystic nodule, hypothyroidism) (3 women) and reproductive system issues (irregular periods, period pain, bleeding lead to miscarriage) (3 women) to be concerned. The minimum number of woman patients was having problems like kidney stone, high BP, UTI, gall bladder stone, kidney stone and gout (1 woman for each disease). The rest of the women patients were suffering from insomnia (2 women) and cough, cold, migraine (2 women) before. So, when we compared these two data considering and examining the medications and its side effects and recovery status of them, we could see that the main common health issues faced by those 60 women patients were IBS, Gastritis/acidity, diarrhoea, constipation, weakness, low BP, D3 deficiency, PCOS, UTI, diabetes, anaemia, kidney stone, gall stone, abdominal pain, depression, headache and the problems related to hormonal imbalance and reproductive health.

Disease	Patient No	Medication Used/Surgery	Diagnosis	Side Effects	Status of Health
Bleeding lead to Miscarriage	1	Progesterone Sustained Release Tablet, Gestofit 200 SR, Susten SR 200 capsule, Follic acid F5, Pan-D, Methergine. Surgery - Abortion	USG Scan (4 times). Other test: TSH, SUGAR, PCOD - Normal	Tension, weakness	3 times Miscarriage. After 10-15 days of getting pregnant, miscarriage happens

Vitamin D3 deficiency, Chest Pain	2	Uprise-D3	Blood test of Serum vit-D3 (Abnormal) Other test: TSH (Normal)	-	Better than before (Improved)
Gastritis/Acidity	3	Liquid antacid Pantop MPS	LFTs	Diarrhea	Recovered
	18	Omez-D solution	By doctor. no other tests were done	Vomiting	Better than before (Improved)
	29	Pan-D	By doctor. no other tests were done	-	Recovered
	47	Digene Syrup	By doctor. no other tests were done	-	Recovered
	48	Gelusil Tablet	By doctor. no other tests were done	-	Recovered
Insomnia	4			-	
	39			-	
Hypothyroidism	6	Thyronorm	TSH, T4, T3 (Abnormal)	-	Better than before (Improved)
	36	Thyrox-25	TSH, T4, T3 (Abnormal)	More weight gained than before	Facing Problems again
Gout	7	Althrocin 250 mg	By doctor. no other tests were done	-	Better than before (Improved)
Kidney stone	8	Ursodiol, Alkosol syrup	By doctor. no other tests were done	-	Better than before (Improved)
Depression, Anxiety	10	Unknown	-	-	
	19	Unknown	-	-	
	28	Took support physiological assessment	By doctor. no other tests were done	-	Better than before (Improved)
	32	Nexito 10	By doctor. no other tests were done	Dizziness, Headache	
Cough and cold, Migraine	12	Cetirizine, Paracetamol	By doctor. no other tests were done	-	Recovered
	40	Paracetamol 650	By doctor. no other tests were done	Vomiting	Recovered
Irregular Periods, Period pain	13	MenstruHeat	By doctor. no other tests were done	-	Improved
	23	Motrin IB	By doctor. no other tests were done	-	Improved

Low BP and Weakness	15	Unknown	-	-	-
Back pain, Leg pain	22	Move gel	By doctor: no other tests were done	-	Facing problems again
	25	Volini Spray	By doctor: no other tests were done	-	
	54	Homeopathic medication	By doctor: no other tests were done	-	Facing problems again
Weakness	24	Nothing used	-	-	-
	34	Nothing used	-	-	-
	35	Limcee, Surbex-Z	By doctor: no other tests were done	-	Recovered
	45	Oxorange Syrup	By doctor: no other tests were done	-	
UTI	30	Neurobion Forte Tablet, Urikind-KM	By doctor: no other tests were done	-	Recovered
High BP	49	Ramipril	ECG (Abnormal)	Dizziness	Better than before (Improved)
Thyroid cystic nodule	58	Surgery - Thyroidectomy. Then - Cepodem XP, Chymoral AP, Omez DSR, T-Bact ointment	By doctor: no other tests were done	Weakness	Recovered
Gall bladder Stone	3	Surgery - Removal of Gall stone	By doctor: no other tests were done	-	

Table 4: Health issues/disease faced last month's/years by the women.

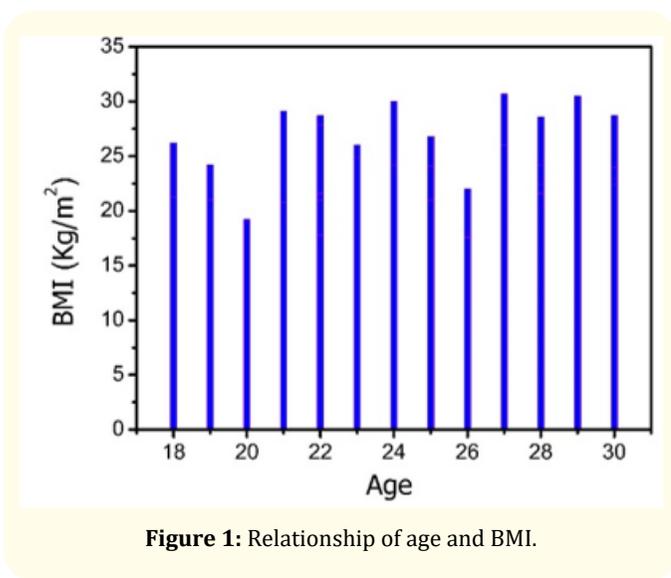


Figure 1: Relationship of age and BMI.

Figure 1 depicts the possibilities of the older women (22-30) having more health issues compared to the women at younger age (18-21) at the age group of 18 to 30. Also, we found that maximum patient responded were at the age group of 22 to 25.

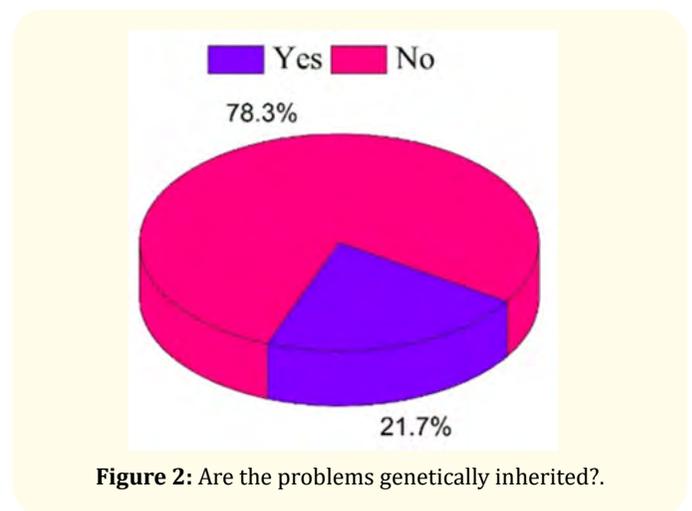


Figure 2: Are the problems genetically inherited?.

Figure 2 represents the data of the 60 women diseases whether genetically inherited or not. 21.7% diseases were genetically inherited and 78.3% diseases were not.

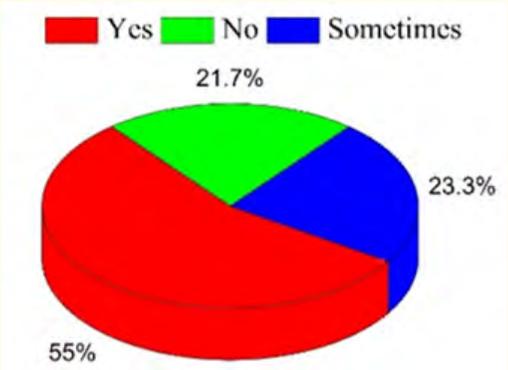


Figure 3: Women facing mental distress or mood swings.

Figure 3 represents the data about the psychological health of the 60 women. 55% i.e., 33 patients were facing mental distress or frequent mood swings, 21.7% i.e., 13 patients did not face and 23.3% women was having the mental distress sometimes.

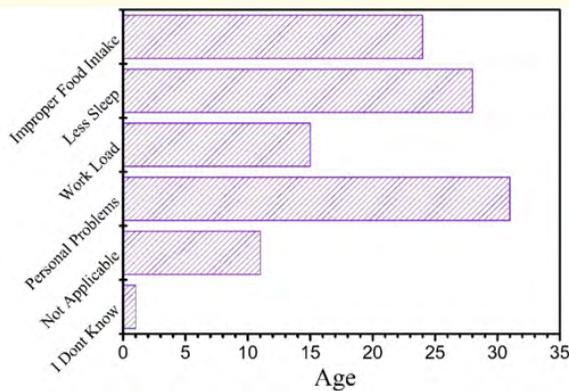


Figure 4: Mental stress or depression.

Figure 4 represents the cause of their mental distress. The highest possible reason was the personal problem of the women (51.7%), then less sleep hours (46.7%) and improper food habits (40%). The other factor which can be possible reason behind the mental stress could be the work load (25%).

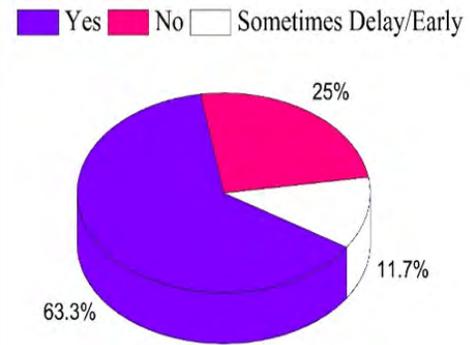


Figure 5: Does your period come on normal time?

Figure 5 shows that 63.3% of the women have period on normal time; 25% of them have irregular period and rest 11.7% women have regular period but it sometimes delays or comes early.

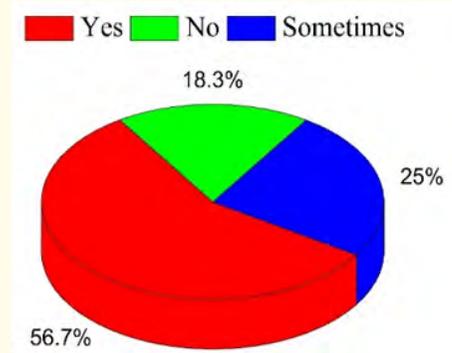


Figure 6: Do you face any stomach/abdominal pain?

Figure 6 shows that 56.7% of the women face abdominal or stomach pain frequently and 25% women faces sometimes.

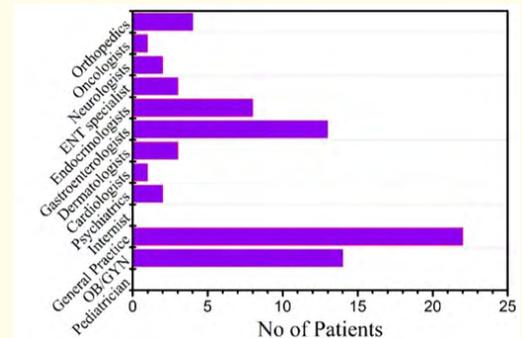


Figure 7: What kind of Physician's appointment do/did you take for your problems?

From figure 7, we can conclude that most (36.7%) of the women preferred to go to general physician for the health issues. The 2nd choice may be the obstetricians and gynaecologist. Very less of the women went to psychiatrics, neurologists and cardiologist.

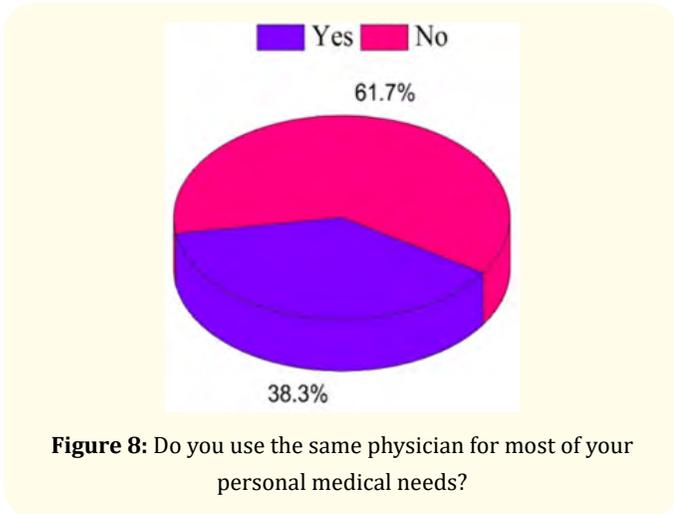


Figure 8: Do you use the same physician for most of your personal medical needs?

Examining this Figure 8, we can guess the psychology of the patients about how much they trusted their doctor for curing their disease. 61.7% women preferred to visit to the same doctor for any of their diseases.

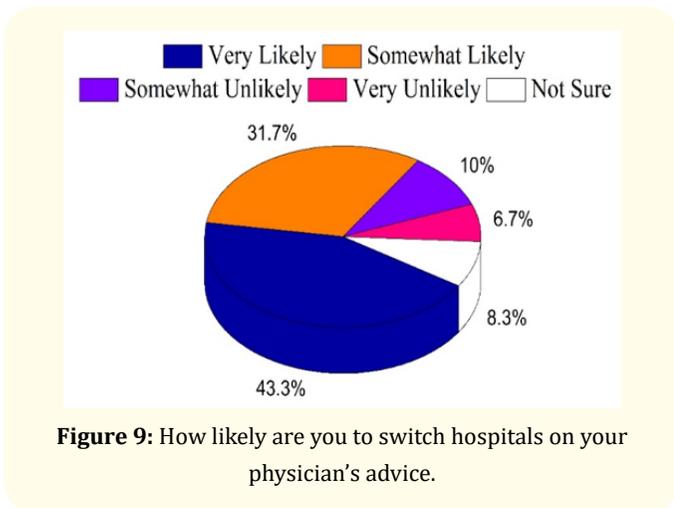


Figure 9: How likely are you to switch hospitals on your physician's advice.

Figure 9 express the psychology of the patients about how much they trusted their doctor for the advice to switch to hospitals. 43.3% women agreed very likely, 31.7% were somewhat likely, 10% were somewhat unlikely, 8.3% were not sure and rest were very unlikely to switch hospitals on doctor's advice.

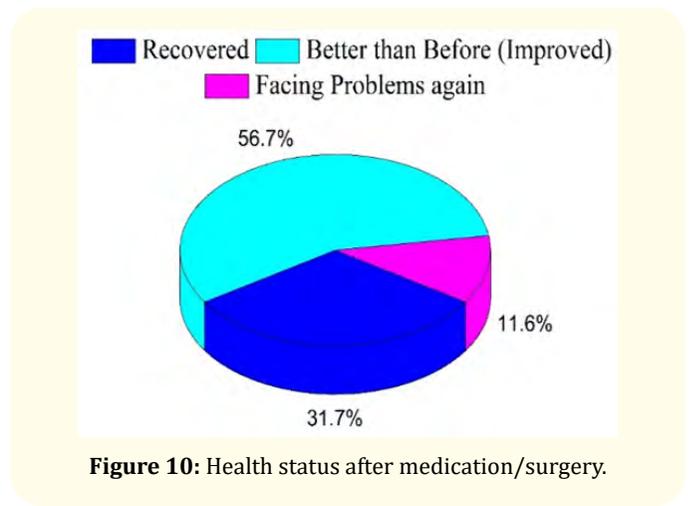


Figure 10: Health status after medication/surgery.

Figure 10 gives the data of the recovery status of those 60 women after using the medication. Most of the women (56.7%) health was improved, 31.7% were recovered fully and rest 11.7% women were facing the problems again.

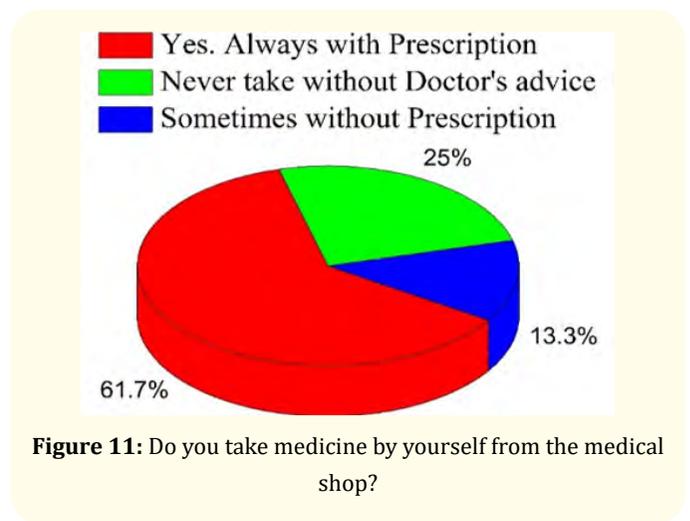


Figure 11: Do you take medicine by yourself from the medical shop?

Figure 11 represent that 61.7% women take medicine from the shop always with prescription and 13.3% women goes there without any prescription.

Figure 12 depicts that 45% women do exercise daily; 21.7% do sometimes and rest 33.3% women do not do exercise.

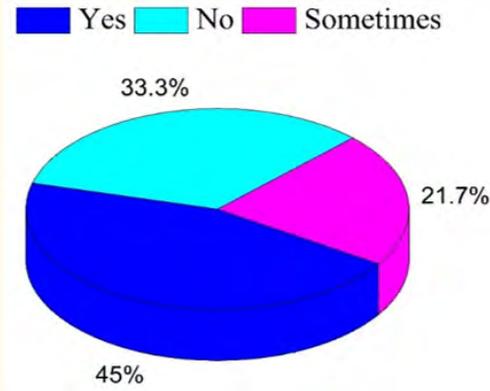


Figure 12: Do you exercise/walk daily?

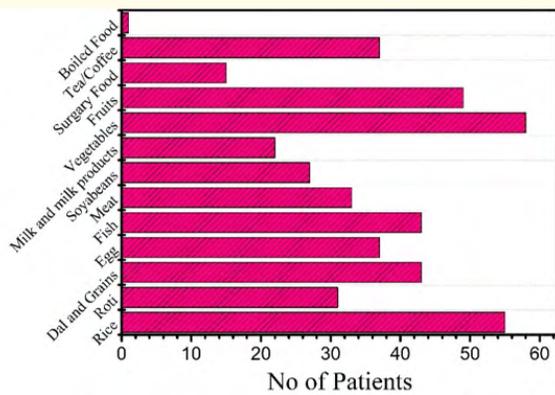


Figure 13: Normal diet plan.

Figure 13 represents the normal diet plan of those 60 women. Most of them eat rice-based diet (91.7%) and vegetables (96.7%). Very less women eat soft food or boiled food only if suggested by doctor.

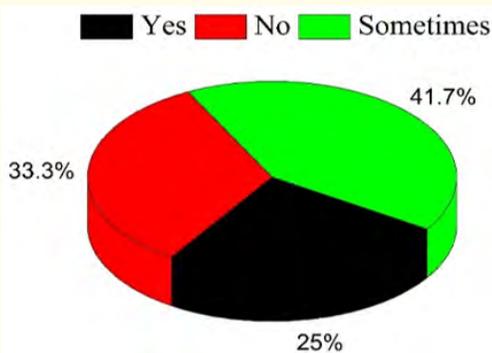


Figure 14: Do you take fast foods?

Figure 14 depicts the idea about the 60 women if they were found to be concerned about their health. 25% of the women use take fast food, 41.7% women take sometimes and rest 33.3% are concerned who do not take fast foods.

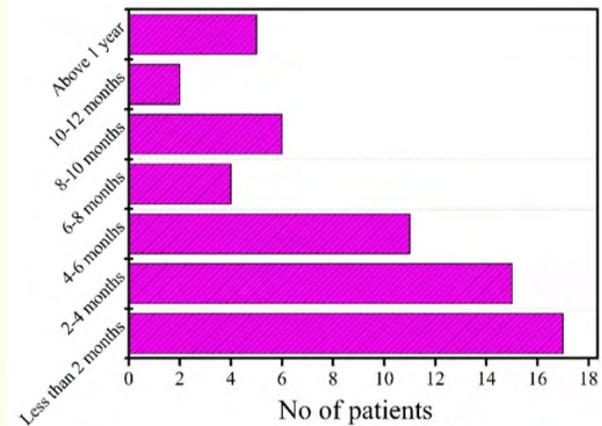


Figure 15: How long you have been taking medicines.

Figure 15 furnish that most of the patient was having medicines mostly for 4 to 6 months. Very less (6.7%) women were taking medicine for about years.

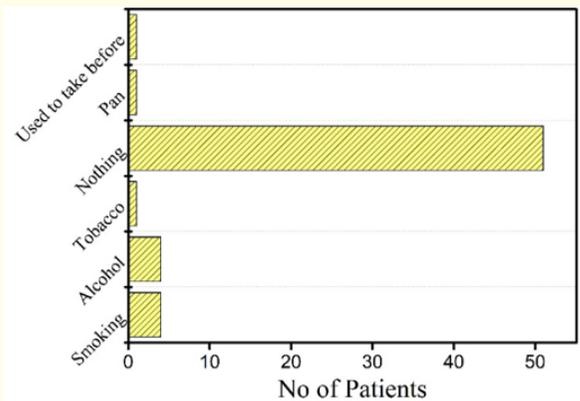


Figure 16: Bad Habits.

Figure 16 indicate that very less percentage of those 60 women were having bad habits like smoking (6.7%), alcohol (6.7%), tobacco (1.7%).

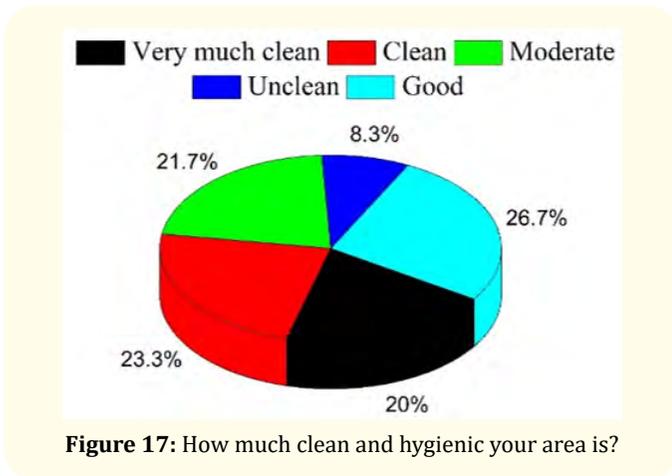


Figure 17: How much clean and hygienic your area is?

Figure 17 indicate that 20% women were staying in very much clean area and 8.3% were in unclean area.

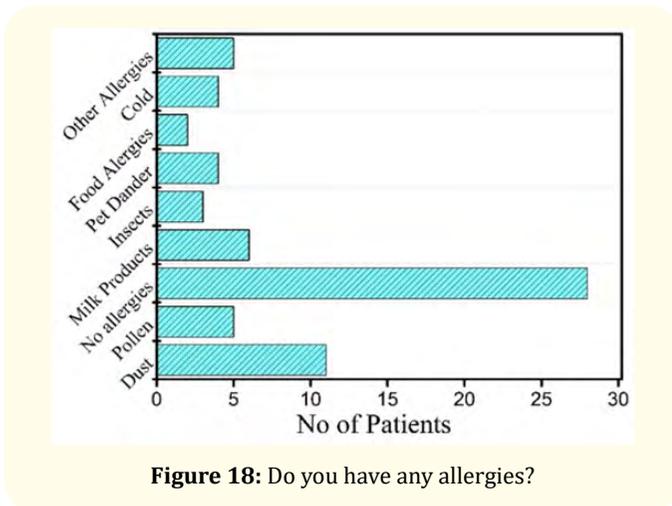


Figure 18: Do you have any allergies?

Figure 18 shows that most of the women were not having any kind of allergy (46.7%). Those who were having allergy, were suffering mostly from dust (18.3%).

After analysing the data, we have seen that maximum women were at normal bodyweight. Most of the women with overweight were facing issues like hypothyroidism and diabetes. So, the possible reason behind this obesity can be having the high calorie food, junk food, low physical activity like walking, exercising, also can be genetic factor. The underweighted women were anaemic patients which can be due to their improper food habits. Another fact is that due to menstrual bleeding, there is a possibility of

lacking iron in the women blood. Further analysis gives us an idea about the reason behind the diseases occurring on most of those women. The rationale behind the gastritis/acidity can be improper food habits, destruction of sleep cycle, and work load. As a result, problems like peptic ulcer, IBS, constipation etc can be seen. LH level in women dramatically changes in the cycle of menstruation as a result of exhibiting digestive problems. Some of those women were facing diarrhoea which can be due to phase of menstrual cycle as captured in the Google form responses. Irregular periods and abdominal pain appeared in maximum women. We found one patient who had 3 times miscarriage. The possible reason was the sedentary lifestyle as reported by the patient. The other reason can be the illness in her reproductive health. Another two unique patients were having Fibroadenoma (breast tumor) in the left breast tissue and hyperprolactinemia. In both of these cases were inherited genetically. Most of the women in the rural area failed to maintain hygiene in unclean surroundings. It can be either lack of their knowledge or their habituation as a result of suffering diseases like UTIs. PCOS were seen in many cases which are nowadays at its increasing rate in many girls or women at this age group. The possible reason can be hereditary, or due to obesity, improper diet plan and sleepless nights. To analyse their psychological health, we found more number of patients were suffering from insomnia, depression and anxiety. Even, they were not concerned to go to psychiatrist/ neurologist. Another disease captured was the Vitamin D3 deficiency in women. This may be due to inadequate exposure to the sunlight, avoiding milk and dietary products, WFH lifestyle and also from depression. So, we can see that physical and mental problems, physiological and hormonal changes lead to cause majority of these diseases in women at the age group of 18 to 30. Also, their lifestyle, diet plans, sleeping hours have influences in this context.

Conclusion

This present study gives a clear idea about the possible reason behind the occurring diseases and health issues in women at the age group of 18 to 30. The physiological, physical and many rampant hormonal changes provoke the initiation of the small symptoms of a particular disease. On the other side, the life style changing, improper food habits and stress can cause serious mental issues as an example of which is smoking and alcohol consumption in women. Though, the percentage is less, but if it is not taken into

concern, this can be dangerous to future generation in long term basis. Many findings and case studies are yet to be done because the women healthcare is a dominant part as it plays a very vital role to the society in terms of giving birth which means that the disease of the mother can be passed over to the child of next generation.

Authors Contributions

Sabnaz Kazi - Survey and Methodology.

Soma Das, Vijayalakshmi. P, - Conceptualization

Dr. Sanjay Dey, Dr. Sajal Kumar Jha, Dr. Nandan Sarkar and Dr. Sourav De- Investigation and Writing- Original draft preparation

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Conflicts of Interest

The authors declare no conflict of interest.

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