



## Women's Health

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As per Census 2011, the population of India is more than 121 crore with 48.5% females. Women, comprise of almost half of the percentage of the total population and are also considered the mother of a nation by the virtue of giving birth to both genders hence, women's health should be the top priority of every nation. The status of women in India has been subject to many great changes over the past years. With a decline in their status from the ancient to medieval times due to which she was subjected to not only physical sufferings but also mental pain and agony. In spite of the provision of women's rights under the Constitution of India, women in India continue to face numerous problems.

Women's health refers to the branch of medicine that focuses on the treatment and diagnosis of diseases and conditions that affect a woman's physical, mental and emotional well-being. Currently, women in India have to face numerous health issues. Addressing the gender, class or ethnic disparities that exist in healthcare and improving the health outcomes can contribute to economic and social gain through the creation of quality human capital.

Women face several health related issues throughout their life-cycle right from the time of infancy to puberty to pregnancy and menopause. Some of these include:

- Gynecological health and disorders affecting women include menstruation and menstrual irregularities; urinary tract health, including urinary incontinence and pelvic floor disorders; and such disorders as bacterial vaginosis, vaginitis, uterine fibroids, and vulvodynia.
- Pregnancy issues include preconception care and prenatal care, pregnancy loss (miscarriage and stillbirth), preterm labor and premature birth, sudden infant death syndrome (SIDS), breastfeeding, and birth defects.
- Disorders related to infertility include uterine fibroids, polycystic ovary syndrome, endometriosis, and primary ovarian insufficiency.

- Other disorders and conditions that affect only women include ovarian and cervical cancers.
- Issues related to women's overall health and wellness include violence against women, women with disabilities and their unique challenges, osteoporosis and bone health, and menopause.
- Among the conditions that present most frequently in women are breast cancer, ovarian and cervical cancer, pregnancy issues, osteoporosis, depression and anxiety, menstrual irregularities, pelvic floor diseases, infections- vaginitis, uterine fibroids, polycystic ovary syndrome (PCOS), etc.

While both men and women contract various conditions, some health issues affect women differently and more commonly. Furthermore, many women's health conditions go undiagnosed. Health is related to education, position and status in society, genetics and epigenetics. Therefore the women's health must be looked at holistically to improve their overall well being.

Only if we have healthy women, we can think of building a healthy and happy nation.

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