

A Saga of Women Health

Amit Kr Verma¹, Sushmita Gupta², Preeti Mishra^{1*}

1. Faculty ,Deptament of Pharmacy, MJP Rohikhand University, Bareilly
2. Faculty Department of applied chemistry, MJP Rohilkhand University, Bareilly
- 1*. Faculty , Raja Balwant Singh Engineering Technical Campus Bichpuri Agra

ABSTRACT

Now a days more than half of the women are not healthy. Living in a patriarchal society so it is obvious that there are more work and pressure on the women of the family. Because now women are actively participating in the maintaining financial condition of the family and showing their interest in various extracurricular activities so they are doing both (taking care of family and following their profession). When women are taking too many responsibilities then they have to be completely healthy. In the earliest time, women used to do very much physical work and still they used to be completely healthy. Everywoman wants to be healthy. If you want to be concentrated on your work then, first of all, you have to be healthy. Why everyone wants to be healthy? What exactly is health? How can be we healthy? Which factors affect our health? What are the most common women health problems? These are the genuine queries which this article answers.

Keywords : WOMEN, HEALTH, ARTHRITIS, INFERTILITY, THYROID

INTRODUCTION

The state of physical, mental and social well being is known as health. If you are not suffering from any disease or infirmity then it doesn't mean you are healthy. You should have the ability to cope with all requirements of daily life. The factor which is affecting women health that is a lifestyle. Nowadays most women are influenced by western culture, especially in metropolitan cities. Although western culture is not bad, it had its own merits and demerits but the fact is that we have to think twice before adopting any culture. We have to think that what is good for us and what is not. If we get influenced by any art form, economy and civilisation etc. then it is okay but if we get influenced by their lifestyle, food and drink then it is not good for us. We should adopt good things about Western culture in spite of adopting everything without knowing about their demerits. Everybody knows that what we eat is central to our health. So we have concluded that our lifestyle affects our health. Now we are going to discuss what health problems are common in Indian women.

1. CHRONIC FATIGUE SYNDROME

This syndrome occurs more commonly in women. Symptoms of this disease are very common so usually, women can't find out about this disease. Sleep abnormalities, profound fatigue, pain in the joints and muscles are its common symptoms. The patient may suffer from anxiety, depression, lack of concentration, confusion, forgetfulness, sore throat and weakness also. When any women will suffer these all problems in health then obviously she will not be able to finish her work very efficiently. She would not be able to concentrate on her work. Fatigue is a very common health problem, we often feel fatigued at the end of the day, but if you are suffering from CSF then you will feel fatigued for over six months. Even you will be not fine after taking proper rest. As you can recall by name of this syndrome that it is chronic. It may last for years. Another term for CFS is myalgic encephalomyelitis. You may be curious about knowing the cause of this syndrome, but unfortunately, yet the cause is unknown. Few say it may because of genetic or environmental factors. There is no approved treatment of this. However, some symptoms can be treated. As the patient can take painkillers and all after consulting with any doctor. Although there is not an approved treatment but self-care, therapies and medications can make the patient feel far better. So if you are suffering from this syndrome then you should have pursued enjoyable activities. It will relax you. You should try meditation and yoga etc.

2. POLYCYSTIC OVARIAN SYNDROME (PCOS)

Name of this syndrome shows that this can be only in women & it is very common among women of reproductive age. It means there are moderate chances of having PCOS in the women of (15-45) years.

Symptoms of PCOS

This is a hormonal disorder so it causes the improper release of hormones. Infrequent or prolonged menstrual periods or excessive release of the male hormone are few of the common symptoms. Numerous follicles may develop in ovaries which may because of irregular ovulation. Here follicles are small collections of fluid. The patient may have suffered from weight loss and skin problems as acne etc. It is observed that this syndrome often develops at the puberty. Obviously, it may develop later also. Excessive release of insulin from pancreas or low-grade inflammation can be regarded as factors causing PCOS. Excess insulin and low-grade inflammation both causes excessive release of androgen (male hormone) from ovaries. High level of androgen in the female is the cause of dysfunction ovary and ultimately it causes improper ovulation and irregular periods. Female may have suffered from hirsutism because of high androgen level which is abnormal for the female body. These all were the symptoms and factors causing PCOS. Now we have to study about the complications of PCOS female may suffer from. Pre-diabetes, endometrial cancer, anxiety, abnormal cholesterol and triglyceride levels, non-alcoholic steatohepatitis and infertility are complications from which female patient may suffer. Abnormal cholesterol and triglyceride levels can enhance the risk of cardiovascular diseases in the female. If a female patient is suffering from obesity also then it may worsen the condition.

There are so many complications of this syndrome that doesn't mean it can't be cured. It can be cured, but because it is a hormonal disorder so you have to work hard on your lifestyle. You have to balance your eating habits. If the female patient doesn't want to get pregnant in future then she can opt birth control. Hormonal birth control can help in restoring regular periods, and skin problems. It is observed that the progesterin hormone is very helpful. If we talk about excess insulin then it may lower down by Metformin. Which may be lower down the risk of Type-2 diabetes and excessive weight loss. You have to maintain your diet and lifestyle.

3. AUTOIMMUNE ILLNESSES

Nowadays autoimmune diseases are also very common in women. Now let us understand about that. Rheumatoid arthritis, psoriasis, lupus and thyroid diseases are those autoimmune disorders which are common in women.

A. Rheumatoid Arthritis

Rheumatoid arthritis is a chronic disorder which causes inflammation of the joints. It is an autoimmune disorder so it is obvious that the body's immune system attacks its healthy cells and tissues.

Symptoms of rheumatoid arthritis:

The symptoms of rheumatoid arthritis are pain, stiffness, fatigue and occasional fever. The patient may have bumps over joints which increases pain. The patient will feel stiffness, especially in the morning which will make very uncomfortable to the sufferer. When there will be too many problems in joints then obviously the patient will not be able to complete her work efficiently. Even she will feel pain in normal activities like bending down or walking.

Diagnostic tests:

There are some diagnostic tests which are performed. They are X-ray, joint aspiration, ultrasound or Magnetic resonance imaging (MRI), blood tests and nodule biopsy.

Treatments:

Joint fusion, arthroplasty, surgical cleaning, physical therapy, splints and medicines are the treatments which are recommended for the cure of rheumatoid arthritis. First of all, doctors recommend medicines, physical therapies but if they don't work on the patient then treatment may be switched to surgical procedures. There are few complications also as a lifelong movement problems and disability. Here also you have to balance your lifestyle so that you could not have to suffer from anxiety, stress etc.

B. Thyroid Diseases

Thyroid diseases are also considered as autoimmune diseases. Graves' disease and Hashimoto's thyroiditis are two different thyroid problems. When gland makes excess thyroid hormone means hyperthyroidism, it is known as Graves' disease and when the gland doesn't make enough thyroid hormone for the body means hypothyroidism, it is known as Hashimoto's thyroiditis.

C. Graves' Disease:

Graves' disease is most often common in young to middle-aged women. Here antibody overstimulates the thyroid.

Symptoms of hyperthyroidism:

Fast heartbeat, irritability, nervousness, weight loss, thinning of the skin, sweating more than normal, fatigue and goitre are symptoms of hyperthyroidism.

Diagnostic tests:

Thyroid ultrasound, thyroid scan and blood tests are performed in laboratories for the diagnosis of hyperthyroidism.

Treatments:

Beta-blockers, Radioactive iodine, medicines and surgery are the treatments used in the cure of hyperthyroidism.

Symptoms of Hypothyroidism:

If we talk about hypothyroidism then weight gain, muscle cramps, puffy and swollen face, droopy eyelids, hoarse voice, dull facial expressions, carpal tunnel syndrome, thickened skin, confusion and slow pulse are symptoms of hypothyroidism.

Diagnostic tests:

Blood tests are performed for the diagnosis of hypothyroidism.

Complications of Hypothyroidism:

Anaemia, low body temperature and heart failure are few complications of hypothyroidism.

D. Lupus:

Lupus is also an autoimmune disorder which is more common in women. It can cause inflammation throughout your body, including in your joints, skin blood vessels and organs. A good lifestyle and medications can relief and minimize inflammation and organ damage.

4. FERTILITY PROBLEMS:

Nowadays infertility is a very common problem. Most of the women have suffered this at a time.

Symptoms of infertility:

The main symptom of infertility is not getting pregnant. The women suffering from this may have irregular or absent menstrual periods. If you are suffering from this also then you have no need to worry too much about that. Most women take too much stress and anxiety because of infertility.

Causes of Infertility:

Sometimes the causes of infertility are present at birth or sometimes they may develop later. Ovulation disorders, endometriosis, blockage of the fallopian tube, uterine or cervical abnormalities, pelvic adhesions and primary ovarian insufficiency (early menopause) are causes of female infertility.

Risk factors:

Excessive alcohol consumption, smoking tobacco or marijuana, overweight, inactive lifestyle, anorexia or bulimia are the factors which increase the risk of infertility. Age is also one of the risk factors because women's fertility gradually declines with age. So the female suffering infertility should have to balance her lifestyle. She should have quit smoking, avoid alcohol and street drugs and limit caffeine intake. Although there are many different ways to become pregnant so if you are infertile since birth or unable to get pregnant then you can opt any other strategies as IVF etc.

5. MENTAL HEALTH PROBLEMS

Mental health problems are more common in women than in men. Now you will be curious to know that why is it more common in women? Is there any biological fact? So let us understand it.

Causes of women mental health:

Women have lower serotonin levels than men and also process the chemical at slower rates, which can cause fluctuations in mood. Women are usually more predisposed to hormonal fluctuations as well. So it was the biological fact behind mental illnesses of women. Socio-cultural influences and beliefs also affect women mental health. Unfortunately, females have to face disputes of sexual harassments, it affects very much to mental health. Domestic violence and sexual abuses affect badly to mental health. Depression, eating disorders and panic disorders are different types of mental illness. Attention deficit disorder is also one of the most common disorders of women mental health. There are various therapist and medication centres where mental health sufferers should go and attend their classes. If you are suffering from any mental illness then you should go for a psychiatric hospital. You can be cured and you will be.

6. CANCER:

Cancer, the name sounds horrible. No, it's not like that. Take it easy. Cancer is a disease like other chronic diseases which can be cured. So if we focus on cancer in females, then endometrial, cervical, colorectal, ovarian, breast and lung cancer are often diagnosed in females.

Early signs of cancer in women:

Every woman has fear of suffering from this disease, so mostly wants to know about early signs of cancer. If we talk about most common early signs of cancer in a female then they are tiredness and increased fatigability, abnormal weight loss, abnormal vaginal bleeding, abdominal distention, lumps in the neck, trouble swallowing, rectal bleeding, strange or persistent coughing, breast swelling and excessive bleeding or bruising.

Diagnosis:

In the case of cancer, it is very important to diagnose early because it determines how long a patient will survive. If cancer is diagnosed at the first or second stage then it becomes easy to treat it but unfortunately, if it is the last stage when malignancy has been spread in other organs of the patient then it becomes very difficult to treat it. Fortunately, we are living in that century when there are various treatments and diagnostic ways of cancer. MRI, ultrasound, biopsy all are effective diagnostic tests which are performed in highly specialised laboratories. Chemotherapy, radiotherapy, surgical procedures are also easily performed by confident oncologists. So you have no need to worry about this disease, it can be a cure. Just be aware. You should take care of your health and if you find out any abnormalities in your health then you should book your appointment with Doctor. Nowadays health facilities are far developed.

CONCLUSION

We have discussed all the common health problems in women. One fact which is very helpful for every health problem either it is a hormonal disorder or it is an autoimmune disorder is that a balanced and good lifestyle is very necessary for being healthy and well-being personality. Nowadays few people are too careless that they don't even think once before eating something that what is its ingredients? Is it healthy for me? Am I suffering from any metabolic disorder? They don't think this all. Specially most of the teenagers used to think that consumption of alcohol, soft drinks and smoking tobacco and marijuana, drugs intake, junk food are elements of a classy lifestyle. If you are also one of them who thinks like that then you are mistaken. These are not the elements of high and classy lifestyle. These bad habits are so toxic and addicted that they will ruin your health for life and you will not realize that. Even when you will be very used to these habits then you will not be able to quit these bad habits, because you will suffer from withdrawal symptoms. So stop being unaware and immature in this beautiful natural life.

For a good lifestyle:

If you want to be engaged in a good lifestyle then there are few habits which will enlighten the path of a good and healthy lifestyle.

You should've followed the old thought "**Early to bed, Early to rise**". Yes, it is very easy, you can do. Just you have to build your will power.

You should take more fibres in your diet, stop the intake of excess sugar and salt. Soft drinks contain excess sugar which is not good for your health, so you have to quit that.

Involve yourself in meditation, yoga and exercise activities. Meditation is very effective for curing stress, anxiety and mental health problems. Surround yourself with positivity. Think positive, talk positive, see positive. Swimming is one of the physical activities which is very effective in curing arthritis, so you should do it. Even if you aren't arthritis sufferer, still you should do it, it reduces the chances of facing joint problems. You should avoid high intake of caffeine in the body, as we have discussed above that it affects fertility also and it affects sleep pattern also. A good sleep pattern is very necessary for being healthy. At least you should take sleep of 7.5 hours. Every disease can be cured if you have a good lifestyle and you are following all guidelines of your doctor. Unfortunately, if you are diagnosed by any chronic disease which was unexpected then still you have no need to take too much stress about that, just relax. It is the 21st century. We are more developed and technically advanced than earlier. You should consult with the doctor and start your treatment process with positivity. Your will power and mindset matters a lot for coming out of any horrific disease. So be positive not for only yourself for everyone around you. Be healthy to be happy.

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