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MAJOR PROBLEMS AND ISSUES OF HEALTH CARE SYSTEM IN INDIA.

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Abstract:

Health is an important aspect of human life, at present it has become an important aspect of any nation's public services and planning. Every country, whether developed or developing nation has its own policy or public health care delivery system. Health is determined not only by Medical care but also by determinants outside the medical sector. Public health approach is to deal with all these determinants of health there have been major improvement in public health since 1950s. India is passing through demographic and environmental transition which is adding to burden of diseases. There is triple burden of diseases, viz. communicable, non- communicable, and emerging infectious diseases. This high burden of disease, disability and death can only be addressed through an effective public health system. However, the growth of public health in India has been very slow due to low public expenditure on health. Health care out of packet expenditure dominates the cost financing health care, the effect are bound to be regressive. Indian Government has introduced many health programmes for the development of health sector but the Country is still facing various health issues and health problems. As the world's largest democracy and the second most populous country in the world. India has experienced sea change since its independence in various facets of development.

However as per public health is concerned, 22% of our population is malnourished, 48% of our nation's children are stunted [UNICEF report] and which is already responsible for the two-third morbidity burden. Adding to existing glaring difference in access and equity to people, the ratio of beds in hospitals available to population in rural areas is lower than that for urban areas. The ratio of doctors to population in rural areas lower than that in the urban population. In this paper an attempt has been made to analyze the status and challenges of public health in India.

Keywords: Problems and Issues, Issues for health, Health Care System in India

Introduction:

The Indian healthcare system is a dilapidated state. The costs seem to raise everyday which makes it unaffordable for a large chunk of the population. Recently Indian health progress [IHP] organization discussed what the Indian healthcare system desperately needs and the steps to improve it. "India is the second most populous country in the world and with an. Health care infrastructure that is over-burdened with this ever increasing population, a set of challenges that the new agenda for public health in India includes the epidemiological transition [rising burden of chronic non-communicable diseases], demographic transition and environmental changes. The unfinished agenda of maternal and child mortality, HIV/AIDS and other communicable diseases still exerts immense strain on the overstretched health systems. The public health system in India comprises a set of state owned health care facilities funded and controlled by the government of India.

Some of these are controlled by agencies of the central government while some are controlled by the government of the states of India. The governmental ministry which controls the central government interests in these institutions is the Ministry of Health & Family Welfare. Governmental spending on health care in India is exclusively this system; hence most of the treatment in these institutions is either fully or partially subsidized. Public health has often been defined as a science dealing with the determinants and defense of the health at the population level. Public health aims to understand and influence the social, cultural and economic determinants of health as well as to study and structure health system as efficient channels for health services delivery. Public health is thus, a discipline build on the academic tradition of inquiry involving research, teaching and professional practice to prevent disease and promote health in population. India is experiencing a rapid health transition. It is confronted both by an unfinished agenda of infectious diseases, nutritional deficiencies and unsafe pregnancies as well as the challenge of escalating epidemics of non-communicable diseases. This composite threat to the nation's health and development needs a concerted public health response that can ensure efficient delivery of cost-effective interventions for health.

Objectives of the study:

- To study the urban rural areas health care services in India.
- To study the Issues and challenges of health care system in India.
- To study the awareness and utilization of health care India.

Methodology:

This is a theoretical research paper, where secondary information produced by different authors and researchers has been used. For obtaining necessary information, various books magazines, journals periodicals and different websites have been explored by the researcher which has been mentioned in the reference section.

Major Discussion: Issues for health Care System In India.

1. Urban And Rural Areas: Lifestyle diseases due to changing working/living habits coupled with processes products increasing the instances of diabetes, cardio-vascular disorders, even cancer. Urban poor due to poor physical infrastructure and awareness leading to communicable and infectious diseases like tuberculosis, typhoid and other water borne diseases. The some can be said of village with poor sanitation facilities.

2. Lack of access to health care services: It hard to find any significant medical care. Diagnosis and treatment is just not accessible to hundreds of millions of Indians. One of the biggest problems with health care in India, specifically diagnostics, is that of the referrals or cut practice. It is the ethically questionable practice of sharing fees with professional colleagues, such as physicians or laboratories, in return for being sent referrals this problem is specially prevalent in diagnostics, with some doctors charging up to 70% of the pathology/radiology bills as a referral fee. Not only does this make quality health care unaffordable for a huge number of patients, it also is inherently bad for the patient.

3. Lack “proper” healthcare, both in quantity and quality: There is a serious lack of transparency. According to WHO, our per capita spending on healthcare is in the bottom quartile amongst all countries? This has resulted in an appalling lack in basic government healthcare infrastructure.

4. Demand for basic primary healthcare and infrastructure: India face a growing need to fix its basic health concerns in the areas of HIV, malaria, tuberculosis, and diarrhea additionally, children under five are born under weight and roughly 7% (compared to 0.8% in the US) of them die before their fifth birthday. Sadly, only a small percentage of the population has access to quality sanitation, which further exacerbates some key concerns above. One way to solve this problem is to address the infrastructure issues by standardizing diagnostic procedures, building rural clinics, and developing streamlined health IT systems, and improving efficiency.

5. Growing pharmaceutical sector: According to the Indian brand equity foundation (IBEF). India is the third-largest exporter of pharmaceutical products in terms of volume. Around 80% of the market is composed of generic low-cost drugs which seem to be the major driver of this industry. The increase in the ageing population, rising incomes of the middle class, and the development of primary care facilities are expected to shape the pharmaceutical industry in future.

6. Under development medical devices sector: The medical devices sector is the smallest piece of India’s health care pie. However, it is one of the fastest –growing sectors in the country like the health insurance market place. Till date, the industry has faced a number of regulatory challenges which has prevented its growth and development. Recently, the government has been positive on clearing regulatory hurdles related to the import-export of medical devices, and has set a few standards around clinical trials.

7. Living condition: Safe drinking water and sanitation are critical determinants of health, which would directly contribute to 70-80% reduction in the burden of communicable diseases. Full coverage of drinking water supply and sanitation through existing programs, in both rural and urban areas, is achievable and affordable.

8. Revival of rural infrastructure and livelihood: Action is required in the areas like promotion of agricultural mechanization, improving efficiency of investments, rationalizing subsidies and diversifying and providing better access to land, credit and skills. The ultimate goal of great nation would be one where the rural and urban divide has reduced to a thin line, with adequate access to clean energy and safe water, where the best of health care is available to all, where the governance is responsive, transparent and corruption free, where poverty and illiteracy have been eradicated.

9. Lack of awareness: Lack of awareness is a problem which is faced in building access to health care. Mass awareness is important since ever if the treatment is free, unless the masses are educated and informed about the symptoms of the diseases, its repercussions and complications and finally the treatment available, there is no guarantee that people will avail these.

10. A problem of unnecessary and excessive diagnostic tests, a minor visit to the doctor inadequate utilization of budgets, Funds and resources by the government might be one of the main causes of poor health status of people. Some of the main problems faced by Indian health care system are accessibility and affordability of quality health care services and medicines to a large chunk of our population. Also lack of information and transparency are other major problems.

11. Twin epidemic of continuing /emerging infectious diseases as well as chronic degenerative diseases. The former is related to poor implementation of the public health programs, and the latter to demographic transition with increase in life expectancy.

12. Economic deprivation in a large segment of population results in poor access to health care. Poor educational status leads to non-utilization of scanty health services and increase in avoidable risk factors.

13. India face high burden of disease because of lack environmental sanitation and safe drinking water, under-nutrition, poor living conditions, and limited access to preventive and curative health services.

14. Lack of education, gender inequality and explosive growth of population contribute to increasing burden of disease.

15. Expenditure on health by government continues to be low. It is not viewed as an investment but rather as a dead loss.

16. States under financial constraints cut expenditure on health. Growth in national income by itself is not enough, if the benefits do not manifest themselves in the form of more food, better access to health and education.

Conclusion:

A good system of regulation is fundamental to successful public health outcomes. It reduces exposure to disease through enforcement of sanitary codes, e.g. water quality monitoring, slaughter house hygiene and food safety. Wide gaps exist in the enforcement, monitoring and evaluation, resulting in a weak public health system. This is partly due to poor financing for public health, lack of leadership and commitment of public health functionaries and lack of community involvement. Revival of public health regulation through concerned efforts by the government is possible through updating and implementation of public health laws, consulting stakeholders and increasing public awareness of existing laws and their enforcement procedures.

The public health foundation of India is a positive step to redress the limited institutional capacity in India by strengthening training, research and policy development in public health. Pre service training is essential to train the medical workforce in public health leadership and to impart skills required for the practice of public health. Changes in the undergraduate curriculum are vital for capacity building in emerging issues like adolescent health and mental health. In service training for medical offices is essential for imparting management skills and leadership qualities. Equally important is the need to increase the number of paramedical workers and training institutes in India.

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