

## Women & Nature –Building a Healthy Relationship- Environmental Perspectives to Adult Women Nutrition Issues

Roopa K V

*Assistant Professor Department of Political Science Government First Grade College Udayapura Channarayana  
 pattana Taluk Hassan district Karnataka state*

**Abstract:** Adult women always complain about their age as a major cause for their declining health. They think that age advances are creating health problems relating to eye, heart, kidney, liver, knees etc. The adult women are being neglecting their health even knowing that their self-lined distance from nature & natural hobbies are the main cause for their dilapidated health issues. Ancient Indian thoughts always fostered good health in inter-relation with nature. They are moving away from nature & natural hobbies. This is causing their advancing age coupled with declining health issues. Vedic Sanskrit literature always revered the personal hobbies as supportive elements for long life & healthy living.

**Keywords:** Adult Women, challenges of health, environmental perspectives, strategies towards good habits.

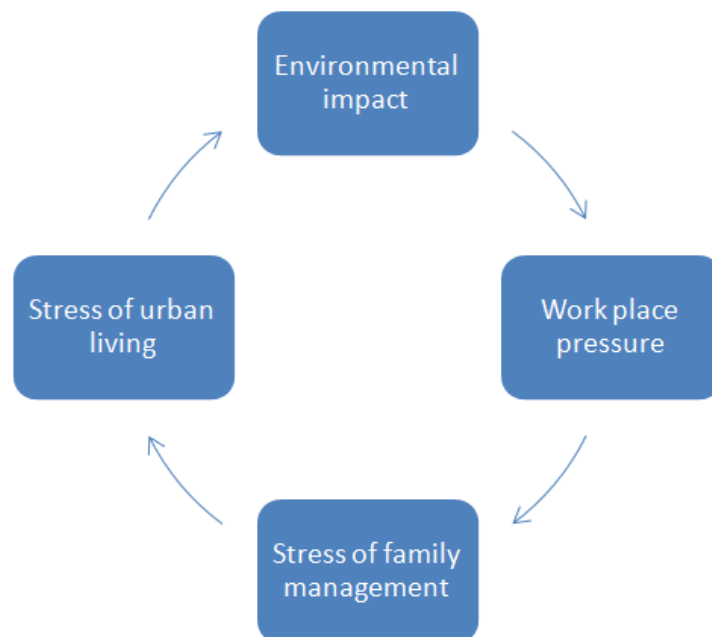
### I. Introduction

Adult women in the age bracket of 45-70 years in India comprise nearly 45% .Out of which rural adult women are & urban adult women are almost equal in number.

Rural women 49% of the total population	Urban women 51% of the total population
--	--

**Source:** Report of the Health ailments of women in urban metros, New Delhi, 2015

The urban adult women are facing the health related issues caused due to environment , urbanization , pressure of work etc as shown in this diagram



Adult women often neglect their health because family responsibilities become a priority for them. Adult Women suffer from

1	Menopause
2	Osteoporosis
3	Prolapse of the womb,
4	Incontinence
5	Depression and mood change
6	Problems with sexual relations
7	Gynecological cancer

There are several causes for the declining relationship with Aged women stop moving out of the house or they stop their regular walks their scheduled summer/winter

Details	Urban women
Domestic work	64%
Participating in physical exercise	13%
Suffering from hyper tension	26%
Suffering from diabetes	36%
Obesity	56%
Post menopausal issues	29%
Cancer related	18%

**Source:** Report of the Health ailments of women in urban metros, New Delhi, 2015

Some women face problems of grown up children , their educational expenditures, their careers their future expenditures , even before they think of their own health risks. The growing family needs limit her healthy related risks to keep them postponed.

1. **Cancer & related health issues** - Women are often affected by breast cancer &cervical cancer. Only 10-20% of the rural women have awareness about the cervical cancer . It is reported from a global survey that the peak age of incidence of cervical cancer is 55-59 years. This is caused by smoke , unscientific intake of birth control pills, sexual involvement at very young age , intake of contraceptive pills.
2. **Reproductive health& related health issues** -Women also suffer from sexual & reproductive health problems .
3. **Obesity related health issues** - Nearly 78% of the urban women are suffering from obesity & related health issues
4. **Menstrual health & related health issues** - Nearly 42% % of the urban women are suffering from Menstrual & related health issues
5. **Respiratory health& related health issues** - Nearly 18% of the urban women are suffering from respiratory & related health issues
6. **Diabetes & related health issues** - Nearly 38% of the urban women are suffering from diabetes & related health issues

Women need to get medical checkup regularly & should have knowledge about medical insurance schemes.

1.	Blood pressure testing
2.	Bone mineral density
3.	Cholesterol screening
4.	Dental checkups
5.	Diabetes screening
6.	Eye test
7.	Hearing test

Besides women need to understand the necessity to get immunizations . The following vaccines are needed

1.	Flu vaccines ,
2.	Herpes vaccines,
3.	Pneumonia vaccine,
4.	Tetanus vaccines etc.

1.	picking up along neglected hobby or try anew hobby
2.	playing with grand children or family
3.	learning a new instrument a foreign language a new game or a new sport
4.	joining a health club or a sports club women group
5.	taking up small picnic travels

6.	Photography designing , art making,
7.	baby sitting for grand children or great grand children
8.	enjoying arts like visiting a museum music concert or paint , music hearing , collecting old
9.	writing a diary or a report on the self diagnose of health irritations or writing god names or writing old songs, writing Rangoli drawings, taking up gardening moving into nature

Women can consider starting small duration sitting exercises, short duration meditation class, motivating oneself to make a new friend, talking to neighbors, or spreading awareness of health & spirituality is needed. All these healthy practices can facilitate them obtain physical & psychological support.

### **Role of Community**

The aged women need social security & a community plays a significant role in expressing support for aged women. They need support from family & friends & neighborhood & community stakeholders can assist aging women. The breakdown of emotional support systems can cause further psychological pressures. The emotional support they get can help them live long.

**Community role is very significant** - Community stakeholders can be supportive to improving their awareness about health by brining women close to their nature. Women are creative & they can be made more creative though fostering good habits. Lots of voluntary work can be initiated though self help groups & NGOs. Women can carry the message of government schemes for women, women empowerment support though financial institutions, Micro entrepreneurship development through NGOs, Health insurance care aid from NGOs, etc. Cultivation of good habits

1. **Awareness through Urban self help groups**- Urban self help groups are a handy tool where the assembly of women can be very supportive with debates on health nutrition & longer life.
2. **Awareness through Peer guidance** - Peer guidance on health issues is also very important in creating responsiveness
3. **Awareness creation programs** - Community stakeholders can also support awareness creation on health hygiene for adult women . Media programs, books , research articles on health care & improvement ,
4. **Awareness creation on preparing home remedies** - Awareness on home remedies through good reading can be more supportive. Adult women keep watching TV hence the program broadcasted through health based programs are very supportive.
5. **Awareness creation on early identification** - Early diagnosis of any kind of ailment is very important whether educated or uneducated women health is very important aspect one cannot neglect it.
6. **Awareness on regular medical aid** - Visiting the doctors or getting medical benefits regularly is full of economic constraints. Firstly aged women suffer from economic support. They suffer from financial security. They are completely reliant on their children & grand children for their every day need.

They suffer from reliance for their medicines tablets & regular health checkups. In India, majority of the urban centers are suffering from rising environmental issues. In metro cities such as Mumbai, New Delhi, Calcutta, Bangalore, Cochin, Agra, Nagpur, Bhopal, Hyderabad, Raipur, Ludhiana, etc the air pollution is so high that it has reached precarious levels. Even though the government has implemented stringent rules to avoid air pollution & environmental crumble, there is an increase in air pollution & environmental pollution. Women , especially aged women feel the negative reflections of environmental pollution because of decreasing immunity levels. There is a need to focus on these issues with strong responsiveness sittings designed especially for adult women. NGOs & nonprofit organizations are assisting urban women towards health supplements & nutrition awareness .But there is a need to self motivation which only a woman can create for her own health through her own creative living.

## **II. Conclusion**

Thus there is a need to reboot living style with more creative work. A woman can join health clubs. gymnasiums, health monitoring check up camps, These activities will help her to combat with ailments in a positive way besides she will be a fore runner of health practices to her children & grand children as well. A woman naturally are creative but these days addiction to Multi Media related gadgets are consuming her precious time. Women who were busy 24/7 only some 4-5 decades ago, are succumbing to petty health issues repeatedly. Even though advanced medical treatments are available to urban women, there have been constraints for women towards availing them. An integrated approach towards creating awareness about an early examination & early identity can impact them greatly.

### **References**

- [1]. Nayak, Madhabika; Patel, Vikram; et al. (2010). "Partner alcohol use, violence and women". *British Journal of Psychiatry*. **196**: 192–199.
- [2]. Panda, Pradeep; Agarwal, Bina (2005). "Marital violence, human development and women's property status in India". *World Development*. **33**
- [3]. Loganathan, Santosh; Murthy, R (2011). "Living with schizophrenia in India: Gender Perspectives". *Transcultural Psychiatry*. **48** (569): 569–84.
- [4]. Marcus, Marina, Yasamy M, et al. "Depression: a global public health concern." *World Federation of Mental Health*. 6-8.
- [5]. Pereira, Bernadette; Andrew, Gracy; et al. (2007). "The explanatory models of depression in low income countries: Listening to women in India". *Journal of Affective Disorders*. **102**: 209–218.
- [6]. Shahmanesh, Maryam; Wayal, Sonali; et al. (2009). "Suicidal Behaviour Among Female Sex Workers in Goa, India: The Silent Epidemic". *Research and Practice*. **99** (7): 1239–46.