

Sensitivity of a Women towards her Own Health

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Celebrating 74 years of republic India, have women of this country succeeded in understanding the importance of their health?? Do they know that the happiness and prosperity of any family, society or country depend on their physical, mental and social health? Do they understand what is being healthy?

I face thought block while writing on this topic. These are some of the brainstorming questions which need to be answered.

The government of India has introduced many health programmes, recruited a large number of health care professionals and spending a lot of India's capital on giving skilled training related to women's health but we find a lack of sensitivity of Indian women in this respect. I work at a tertiary care centre where women come to seek help when things are out of control. They don't go to their nearest health care centre to take advice regarding vaginal bleeding, neither are they bothered about whitish discharge which may be an early sign of cervical cancer. Aided by incentives to client and motivator, providing almost all contraceptive options free of cost, legalisation and liberalisation of MTP, women don't come forward to adopt methods of family planning. When maternal mortality of India is discussed on international forum, I find my country lagging behind.

Sensitivity of Indian women towards their health is a research topic which needs to be studied.

What is known about it, is just the tip of an iceberg.

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