Health Problem of Women in Chitrakoot During Menopause and Post Menopause Stage

Health problems faced by menopausal and postmenopausal women. These women constitute a sizable proportion of India’s population though there exist no health care programmes in chitrakoot resion. In general tried to determine age at menopause and a few have explored psychosomatic problems experienced by them. Abrupt changes in hormone levels among women generally bring out several physical infirmities which have hardly been the interest of research. Studies on Health problem of women in chitrakoot during menopause and post menopause stage Efforts Should be made to understand the process of aging among women in relation to menopausal transition. This review Argues provision of appropriate management health care programs to facilitate easier menopausal transition and to ensure healthy postmenopausal life for women.

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Introduction:

India is a country wherein one finds both vertical and horizontal divisions. Unless we know the caste structure it becomes very difficult to arrive at a definite conclusion. The most striking point is that the women agricultural laborers hails from the so called downtrodden sections only. Due to the utter poverty, the women folk from these sections were forced to go out of the family to work as agricultural laborers. When they go like this there is every possibility that in their working place they may not get good drinking water or good food to eat. Sometimes even the women who are carrying ones are compelled to work heavily from morning till evening without rest. (Sapna N. Gandigawad and K.C. Tarachand, 2012)

Women are one of the most important parts of the family, society, and community health, which is dependent on provision of the needs of this group. Menopause is one of the most hypercritical stages of life among women (Rossouw JE, 2002).

Menopausal symptoms will affect each woman differently and it is not possible to predict the severity and duration of these symptoms. Menopause is the time of a women’s life when reproductive capacity ceases. The ovaries stop functioning and their production of steroid and peptide hormone falls. A variety of physiological changes takes place in the body. Some of these are the result of cessation of ovarian function and related menopausal events while others are a function of the ageing process. Many women experience symptoms around the time of menopause, most of which are self-limiting and not life-threatening, but are none the less unpleasant and sometimes disabling. The consciousness of menopause-related symptoms among women in developing countries is not well known. The most important and the immediate symptoms of the menopause are the effects of hormonal changes on many organ systems of the body. (Shakila et al., 2014).

Menopause is the concept of menopause permanent cessation of menstruation owing to loss of follicular activity of The ovaries. "Menopause" is derived from the Latin word "meno" for month and "pausia" meaning halt. By this, a woman’s life undergoes a transition from the reproductive to the non-reproductive stage. This transition takes place during the climacterium, which chronologically begins before menopause and does not end until at least one year after the event. Menopause is an important variable in population-related studies mainly because of its role as a marker of the finality in a woman’s life cycle of fecundity under natural fertility regimes. However, in societies with controlled fertility, dative phases women complete of their lives well before menopause. Menopause Might also be a marker of women. Apart From the biological the reprod-biological ageing in limit it imposes reproduction, menopause also has with poor profound effects on the health of women because it introduces a period when new health problems emerge. Menopause is a stage stops for over 12 months and there is a the two most important when the menstrual cycle hormones in the body drop in the levels of women, namely, estrogen and progesterone (WHO 1996).

Review:

Kaufert et. al., (1986). Women whose menses are

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stopped surgically should not be included with those undergoing natural menopause, particularly when health related outcomes are under investigation.

Hunter M, Battersby R and Whitehead M(1986). The effects of menopause have been found to be mediated by the social class to which a woman belongs. In a large study of the general community, Hunter et al found that being in a lower social class predicted increased feelings of depressed mood and higher levels of anxiety, more than did menopausal status.

Hunter M, Battersby R, Whitehead M (1986). Given that quite active physical exercise had been found to help with menopause, this observation is no real surprise. Ultimately, it depends on what is going on for each woman, and this can vary over time anyway. If you're feeling really tired all the time, restorative poses may be best for that period. However, if you've got more energy, there are a number of other asanas that can really help.

C.S. Dawn,(1987)Puberty is a period of rapid physical change and personality growth. A girls has entered puberty when she begins to menstruate (menarche).2 Puberty for girls is the period for her sexual maturity.

McKinlay JB, McKinlay SM and Brambilla D (1987).Rather than menopausal status, unemployment was also found to predict higher levels of anxiety, McKinlay et al found that women with only a high school education accounted for more of the variance in higher levels of reports of depression rather than menopausal status.

McKinlay JB et al. (1987). Eastern women consider menopause as a natural transition and cling to a positive approach about it.

Randhawa I, Premi HK, Gupta T (1987). Degree of symptoms experienced by a woman can be influenced by a number of factors, including age at menopause. The data from this region are sparse and scanty.

Richardson SJ, Senikas V, Nelson JF (1987). The most important factor determining a woman's age at the menopause is the number of ovarian follicles. This number continues to diminish after birth (independently of any cyclic hormonal change or the physiological state of the woman), but less than 0.01% are ovulated; the remainder degenerate and the menopause occurs when the number of primordial follicles has fallen to a critical number.

Gary M. Ingersoll, (1989) Adolescence is defined as period of personal development during which young people establishes a personal sense of individual identity and feeling of self worth, which also includes an alteration of his or her body image, adaptation to more mature intellectual abilities, adjustment to society's demand for behavioral maturity, internalizing personal value system and preparing for adult role.

Snowdon et al., (1989). In societies with controlled fertility, however, women complete the reproductive phases of their lives well before menopause. Menopause might also be a marker for biological aging in women. An early menopause has been found to be associated with an elevated mortality rate.

Whelan EA, et al. (1990). The direct effect of menstrual function (or cessation of function) and the related hormone changes, or may be an indirect result of the other factors that are associated with age at menopause. The relationship of menopausal age with the risk factors for such medical conditions makes age at menopause an important epidemiological issue.

Lenton EA, et al. (1991). Over time, as aging follicles become more resistant to gonadotropin stimulation, circulating FSH and LH levels increase. Elevated FSH and LH levels lead to stromal stimulation of the ovary, with a resultant increase in estrone levels and a decrease in estradiol levels. Inhibins are peptides of the transforming growth factor (TGF)-α superfamily and are produced by the granulosa cells of the ovarian follicles in the terminal stages of development. Inhibin levels also drop during this time because of the negative feedback of elevated FSH levels.

References: