

An Analysis of Women's Reproductive Health

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Abstract

A woman's reproductive system is a delicate and complex system in the body. It is important to take steps to protect it from infections and injury, and prevent problems including some long term health problems. Good preconception health is important for every woman not just those planning pregnancy and different life stages are associated with specific women's sexual and reproductive health issues like menstruation, fertility, cervical screening, contraception, pregnancy, sexually transmissible infections, chronic health problems. Good sexual and reproductive health is important for women's general health and wellbeing. People have the ability to reproduce and regulate their fertility. Women are able to go through pregnancy and child birth safely. The outcome of pregnancy is successful in terms of maternal and infant well being, On sexual and reproductive health was given an international consensus definition at the International Conference on Population and Development (ICPD) in 1994. At its core is promotion of reproductive health, voluntary and safe sexual and reproductive choices for individuals and couples, including decisions on family size and timing of marriage. Sexuality and reproduction are vital aspects of personal identity and are fundamental to human well being fulfilling relationship within diverse cultural contexts.

Key Words: Reproductive, Women's Reproductive health care, Pregnancy, Awareness of Safe sex, Nutrition Food And Healthy Child Birth, Women's Reproductive rights,

Introduction

Reproductive health of women has recently become focus of attention due to its implications for women's on health, health. of their children, family members socio economic development of society and population programs and the reproductive health status of women especially in the developing world including the Indian requires urgent attention over one -third of all healthy lives lost among adult women are due to reproductive health problems (WHO 1995). At the international companies on population and development in IPL in 1994) a programme of action shift the focus away from demography and the targets towards reproductive health empowering women education and choice it must be viewed as three interconnected domains write that include universal rights women's empowerment and health service provision these three concept must work in the universe in order to achieve healthy reproductive and sexual live (ICPD programme of action,7.3)

OBJECTIVES

To Understanding the Women's Reproductive health status.

To understanding the women's reproductive health rights.

To understanding the women's reproductive health cares.

REPRODUCTIVE HEALTH

Reproductive health is the broad and comprehensive concept which is defined by the ICPD at Cairo "as a state of complete physical mental and social well- being and not merely the absence of the disease or infirmity, in all matters relating to the reproductive systems and its functions and processes. Reproductive health therefore implies that people are able to have a satisfying and safe sex life and that they have the capability to reproduce and the freedom to the decide if when and how of often to so" (ICPD1994). Implicit in this last condition are the rights of men and women to be informal about and to have access to safe, effective, affordable and acceptable methods of

family planning of their choice as well as other method of birth control which are not against the law and the right of access to appropriate health-care serially through pregnancy and childbirth and couples with the best chance of having a healthy infant.

Hence reproductive health means a total well being in all aspects of the reproduction, physical emotional and behavioural social. A society with people having physical and functionally normal reproductive organs and the normal emotional and behavioural interactions among themselves in all sex-related aspects might be called reproductively healthy. The WHO's definition- of reproductive health of specifically highlights the importance of the individual's rights to maintain their own sexual health status.

Women's Reproductive health care - reproductive health care is the comprehensive reproductive health programme included as part of primary health care (with the appropriate referrals). It will not be possible to ensure reproductive health for all without a function in primary health care system. Hence the reproductive health can be understood, maintained and achieved through the proper reproductive health care techniques or methods which would include the certain fundamental and basic components of reproductive health care.

Safe motherhood- Antenatal and postnatal care, in infant and child care, family planning referral system.

family planning and contraceptive methods-family planning information and services, including counselling and follow-up aimed at all couples and individuals.

Safe abortion facilities- prevention and management of abortion, unsafe abortion, legal abortion and family planning.

Male participation & Responsible Behaviour-participation and responsibility of good reproductive and sexual health activities and the promotion of safe motherhood.

Adolescence reproductive and sexual health- complete information is care and protection of issues.

Women reproductive health issues and their prevention.

Menstrual disorders, RTIs STDs HIV and AIDS breast problems Infertility and cancers care and prevention.

Protection from sexual and gender based violence freedom from unwanted sexual relations and harmful for unwanted sexual Practices, including violence and coercion within sexual relationship.

Sexual and Reproductive Health- sexual reproductive health is of human rights which is applied to sexuality and reproduction. It is a combination of four fields that in context are more or less distinct from each other, but less so or not at all in other contexts. These four fields are sexual health, sexual rights, reproductive health and reproductive rights. in the concept of sexual and reproductive health and rights these four fields are treated as separate but inherently intertwined. The distinctions between these four field are not always made. Sexual health and reproductive health are sometimes treated as synonymous to each other as are sexual rights and reproductive rights. In some cases sexual rights are included in the term sexual health or vice versa.

Sexual health does not matter who we are, men and women boys and girl's guys lesbians transgender and intersex. They all have an equal right to well-being and sexual well beings. Sexual health is women's and men's ability to enjoy and express their sexuality and to do so free from risk of sexually transmitted diseases, unwanted pregnancy, coercion, violence and discrimination.

Sexual health also means being able to have an informed, enjoyable and safe sex life, based on self esteem, a positive approach to human sexuality and mutual respect in a sexual relations. Sexual health enhance life personal relation and the expression of one's sexual identity.

Hence the reproductive health addresses

- The reproductive processes functions and system at all stages of life.
- Freedom to make decisions regarding a healthy sex life.
- Access to appropriate reproductive health care services.

Pregnancy- pregnancy also known as gestation is the time during which one or more offspring develops inside a woman a multiple pregnancy involves more than one offspring such as as with the twins, pregnancy can occur by sexual intercourse or assisted reproductive technology pregnancy a pregnancy may end in a live birth, abortion, or miscarriage, though access to safe abortion care varies globally. Child birth typically occurs around 40 weeks from that start of the last menstrual period this is just over nine months where each month average 31 days when measured from. Fertilization it is about 38 weeks an embryo is the developing of offspring during the first eight weeks following fertilization. Offer which the term fetus is used until birth. Symptoms of early pregnancy may include missed periods tender breasts nausea and vomiting, hunger and frequent urination. Pregnancy may be confirmed a pregnancy test

Awareness of safe sex- good sexual and reproductive health is important for women's general health and wellbeing. it is Central to their ability to make choices and decisions about their lives including when are whatever to consider having children. sexual and reproductive health is not only about physical well-being it includes the

right to healthy and respectful relationship health services that are inclusive. Safe and appropriate access to accurate information, effective and affordable methods of contraception, and access to timely support and services in relation to unplanned pregnancy. Different life stages are associated with specific women's sexual and reproductive health issues. Including ministration fertility, cervical screening contraception pregnancy, sexual transmissible infections, Chronic health problems and menopause.

Safe sex practices are important for sexual and reproductive health of sexually active women of all ages. Access to accurate impartial and up to date sexual and reproductive health information and services such as a human papilloma virus vaccination cervical screening test and screening for sexually transmissible infection is also essential. Having access to sexual and reproductive health services quality information about maintaining a healthy lifestyle and physical and mental health services can all help women achieve optimal health and wellbeing therefore it is important to be aware of women reproductive health and safe sex.

Nutrition food and Health Child birth- good nutrition forms the basis for good health of a child more for girls. However malnutrition is still widely prevalent in our country. Malnutrition reduces body resistance to fight against infections. Intellectual and physical development this also leads to increased morbidity and mortality in children nutrition is the required for a child to grow develop keep active and to reach the adulthood, as well several of these nutrients essential and their diff deficiencies lead various problems. These essential nutrients are the carbohydrates, proteins, fats, vitamins, and minerals, which are necessary, to maintain growth development and tissue integrity.

Women's Reproductive rights- Attaining the goals of sustainable equitable development requires that individuals are able to exercise control over their sexual and reproductive will like this includes the rights to :

Reproductive health as a component of overall health throughout the life cycles for both men and women the right to life.

Reproductive decision making including.

- Voluntary choice in marriage,
- Right to equality in divorce,
- Right to family formation and determination of the number, timing and spacing of one's children (family planning).
- Right to have access to the information and means to needed to exercise voluntary choice.

Equality and equity for men and women to enable individuals to make free and informed choices in all spheres of life the right to:

- Non discrimination based on gender.
- Seek, receive and import information.
- Education (to allow full development of sexuality and the self).

Sexual and reproductive security, including

- freedom from sexual violence and cooperation and
- The right to privacy.
- The right to the benefits of scientific progress (example control of reproduction)

Methodology-

Collecting information on Women's Reproductive health analysis has been drawn up through Secondary Sources Library, Books, Journals, Articles, Published books, research reports and Online sources. National Family Health survey Reports, Other Periodicals etc.

Conclusion

Most of this article studies relating to women reproductive health on based on the concept that reproductive health is purely the biological phenomena. On the others of few studies which emphasized the man biological factors related to the women reproductive health reveal that better reproductive health studies is a promote of biological social cultural and economic studies. And reproductive rights are firmly rooted in the most basic Human rights principles. these are understood as rights of both men and women but are more frequently advanced the women rights these are the legal rights and freedom relating to sexual reproductive health which will not only going to improve the women's reproductive health but also are the important means of women empowerment. the

neglect or in inadequate use of these rights will result in the many issues and concern to sexual and reproductive health which will be going to increase the maternal mortality and morbidity rate which further have direct impact on the economy of the country.

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