



# Women and health with special reference to tea gardens of Assam:

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## Abstract:

In this Article, the researcher tries to analyze the physical health status of women. From the perspective of human rights and health, health can be categorized as physical health, mental health and social health. The researchers in this study focused on the physical health status of women under the age group of 18-45 where the reproductive health issues are vital for each and every woman. Moreover, this age group is vital for menstruation hygiene including sanitation.

## Introduction:

Health has been recognized as an important aspect of everyone's life. One of the accepted definition of health as provided by WHO is that health is the complete state of physical, mental and social well-being not merely the absence of disease or infirmity. The enjoyment of the highest attainable standard of health is one the fundamental rights of every human being.

Among all the aspects of health, physical health is utmost necessary. Reproductive health under the age group 18-45 is one of the major aspects of physical health. This is the period when women get their menstruation and later they gets married and became pregnant. India is a developing country and being a developing country India is continuously developing in many fields but a major issue which needs to be concern is the reproductive ill- health of women under the age group of 18-45. This age group is the witness for maternal mobility as well as morbidity which is very high. Another major issue during this period is menstruation hygiene which women are suffered a lot. The reproduction health and reproductive right along with other health hazards related to women have been increasing very high in the past days. The lack of health services available for women and children are evident for poor health status. In our society, especially the woman belonging to tea gardens where the health issues are very high in rank. Many a time the tea gardens women are unaware about the various health issues and due to maximum number of illiterate women, they don't know how and where to approach for health benefits. In most of the tea gardens area, most of the female workers are undergo menstrual problem and due to less number of toilet facilities and unhygienic condition of workplace they have to suffer various diseases especially in their private part, more over in many part of the tea gardens area, the toilet facilities are not sound, for why during periods, women are unable to become sanitize themselves.

## Objective:

The objective of the researcher is to find out various health related issues of women specially those women who are belonging to tea garden area. Besides the issue related to health of women under tea garden, the researcher also wants to analyze the reason behind this and to provide some suggestions.

## Methodology:

The researcher in this study uses the analytical methods by adopting data from verious secondary sources.

## Discussion:

Tea industry has been considered in India as one of the largest private sector employers. Researcher studied that more than one million workers are employed under the tea gardens in India where more than 50% are female workers. Like any other state, Assam is also famous for tea and a huge number of people are belonging to tea industries are located in the state of Assam. The tea plantation Labour Act, 1951 was an old act which makes provisions for the welfare of worker belonging to tea garden and regulates necessary measures for Labours who are in work. The said act is applied to any land which are used or intended to be used to grow tea, coffee, rubber and any other plant. The state of Assam is spread with the tea garden. But the researcher confined its study only to the area of tea garden belonging to Assam. Data collected from various secondary sources the researcher analyze the issue related to the health right of tea gardens of Assam. The

researcher analyzes various health related issues of women especially under the age group of 18-45 under various tea garden of Assam. Under this age group women are attaining their puberty, menstruation, reproductive health, pregnancy which is very important issue related to the health of women. During this age group women are suffered various sexually transmitted diseases reason of which they have high risk of unwanted pregnancy, complications during pregnancy and also have to suffer the consequence of low weight child birth. Due to not having proper and adequate knowledge about reproductive health, they have to suffer a lot. The researchers analyses this point that the age of attainment of puberty is different amongst women to women. More over regarding the concept of menopause maximum of them are unaware. The woman belonging to tea garden are mostly illiterate and due to the reason of lack of Knowledge about the concept of menstruation and menopause, many a times the problem of infertility occurs which is the main reason of reproductive tract which may cause due to the reason of permanent scarring and blockage of the fallopian tube. Another reason of infertility is the condition of Even repeated number of abortion. It is true that that like education and employment, women's reproductive health is recognized as fundamental Human rights and to prevent reproductive ill-health is considered as one of the major issue of social justice and human rights.

The woman belonging to tea garden are often found that they have failed regarding breast feeding many a times for why they have to suffer the risk of disease like ovarian cancer, breast cancer and gestational weight gain. Even for not having breast feed may led to the risk of cardiovascular disease also. So women's health has been considered as a serious matter for those prone areas where they have not the minimum knowledge of health care. In those tea garden areas, reproductive health right has become vital. Women are not getting chance to give consent at the time of reproduction. What number of children they are ready to produce is not a matter of concern for their opposite counterparts. Even after having baby birth they are not getting proper care from their families, besides getting care , consumption of nutritious foods and all, they have to do all households works and also have to walk for tea garden for their daily needs. Due to financial reasons and others they cannot confine themselves within the premises of house and household works. Reason of which may led to them various health hazards to them and also to the new-born child. This is why the new born child needs some proper care, proper food diet even routine health check up. Due to less number of medical facilities in the tea garden areas and few numbers of doctors and hospitals facilities, most of the time the pregnant women are not getting their regular health check-up and lack of nutrition and other deficiency, they have to give child having low birth weight. All this factors reveals that the woman belonging to tea garden is not having their sufficient health facilities and health care. Various schemes have been launched by the central government and state governments. But whether these schemes are fulfilling the aims and objectives enshrined in it is a big matter of concern. So the researcher feels that health sector of women belonging to tea garden areas are not sound up to the Mark and the concern authority should take this matter seriously.

### Conclusion:

Thus it can be concluded that women belonging to tea gardens of Assam are not aware their various health rights. Due to inadequate knowledge about health rights, sanitization many a times they are unable to occupy the health benefits whatever provided by the government and other organizations. Their age is a factor for huge number of maternal deaths and at the same time illiteracy is another major issues for why those women are not aware about how and what type of contraception should be used. Even the method used by the tea gardens women are very low regarding family planning. More effective initiative should be taken by the government and other organizations for the better health care of women. Various health related awareness camp along with meeting should be arranged in village and specific area to aware them about the various health issues. Further basic knowledge should be provided to them about some women related disease and disorders. Studies revealed that both men and women equally contribute to the society and equally important to produce new resources to the society. As today's Child is the further of tomorrow. So for a healthy child the mother should be healthy equally. As health is wealth and only a healthy woman can give birth a healthy child, thus health is an important aspect of women. The researchers through this paper ask the concern authority to look this section of women in a speedy and effective manner.

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