

CARE OF WOMEN IN SEVEN STAGES OF HER LIFE

Dr. Monali Kamalkishor Chandak*

Associate Professor, Prasuti Tantra Avum Stri Roga Department, JJAMC Shivpuri, Godhra.

*Corresponding Author: Dr. Monali Kamalkishor Chandak

Associate Professor, Prasuti Tantra Avum Stri Roga Department, JJAMC Shivpuri, Godhra.

Article Received on 21/02/2022

Article Revised on 11/03/2022

Article Accepted on 01/04/2022

ABSTRACT

An individual life can be divided into several stages and each of those stages has its own changes and unique benefits. Specially a woman's life is divided into so many stages of physical and mental changes. With time the stages in women's life, with comparison to previous generations, are changed. Because now she has to play so many roles in family (like daughter, mother, wife etc.) and society (like employer, businesswoman, employee etc.). Health status in a particular stage then influences the next stage. So a supportive and understanding attitude of society and family helps to improve a woman's life.

INTRODUCTION

Women's health involves a variety of gender-specific issues like estrogen production, fertility concerns, mental health and sexual health. Women go through dramatic mental and physical changes as their reproductive systems go through major changes. Women can take care of their health by eating a proper diet, seeking proper screening and maintaining a healthy lifestyle. Women's bodies go through major changes throughout their lives, leading to differences in health concerns for varying age groups. During times of physiological changes, women are more susceptible to mental health issues like depression, anxiety and eating disorders. In adulthood, sexual health issues like fertility, avoiding STD's and practicing safe birth control gain importance. After menopause, some women experience health conditions caused by changes in hormone levels. Fortunately, most of the diseases that affect women are treatable if detected early and women can live long and healthy lives by following time health tips. So we can divide a woman's age into seven stages like Infant, Child, Adolescent, Young lady, Mother, Back to herself, Stage of Freedom.

1) Infant: New baby termed as infant. An unacceptable number of babies around the world die in the first week of life with the highest number dying within the first 24 hours of birth. Many of these deaths occur to babies born too early and too small or with infection or to babies asphyxiated around the time of delivery. Studies have shown that many newborn lives can be saved by the use of simple interventions such as: Recognizing early signs of danger and providing prompt treatment and referral, supporting breast feeding, providing adequate warmth, ensuring good hygiene and cord care, giving extra care to small babies, and having skilled health workers attend mothers and babies at delivery and in the immediate

postpartum period can all increase a newborn baby's chances of survival.

2) Child: We can consider toddlers, preschoolers, and age group up to adolescence in this group. This is when children begin to test their limits and they need carers who can help them understand the parameters of the world they live in. So requires carers with lots of patience and energy to tackle with children. This age group is extremely active and needs a safe environment that allows them to explore. Child care centers and family day care with low carer to child ratio and good staff retention can work well too. Another benefit of centers for children at this age is that they learn how to socialize with others and they get a chance to participate in activities they might not be able to do at home. Young children's diets are frequently comprised of grains with fruit, vegetables, eggs, dairy, fish or meat. Many are increasingly being fed sugary drinks and packaged snacks high in salt, sugar and fat. Poor diet in early childhood can lead to deficiencies in essential vitamins and nutrients such as Vit A deficiency which weakens children's immunity, increases their risk of blindness and can lead to death from common childhood diseases like diarrhea. So parents should maintain diet in childhood is very important to prevent malnutrition. And very important thing, which parent should do properly is Vaccination. A child should be vaccinated to enjoy a healthy life.

3) Adolescence: It is the phase of life between childhood and adulthood. It is a unique stage of women's development, the journey from girl to young woman sees her body change inside and out. Hormones have a lot to answer for, from changing body shapes and acne to menstrual cycle, libido, more active sweat gland, oil

glands, hair specific problems, irregular periods, PCOD, sexual health issues, nutritional health problems. Effect of hormones are not just physical but emotions can run high. At this time teens may try to avoid regular personal hygiene as a way of gaining independence. As well they may not understand all the changes happening to their bodies so parents can help teen by teaching them habits that can lead to a lifetime of good health. Healthy life habits include: a) Getting enough sleep. b) Developing healthy strategies to cope with stress like meditation, massage therapy, exercise which produce endorphins – chemical in the brain that acts as natural painkillers. Exercise also helps to moderate the effects of hormonal changes, boost body confidence. c) Avoiding sodas and junk food. d) Enjoying social interaction and alone time.

4) Young Lady: Working hard to develop a foundation of knowledge and a growing network of professional contacts could be the boost they need to reach their goal in future. But when we talk about work and career of a woman in today's world, it's pretty much a competitive sight. In India there are so many women, who faces struggles in managing their careers plans with family demands. Some of these challenges can be mitigated with support from their managers, many good organization now a days provide flexibility at work and offer several support mechanism for women colleagues. A few challenges that women faces can be handled well with the support of family members, recognize that your family is also a big part of your career goals as well and can support you in many different ways. There will however be many factors which might not be in your control for example – a compelled relocation to another city or country to join husband, a long career break due to maternity and other family demands etc. But women have the capacity and capability to manage most of these challenges themselves. Some points which a woman should consider as career oriented- a) Educate yourself regularly, b) Equip yourself with latest technological tools, c) Explore, Experiments, Experience ,d) Engage and exhibit yourself, e) Be audible, Be visible, Be noticeable, f) Expectation management.

5) Motherhood: Being a mom can be one of the most rewarding experience in person's life and one of the most fulfilling journey of life has to offer. In pregnancy there are so many physical changes, emotional disturbance, mood swings. It can be difficult to balance everything. Maintaining with you are and still being a good mom isn't impossible, thousands of working moms do it every day. Getting good care before, during and after pregnancy is very important. It can help baby grow and develop and keep both healthy. Good prenatal care includes good nutrition and health habits before and during pregnancy. During the pregnancy time, mother should take healthy food at regular interval as well as follow the proper guidance. The source of stage mother's power is the paradoxical fact that she introduces the stress in order to take care of her baby. Pregnancy is the ideal stage to start taking special care both physically and

mentally. Some essential tips to be followed for healthy pregnancy – 1) Eat balance diet, 2) Take supplements a regular interval, 3) Exercise regularly, 4) Get some rest, 5) Set a routine, 6) Prioritize task, 7) Honor own decision, 8) Fill own cup first, 9) Leave work at work, 10) Be bold – ask for support without shying away when needed, 11) Be positive. Be focused. Be adoptable, 12) Be creative in approach – what worked for one may not work for all, 13) Stop trying to be perfect, 14) Have fun.

6) Back to Herself: At the beginning of this stage, most women experience a significant milestone i.e. Menopause. It is not a medical problem, it is a natural biological process. It does not happens instantly or overnight, it is gradual and most women reach menopause between the age 45-55. The average being around 50. This depends on the individual body development and hormones levels. The menopause can be a physical, mental and emotional upheaval with far reaching effects. As a lady approaches menopause the production of hormones by ovaries begins to slow down or stop. At this time lady suffers from the symptoms like heavy periods and / or irregular periods, hot flushes, night sweating, exhaustion, insomnia, mood swings, lapses in concentration, thinning hair, loss of skin elasticity, change in metabolism and aches and pains are all common. Alongside hormonal changes, thyroid problems, diabetes, breast cancer, and cardiovascular issues can begin to surface. With all these problem, it's not surprising anxiety and depression can take hold. While ageing is natural, even a badge of honors for some, exercise and proper nutrition can increase sense of control and security. In midlife as mature adults, maintaining cardiovascular health with aerobic activity and maintaining flexibility and posture are important exercise. For many women, breast health includes concerns about breast lump, breast pain, and nipple discharge. To promote breast health, consider doing breast self-exams. It's also important to understand common screening and diagnostics tests for breast health- such as clinical breast exams and breast ultrasound. Mammography is recommended for all women above 40yrs, every 2yrlly. Maximum symptoms of menopause like night sweat, hot flushes, irritability and moodiness will be reduced by regular exercise and Ayurvedic medicines. At this stage urinary inconvenience can be troublesome and Kegel and Pelvic exercise can be a great help. Osteoporosis or brittle bone is another crippling problem which can be alleviated by doing regular exercise and calcium containing diet along with supplements. Give attention at this stage i.e. **Back to Herself.** Take adequate sleep, give time to own habits, enjoy every moment of life.

7) Stage of freedom: This stage also place vital role as compare to other stage .With the menopause and retirement behind, this stage of life is full of freedom. But stepping into unknown can be stressful. It takes time to adjust to changes in daily routine, status, relationship, and financial situation. This life stage can also throw up

challenges on a physical level: cancer, diabetes, osteoporosis, cardiovascular disease are common concern. Loss of libido and functional fitness can also impact relationship and wellbeing. Luckily, studies show that women are better than ever at navigating conflict, understanding other people's point of views, anticipating changes and considering different outcomes at this stage. All family members must take decision after getting some suggestion from Grandmother which leads to success. At this stage metabolism hampered so it's mandatory to take healthy food which suits to body in this stage. Here all a woman does is only to please HERSELF and HER satisfaction. For as she rightly says, AGE IS ALL IN THE MIND.

CONCLUSION

The passing time is not always welcome, but it is inevitable, and the life story of the female body is one of constant change. By staying informed, seeking help and making decisions, it's possible to thrive at every stage of life. Special care by family members and society and of course by own is very important to live healthy and happy life.

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