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## HEALTH CARE SYSTEM IN INDIA: RURAL VS URBAN – WOMEN

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### ABSTRACT-

Health is one of the major aspects of life. Health is significant factor which determines how one can live peacefully. When a person remains best of his health, he can utilize maximum energy and it can make his life better.

### INTRODUCTION-

Let me start my topic with codifying what is basically called as a healthcare. Healthcare can be said to give medical treatment and vice versa. It helps in getting the treatment which would prevent the disease. It helps to tackle the problems related to health. We find health treatment in various forms. Earlier, herbs were used to give treatment. But now, we find the medicines in straps or even in bottles.

### HEALTHCARE SYSTEM

Healthcare is provided by the doctor in form of physical treatment. It can be even in form of medicines. Or sometimes in form of healthy advice. There are different types of healthcare system. We can classify it in four types.

**First one, is Out of Packet Model.** This system is seen in rural India. In this type, healthcare becomes very expensive. Many people can't even afford it. Here, there is no facility of health insurance. Hence, no benefit during the crisis or scarcity.

**Next, is Beveridge Model.** It is really very helpful to everyone. Because here, it is funded through taxation. People get free excess to healthcare. Government purchases the health care services. This is seen in countries like United Kingdom.

**Third type is Bismarck Model.** Here, the health care system is private. But it is seen and checked by the laws made by the government. There is a drawback to the plan that those who were unable to work full time would not get advantage.

**Fourth type is combination of Beveridge and Bismarck model.** This has both private and public health care system. Here, government pays and services are given by private companies.

The purpose of health care is to prevent diseases. It helps to get a stable and long-lasting life.

### **HEALTH CARE SYSTEM IN RURAL AREAS-**

Healthcare in rural areas is a big concern. It has a lot of problems and difficulties. We see that the rural areas lack in the major development projects. It has less developed education hubs, even the health facilities are not such wide. Problems exist in such areas. Hence, the question comes that what is the present condition seen in rural areas related to women. In the present times, we are seeing a lot of changes related to healthcare for women. It includes many organizations which can be either governmental or non-governmental. They are spreading a lot of awareness. The increase in percentage includes thirty percent in primary health care centers.

Changes are seen in many aspects of life. Firstly, a major change includes rise in number of centers. It can be primary center, or it can be community Centre. The rise in healthcare is directly related with women as it would enhance in terms for service providing. According to Ministry of Health and Family Welfare there is total rise in 60% in terms of health care centers. There are certain programs which help in developing infrastructure. It helps to compete the rural area with the urban in terms of development. It includes program like Ministry of Health and Family Welfare. These are sponsored by the Central government. It aims for providing help in improving the status of women in rural areas in terms of health care.

Now let us look at different schemes for women in rural areas for improving the health care system.

### **SOME OF THESE SCHEMES INCLUDE-**

**Ayushman Bharat – health and wellness Centre** – earlier, there were many schemes which now have been transformed into this. It helps enhance the reproductive services. Even, it includes child health. The initial phase was related with hypertension. It includes even breast and oral cancers.

Second, program is **Ayushman Bharat Pradhan Mantri Yojana**. It included to provide health care of five lakhs. It is based on socio-economic census. And it aims for poor and vulnerable families.

Third scheme is Janani Suraksha Yojana. This is basically cash transfer for the sake of delivery in institutions for rural women.

Fourth scheme includes, **Surakshit Matritva Aashwasan yojana**. It includes no tolerance in

terms of service denial. It helps to improve quality of life. A aims to provide healthcare at zero cost.

Fifth scheme includes **Janani Shishu Suraksha Karyakram**. It aims for the free delivery in the government hospitals. Even things such as medicines and food to be free of cost.

Sixth, **Laqshya**. It has objective to provide labor room of suitable quality. Such that women do have to hesitate while thinking for delivery in those hospitals.

Apart from various schemes there are other steps which are taken. There is online tracking system made for the women which trace for newborn and their mothers such that they could be given all the necessary stuffs. It would help to give assistance and helps to those women who genuinely need for her and her child.

Even though, various booklets are distributed such that it informs about the routine, diets, and other health related information. The Delivery Points have also been developed in terms of infrastructure. The Maternal Wings have been looked such that better facilities are provided to children and mothers.

Apart from these, there are other schemes like Menstrual Hygiene Scheme, Early Childhood Development.

Hence, these programs are made to ensure such that situation of women should improve in rural areas. It would contribute to the better development and better boost up in terms of economy.

#### **HEALTH CARE IN URBAN AREAS-**

We saw that there are various programs which are launched to support the rural women when it comes to their health issue. And the conditions are changing also. Now, let us discuss about the health care of urban women. We see two problems in women when it comes to their health. First, is the absence of proper diet among women. They are not considering their health as a priority. Next is the quality of food. We see that women are the builders of the society. But in daily rush of life, they forget what measures they should take for themselves. Hence, their body gets effected.

However, the situation of women and their health basically depend on their family member, income of the house, etc. it will determine how perfectly women can use money for her own cause and her health. Because if people at home are not well then women will never think of herself. She will always try to ignore her health issues and consider others.

However, according to the latest research published in one of the popular magazine women must follow certain steps to keep her life healthy. It includes the following- ‘

First, is to have a good and healthy eating. This includes a perfect diet. The diet must have a well balance fruits, vegetables, and healthy nutrition. It will develop mind and body. It would help to fight against diseases. It would enhance the thinking and adjusting to environment. Hence, to have a set of proper diet id very necessary.

Second, is to exercise regularly. Next thing is to exercise daily. Exercise helps is to remain physically active. It also boosts body. And fight against several diseases. It enhances the immunity power. Things one can do is to do any physical activity. It will also provide and maintain body.

Third, is to remain hydrated. Proper amount of liquid intake helps to maintain the liquid level. There are various healthy drinks. And it is advisable to take those.

Fourth, is to have proper sleep. Sleep is very much needed for maintaining a healthy life. Proper sleeps help to keep body and mind relaxed. It will maintain physical balance. And it will serve to remain healthy.

Fifth is to have checkups frequently. It is very much important to go for a regular checkup and consult doctor regarding the health and condition.

These are the steps one can take to keep for living a good life.

We can say that the nutritional status of women in India specially in regions of lower developed is a concern. Women and girls from young age face the lack of minerals such as iron. Due to which they become over or under weight.

### **Is MAINTAINING A PROPER HEALTH CARE DIFFICULT IN INDIA?**

Yes, for sure. We can say that proper healthcare in India for women is a concern. There are many studies done by Indian and foreign universities. They claim that health is a concern in India. And it is because of social, economic, and cultural barriers. Women are unable to make a voice for themselves. They never try to find best for them. They tend to adjust in the surroundings and conditions. They prefer to give comfort to others and not to themselves. Because of all these things women start to suffer for them. And it is genuinely a concern that we shall think about. Rather than taking it very light or ignoring we must think upon it.

**CONCLUSION-**

Looking upon the situations. We can say two things. One, is to look upon the health and consider it as a serious issue specially when it comes to women. And second, is that one must prioritize women's health at every time and point. It is very necessary. One must never look behind when it comes to health.

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