

Availability of women nutrition and disease and nutritious diet

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ABSTRACT

The research paper presented is based on the availability of nutrition and nutritious food in which a comparative study of urban and rural women has been done, due to the hard work, women do not pay attention to their diet and rural women also after the animal husbandry Producers do not accept product, which is the main source of protein. In addition to this, financial status, geographical conditions and education and superstition prevailing from ancient time towards food in society affect female nutrition. The need for nutrition in women increases most during pregnancy because the fetus fulfills its nutritional requirements with pregnancy. In the absence of nutrition, women and child health is being affected. Rural women are not taking adequate amounts of protein, vitamins, iron, and calcium sources, fruits, vegetables, milk curd, meat ova, pulses, in which there is anemia, frequency of miscarriage and infant mortality rates in women.

Keywords: Female Education, Abortion, Infant Mortality, Nutrition and Diet.

Introduction

India is an agricultural country. Most of which inhabit the population of the villages. In rural society, there is the backbone of a women's family, which also deals with the responsibilities of the household, along with agriculture and animal husbandry. But due to responsibilities, due to lack of time, rural women do not pay special attention to food requirements. By which he is an expert in malnutrition. Apart from this, availability of nutrition and nutritious food is based on the geographical situation, the agricultural products produced at home, the distance of the road from the village and the availability of vehicles, economic status, education and awareness of the person's special nutrition. At the same time, the nutritional needs of women are also influenced by social beliefs and social beliefs of rural society towards food products. The human body needs food for the growth and maintenance of energy, the function of the food is not only to provide energy to the human body, but to control various organs of the body smoothly and well organically. Due to not getting proper quantity of food items, the physical growth stops and the body is unable to function, which is the cause of many types of diseases. With the fulfillment of the mineral elements, the flesh of the children and bones is formed. In the absence of balanced food and mineral elements, health is impaired for pregnant and pregnant women. Which can not be fulfilled late. Due to social evils received in rural society, child and girl are discriminated from childhood only. This discrimination also affects food requirements. Good food for the boy and good food items are not available to the girl. A woman should emphasize the warmth only from childhood, so that she can bear the burden of pregnancy easily. A woman's body is prepared from childhood for childbirth. Women's future generation depends on women's health. A healthy woman gives birth to a healthy baby. In India and other developing countries, the cause of maternal and infant mortality is malnutrition.¹ Women's education is an important contributor to affecting women's health. 54.03 percent of Indian women are educated. The level of education is the determinant of health and hygiene habits of women using reproductive health, family planning.² The level of women education in rural areas is as follows.

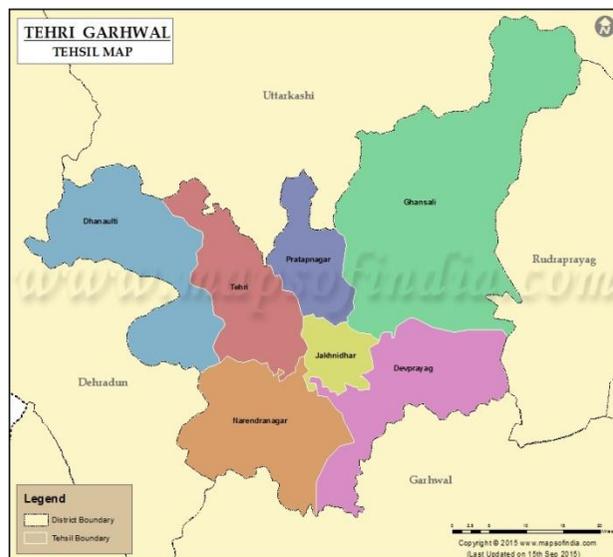
	Illiterate		Literate		junior		Higher Secondary		Graduate		Post Graduate	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
Remote Rural	54	27-00	51	25-5	27	13-5	59	29-5	8	4-00	1	0-25
Urban Rural	35	17-5	43	21-5	36	18-00	50	25-0	21	10-5	5	3-75
T o t a l	89	22-5	94	23-5	63	15-5	109	27-25	29	7-25	6	4-00

In the above table, the total level of education in rural and urban rural women is uneducated 22.5 Literate 23.5, Junior 15.5 Inter 27.5 and Graduation 7.25 and Masters is at least 4.00 percent. In which backward rural 36.50 and urban rural 41.25 percent more is found and 77.75 percent of the total urban and rural women are educated.

According to the World Health Organization, 20 percent of the world's population is suffering from anemia. Anemia can also cause infant death in the womb.³ During pregnancy, the decrease in nutrients in the body increases more. According to 1962, calories accumulate 30 grams in the pancreas during the entire pregnancy. Where pregnant women require extra calcium from 500 to 600 mg.^{1,4} Availability of nutritious ygtbgs substances during pregnancy and asthma not only prevents women's health from infecting diseases, but also contagious diseases.⁵ A healthy and balanced diet Livelihood During pregnancy Important.⁶ Fruit vegetables and whole grains under a complete and balanced diet are essential during pregnancy.⁷ and proper diet is retained physical growth,⁸ **and women are affected with anemia, which gets premature delivery.**⁹

Geographical Introduction-

Uttarakhand Panchaprag, Vishnuprayag, Nandprayag, Karnaprag, Rudraprayag, and Devprayag are the places of Prayag. Panchapurag of Uttarakhand is the confluence of major rivers, which are considered as the main pilgrimage place.⁹ Tehri Garhwal is a district of Uttarakhand state of India. Tehri is a hillside Himalayan region. Its maximum length is 121 miles in width of the mountain range and half the width of the width is half, its area is 5,629 square miles, which is between 29026 ' , 3,105' Akshar north and 78012 'and 8006 longitude east. Rudraprayag is the confluence of Bhagirathi and Alaknanda, from where it is known as Ganga.¹⁰ There are 9 blocks under 10 Tehri Garhwal, which have been studied on the women of Chamba and Narendranagar block.



Objectives: -

The purpose of study is to study the impact of awareness on nutrition of rural women, availability of food items and the effect of nutrition on women and child health.

Research Method:-

The questionnaire, schedule group interview, observation and photograph have been used for the collection of facts in the inspection paper. Under which of the reproductive age (15-55) 400 women are selected for the purpose. Difficult situations were encountered due to odd geographical conditions during the inspection work in the inspection zone.

Availability of nutritional Diet-

Generally, the rural women do not pay particular attention to food due to lack of time and workload. Destruction, food for the day and dinner, but there is lack of nutritious elements. In the morning breakfast, the potatoes vegetable and wheat and mandav roti in the day; Kafli (bigger than buttermilk and flour), (green leafy vegetables produced in weather-friendly) Chaunsa (roasting and grinding soya bean), Fanu (Gahath Pulses / soaking and grinding), jangora and rice and pulses produced in the house Rajma additionally available vegetables and pulses from the market if the vehicle is available. In dinner, potatoes

eat big vegetable and more. Rural women eat milk produced from animal husbandry, curd, ghee, butter milk, butter. Paneer is not available to them. If the vegetables are not available then they eat tea and roti. Along with this, onion vegetable and mint chutney, Thichwani, (by grinding potato), etc.

Pregnancy Diet in Pregnancy:-

In rural society, pregnant women is common food which is taken by other family members. If the economic situation is good, then fruits and vegetables come into the house once in a week or 15 days at home. Apart from these, pregnant women are prohibited from taking three months and three months of hot tasir food, jaggery, kheer and jaggery, dried fruits, almonds, cashews and Garhwali dishes '**Arsa**' and fruit papaya in fruit. In rural society there is a perception that the above mentioned foods are cause of abortion.

Food of cold and hot tasir:-

Under the assumption that in ancient times, in the ancient times, food items have been divided into cold and hot. Which is considered to be the only 'flour pudding' hot tasir meal in the **Seuli** female meal for a week of delivery. Dough is cooked in pudding, ghee and dry fruits. With it drinking milk in the morning and night and the use of just sweet food is consumed, it is believed that in the food items, the stomach grows with salt intake and there is a discharge of blood and pus from the vagina. Consumption of '**Achwani**' for Suli in rural society is considered as health enhancement.

Tea drinks consume cashew nuts, ghee and water with equal quantity of cashew nuts, almonds, raisins, frosted coconut, peepel etc. in the same quantity, after five days of a glass delivery, consumes **seuli** in the morning and evening according to the taste. Pajarri cooked dry fruits and cooked soya by making 1 teaspoon or Laddu in the morning after 1 month of delivery. Heats hot food and hot water. Postpartum prohibition diet is considered taboo for cold food and beverages. It is believed that the consumption of potato, rice, green leafy vegetables, brinjal, potato in excess quantity leads to "**Jonku**" disease. Cold water, oily food and ghee cause of cough and cold in new born baby. Prohibition of consumption of citrus and cold fruits, orange banana. In the absence of balanced diet and minerals elements, zinc, magnesium and folic acid deficiency during pregnancy.¹¹vegetables,whole grain,fruits and protein under the healthy food plate. ¹²

Nutrition and Health of Maternal child

Balanced diet means that all nutritious elements are available in a reasonable proportions. the amount of diet depends on the individual.the requirement of food is different in infant, adult,elder and pregnant women.whose human body does not form. they get from the food.pregnancy is the most important period of women's life. there is a great need of nourishment of the women's body because the fetus fulfills all requirement with body of the pregnant women, in this situation woman does not only needs balanced diet but also the minerals elements .In the absence of nutritious food in rural society miscarriage,underdeveloped infant, infant mortality,premature delivery and during pregnancy anemia in women have been found, but many concepts about mortality and abortion in rural society have been prevalent since ancient time. the people on whome still believe, this is called "**Masan**" in the local language and it is treated by worship from the local man, which is called "**Garudi**".

	Remote Rural		Urban Rural		Total	%
	No .	%	No.	%		
Infant Mortality	5 2	2 6 - 0 0	4 4	22-00	9 6	24-00
A b o r t i o n	3 1	1 5 - 5 0	3 6	18-00	6 7	16-75
A n e m i a	2 5	1 2 - 5 0	4 2	21-00	6 7	16-75

In the table above, the total sum was 24 percent, infant mortality 16.75 percent and anemia 16.75 percent, in which the infant mortality rate in the rural areas is 26.00, abortion is 15.50, and the anemia is 12.50 and the infant mortality rate in the urban rural is 22.00, the abortion is 18.00 and the anemia is 21.00.

Conclusion:

According to the above facts, it has been found that lack of nutrition awareness has been found in the absence of nutrition in rural society due to lack of education in women. In rural areas, the level of

education is lower than urban rural women. In the society, due to lack of economic status and difficult routine, women do not pay attention to dietary needs. Infant Mortality is more than the urban rural in the under-rural rural areas due to lack of malnutrition and skilled workers and abortion is less than and under rural in urban rural and anemia is poor less than under rural in the urban rural, because rural women lack the health check. Has gone. It is extremely important for nutrition awareness to educate women in rural society, which they are aware and strong and can take care of themselves and their families because there is a spine behind a women's family.

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