

Healthy Nation, A Wealthy Nation - Importance of Universal Healthcare in India

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ABSTRACT

They say a healthy nation is a wealthy nation. Healthcare is very important for a society. The word healthcare means diagnosis, treatment, prevention and management of diseases, illness, injury and the preservation of physical and mental well-being in humans. High out-of-pocket (OOP) healthcare expenses pose heavy financial burden on the families. In the present paper we talk about the importance of healthcare for a society, government initiations taken, foreign initiations and suggestions towards improvement.

KEYWORDS: Global Nutrition, Telemedicine, E-Health, Out-Of-Pocket (OOP)

INTRODUCTION

India stands in the second place of world population. Besides being highly populated it is also covered with 68.68% of rural population and the healthcare in rural area is more important due to various challenges. For government UHC is the main agenda and one of the accomplishments was made in the year 2014 March 27 that year was declared India polio-free nation.

IDENTIFYING PROBLEM

Although substantial achievements have occurred in the improvement of population health in India in the 70 years since independence but there is a long way to go when compared with other countries. Catastrophic health-care expenditures are a major cause of household debt for families on low and middle incomes; indeed, costs of health care are now a leading cause of poverty in India. There are various concerns in regards to Indian Health.

Malnutrition: Malnutrition refers to the situation where there is an unbalanced diet in which some nutrients are in excess, lacking or wrong proportion. The Global Nutrition Report 2017, which looked at

140 countries including India, found 'significant burdens' of three important forms of malnutrition used as an indicator of broader trends. The Global Nutrition Report 2017, which looked at 140 countries including India, found 'significant burdens' of three important forms of malnutrition used as an indicator of broader trends. One of the main reasons for malnutrition in India is inequality, due to low income low quality and quantity of food is given to the children.

High Infant mortality rate: Due to childhood diseases India faces high mortality rate, More than two million children die every year from preventable infections. Lack of knowledge on effect of poor sanitation, vaccinations to be provided and poor income are major reasons for high infant mortality rate in India.

Diseases: Diseases such as dengue fever, hepatitis, tuberculosis, malaria and pneumonia continue to plague India due to increased resistance to drugs. India is ranked third highest among countries with HIV-infected patients. Indians are at particularly high risk for atherosclerosis and coronary artery disease.

Female Health Issue: Maternity mortality rate in India is very high; this is due to lack of medical emergency available in the rural area, lack of awareness etc.

CHALLENGES

The reason behind the health issues are

Because of high uneducated rate in India they are a portion of the accompanying Lack of learning of nourishment wellbeing. Familiarity with nourishment in what sort of sustenance the significance of admission and the ramifications of not taking albeit accessible isn't known to the general population the provincial territory. Young lady kid are given less significance subsequently causing part of lack of healthy sustenance in them which causes demise or some other wellbeing related issue. Importance of maintain hygiene is not known by rural population and also in many places of urban India. Lack of medical facilities hospitals in rural area, medication, vaccinations, etc.

The other side of the challenge is government has taken initiation in defining in various policies and health care initiation but the same is not known to the citizens. For examples government has designed policies Child labour, Women protect right, girl child protect rights etc., but the same are not utilized.

GOVERNMENT INITIATIONS:

“The government has played a vital role in the eradication of small pox, polio, yaws and kidney worm infestation. This all has been made possible by a robust public health system. Even malaria, which was among the most threatening endemic diseases in India, is now on the verge of being eliminated in the country. We are also trying to eliminate leprosy at the district and block levels by 2018-2020,” says Dr Jagdish Prasad, the Director General-Health Services, Directorate of Public Health Services, Ministry of Health and Family Welfare. The National Health Mission (NHM), India's flagship health sector

program with an allocation of Rs 26,690 crores for 2017-18, is gradually revitalising rural and urban health sectors by providing flexible finances to State governments. The mission has four components — the National Rural Health Mission, the National Urban Health Mission, tertiary care programmes and human resources for health and medical education. Some of the recent initiations taken by the government.

Swachh Bharat Mission

The government reiterated the dream of the Mahatma Gandhi to make India clean and launched Swachh Bharat Mission (Clean India Initiative) in 2015. The government imposed Swachh Bharat Cess (SBS) on 15 November 2015 as acceleration towards clean India. It is applicable only on taxable services at the rate of **0.5%**. The cess is collected in the Consolidated Fund of India to finance and promote Swachh Bharat initiatives of the government. The government raised INR 3,901.76 crore during fiscal 2015-16.

Launch of New National Health Policy 2017 (NHP)

Recently the government launched new NHP after 15 years the last health policy was approved. The plan aims to strengthen India's healthcare system. The policy proposes to increase the public health expenditure by 2.5 percent of the GDP from the current **2** percent GDP spending on healthcare. The policy aims to reduce the maternal mortality rate, infant and child death rate due to many non-communicable and infectious diseases.

Entering Digital India with E-Health

The big Digital India campaign by the government in 2015 also showed the effort to make digitalize healthcare with E-Health for better efficiency. The increase in the knowledge database, simplifying complex concepts and greater transparency are the three basic advantages of E-Health. Healthcare services like ePharmacy, eDiagnostics can remove many malpractices of the healthcare industry and make it accessible to even those in remote areas having little access to healthcare. The introduction of electronic health record (EHR), national knowledge network for tele-education, teleconsultations and digital library are some vital digital interventions for nation's health. Connecting digitally to specialized doctors from anywhere increases the reach of the professionals to the patients.

Medical Equipment Manufacturing

The global market size for medical devices is about \$220 billion. In recent years, the government introduced some new policies that will help India to tap the growth in medical devices industry. Concerns regarding the domestic production of high-end medical devices and pharma equipment manufacturing in India are also being addressed. This will increase the accessibility and affordability of sophisticated equipment in India. Last year, the Union Cabinet chaired by the Prime Minister Narendra Modi had given its approval for signing a Memorandum of Understanding (MoU) between India and Papua New Guinea on cooperation in the field of Healthcare and Medical Science.

Door-to-Door Screening for Chronic Diseases

2017, World Cancer Day (4 February) a massive free door-to-door screening for the early detection and treatment of cancer, heart disorders, and diabetes was inaugurated. This program targets the critical age group of 30 to 69 years old people. The health of working age population is critically important for a developing country like India. The improvement in their health, the chance of survival and productivity is essential to eliminate poverty and growth and development of the country. In 2015, the Prime Minister launched rotavirus vaccine, Rotavac of Bharat Biotech– first indigenously developed and manufactured vaccine. Every year, diarrhea caused by rotavirus kills about 80,000 children under 5 years of age. The development of this advanced rotavirus vaccine in India is a wonderful symbol of healthcare development in India. Bharat Biotech also launched the first indigenously developed H1N1 swine flu vaccine under the brand name HNVACTM. It is also developing vaccines for the mosquito-borne diseases like malaria and chikungunya.

FOREIGN COUNTRY INITIATION:

Some of the foreign country initiation taken as suggested which Indian government can adopt for universal healthcare are, In India the total expenditure on healthcare as percentage of GDP is just 4%, while in the US it is 17%. Notably, the Patient Protection and Affordable Care Act (PPACA), better known as 'Obamacare', was signed into a law in 2010 with a mission to reform the health insurance sector and to provide more Americans accessible, affordable and quality healthcare services. US citizen spend 10-12% of health expenses from their pocket but in India major portion is spent from individual pocket. There are mandatory health norms in US same to be followed. In the US, it's mandatory to get health insurance and you have to pay penalty if for some reason you choose not to get it. Employers in the US, as per government guidelines, are supposed to provide health insurance to their employees. In India health insurance coverage's do not have consultancy covered on is hospitalized subjected to terms and conditions, but in US consultancy is also covered.

CONCLUSION

While understanding the challenges and reasons of high health issues in India following are the suggestions:

Education: Government should work on diminishing the literate rate in India conducting evening classes to adults having healthcare as one of the main agenda in educating the adults. How to improve healthcare, as awareness, should be taught to children in school so that they can adopt the same at home.

Healthcare system: All health-care institutions and practitioners should be required to register with a national health regulatory agency and make this information available on the internet. Define a rational mix of public and private health-care services to enhance complementarities, and invest in further development of public health-care services including health promotion and prevention services.

Health Insurance: Due to less income category facing this problem, government has to take more initiation in designing health policies. Government should encourage private health insurance companies to penetrate more in rural area and also they should emphasize more on wellness activities for eg: free health camps, educational workshops on hygiene, vaccinations, prevention measures etc,

Increase in Health Resources: Government can build the wellbeing assets by having more restorative PR actioner in country India by empowering them with advantages and compensations. Empowering new age in getting into Indian human services framework. The low availability of health workers in the poor performing States is partly a result of the skewed distribution of medical and nursing schools.

Digital India: The majority of India utilizes internet, smart phones henceforth government should deal with computerized India. Computerized administrations can be utilized as a part of the considerable number of stages, specialist's recommendation medicine, and other data can be given through net, sites where the data can be taken from. Work on the idea "Telemedicine" specialists can achieve they patients through virtual way

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