

Rural Health Development Programme Nepal - EcoHimal

Case Study: Women's Health

“To get relief from the painful problem, we have to digest a shame for a while”.

This is the personal opinion of Yani Maya Bhujel of Bakachol, Nepal.



Yani Maya Bhujel
Photo: EcoHimal

I have been suffering from uterine prolapse for a decade but never shared this problem with others. One day EcoHimal Nepal's health staff came to my home and asked about my problem. I was ashamed to tell them. Eco Himal staff explained their intention to speak about the problem, the future consequences and negative effects of uterine prolapse. Finally I was convinced that I had to share my problem. But I asked them to keep it confidential and not to share it with community people. They assured me that they will keep it confidential. With the suggestion and guidance of EcoHimal staff I went to Solu Hospital and did check ups. When the doctors recommended uterine surgery I was frightened and thought that after the operation I might lose my working capacity. In the village I have to do all farm work as well as household chores so I insisted on taking medicines rather than having the operation. But doctors said that there was no alternative for the operation. They convinced me to have the operation although there was fear in my heart because here people believe that after a uterine prolapse operation women cannot do domestic work like digging, cooking, foddering etc.

Thank God! I got a new life. Now I feel comfortable and am completely against the traditional concept of thinking “women cannot do domestic work after a uterine prolapse operation”. Similarly the custom of hiding problems is not good for anyone. I have been doing all domestic work as normal. I took just two months to rest and then returned to my normal life. I am feeling as good as the time before the uterine prolapse problem. At last, I would like to thank the

EcoHimal family for their valuable help and want to recommend other sisters not to feel shame in sharing a health problem. I learned the lesson that “to get relief from a painful problem, we have to digest our shame for a while”.

Yani Maya was interviewed by Sangita Shakya, Health Programme Officer, EcoHimal Nepal, in December 2011.

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