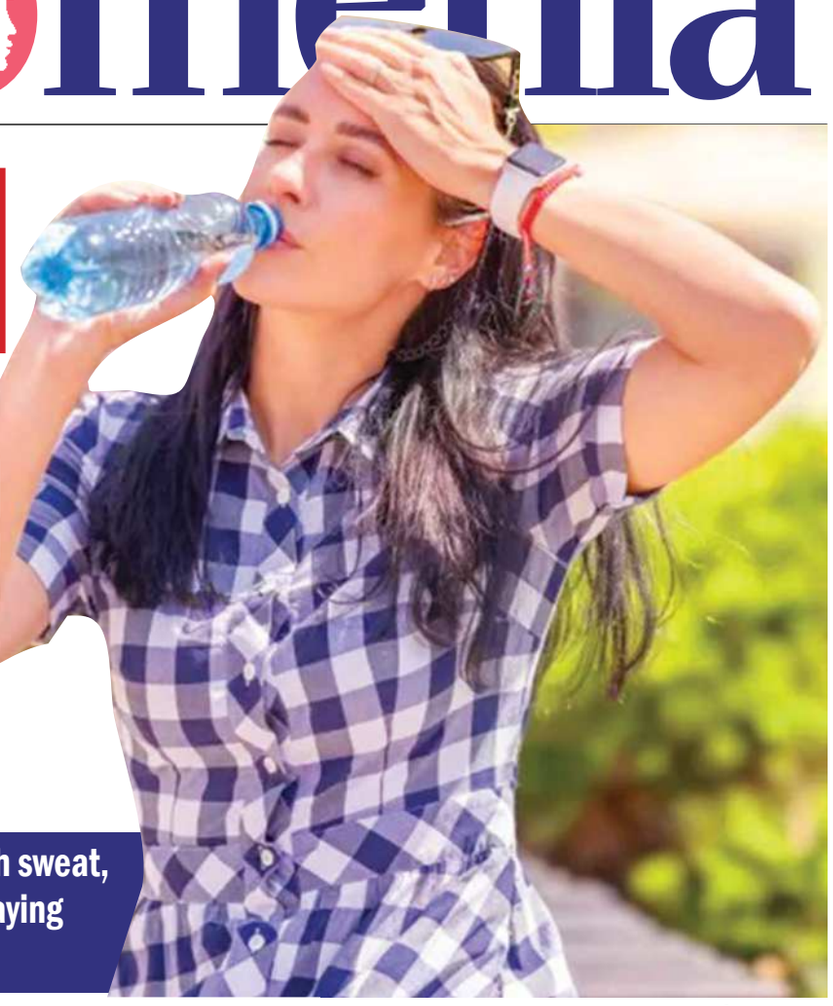
Womenia

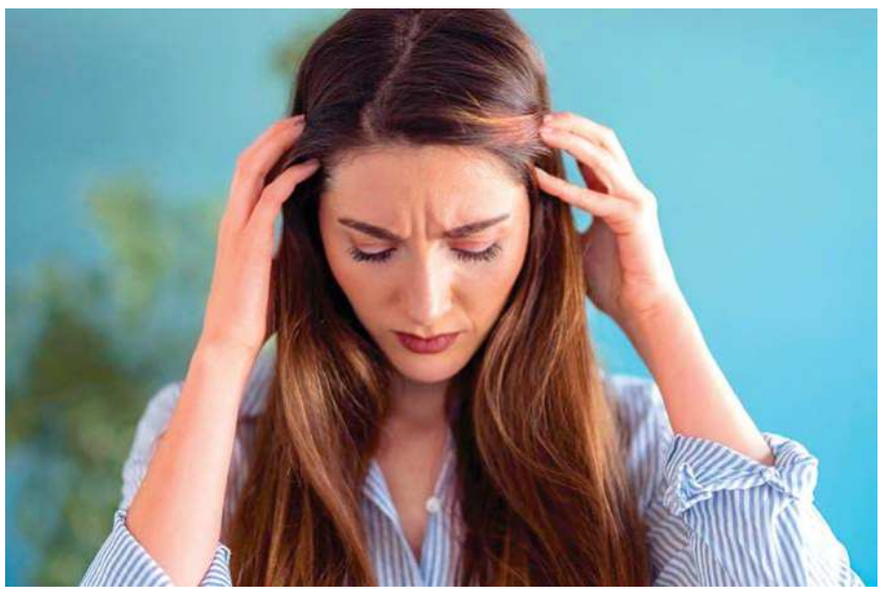
Dehydration, headaches and low energy: Why women are more vulnerable in summer



As temperatures rise, dehydration becomes a common yet overlooked health risk for women. Fluid loss through sweat, hormonal changes, and daily responsibilities can quietly drain energy levels. Recognising early signs and staying consistently hydrated is essential to prevent headaches, fatigue, and serious heat-related illness

Dr Anuradha H K

Summer heat can be harsh on the body, especially for women. Dehydration happens when the body loses more fluids than it takes in. During hot weather, we sweat more to cool down. Sweating leads to loss of water and important minerals like sodium and potassium. If these fluids are not replaced, the body cannot function properly. Many women do not realise they are dehydrated until symptoms become strong. Mild dehydration can start with dry mouth, tiredness, and reduced urination. If ignored, it can become serious and lead to heat exhaustion or even heat stroke.



Why Women Are More at Risk

Women are often more vulnerable to dehydration because of biological and hormonal reasons. The female body usually has a slightly lower percentage of water compared to men. This means women may feel the effects of fluid loss more quickly. Hormonal changes also play a major role. During menstruation, pregnancy, or menopause, hormone levels fluctuate.

These changes can affect how the body regulates fluids. Some women experience bloating during certain phases of the menstrual cycle, but this does not mean the body is well hydrated. In fact, dehydration can still occur even when bloating is present.

Pregnant and breastfeeding women need extra fluids because their bodies are supporting another life. If they do not drink enough water, they may feel dizzy, weak, or develop headaches more easily.

The Link Between Dehydration and Headaches

Headaches are one of the most common signs of dehydration. When the body loses fluids, blood volume decreases slightly. This reduces the supply of oxygen and nutrients to the brain. As a result, a person may experience a dull or throbbing headache. Many women already suffer from hormonal headaches or migraines. Dehydration can trigger these headaches or make them worse. Sometimes, a simple glass of water can reduce headache intensity if dehydration is the cause. Ignoring repeated summer headaches can affect daily productivity and mental focus. It is important to consider hydration as a possible reason before taking medication.

Low Energy and Fatigue

Low energy is another common problem during hot months. When the body lacks enough fluids, the heart works harder to circulate blood. This makes a person feel tired and weak. Even small daily tasks can feel exhausting. Women who balance work, household duties, and childcare may overlook early warning signs. Feeling unusually sleepy, dizzy, or irritable during summer could be linked to poor hydration.

Iron deficiency, which is common among women, can make this fatigue worse. When dehydration combines with low iron levels, the body struggles even more to maintain energy.

Simple Steps to Stay Hydrated

Preventing dehydration is simple but requires regular attention. Women should drink water throughout the day, even if they do not feel thirsty. Keeping a water bottle nearby can act as a reminder. Including natural fluids like coconut water, lemon water, and buttermilk can help maintain electrolyte balance. Eating water-rich fruits such as watermelon, cucumber, and oranges also supports hydration. Wearing loose cotton clothes and avoiding direct sun during peak afternoon hours can reduce fluid loss. Limiting caffeine and sugary drinks is also important, as they can increase dehydration. If symptoms like severe headache, fainting, very dark urine, or rapid heartbeat occur, medical help should be taken immediately. Staying hydrated is one of the simplest ways women can protect their health and energy during the summer season.

(The writer is a Lead Consultant – Neurology, Aster CMI Hospital, Bangalore)

Shilpa Shetty inspires fitness fans with high-intensity full-body workout video

Actress and fitness icon Shilpa Shetty continues to motivate fitness enthusiasts with her powerful workout routines, regularly sharing inspiring fitness content across her social media platforms. Known for her disciplined lifestyle and commitment to health, the actress once again caught attention with a new video showcasing an intense full-body compound workout designed to strengthen and stabilize the entire body.

In her latest post, Shilpa was seen performing a dynamic dumbbell-based compound exercise that engages major muscle groups including the core, legs, back, shoulders, and arms. The workout not only targets strength building but also focuses on stabilizing muscles that are essential for balance, posture, and joint control. Fitness experts often highlight such compound movements

as highly effective due to their ability to activate multiple muscle groups simultaneously. Sharing the clip, Shilpa captioned it, "Full body fired up, no muscle left behind," perfectly capturing the intensity of the session. She further elaborated on the long-term benefits of the exercise, noting that it is a high-intensity movement that combines synchronized muscle engagement with explosive propulsion. According to her, the workout is ideal for short, time-efficient fitness routines and can be performed either in repetitions or timed intervals. With consistent practice, the exercise helps build overall endurance, strength, coordination, and power.

The Dhadkan actress has become a major source of motivation for fitness lovers, often pushing her limits and encouraging netizens to do the same. Her fitness journey is not just about aesthetics but also about building functional strength and long-term wellness.

Recently, Shilpa also shared another fitness video featuring the supine contralateral stability drill, an advanced exercise that improves core stability and neuromuscular coordination. Highlighting the importance of control in strength training, she wrote, "Strength without control is incomplete." She explained that the drill challenges core stability, inner thigh engagement, pelvic control, and overall neuromuscular coordination, proving that even minimal equipment can deliver high-impact results when performed correctly.

The Sukhee actress continues to inspire people across age groups by promoting a balanced approach to fitness that focuses on strength, flexibility, control, and consistency. Through her videos, Shilpa Shetty not only showcases advanced workout techniques but also sends a strong message about discipline, self-care, and sustainable fitness.

With every post, she reinforces her status as one of the most influential fitness role models in the entertainment industry, motivating millions to prioritize health and embrace an active lifestyle.

CROSSWORD

ACROSS

4 A small, smooth stone (6)
7 Ultimate (8)
8 Finally (2,4)
10 Instruments of torture (5)
13 Rebuff (4)
14 Jet-set jet (4)
15 Kinds, types or sorts (4)
16 Genetic material (3)
17 Taj Mahal locale (4)
19 Self-satisfied (4)
21 Language of Kerala (9)
23 Prefix for one thousand (4)
24 Wild goat (4)
26 Colourful Japanese carp (3)
27 Painter Magritte (4)
29 Notion (4)
32 Microsoft's search engine (4)
33 Affected grin (5)
34 Menace (6)
35 Dr ___ Prasad : First President of India (8)
36 Attractive (6)

DOWN

1 Found in an oyster (5)
2 Birthplace of Mohammed (5)
3 OE letters (4)
4 Piece of wood (5)
5 Incandescent lamp (4)
6 Being bested ? (6)
9 Fight or wrestle (6)
11 Roman bronze - "sea" change ? (3)
12 South African pen (5)
13 Murdering (7)
15 Lyricist Gershwin (3)
16 Strange or odd (3)
18 "Oil rag" anagram for a girl (6)
20 Principle of conduct (5)
21 1002 in Roman numerals (3)
22 Abraham's pet name (3)
23 Legitimate (6)
25 Always in verse (3)
28 Way in (5)
30 Electronic valve (5)
31 Mogul emperor called the Great (5)
32 Not straight (4)
33 Procedure part (4)

Solution to February 23

SUDOKU

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6	8	2	5	7	4	9	1	3
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Solution to February 23

Riya Munjal opens up about standing against eve-teasing

Actress Riya Munjal, who is currently earning praise for her performance in the popular television show Lakshmi Niwas, has spoken candidly about a powerful personal experience that reflects the strength of the character she portrays on screen. The actress recently opened up about standing up against eve-teasing during her college days, revealing how those real-life moments shaped her outlook and confidence.

The show is presently featuring an engaging storyline revolving around Bhoomika and Raj Bundela. Bhoomika, the youngest daughter of Srinivas and Lakshmi, is portrayed by Riya Munjal as a lively, affectionate, and emotionally expressive young woman. Her life takes an unexpected turn when millionaire Raj Bundela enters her world. Instantly drawn to Bhoomika, Raj approaches her family with a marriage proposal on the very first day they meet. His consistent support to the family during difficult times gradually earns their trust, prompting Srinivas and the rest of the family to seriously consider the alliance.

However, Bhoomika's journey is not just a romantic narrative. The character is shown navigating complex emotions and situations she is not fully prepared for. While she appears cheerful and carefree on the outside, Bhoomika's internal struggle reflects the pressure of family expectations, personal fears, and the process of finding her own voice. The ongoing track highlights her emotional maturity and quiet resilience, making her character deeply relatable to many viewers.

Speaking about her real-life experiences, Riya shared that during her college days, she often encountered situations involving eve-teasing and inappropriate behaviour, either directed at her friends or herself. She revealed that she was never someone who could ignore such moments. Her instinct, she said, was always to speak up and confront the situation, even if she later reflected on the risks involved. According to her, in those moments, standing one's ground feels more important than fear.

Riya further explained that this instinctive courage is what connects her deeply to Bhoomika's character. She described Bhoomika as someone who may seem bubbly and emotional but possesses a strong core of self-respect and inner strength. While the character takes time to process her emotions, she never compromises when it comes to dignity and standing up for what is right.

The actress believes that every girl carries this instinct within herself — the strength to resist, question, and stand firm — and that sometimes all it takes is the courage to act on it. With both her on-screen role and real-life voice, Riya Munjal is emerging not just as a promising performer, but also as a strong, relatable young woman audiences can connect with beyond the screen.