



## COMPILATION OF STUDIES ON THE COMPARISON OF GERMAN AND INDIAN HEALTH SYSTEMS

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### **Abstract:**

Health systems are in an important interaction with socioeconomic developments today. It is becoming almost impossible to get one without the other. The health systems in Germany and India, which are at a high level in terms of socioeconomic welfare orientation, are discussed in this study. It is aimed to reveal the results of a systematic examination of the health systems of the two countries by comparing the data obtained in the study, which aims to review the studies carried out on the health systems of the two countries between 2017-2020. As a result of the study, it was observed that studies were carried out on the policies followed by countries in the fight against the Covid-19 epidemic that emerged as of December 2019 and that the health system in Germany, which is a developed country, is based on a certain standard, but problems related to aging of the society have emerged. It has been observed that India, a developing country, has not yet reached the desired level of basic health indicators, and inequalities in access to the health system have not been prevented.

**Keywords:** health systems, India, Germany

### **1. Introduction**

Health has been considered an important concept since human existence. Today, for health, one of a person's most basic rights, people can struggle with all material and spiritual difficulties. Although health is vital for people, it contains a system with no error tolerance. Health is important for people to continue their business and social lives and meet their daily needs (Daştan & Çetinkaya, 2015). Health is one of the most basic human rights, and it is not possible to separate people from the right to life. In this context, it has become obligatory for states to make health care accessible to their nations and to work on improving and developing the health system. The health system refers to a whole that aims to improve the level of health in a society and includes service delivery and

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financing. The most basic purpose of the health system is to promote health, restore health to people who have lost their health, and protect health (Boz & Önder, 2017).

Health systems of countries, health financing, and expenditures depending on these systems' characteristics, differ. For this reason, the health system model adopted by each country is also different. The delivery of health services, methods of financing health expenditures, and evaluations based on the public or private sector are tried to be resolved within the systems. Providing financing for health systems is closely related to the country's economic situation and political policy. When especially developed countries are examined, it is observed that health expenditures increase in parallel with the aging population. In developing countries, the increase in the expectation of health services with the developing technology has made strategic changes mandatory. Increasing the level of health and ensuring equal access to health services, the most fundamental goals of countries, and improving the quality of health services have become increasingly important.

Based on this context, in this study, the studies carried out to examine the health systems in Germany, a developed country, and India, which is among the developing countries and rapidly improving its economy, were discussed. Within the scope of these studies, the health systems of the two countries were evaluated comparatively.

## 2. Material and Methods

The study was carried out with the screening method and aimed to perform a systematic review. The studies evaluated within the scope of the study were selected based on the criteria that they were carried out in 2017-2020. The literature search was carried out with relevant keywords in Research Gate and Web of Science. Attention was paid to the fact that the studies were published in national or international journals, and presentations, news, and congress speeches were not included in the scope of the study.

## 3. Results

As a result of the screening carried out in the study, four studies that comply with the criteria were examined for systematic review. The four studies included in the study are shown in the table below.

**Table 1:** Selected Articles

Author(s)	Type of Study	Name of Study	Purpose of Study
Askin Gülsen (2018)	Situation Analysis	Health System in Germany	This article aims to discuss the health system in Germany, focusing on the aging population that threatens it.
Radhika Kapur (2018)	Situation Analysis	The Public Health System in India	In this article, it is aimed to explain the state of the Indian healthcare system and suggestions were made for improvement.

Kaushik Sarkar Rajesh Das (2020)	Situation Analysis	<a href="#">Impact of COVID- 19 Pandemic Crisis on the Economy, Education and Health System in India</a>	India's economy, education, and health system crisis management in the Covid-19 pandemic, which has affected all countries worldwide, has been addressed.
Nükhet Kırıcı Çevik and Onur Yüksel (2019)	Comparative Analysis	Health Systems of Turkey, Germany, and India: A Comparative Analysis	The purpose of this study is to examine the current situation in the health system comparatively with selected country examples, based on the period of 2000-2015.

As a result of the examination of the studies included in the evaluation, it is understood that the healthcare system in Germany is in excellent condition compared to other countries in the study of Aşkın Gülşen in 2018 on the healthcare system in Germany. The aging population has been the most critical factor forcing the health system in Germany in the recent period. In Germany, which is in the process of policy development on the prevention of diseases of the elderly, which increases health expenditures and complicates financing within the health system in Germany, family doctors, and epicrisis are of great importance. It would be correct to say that a policy is followed in the health system in Germany according to the criteria determined by the World Health Organization due to the large budget allocated to preventive health services and primary health care services. The most important feature that shows the development of a country's health system is the importance given to preventive health services. Germany underlines the preventive and primary health care services of its citizens with fairly equal access in this regard.

In the study conducted by Radhika Kapur on the Indian health system in 2018, the importance of public health was emphasized. In the study, which stated that the development of the Indian economy is increasing day by day and shining among developing countries, it is stated that the desired level in the health system has not been reached yet. It is stated that the most important reason for this is that the Indian health system does not adopt an egalitarian understanding; therefore, equity in access to health services is not provided, and there is no government support in health financing.

In the research conducted by Kaushik Sarkar and Rajesh Das on the crisis management of India's economy, education, and health systems regarding the Covid-19 pandemic period in 2020, it was stated that a successful line was not drawn in economic, education, and health services. The inability to stop the number of cases and the collapse of the health system show that a good foundation has not yet been established in the Indian health system.

In the research conducted by Nükhet Kırıcı Çevik and Onur Yüksel in 2019, a comparative analysis was made in the study called Turkey, Germany, and India Health Systems. As a result of the study, it has been determined that there are developments in Turkey's health indicators and general health system in the 2000-2015 period, compared to the current situation, in the context of both demographic and health data indicators in Turkey, Germany, and India. When Turkey is compared with Germany, it is understood that it does not meet the standards of this country in terms of basic health indicators and

the general health system. Compared to India, it has been seen that Turkey has better standards and developed in terms of basic health indicators and a general health system. If we make a general assessment, it has been concluded that Turkey's health system has not yet reached the health systems standard of developed countries and has better basic health indicators than developing countries' health systems.

#### **4. Discussion and Conclusion**

As a result of the systematic analysis made in the study, it is seen that the health systems of India and Germany, one of the developed countries, are different from each other within the scope of the evaluation of the articles. Despite progress in improving the Indian healthcare system, socioeconomic status, geography, and gender inequalities persist. This is compounded by high out-of-pocket expenditures as the increasing financial burden of healthcare, which accounts for more than three-quarters of healthcare spending in India, has fallen overwhelmingly to private households. It is stated that health expenditures are responsible for more than half of the households in India falling into poverty. This document identifies key challenges to equity in service delivery and equity in financing and financial risk protection in India. These include unbalanced resource allocation, limited physical access to quality health care and inadequate human resources for health, high out-of-pocket health expenditures, health expenditure inflation, and behavioral factors that affect demand for affordable health care. Complementing the other articles in this series, we discuss the application of certain principles in the pursuit of equity in healthcare in India. These are adopting equity measures in monitoring, evaluation, and strategic planning, investment in developing a solid knowledge base for health systems research, developing more equity-oriented deliberative decision-making in health reform, and redefinition of specific responsibilities and accountability of key actors. Implementation of these principles, along with strengthening public health and primary healthcare, will provide an approach to providing more equitable healthcare for the population of India.

Germany is characterized as a country of strategic importance at the international level in the delivery and quality of health services. In particular, it is aimed to provide an important part of preventive health services by educating the public and delivering messages to the masses. In Germany, where family physicians are very important, people can choose their family physicians. Germany, which is at an excellent level in basic health indicators, also makes strategic plans for measures to improve the health expenditures of the elderly population. The fact that the basic health system is built on solid dynamics shows that Germany will not suffer in this sense.

As a result of the study, it would be correct to say that there are improvements in the health system in India, but these improvements are quite behind the standards of Germany. In this context, it is of great importance for India to increase the budget and finances allocated to the health system, give the necessary importance to the protection of health services, and produce solutions to ensure equality in access to health services.

### **Conflict of Interest Statement**

The author declares no conflicts of interests.

### **About the Author**

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