

## **Abstract**

Health and its conceptualization among the blind and visually impaired is an important issue due to the complexity of health and disability as well as their unique experiences. This phenomenological study examines the concept of health in the context of the lived experience of blind and sighted women in Kashan. In this regard, using purposive sampling with theoretical saturation criteria, 20 blind and combo women were selected for in-depth interviews. Then, using clause analysis and extraction of appropriate codes, two main themes with the titles of multi-dimensional perception of health and strategies for expressing health in the face of unhealthy society have been obtained; So that the theme of multidisciplinary perception of health in blind and visually impaired women includes sub-themes of mentally healthy, social welfare, spiritualism ,and physical health. The content of health expression strategies in the face of unhealthy society also includes the sub-themes of body management and beauty, trying to show independence in individual and social affairs, self-affirmation, striving for efficiency, not expressing illness and pain in society and relationship management. (Halo, constructive interaction). Multidimensional perception of health expresses the concept of health in blind and partially sighted women, which is formed after accepting blindness or partially sighted and paying attention to other aspects of health. And health. Also, health expression strategies in the face of unhealthy society show the actions and efforts of these women to show their ability and health in society.