

A Study on Knowledge and Practices of AYUSH among Adults in Urban Slums of Vijayawada

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Abstract

Introduction: The Indian systems of medicine have age old acceptance in the communities in India and in most places they form the first line of treatment in case of common ailments. Of these, Ayurveda is the most ancient medical system with an impressive record of safety and efficacy. Other components such as Yoga, Unani, Siddha and Homeopathy Naturopathy are being practiced by the young and old alike, to promote good health. ¹

Objectives: To assess knowledge and practices of AYUSH among adults in urban slums of Vijayawada.

Methodology: A Community Based Cross Sectional Study conducted among 200 Adults aged >18 years residing in urban slums of Vijayawada using Simple random sampling technique.

Results : 28% of study subjects were in the age group of 40-49years, majority were males, 24% were illiterates, 66% were Hindus, 50% belong to upper lower SES, 96.5% were aware of Homeopathy as compared to 89% of Ayurveda. 16.5% were practicing Homeopathy as compared to 8.5% of Ayurveda. Mass media was the main source of information for AYUSH.

Conclusions: Despite having high awareness, practice of AYUSH among adults was at low levels. It may suggest that they were less likely to opt for AYUSH.

Keywords: knowledge, practice AYUSH, adults ,urban slums.

Date of Submission: 28-12-2017

Date of acceptance:12-01-2018

I. Introduction

The Indian systems of medicine have age old acceptance in the communities in India and in most places they form the first line of treatment in case of common ailments. Of these, Ayurveda is the most ancient medical system with an impressive record of safety and efficacy. Other components such as Yoga, Unani, Siddha and Homeopathy Naturopathy are being practiced by the young and old alike, to promote good health. ¹ AYUSH is an acronym for Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy and are the six Indian systems of medicine prevalent and practiced in India and some of the neighboring Asian countries with very few exceptions in some of the developed countries. A department called the department of Indian system of medicine was created in March 1995^[2,3] and renamed to AYUSH in November 2003 with a focus to provide increased attention for the development of these systems. ⁴ Increasing awareness of AYUSH's potential in solving community health problems resulting from nutritional deficiencies chronic disease condition epidemics and vector- borne diseases have open vistas for AYUSH in public health, thus paving the way for realizing the full potential for AYUSH system in Public Health. ¹ In Nov 2009, the Government of India has taken a step to promote 'Indian Systems of Medicine' on the promotion of AYUSH (Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy) ⁵. Mainstreaming of AYUSH and revitalization of local health traditions is one of the innovative components of the National Rural Health Mission (NRHM) in india. ⁶ The National Health Policy (NHP) 2017 has strongly advocated mainstreaming the potential of AYUSH within a pluralistic system of Integrative healthcare. ⁷

II. Objectives

1. To assess the knowledge regarding AYUSH among adults in urban slums
2. To know the practices of AYUSH among adults in urban slums

III. Materials And methods

1. Study design : Community Based Cross Sectional Study
2. Study period: August 2017to September 2017.

3. Study setting: Urban slums of Vijayawada
 Study subjects: Adults >18 years of age
 Inclusion Criteria: Adults who are present at the time of study and who are willing to participate.
 Sampling method: Simple random sampling technique by using random number table
 Sample size: Sample obtained was 200. 10 slums were selected randomly by using simple random technique, from each slum 20 study subjects were drawn
 Study stool: Pre designed semi structured questionnaire.
 Ethical issues: Verbal consent obtained from the study subjects.

IV. Results & Discussion

Table no 1: Socio-demographic profile of study subjects (n=200)

Variable		Frequency	Percentage (%)
Age	18-29years	26	13%
	30-39years	44	22%
	40-49years	56	28%
	50-59years	44	22%
	>60years	30	15%
Sex	Male	145	72.5%
	Female	55	27.5%
Education	Illiterate	48	24%
	Primary	26	13%
	Middle school	22	11%
	High school	56	28%
	Intermediate	20	10%
	Graduation/PG	18	9%
	Professional	10	5%
Religion	Hindu	132	66%
	Christian	48	24%
	Muslim	20	10%
Socioeconomic status (Kuppuswamy)	Upper	09	4.5%
	Upper middle	14	7%
	Lower middle	40	20%
	Upper lower	101	50.5%
	lower	36	18%

28% of study subjects were in the age group of 40-49years, majority of them were males, one quarter of the study subjects were illiterates (24%), 66% belong to Hindu religion, 50% fall into upper lower SES.

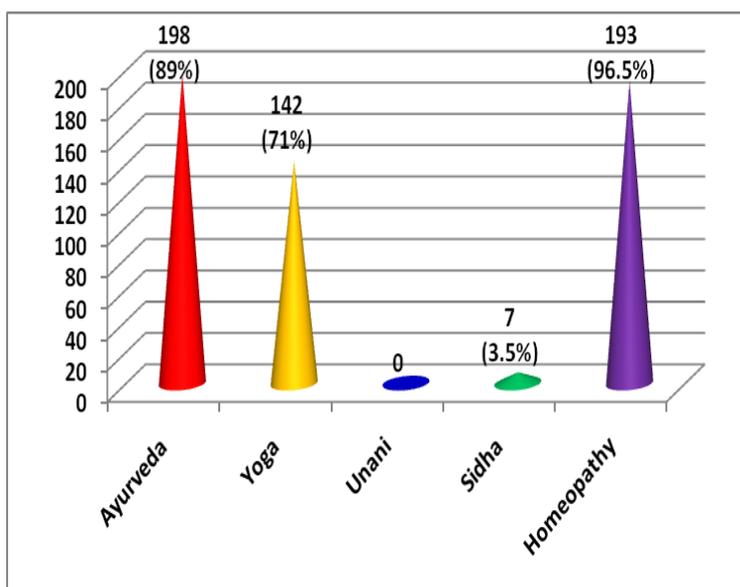


Fig no 1: Distribution of study subjects as per knowledge on AYUSH (n=200)

96.5% of study subjects were aware of Homeopathy as compared to 89% of Ayurveda and 71% of yoga.

Where as in a study conducted by Mankar N. N¹, Zad V. R² et al (2014) they revealed that only 19% students had knowledge about alternative medicine.⁸None of the study subjects were aware of Unani.

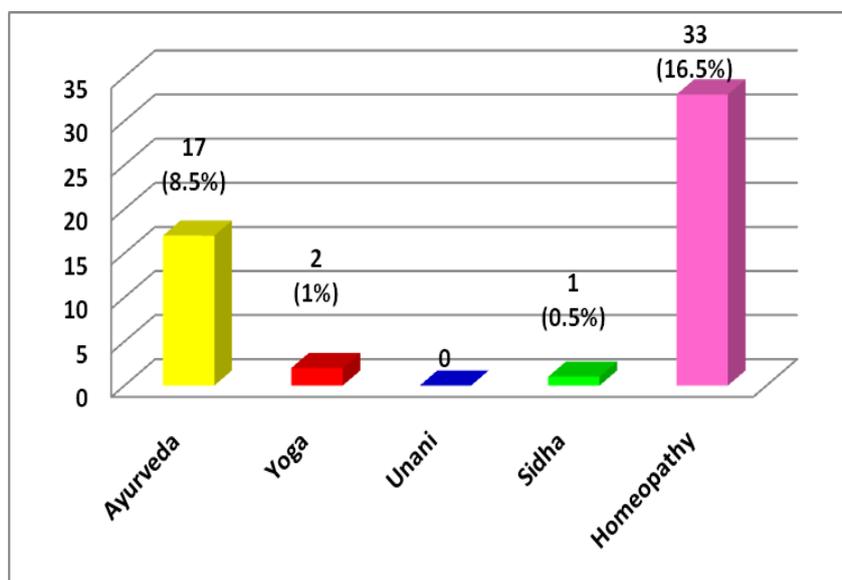


Fig no 2 : Distribution of study subjects as per practice of AYUSH

16.5% of study subjects were practicing Homeopathy as compared to 8.5% of Ayurveda. In other study by Mankar N. N¹, Zad V. R² et al (2014) 56% of students had used ayurvedic medicine.⁸In contrast a study conducted by Verma U. Allopathic vs. Ayurvedic practices in tertiary care institutes of urban North India they found that 80% of Indian patients use Ayurvedic therapy.²

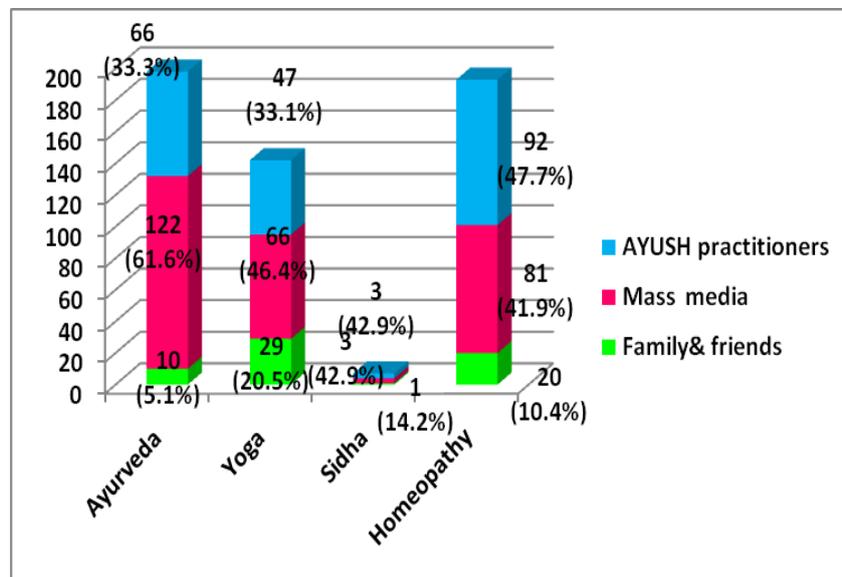


Fig no 3 : Distribution Of Study Subjects Based On Source Of Information About AYUSH

Mass media was the main source of information for AYUSH followed by AYUSH practioners. Where as in a study by Mankar N. N¹, Zad V. R² et al (2014) for 40.17% of students the source of information about Ayurvedic medicines was colleagues and family.

V. Conclusions

This study aimed at assessing the knowledge and practices towards AYUSH among adults of urban slums of Vijayawada. Despite having high awareness, the practice of AYUSH among adults was at low levels. It may suggest that they were less likely to opt for AYUSH. With the mainstreaming of AYUSH and

revitalization of local health traditions by NRHM, the value of AYUSH systems in health care will be recognized at the level of community.

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Dr.Sandhya Rani."A Study on Knowledge And Practices of AYUSH Among Adults in Urban Slums of Vijayawada ” IOSR Journal of Dental and Medical Sciences (IOSR-JDMS), vol. 17, no. 1, 2018, pp. 44-47.