

# Contribution in 'Jan Andolan' On 7<sup>th</sup> Ayurveda Days as a Survey Study of Non-Communicable Diseases in Vathar Village of Kolhapur District

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## ABSTRACT

Non-communicable diseases (NCDs), also known as chronic diseases, do not spread from person to person. These illnesses take a long time to develop and do not present symptoms in the early stages. They require treatment for several years, and some require life-long treatment. There are several diseases which fall into this group of conditions. The main types of non-communicable diseases are diabetes, coronary heart disease, stroke, cancers, and chronic respiratory diseases such as chronic obstructive pulmonary disease and asthma. They are diseases of long duration targeting men, women and children and people in all income groups. Some of these diseases progress slowly or cause chronic symptoms requiring long term care and control while others progress rapidly. People may look apparently healthy but they may still have these diseases. One of the most serious concerns about Non-Communicable Diseases is that they affect people in the productive years of their life. Here, Ayurvedic management can stand strong in prevention & treatment of NCDs. As an emerging, well-equipped, Ayurveda Hospital, Ashokrao Mane Ayurvedic Medical College and Hospital has potential to deal with this in the sake of well-being of community. But to decide concrete action plan & road map against NCDs at this renowned institute, it was necessary to have actual statistics of NCDs in the village, where the hospital has been established. This was also the golden opportunity to make aware people about facilitates in this teaching hospital. So, the survey study of NCDs has been conducted as a part of 'Jan Andolan' with motto '*Har Ghar Har Din Ayurveda*' on the occasion of 7<sup>th</sup> Ayurveda Day Celebrations to create awareness regarding management available in Ayurveda for NCDs.

**Keywords:** Non-communicable diseases, Ayurvedic Management.

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## INTRODUCTION

Entire mankind now-a-days is facing unpredictable challenges today. Though the opportunities for lavish and fulfilling life has been increased at marked extent than ever before, the another side of same coin shows that, certain measures are necessary to cop-up with ever increasing competitive & stressful lifestyle of this modern world. Otherwise it may lead to Non-communicable diseases.

According to the study report "India: Health of the Nation's States"- The India State-Level Disease Burden Initiative in 2017 by Indian Council of Medical Research (ICMR), it is estimated that the proportion of deaths due to Non-Communicable Diseases (NCDs) in India have increased from 37.9% in 1990 to 61.8% in 2016. <sup>[1]</sup>

## AIMS & OBJECTIVES

To carry out a comprehensive and analytic comparative survey study; elaborating the prevalence of Non-communicable diseases in Vathar tarf Vadgaon Village of Kolhapur district.

## MATERIAL & METHODS

This study was carried out in 3 components

### Pre-Survey

- i. A comprehensive Questioner was framed in alignment with NCD Surveillance-STEPwise approach to surveillance (STEPS) advised by WHO.<sup>[2]</sup>
- ii. The research volunteers among First Year Batch, were made aware with concept and conduction of present study
- iii. A training program for orientation of research volunteers has been planned and conducted
- iv. The access link of the questionnaire which was created in Google forms, was forwarded to all research volunteers through Whatsapp and trained them to how to record responses.

### Survey Study

- i. Research scholars were divided in 6 groups of 10 scholars each and one faculty of same institute was plotted as moderator for each group.
- ii. The administrative map of village taken for reference and every group was given responsibility of door-to-door survey of one Ward of village.
- iii. The survey was conducted on the villagers who provided consent to be part of it.

### Post-Survey

- i. Data was analyzed thoroughly.
- ii. Further, it was presented in tabular & diagrammatic forms.
- iii. Conclusions were drawn and discussed

## GENERAL OBSERVATIONS

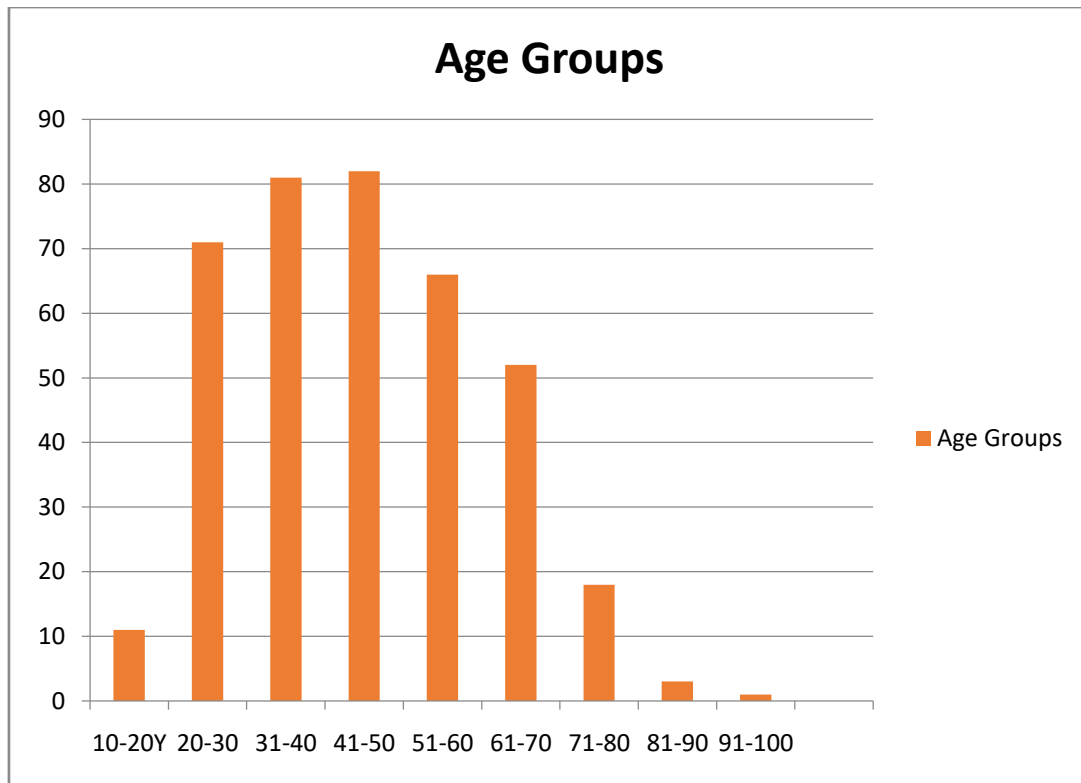
Total 600 citizens of Vathar tarf Vadgaon Village of Kolhapur District were approached for this survey study; out of which only 385 people gave consent to be a part of this survey study. Hence this study was conducted on 385 samples, which voluntarily agreed.

Out of these 385 individuals, 85.5% of people were aware about establishment and services provided by Ashokrao Mane Ayurvedic Hospital in Vathar village. Only 28.6% people have taken Ayurvedic Medicines for their any of illness; while merely 12.5% of people have undergone any of Panchakarma Therapies till the date of survey, either at this teaching hospital or anywhere else.

## OBSERVATIONS AND RESULTS

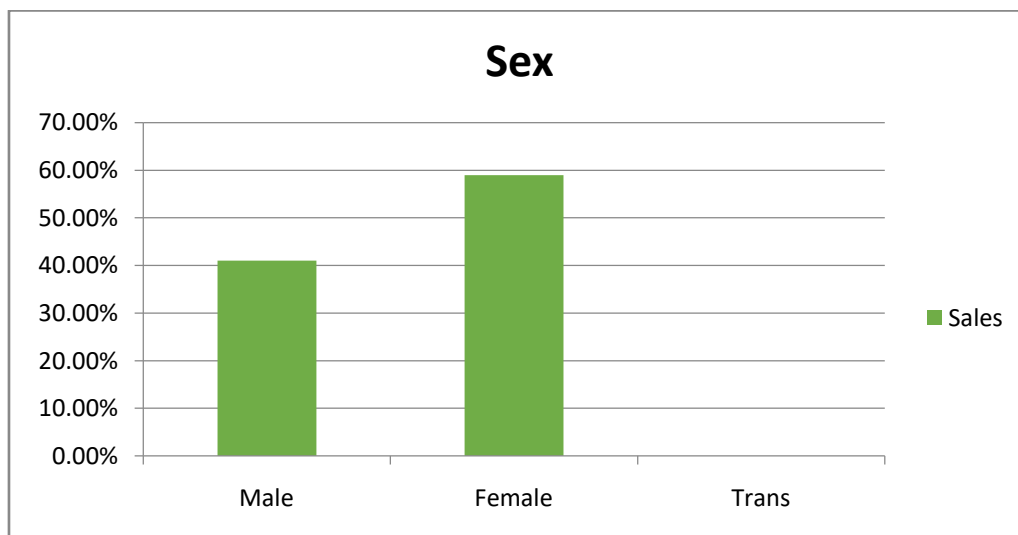
**Table no. 01: Frequency distribution of patients according to Age**

Age Group	People	Percentage
10-20	11	02.86%
21-30	71	18.44%
31-40	81	21.03%
41-50	82	21.30%
51-60	66	17.14%
61-70	52	13.50%
71-80	18	04.67%
81-90	03	0.78%
91-100	01	0.26%



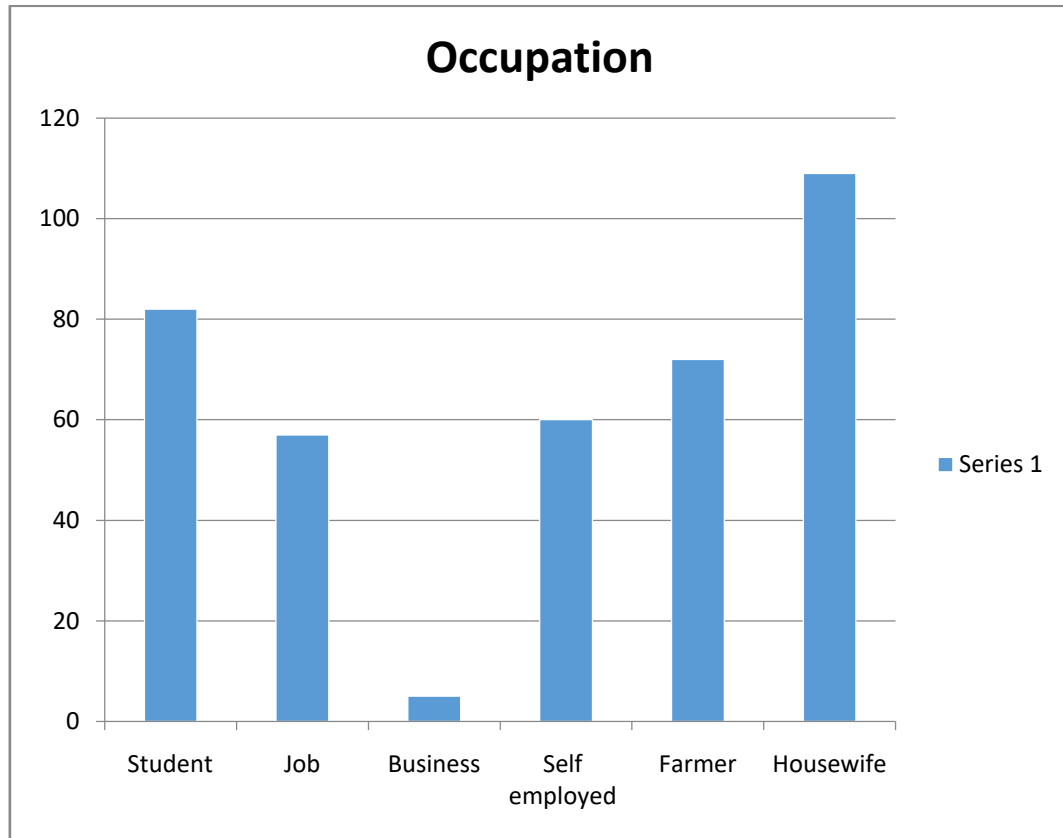
**Table no. 02: Frequency distribution of patients according to Sex**

Sex	People	Percentage
Male	158	41.03%
Female	227	58.97%
Transgender	000	00.00%



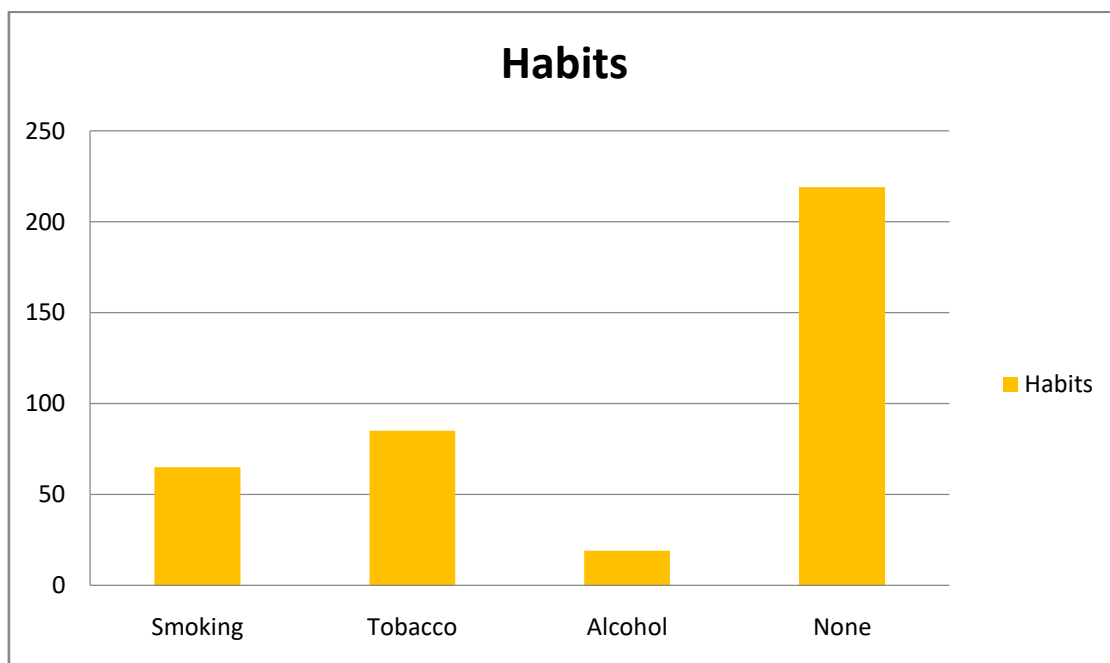
**Table no. 03: Frequency distribution of people according to Occupation**

Age Group	People	Percentage
Student	82	21.30%
Job	57	14.80%
Business	05	01.29%
Self employed	60	15.58%
Farmer	72	18.70%
Housewife	109	28.31%



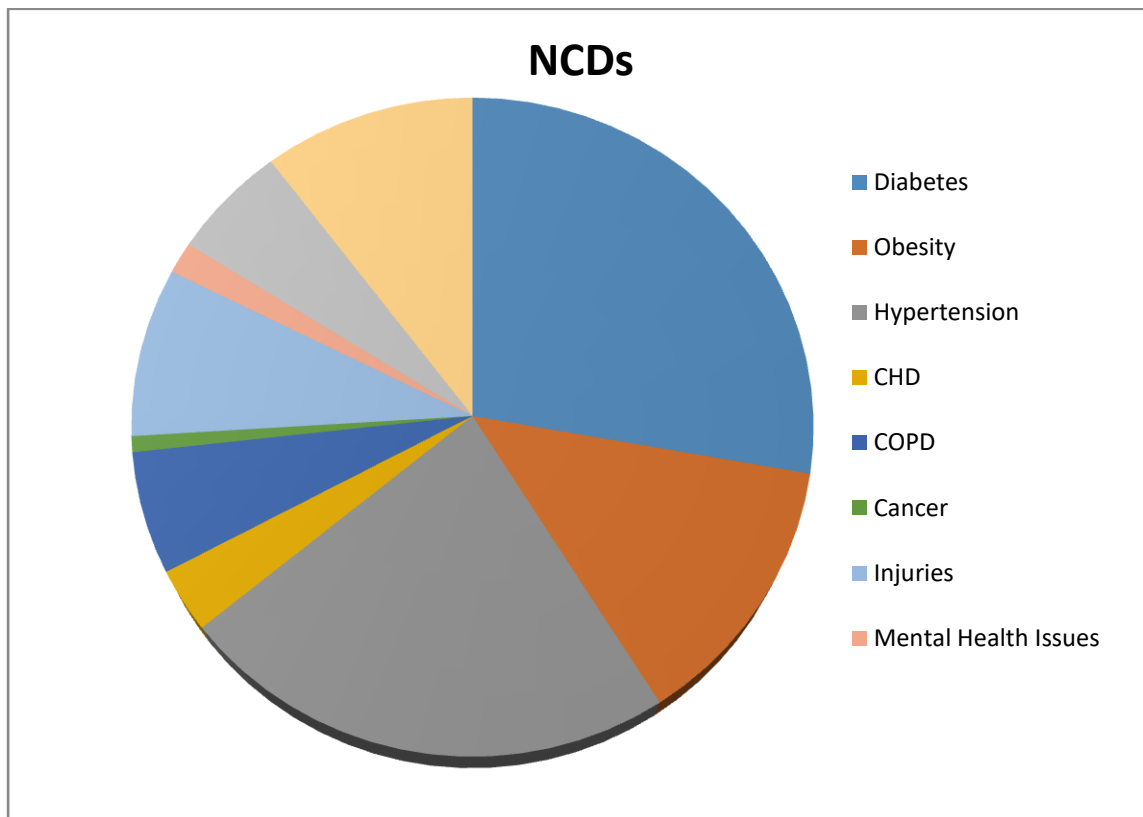
**Table no. 04: Frequency distribution of people according to habits**

Habit	People	Percentage
Smoking	65	16.89%
Tobacco	85	22.07%
Alcohol	16	04.15%
None	219	56.89%



**Table no. 05: Frequency distribution of patients according to NCDs**

Age Group	People	Percentage
Diabetes	107	27.80%
Obesity	51	13.24%
Hypertension	89	23.11%
CHD	12	03.11%
COPD	23	05.97%
Cancer	03	00.77%
Injuries	32	08.31%
Mental Health Issues	06	01.55%
Deficiency Disorders	22	05.72%
None of the NCDs	40	10.38%



## DISCUSSION

No communicable diseases (NCDs) are a group of diseases that affect individuals over an extended period of time causing socio-economic burden to the nation. The major NCDs share four behavioral risk factors- unhealthy diet, lack of physical activity, and use of tobacco and alcohol. Factors contributing to the rise of NCDs also include ageing, rapid unplanned urbanization and globalization.

Preventive aspect of NCDs is strengthened by Government of India, under Comprehensive Primary Health Care through Ayushman Bharat Health Wellness Centre scheme, by promotion of wellness activities and targeted communication at the community level. Other initiatives for increasing public awareness about NCDs and for promotion of healthy lifestyle includes observation of National & International Health Days and use of print, electronic and social media for continued community awareness. Furthermore, healthy eating is also promoted through FSSAI. Fit India movement is implemented by Ministry of Youth Affairs and Sports, and various Yoga related activities are carried out by Ministry of AYUSH. In addition, NPCDCS gives financial support under NHM for awareness generation (IEC) activities for NCDs to be undertaken by the States/UTs as per their Programme Implementation Plans (PIPs).

Yet, this survey clearly indicated that, NCDs are burning issues of current era in rural India too. Overall, NCDs were prevalent across all the socio-economic and demographic categories of population. The results generated through this

survey would certainly focus on major issues in bringing changes or initiate various programs related to control of non-communicable diseases in Vathar tarf Vadgaon village. In Rural area like Vathar village, only 40 people out of 385 are untouched by NCDs. So we can imagine the scenario in Urban & Metro Cities. There is need to undertake the Awareness Drive along with Health Camp for Prevention and Management of NCDs through Ayurveda.

### **CONCLUSION**

Regarding Vathar tarf Vadgaon village of Kolhapur District, it is observed that, the prevalence of Non communicable Diseases is at noticeable extent. Ayurvedic Management can do well with prevention and management of all types of NCDs. But most of the population is unaware of that unfortunately. There is need of time to outreach in the society and make every single person aware about NCDs.

This study also laid a pathway for further initiatives to be taken by this teaching hospital, for the wellbeing of the society. With Ritunusari Shodhan Panchakarma, Pathya-Apathyakar Ahara-Vihara, and some Yogic Practices mass movement against NCDs can be created. This study can stand like torch-bearer for the things can be done at this teaching hospital to treat & prevent NCDs.

### **REFERENCES**

- [1]. Status of Non-Communicable Diseases (NCDs) in India <https://pib.gov.in/PressReleaseIframePage.aspx?PRID=1796435>
- [2]. NCD Surveillance-STEPwise approach to surveillance (STEPS) <https://www.who.int/entity/ncds/surveillance/steps/en/index.html>
- [3]. <https://nhm.gov.in/index1.php?lang=1&level=1&sublinkid=1041&lid=614>