

CENTRAL COUNCIL FOR RESEARCH IN HOMOEOPATHY, NEW DELHI

SWASTHYA RAKSHAN PROGRAMME

Sanitation and hygiene are critical to health, survival, and development. A significant amount of disease could be prevented through better access to adequate sanitation facilities and better hygiene practices. In this context, as per directions of Ministry of AYUSH, Council has initiated Swasthya Rakshan Programme to promote health by identifying, preventing, treating the diseases related to poor hygiene and sanitation. The programme is linked with Swachh Bharat Abhiyan as maintaining cleanliness is fundamental to disease prevention and maintaining health.

OBJECTIVES

1. To initiate Swasthya Rakshan OPDs providing homoeopathic treatment.
2. To organize SwasthyaParikshan Camps for screening, identification of risk factors and early diagnosis of diseases.
3. Health promotion through health education to local population
4. Distribution of IEC material among the masses in local language and English/Hindi.
5. Documentation of demographic information, food habits, hygiene conditions, seasons, lifestyle etc., incidence/prevalence of disease.
6. Assessment of health status (before & after) and propagation of Homoeopathic system of the medicine.
7. Publication of the research outcomes from time to time.

ACTIVITIES UNDERTAKEN

A. Medicare services

Swasthya Rakshan OPDs are conducted on weekly basis in 05 identified villages / colonies of at 11 Institutes of Council for providing homeopathic treatment. Swasthya Rakshan Team is visiting each village per week regularly.



Swasthya Parikshan Camps are organized weekly in the 05 identified villages/colonies along with the OPDs for screening, identification of risk factors and early diagnosis of diseases. Days are selected when there is maximum gathering of the village people for better outreach.

B. IEC material

Banners/handouts/posters are developed in Hindi, English and 7 regional languages i.e. Assamese, Oriya, Bengali, Malyalam, Telugu, Manipuri and Marathi for creating awareness. The pictorial depiction of Gandhiji's spectacles with 'Swachh Bharat' is clearly written on the glasses to be used as a logo on IEC material. The IEC material is focussed upon:

- Importance of hygiene in daily practice
- Promoting healthy practices like hand washing, disposal of waste etc.
- Awareness about homoeopathy



C. Health Promotion

Health education of practices like hand washing, disposal of waste, awareness about homoeopathy is given during mobile OPDs and camps for creating awareness.

ACHEIVEMENTS

Overall till August 2016 a total of 2586 Camps/ OPDs are conducted at the 55 identified villages and 281297 number of persons are benefitted by Homoeopathy. The achievements of the programme are highlighted below:

Name of the Research Institute	Name of Village Adopted	No. of Swasthya Rakshan OPDs / Parikshan Camps	No of patient benefitted	Commonly identified diseases :
Dr DP Rastogi, Central Research Institute(H), Noida.	1. Bhangel 2. Sultanpur 3. Shahpur 4. Salarpur 5. Ellahabas	108	12363	<ul style="list-style-type: none"> • Acute upper respiratory tract infections – 1848 • Dermatitis – 928 • Functional dyspepsia (Indigestion) – 875 • Osteoarthritis – 817 • Acne – 542 • Headache – 533 • Nutritional anemia – 431 • Myalgia – 426 • Sciatica/Lumbago – 377 • Hypocalcemia- 344
Central Research Institute (H), Kottayam	1. Perunna 2. Thrikodithanam 3. Vazhoor 4. Madappally 5. Payippad	212	15388	<ul style="list-style-type: none"> • Allergic Rhinitis/Sinusitis- 941 • Osteoarthritis- 889 • Acute upper respiratory tract infections- 878 • Arthritis- 742 • Pruritis- 704 • Cough-695 • Asthma-677 • Diabetes mellitus-664 • Cervical/Lumbar spondylosis- 587 • Headache- 558
Regional Research Institute(H),Guwahati	1. Dolgobind Mondir 2. Ganeshpara 3. Odalbakra 4. Fatashil 5. Boripara	207	10215	<ul style="list-style-type: none"> • Acute upper respiratory tract infections – 1184 • Dermatitis – 564 • Hypertensive disease – 446 • Functional dyspepsia – 395 • Myalgia – 381 • Gastritis – 379 • Osteoarthritis – 360 • Diabetes mellitus – 320 • Constipation – 279 • Sciatica/Lumbago – 256
Regional Research Institute(H), Puri	1. Sutan 2. Bantaligrama 3. Aruagobindapur 4. Ambapada 5. Hiranyapada	217	7938	<ul style="list-style-type: none"> • Worm Infection – 1128 • Anorexia – 733 • Cough – 574 • Osteoarthritis – 468 • Fever of other and unknown origin – 427

				<ul style="list-style-type: none"> • Diabetes mellitus – 316 • Headache – 311 • Sciatica/Lumbago – 299 • Anxiety Disorders – 177 • Myalgia - 150
Regional Research Institute(H), Imphal	<ol style="list-style-type: none"> 1. Langol 2. Naoremthong 3. Talyel 4. Lamsang 5. Mayang Langing 	118	7329	<ul style="list-style-type: none"> • Acute upper respiratory tract infections – 762 • Osteoarthritis – 665 • Hypertension- 592 • Neuralgia and Neuritis- 590 • Backache- 368 • Gastritis- 357 • Vertigo- 347 • Phlebitis/ Thrombophlebitis- 292 • Diabetes Mellitus – 286 • Sciatica/ Lumbago- 268
Homoeopathic Drug Research Institute Lucknow, (U.P)	<ol style="list-style-type: none"> 1. Gazipur Balram 2. Daud Nagar 3. Rasulpur Kayasth 4. Bharwara 5. Kathwara 	233	11494	<ul style="list-style-type: none"> • Cough – 1261 • Fever of other and unknown origin – 955 • Dermatitis – 941 • Gastritis – 871 • Worm infection – 772 • Osteoarthritis – 751 • Myalgia – 630 • Acute upper respiratory tract infections – 589 • Abdominal and pelvic pain- 523 • Headache – 441 • Cutaneous abscess - 321
Dr Anjali Chatterjee Regional Research Institute (H), Kolkata	<ol style="list-style-type: none"> 1. Kharibari 2. PRC, Dankuni 3. PRC, Uttarpara 4. Sodpur 5. Dhapa 	125	19899	<ul style="list-style-type: none"> • Upper Respiratory Tract Infections-1443 • Dermatitis-1127 • Arthralgia-1029 • Cough-925 • Sciatica/Lumbago-873 • Leucorrhoea-718 • Myalgia- 691 • Functional dyspepsia-620 • Polyarthriti- 570 • Neuralgia and neuritis- 488
Regional Research Institute (H), Shimla	<ol style="list-style-type: none"> 1.Rajhana 2.Mehli 3.Lower Khalini 4.Bhattakuffer 5.Dhalli 	81	2484	<ul style="list-style-type: none"> • Acute upper respiratory tract infections- 407 • Dyspepsia- 226 • Hypertension- 154 • Myalgia- 145 • Osteoarthritis- 96

				<ul style="list-style-type: none"> • Headache -68 • Sciatica/ Lumbago-59 • Worm Infestation-65 • Dermatitis -52
Regional Research Institute (H), Jaipur	1.Khora Ladkhani 2.Chharasa 3.Sakatpura 4.Kumbhawas 5.Hanutpura	172	17794	<ul style="list-style-type: none"> • Acute upper respiratory tract infections – 4214 • Constipation – 1069 • Gastritis – 1023 • Cough – 804 • Fever of other and unknown origin – 791 • Dermatitis – 605 • Lower Respiratory tract infections– 602 • Asthma – 541 • Myalgia – 498 • Migraine - 478
Regional Research Institute (H), Navi Mumbai	1. Kopri 2. Kalamboli 3. Nerul(Urban) 4. Turbhe (Urban) 5. New Panvel (Urban)	182	6384	<ul style="list-style-type: none"> • Upper Respiratory Tract Infections • Abcess • Boil • Rashes • Lumbago • Arthralgia Arthritis • Headache
Regional Research Institute (H), Gudivada	1. Siddhantham 2. Challapalli 3. Chinamuttevi 4. Angaluru 5. Katuru	240	19050	<ul style="list-style-type: none"> • Osteoarthritis – 4139 • Acute upper respiratory tract infections – 1327 • Dermatitis – 1172 • Acute lower respiratory tract infections – 1037 • Diabetes mellitus– 908 • Hyperacidity – 801 • Cervical/ lumbar spondylosis- 678 • Hypertension– 661 • Headache – 508

Outcome:

- Increased awareness among population regarding healthy practices like hand washing, disposal of waste etc. in prevention of diseases arising from unhygienic conditions.
- No incidence of recent epidemic reported in the adopted villages after initiation of programme.
- Acceptance of homeopathic treatment as a first choice of treatment in ailments of population of different age groups especially those arising due to unhygienic conditions.