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A SURVEY ON COMMON DISEASES IN RURAL AREA AND CREATING AWARENESS AMONG THEM

Kupireddy Nikhil Reddy*, K Ragavendra Rao, A Sruthi, M Swetha Rao

Aurobindo College Of Pharmaceutical Sciences, A.P., India

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For Correspondence:

Kupireddy Nikhil Reddy
Aurobindo College Of
Pharmaceutical Sciences,
A.P., India

E-mail:

nikki_020289@yahoo.com

ABSTRACT

The main aim of the study was to create awareness in a rural area and educate the people about the common diseases prevailing in that area, prevent self medication and provide knowledge about proper medication under medical supervision. A descriptive and retrospective study was performed at gangadevipally village, Warangal dist., Andhra Pradesh by us for a period of one week. Collection of medical records of 396 people of different age groups reflected three major health problems in the village they are hypertension, diabetes and joint pains besides several other diseases. Among them 10 were suffering from diabetes mellitus, 49 were suffering from hypertension and 98 were suffering from joint pains. Joint pains and arthritis are seen mainly in people above age of 35 and this may be due to fluoride problem which was prevailing in this area some time ago. Hypertension may be due to stress at work, as most of these people are daily workers in the agricultural fields and many people smoke. Furthermore it was found that significant number of people prefer self medication for some common diseases and lack knowledge about their health problems, their causes and about hygiene they ought to maintain. Primarily they were educated on health and hygienic conditions and common diseases prevailing in their village. This data shows the need for patient counselling for the diseased and awareness on the health and hygiene along with proper use of medicines in rural areas. Thus pharmacists play an important role in educating patients about different diseases, their treatment, monitoring the use of medication. Also assist in maintaining medical records and correlate them with clinical outcomes and quality of life which are essential to ensure the optimal use of health care resource.

INTRODUCTION :

In most of the rural areas people merely have knowledge about diseases they confront with and how to get them treated. This is mainly due to Very low literacy rate in villages. Most often people in rural areas prefer self medication for common health problems like fever, headache etc. moreover in some other cases they are treated by non medical persons. They are not explained about the disease they are suffering from and also the details of medication to the patients due lack of pharmacists in these areas. the inefficient working of the government health authorities add up to the complications of health of the people in rural areas.

OBJECTIVE :

This study is carried out to create awareness in rural areas and educate the people about the common diseases prevailing in that area and also prevent self medication and provide proper medication under medical supervision. To make aware of

pharmacists and their role in the present day world. To make the village authorities or administrative bodies to maintain the health profile of the villagers, which fetches the advantage to the people to make use of the prestigious projects undertaken by the government like arogya sree and 104 services (free treatment and supply of medicines to poor).

MATERIALS AND METHODS

A descriptive and retrospective study was performed at gangadevipally village, Warangal dist., Andhra Pradesh by us for a period of one week from 7th July to 13th July, 2009 with the permission from village administrative local bodies. Medical records of 396 people of different age groups were prepared by personally interaction with them. Primarily they were educated on health and hygienic conditions and common diseases prevailing in them and also the precautions required to be taken for their future generations . Proper nutrition guidance was given for

the pregnant women and the mothers of infants and children.

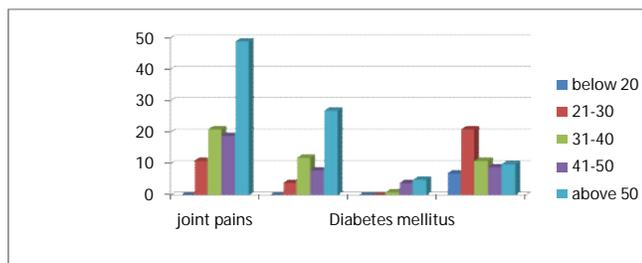
RESULTS AND DISCUSSION :

Medical records of 396 people, 208 female and 188 male were collected. Among them 10 were suffering from diabetes mellitus 49 were suffering from hypertension and 98 were suffering from joint pains. A significant number of people are preferring self medication for common diseases like fever, headache, body pains and vomiting. The common drugs they use include; paracetamol for fever without any antibiotic which is not a correct medication, ibuprofen for headache and body pains which is also not a safe drug. It was also noticed that many people are habituated in going to registered medical practitioners who are not the actual doctors and do not have sufficient knowledge about disease and medicines. Though the medicines given by these rmp's have a short time

positive effect, they have long term complications which they are not aware of. The people of the village were given counselling about the ill effects of self medication and need for proper treatment for any health problems and not to be driven by ancient practices which are being followed in and around their locality. Joint pains and arthritis are seen mainly in people above age of 30 and this may be due to fluoride problem which was prevailing in this area some time ago. Hypertension may be due to stress at work, as most of these people are daily workers in the agricultural fields and many people smoke. These people were told about the way they can mechanize their agricultural work and reduce the stress and also about hazardous effects of smoking on them as well as on the people around them & the environment. Pharmacists play an important role in educating patients about different diseases and their lifestyles.

DATA REPRESENTATION OF THE EXPERIMENTAL RESULTS

S.no	age group	joint pains	hypertension	Diabetes mellitus	self medication
1.	below 20	0	0	0	7
2.	21-30	11	4	0	21
3.	31-40	21	12	1	11
4.	41-50	19	8	4	9
5.	above 50	49	27	5	10



CONCLUSION :

This data shows the need for patient counselling for the diseased and awareness on the health and hygiene along with proper use of medicines. Monitoring their use and maintaining medical record and correlating with clinical

outcomes and quality of life is essential to ensure the optimal use of health care resources.

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