

AWARENESS OF ARTHRITIS AND RELATED PROBLEMS

Dr. Geeta D. Parulkar*¹, Dr. Siddhesh Waje², Dr. Megha Takale³, Dr. Pravin Kumar Yadav⁴, Dr. Manjushri Kharat⁵ and Dr. Ashwini Khendkar⁶

¹*Professor, in Dept. of Kayachikitsa.

^{2,3}M.D (Chikitsa) (Scholar) Final Year.

^{4,5}M.D (Chikitsa) (Scholar) Second Year.

⁶M.D (Scholar) Under Kayachikitsa Dept. at the Time of Camp.

Article Received on
26 July 2016,

Revised on 16 August 2016,
Accepted on 06 Sep. 2016

DOI: 10.20959/wjpr201610-7020

***Corresponding Author**

Dr. Geeta D. Parulkar

Professor, in Dept. of
Kayachikitsa.

ABSTRACT

Awareness for Arthritis and related problems was judged in a population of Worli area of Mumbai during a medical camp held on March 18, 2015 at the campus of M.A. Podar (Govt.) Hospital, Worli, Mumbai 18. As preparatory work, a questionnaire was designed on related problems. Following which, a survey conducted during the medical camp was organized by the main author with the help of seven post-graduate Ayurvedic scholars. The information about the camp was advertised through the distribution of banners and pamphlets in the above said area. Total 508 patients suffering from Osteoarthritis,

Rheumatoid Arthritis, Gout, Calcium deficiency, Musculoskeletal disorders and Neuromuscular disorders visited this camp. They were screened by physical examination and advised related management of Ayurvedic medicines and special therapies of Snehana (Oleation) and Swedana (Fomentation). It was noted that 68.7% patients were suffering from Osteoarthritis and 67.32% were aware about Shaman Chikitsa (Ayurvedic medicinal therapy). It is essential to pass on basic knowledge about Arthritis and related problems in public for prevention and cure on a larger scale. Awareness of this will definitely get success to conquer the disease up to some extent.

KEYWORDS: Medical Camp-Arthritis and related problems-Awareness-Local survey-Worli area-Mumbai.

INTRODUCTION

Following are the definitions of terms used in this survey article.

➤ Survey

A series of questions administered to a sample of individuals in a population.

➤ Osteoarthritis

Osteoarthritis (OA) is a non-inflammatory degenerative joint disease marked by degeneration of articular cartilage, hypertrophy of bone at the margins and changes in synovial membrane, accompanied by pain and stiffness.

➤ Rheumatoid Arthritis

Rheumatoid Arthritis (RA) is a chronic systemic inflammatory Polyarthritis that primarily affects small diarthrodial joints of the hands and feet in a symmetrical pattern. It is a heterogeneous disease with variable severity, unpredictable course, and a variable response to drug treatment.

➤ Gout

Gout is a disorder of purine metabolism manifested by the following features, occurring singly or in combination:

1. Increased serum uric acid concentration (Hyperuricaemia)
2. Recurrent attacks of characteristic type of acute Arthritis in which crystals of monosodium urate monohydrate may be demonstrable in the leucocytes present in the synovial fluid.
3. Aggregated deposits of monosodium urate monohydrate (tophi) in and around the joints of the extremities.

➤ Calcium deficiency

Normal value of total serum calcium in healthy adult is 8.7-10.2 mg/dl. Less than 8.7 mg/dl is called as 'Calcium deficiency'.

MATERIALS AND METHODS

In the present study, Worli area around M.A. Podar Hospital was surveyed. Podar Hospital is a government institution under the state of Maharashtra and is well-known in the field of Ayurvedic medicinal therapies. Area came under Worli with Slum, Slum-like and Non-slum population presented in the form of graph and population figures are as following:-

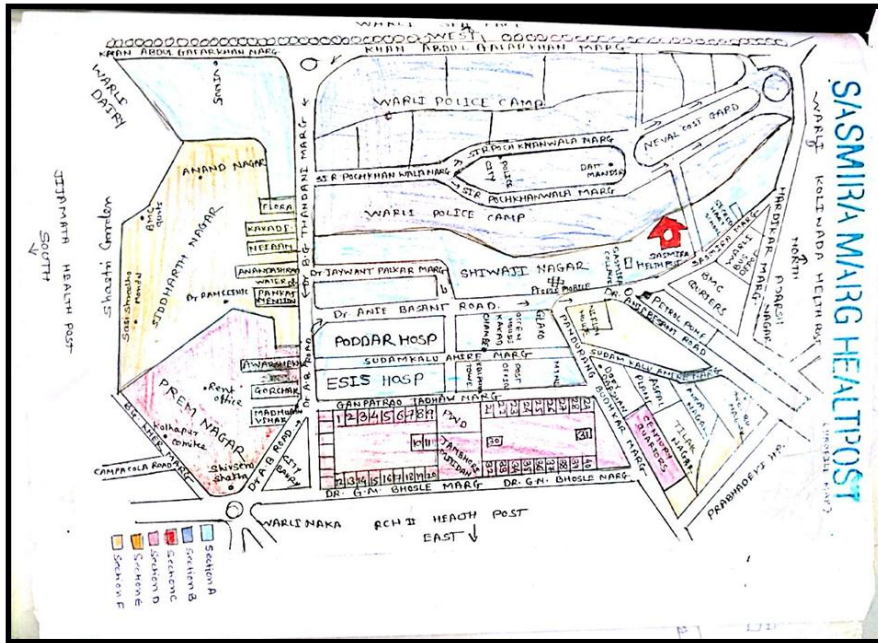


Fig.no.1

सासमिरा मार्ग आरोग्य केंद्र जी/कनिष्ठा

Sl. No.	Name of the staff	House			Population				
		Slum	Slum like	Non Slum	Total	Slum	Slum like	Non slum	Total
A	ANM- Lata	2000	-	1450	3450	9920	-	3561	13481
B	ANM- Manjireb	-	-	3797	3797	-	-	11548	11548
C	ANM- Tambe	2249	-	-	2249	9737	-	-	9737
D	ANM- Rashmi	3391	-	-	3391	12243	-	-	12243
E	Vaccant	2026	-	-	2026	9516	-	-	9516
F	Co-ordi- Rupali	55	2158	326	2539	269	3792	1264	5325
Grand Total		9721	2158	5573	17452	41685	3792	16373	61850
					17632				MR = 58710 Slum = 45736

Fig.No.2

Main author (Dr. Geeta Parulkar) is a permanent full time employee at this centre. The benefits of this area for conducting this study were (a) The best community medicine infrastructure (Podar Hospital Campus) and (b) Communication with the population through Outdoor Patients Department and Indoor Patients Department directly.

The total population of Worli at the time of the survey was **61,850** as per the municipal records.

PREPARATORY WORK

Before the actual study, main author and the co-authors with graduate degree in Ayurvedic medicine under the guidance of the main author and at present Scholars for Post-graduation in Ayurvedic medicine planned the whole project. They were already trained in collecting information using a specially designed questionnaire. It was ensured that the information collected should be relevant to Arthritis (Osteoarthritis, Rheumatoid Arthritis, Gout, Calcium deficiency, Musculoskeletal disorder and Neuromuscular disorder etc.).

Data was collected by following the interview technique. The clinical findings and x-ray findings were obtained from individual case records prepared by the main author and co-authors.

PRACTICAL WORK

508 patients were screened by physical examinations and advised medicinal therapies free of cost. Podar institution management was instrumental in arranging the required infrastructure for the camp. Many reputed pharmaceutical companies participated for distribution of medicines with no cost.

INCLUSION CRITERIA

- Patients suffering from Arthritis and related problems
- Both sexes
- From age group 20 years to 89 years
- With/without Mild Hypertension, Mild Diabetes Mellitus, Mild Ischemic Heart Disease, Mild Anaemia

EXCLUSION CRITERIA

- From age group below 20yrs
- Pregnant and Lactating mothers
- Patients suffering from complications like moderate to severe Hypertension, moderate to severe Diabetes Mellitus, moderate to severe Ischemic Heart Disease, moderate to severe Hepatitis, moderate to severe Renal Disease, moderate to severe Anaemia, Carcinomas anywhere in the body etc.

Photos



QUESTIONNAIRE**LOCAL SURVEY FOR AWARENESS OF ARTHRITIS AND RELATED PROBLEM**

**Under Medical Camp organized by Dr. Geeta Parulkar Unit No. 2 On 18 March 2015
attached to Ayurvedic Medicine Department of M.A. Podar Hospital (Govt.), Worli
Mumbai-18**

Patients Name:- _____ Reg.no: - _____

Address: - _____ Age: - _____ Sex: - F/M

Questionnaire Type

Q.1)	If Patient is suffering from Osteoarthritis/ Rheumatoid Arthritis/ Gout/ Calcium Deficiency/ Musculoskeletal Disorders/ Neuromuscular Disorders	Yes/No
Q.2)	Since which period: Years_____/Months_____/Days_____	
Q.3)	Related Regions: Upper Extremity_____/ Lower Extremity_____/ Neck_____/ Back_____/ Lumbar Region _____	
Q.4)	Which medication taken here before A) External_____/ Internal_____ B) Allopathic_____/ Ayurvedic_____/ Homeopathic_____	
Q.5)	Whether on Regular Exercises : Yoga_____/ Physiotherapy_____/ Walking etc._____	
Q.6)	Whether on Regular balanced diet	Yes/No
Q.7)	Whether suffering from additional diseases like: Hypertension_____/ Diabetes Mellitus_____/ Ischemic Heart Disease_____/ Others_____	
Q.8)	Whether undergone related investigations : X rays_____/ MRI_____/ Scanning_____ etc.	
Q.9)	Whether knows about Ayurvedic Management: Panchakarmas (Body Purification Management)_____/ Shamana Chikitsa (Medicinal Drugs)_____	
Q.10)	Whether referred by General Physician / came as per wish	Yes/No

OBSERVATIONS**Table No. 1 Age wise distribution of patients**

Age-group	20-29 years	30-39 years	40-49 years	50-59 years	60-69 years	70-79 years	80-89 years
No. of patients	39	84	130	118	98	33	6

Table No. 2 Sex wise distribution of patients

Sex	No. of patients	Percentage
Male	216	42.51%
Female	292	57.48%

Table No. 3 Educational status wise distribution of patients

Education	Male	Percentage	Female	Percentage
Below SSC	15	3%	304	60%
SSC	35	7%	128	25%

HSC	305	60%	51	10%
Graduation	128	25%	25	5%
Post- Graduation	25	5%	0	0%

Table No. 4 Socio-economic status wise distribution of patients

Class	No. of patients	Percentage
Lower middle class	305	60%
Middle class	126	24.8%
Upper middle class	77	15%

Table No. 5 Disease wise distribution of patients

Disease	No. of patients	Percentage
Osteoarthritis	349	68.7%
Rheumatoid Arthritis	62	12.2%
Gout	22	4.3%
Calcium Deficiency	20	3.93%
Musculoskeletal Disorders	52	10.23%
Neuromuscular Disorders	19	3.74%

Table No. 6 Period wise distribution of disease

Suffering Period	No. of patients	Percentage
Below one year	201	39.56%
Above one year	307	60.43%

Table No. 7 Related region wise distribution of disease

Region	No. of patients	Percentage
Upper Extremity	150	29.52%
Lower Extremity	220	43.30%
Neck	52	10.23%
Lumbar	95	18.70%

Table No. 8 Medication wise distribution of patients

Therapy	No. of patients	Percentage
External		
Ayurvedic	105	20.66%
Allopathic	82	16.1%
Not under any external therapy	321	63.18%
Internal		
Ayurvedic	127	25%
Allopathic	150	29.52%
Homeopathic	75	14.76%
Mixed	156	30.70%

Table No. 9 Regular exercisewise distribution of patients

Exercise	No. of patients	Percentage
Yoga	114	22.44%
Physiotherapy	27	5.3%
Walking	180	35.43%
Not under any exercise	187	36.81%

Table No. 10 Dietwise distribution of patients

Diet	No. of patients	Percentage
Regular	117	23.03%
Irregular	391	76.96%

Table No. 11 Additional disease wise distribution of patients

	No. of patients	Percentage
Said Disease with Hypertension	151	29.72%
Said Disease with Diabetes Mellitus	142	27.95%
Said Disease with Ischemic Heart Disease	41	8.07%
Said Disease with Anaemia	147	28.93%
Only Said Disease	27	5.3%

Table No. 12 Related investigation wise distribution of patients

Investigation history	No. of patients	Percentage
X-ray	266	52.36%
MRI	95	18.7%
Scanning	18	3.54%
With no history of investigation	129	25.39%

Table No. 13 Awareness wise distribution of patients

Knowledge about Ayurvedic therapies	No. of patients	Percentage
Panchakarmas (Body Purification Management)	166	32.67%
Shaman Chikitsa (Medicinal Drug Management)	342	67.32%

Table No. 14 Source wise distribution of patients

	No. of patients	Percentage
Referred by General Practitioner	85	16.73%
Came as per self-wish	423	83.26%

Table No. 15 Family historywise distribution of patients

Family history	No. of patients	Percentage
With Maternal or Paternal history of Joints pain	163	32.08%

RESULTS

Our study was conducted among 508 patients as mentioned above. Majority of them belonged to the age group 40-49 years. 68.7% of the patients were suffering from Osteoarthritis. It was noted that 60% of women and 3% of men were school drop outs. 60% of the patients belonged to low socio economic status.

52.36% of the patients had carried their related X-ray reports with them. While 25.39% of the patients had not undergone any investigation related to their disease. 67.32% of the patients were aware regarding Shaman Chikitsa (Ayurvedic medicinal therapy).

CONCLUSION

Ayurvedic body purification management i.e. Panchakarmas such as Vamana (Emesis), Virechana (Purgation), Basti (Enema), Nasya (Nasal insufflation) and Raktamokshana (Bloodletting), as well as other external therapies such as Snehana (Oleation) and Swedana (Fomentation) show remarkable results in patients with Arthritis and related problems. Hence, it is a great necessity to spread awareness regarding these therapies. Moreover, Snehana and Swedana are therapies that people can easily conduct at home and at a cheaper cost.

ACKNOWLEDGMENT

We are thankful to the management of Podar institution as well as companies which provided medicines free of cost for this camp.

REFERENCES

1. Y.P. Munjal, API Textbook of Medicine. Ninth Edition, New Delhi; Jaypee Brothers: 2012; 1818-1829.
2. Harsh mohan, Textbook of Pathology. sixth edition, New Delhi; Jaypee Brothers Medical Publishers, 2010; 898.