

## MEDICAL CAMP ON MONSOON RELATED ILLNESS

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### ABSTRACT

A screening for Monsoon related problems was done in a population of Worli area of Mumbai during a medical camp held on 15<sup>th</sup> August 2018 at the campus of Gokul School, Ambedkarnagar Co-operative Housing Society, Worli, Mumbai-18. The information about the camp was advertised through the distribution of banners and pamphlets in the above said area. Total 327 patients suffering from Fever, Upper Respiratory Illness, Sinusitis, Bronchial Asthma, Hyperacidity, Urinary Tract Infection, myalgia etc visited this camp. They were screened by physical examination and advised related management of Ayurvedic medicines. Some Patients were screened for various other Co-morbidities by Investigations like ECG, RBS, BMD, Hb free of cost.

**KEYWORDS:** Medical Camp, Screening and Management of Monsoon related illness, Ayurvedic Medicines, Worli, Mumbai.

## INTRODUCTION

Following are the definitions of terms used in this article-

**1. Upper Respiratory Tract Illness-** Any infection of Nasal Mucosa, Naso-Pharynx, Oro-Pharynx, Laryngo-Pharynx and Larynx are considered as URTI. This broad term includes many small ailments like – Rhinitis, Pharyngitis, Common Cold and Cough etc

**2. Lower Respiratory Tract Illness-**

Any infection of Trachea, Bronchi, Alveoli are considered as LRTI. This broad term includes many small ailments like –Bronchitis, Bronchial Asthma etc.

**3. Myalgia**

Muscular Pain due to any Viral Fever or Neuro-muscular Disease.

**4. Urinary Tract Infection-**

Any infection of Urinary Tract causing Burning Micturition, Fever with Chills, Nausea and Vomiting.

**5. Gastro-intestinal Disturbances**

Any infection causing Stomach upset, Diarrhea, Indigestion, Vomiting etc.

## MATERIALS AND METHODS

In this Medical Camp, Worli area around Gokul School was screened some days before the camp. M.A.Podar Hospital is a government institution under the state of Maharashtra and is well-known in the field of Ayurvedic medicinal therapies situated very near to the Gokul School. Main author (Dr. Geeta Parulkar) is a permanent full time employee at this Hospital. The benefits of this area for conducting this camp were (a) Many People were Screened and managed for Monsoon Related Illness in the Peak Monsoon Climate. (b) Many People were Screened for Diabetes Mellitus, Osteoarthritis, Cardiac Diseases by our Investigations like Random Blood Sugar, Bone Mineral Density, Electrocardiograph, etc which played a role as Co-Morbidity so that people could take Preventive therapies like Panchakarma (Vaman related to emesis therapy, Virechan related to purgation therapy, Basti related to oil or decoction enema therapy, Nasya related to insufflation therapy, Raktamokshan related to Blood-letting therapy) and related procedures like abhyanga (Oleation), Nadisweda and petisweda (Fomentation), Hrudbasti (Special oleation therapy for the area around the heart), Manyabasti (Special oleation therapy for the area around the neck), Katibasti (Special oleation therapy for the area around the lumbar region), Janubasti (Special oleation therapy for the area around the knees) etc.

Area came under Worli with Slum, Slum-like and Non-slum population presented in the form of graph and population figures (According to data by BMC before 2years) are as following:-

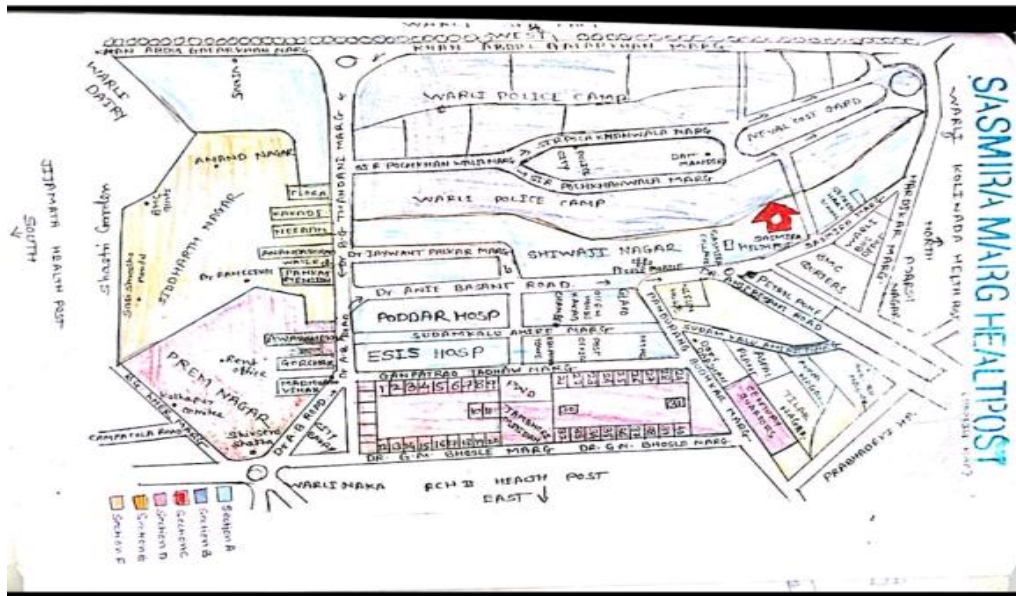


Fig no. 1.

Sl. No.	Name of the staff	Area			Population				
		Slum	Slum like	Non Slum	Total	Slum	Slum like	Non slum	Total
A	ANM-Lata	2020	-	1450	3450	9920	-	3561	13481
B	ANM-Manjrekar	-	-	3297	3297	-	-	11548	11548
C	ANM-Tambe	2249	-	-	2249	9737	-	-	9737
D	ANM-Rashmi	3391	-	-	3391	12243	-	-	12243
E	Vacant	2026	-	-	2026	9516	-	-	9516
F	Co-ordi- Rupali	55	2158	326	2539	269	3792	1264	5325
Grand Total		9721	2158	5573	17452	44685	3792	16373	61250
					17632				MR = 58210 slum = 45756

Fig no.2.

### PREPARATORY WORK

Before the actual Screening, main author and the co-authors (with graduate degree in Ayurvedic medicine and at present Scholars for Post-graduation in Ayurveda field under the guidance of main author) planned the whole project one month prior to the camp. Prepared Pamphlets were distributed 3-5days prior to camp in the nearby areas of Worli. It was ensured all the arrangements be done before hand on the previous day for easy flow of patients from registration till getting the prescribed Medicines with relevant Investigations like ECG, RBS, BMD, Hb, etc.

**पावसाळ्यातील आजार Monsoon Related Illness**

**मोफत निदान व चिकित्सा शिबिर**

कायचिकित्सा विभाग, म. आ. पोदार रुग्णालय, वरळी, मुंबई - १८.

स्थळ : गोकुळ शाळा, धी वरळी, अंबेडकर नगर को. ऑप. हॉ. सो. लि. कॉलनी, वरळी, मुंबई

बुधवार, दि. १५ ऑगस्ट २०१८

वेळ - सकाळी ९.०० ते दुपारी १.०० पर्यंत

**संबंधीत व्याधी**

<ul style="list-style-type: none"> <li>• ज्वर</li> <li>• प्रतिश्याय, कास</li> <li>• श्वास</li> <li>• अम्लपित्त</li> <li>• अजीर्ण</li> <li>• अतिसार</li> <li>• युरसंसर्ग</li> </ul>	<p>(Dengue, Malaria, Typhoid etc.) (Cold, Cough, Throat Infection) (Asthma) (Hyperacidity) (Indigestion) (Diarrhoea) (UTI)</p>
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**आवश्यक असल्यास रक्तातील साखर व ECG तपासणी मोफत.**

डॉ. गोविंद खटी  
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डॉ. रामण धुंगराळेकर                      डॉ. गीता परुळकर  
(विभागप्रमुख व प्राध्यापक)                      (प्राध्यापक)

डॉ. अभिषेक, डॉ. अजित, डॉ. निलेश, डॉ. अंकिता  
(प्रबंधक)

सौजन्य - युनिटी हेल्थ केअर  
मेकर्स ऑफ न्युरो केअर प्लास कॅम्प्ल

### Practical Work

327 patients were screened by physical examinations and advised medicinal therapies free of cost. Podar institution management permitted for the said camp especially on Independence Day. Many reputed pharmaceutical companies participated for distribution of medicines with no cost.

### Photos





### Inclusion Criteria

1. Patients suffering from Monsoon related problems and Other Co-morbidities.
2. Both genders
3. From age group 10 years to 89 years
4. With/without Mild Hypertension, Mild Diabetes Mellitus, Controlled Ischemic Heart Disease, Mild Anemia etc.

### Exclusion Criteria

1. From age group below 10 years
2. Pregnant and Lactating mothers
3. Patients suffering from complications like moderate to severe Hypertension, moderate to severe Diabetes Mellitus, Uncontrolled Ischemic Heart Disease, moderate to severe Hepatitis, moderate to severe Renal Disease, moderate to severe Anemia, History of Carcinomas anywhere in the body etc.

### Observations

**Table 1: Age wise distribution of patients.**

Age group	< 20 years	20-29 years	30-39 years	40-49 years	50-59 years	60-69 years	70-79 years	80-89 years
No. of patients	19	46	64	76	81	34	05	02

**Table 2: Gender wise distribution of patients.**

Gender	No. of patients	Percentage
Male	179	54.74%
Female	148	45.25%

**Table 3: Newly Diagnosed Co-morbidities Distribution of patients.**

Co-morbidity	Male	Percentage	Female	Percentage
DM(Madhumeha)	28	8.5%	16	4.89%
HTN(UcchaRaktdab)	11	3.3%	18	5.5%
IHD(Hrudroga)	06	1.8%	09	2.8%
OSTEOPENIA(Asthikshaya)	38	11.6%	56	17.1%

**Table 4: Socio-economic status wise distribution of the patients.**

Class	No. of patients	Percentage
Lower middle class	124	37.9%
Middle class	181	55.35%
Upper middle class	57	17.34%

**Table 5: Symptom wise distribution of patients.**

Disease	No. of patients	Percentage
Fever(Jwara)	15	4.5%
Rhinitis(Pratishyay)	78	23.85%
Indigestion(Ajeerna)	24	7.33%
Burning Micturition(UTI)	27	8.2%
Myalgia(Snayushula)	39	11.92%
Joints Pain(Sandhishula)	103	31.49%

**Table 6: Period wise distribution of disease.**

Suffering period	No. of patients	Percentage
Below 1 year	249	76.14%
Above 1 year	78	23.85%

**Table 7: Related region wise distribution of disease.**

Region	No. of Patients	Percentage
Upper Respiratory Tract(UrdhwaPranvahaStrotas)	132	40.03%
Lower Respiratory Tract (AdhoPranvahaStrotas)	24	7.33%
Gastro-Intestinal Tract(AnnavaahaStrotas)	59	18.04%
Urinary Tract(MutravahaStrotas)	27	8.25%
Musculoskeletal(Medovaha and AsthivahaStrotas)	85	25.99%

**Table 8: Medication wise distribution of patients.**

Therapy	No. of patients	Percentage
Allopathic	37	11.31%
Ayurvedic	212	64.83%
Mixed	78	23.85%

**Table 9: Related investigation wise distribution of patients.**

<b>Investigation history</b>	<b>No. of Patients</b>	<b>Percentage</b>
Hb	55	16.81%
RBS	56	17.12%
ECG	53	16.02%
BMD	127	38.83%

## RESULTS

Our screening was conducted among 327 patients as mentioned above. It was noted that 53.35% of them belongs to Middle Class Family and mostly from Worli area. More than 80% of the patients had taken the advantage of related Investigations free of cost.

## CONCLUSION

Majority of patients belonged to the age group 50-59 years. 40.03% of the patients were suffering from Upper Respiratory tract Illness, which is a great problem among monsoon related illness now a days in Mumbai due to change of Climate and/or dust due to repair works of roads.

## ACKNOWLEDGEMENT

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[http://www.wjpr.net/dashboard/abstract\\_id/9571](http://www.wjpr.net/dashboard/abstract_id/9571)