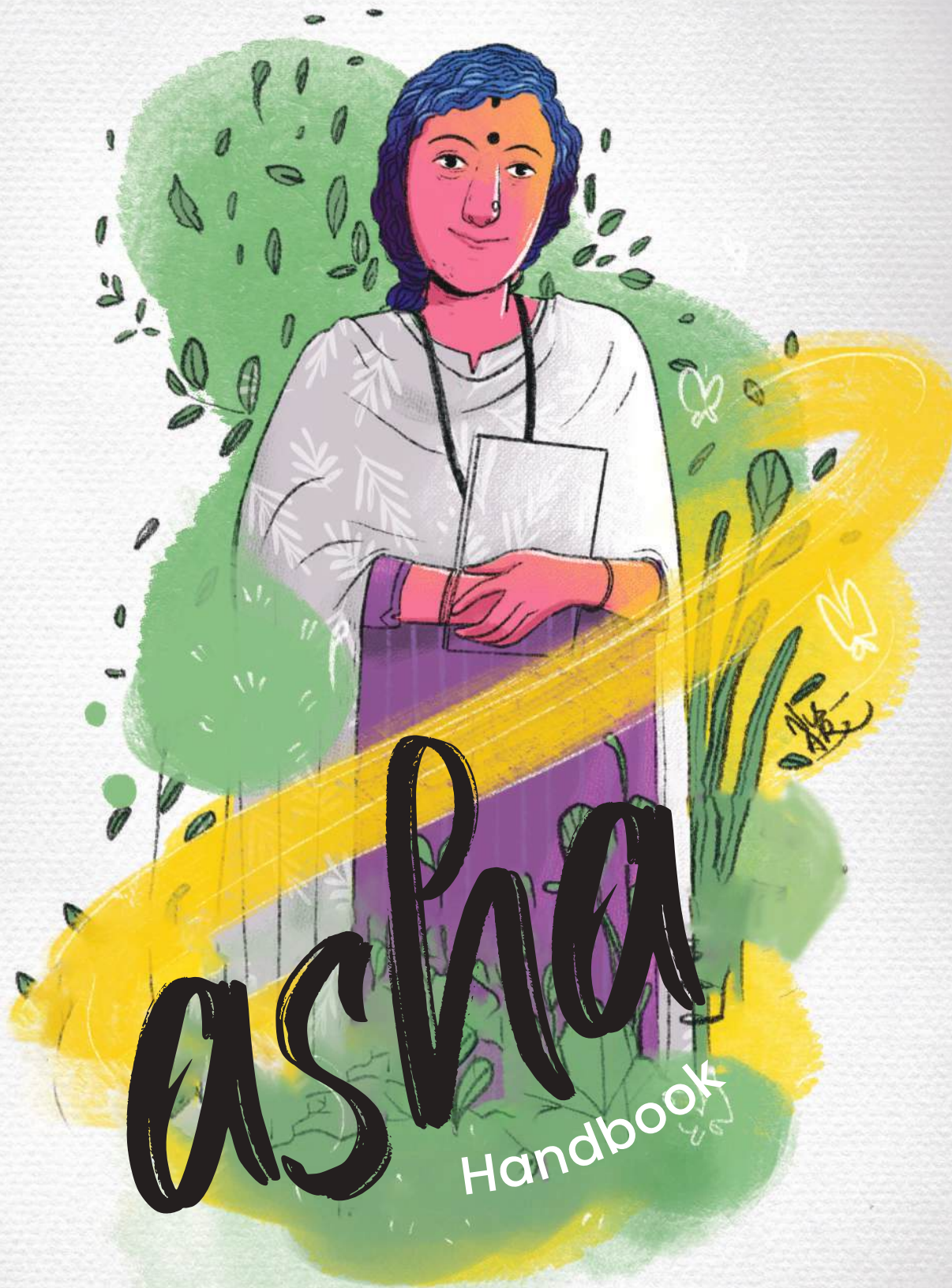




**NATIONAL AYUSH MISSION, KERALA**  
**AYUSH HEALTH AND WELLNESS CENTRE**



National AYUSH Mission, Kerala  
AYUSH Health and Wellness Centre

*asha*  
Handbook 2023

**National AYUSH Mission Kerala**

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### *Message*

Kerala is progressing very well in the field of public health. Various crisis situations were overcome through collective actions and with the services of ASHAs, who work directly with the public have been very helpful in this. ASHAs also involved in preventing lifestyle as well as emerging diseases. The government is moving forward realizing the importance of the AYUSH sector in the field of public health, . For this, AYUSH services are made available at selected AYUSH Health & Wellness Centers, thereby aiming a holistic health care. It is hoped that this handbook will be useful for all aspirants to have a proper understanding of AYUSH methods of treatment and to understand exactly their duties and responsibilities.

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### ***Message***

Our health sector is on the path of progress. AYUSH plays a vital role in providing the best healthcare services to the people. To make this useful and practical for every individual, the services of ASHA workers are required. For this, the AYUSH sector is starting a training program for ASHA workers.

Acting as an important link between health institutions and the community, ASHA workers should be able to become agents of social change in health with the objective of ASHAs acquiring more knowledge in various fields to undertake and execute their new duties, we extend our best wishes to the handbook prepared by the National Ayush Commission for Ashas appointed to Ayush Health and Wellness Centers.

**Jeevan Babu K IAS**

State Mission Director  
National Health Mission, Kerala  
Thiruvananthapuram



### ***Message***

Asha workers are a crucial presence in the health sector. They are doing a commendable service by improving health service systems and connecting the common and distressed people of society with health service institutions. It is very gratifying to have 2600 ASHA workers for AYUSH Health and Wellness Centers to energize the AYUSH sector. Wishing all the best for this handbook that is prepared to raise awareness about the duties and responsibilities of ASHA workers, who serve as social health workers.

**Dr. Preeya K S**

Director

Indian System of Medicine

Thiruvananthapuram





## ***Message***

The role of ASHA workers is crucial in the activities led by the health department within the public health sector. They play a vital role in delivering accurate and effective knowledge to the people and act as a significant link in providing health services. Therefore, proper training is essential to empower them in their field of work. We extend our best wishes that the handbook, prepared by the National AYUSH Mission for the selected ASHAs in AYUSH Health and Wellness Centers (AHWC), will empower them to shine in their respective domains.

A handwritten signature in black ink, appearing to read 'Vijayambika', written over a horizontal line.

**Dr. M. N. Vijayambika**


Director  
Homeopathy Department  
Thiruvananthapuram



## INTRODUCTION

Activities for upgrading the existing AYUSH dispensaries to AYUSH Health and Wellness Centers, led by the National AYUSH Mission, are underway throughout the state. As part of this initiative, an official decision has been made to include AYUSH Health and Wellness Centers (AHWC) in the area of work for ASHA (Accredited Social Health Activists). The primary goal is to identify the most vulnerable communities in Kerala society, understand their problems, and implement the scientific interventions of AYUSH under one roof. To invigorate the project's implementation, additional aspirants' services are being utilized. A Standard Operating Procedure (SOP) has been devised to streamline this intervention. The handbook outlines the government's intended approach in this sector.

This handbook has been prepared for ASHA workers who are entering this new field to comprehend the interventions of AYUSH medicine for the public's benefit and offer suggestions accordingly. We extend our best wishes to all for a better understanding of AYUSH systems through related training programs.

  
**Dr. D. Sajith Babu IAS**  
State Mission Director  
National AYUSH Mission



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## NATIONAL AYUSH MISSION (NAM)

India is blessed with an unparalleled medical heritage represented by traditional medical systems such as Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homeopathy. It is the treasure of knowledge for the Protection of health and disease preventive measures.

AYUSH Department has been formed for the work and promotion of Ayurveda, Yoga, Unani, Siddha and Homeopathy. Similar to NHM - National Health Mission, NAM - National AYUSH Mission is also working in the National health Sector.

The National AYUSH Mission (NAM), a centralized program under the Ministry of AYUSH, was launched in 2014 during the twelfth Five Year Plan. National AYUSH Mission started its activities in 2015. NAM's main objectives are to mainstream AYUSH treatment systems in the field of health care, to develop evidence-based AYUSH treatment approaches based on scientific documentation, and to ensure quality AYUSH services. Provide necessary support to the Departments in the fields of AYUSH Therapeutics and Physiotherapy and Ayurveda, Unani, Siddha & Homeopathy) National AYUSH Mission aims to promote the medicinal sector and medicinal

plant cultivation through the State Medicinal Plants Board.

Various projects related to conservation of wildlife are being carried out in AYUSH streams and institutions under AYUSH department are being supported in various ways.

Strengthen the institutional capacity of AYUSH at the state level by modernizing District AYUSH hospitals and AYUSH educational institutes, establishing 50-bed integrated AYUSH hospitals, implement AYUSH multi-generational programs and comprehensively based on AYUSH principles and initiatives to empower people of care against disease prevalence and health care. Establishment of 'AYUSH Health wellness Centers' to provide services on health model etc. are in the announced aims of National AYUSH Mission. Upgrading AYUSH hospitals and dispensaries can definitely increase the availability of AYUSH facilities.

Mission also aims to support state governments' efforts on health protection by making AYUSH care Councils available in vulnerable and remote areas. The expected outcomes of the Regional



AYUSH Mission are as follows:

1. Better access to medical facilities, availability of medical drugs and trained manpower through AYUSH councils.
2. Advancement in AYUSH Education by the setting up of AYUSH Education

Institutions.

3. Focus on the reduction of infectious/non-infectious diseases with help of specific public health projects.

The background of the page is a soft-focus image of green leaves and branches, creating a natural and healthy atmosphere.

## AYUSH HEALTH AND WELLNESS CENTERS (AYUSH HWC)

The WHO's Policy on Traditional Medicines 2014-23 and the Regional Health Policy 2017 highlight the importance of systems of medicine in AYUSH and emphasizes the importance of these traditional medicine systems. The efforts of the National AYUSH Mission to bring this sector to the forefront by developing innovative projects, improving service facilities, reforming the AYUSH education sector, increasing the quality and improving the facilities of the institutions are succeeding.

All over the world, the view has shifted from being a cure for passion to being a state of well-being. Health Centers were considered as centers for treatment only. No efforts were made to create and maintain the harmonious well-being of individuals. As a result, the disease prevalence increased leading to an increase in the number of patients and this ultimately became a burden to society. It became unaffordable to the existing public health systems to carry out the treatment of this increased number of patients at the cost to meet the treatments.

Formerly less than 40% of the people in Kerala society avail the public medical facilities. The rest of the population were relying upon private health sector. But as a result of the modernization of treatment, there has been a huge increase in the cost of treatment. They are in dire straits as no

section of the population can afford the treatment.

Primary care centers should be transformed from centers for the treatment of diseases to centers for the prevention of diseases and maintenance of self-well-being (wellness health centers). And by achieving this it will be possible to significantly reduce the prevalence of diseases in the society and thus reduce the financial burden to meet the treatment requirements.

As far as Kerala is concerned, the existing government AYUSH dispensaries have been set up as AYUSH Health and Wellness Centers. These institutions are changing from the existing centralized mode of operation to a mode of operation including field activities reaching into the society adhering on certain guidelines. To achieve this purpose following implementations need to be done, such as, to increase the basic facilities of these institutions, expand the existing facilities, training to health care providers for increasing their productivity, to make use of information technology and also effective gathering of information related to health.

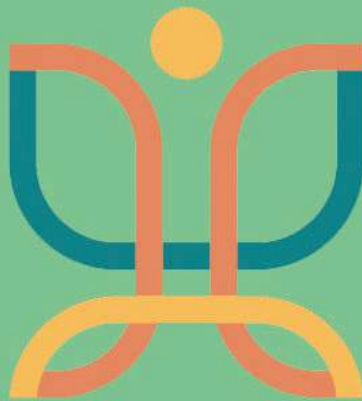
**There are mainly three components to achieve this aim.**

1. Prevention of diseases and maintenance of good health status to protect oneself from ailments.



## 2. Creating awareness of herbal medicine.

Activities based on the following 12 elements that are:  
-pregnancy, Childbirth, Neonatal Health Care, Child and Adolescent Health Care, Family Planning, Sexual Health Enhancement, Communicable Disease Control, Mild Health Problems, Vital Health Care, Oral Health Care, Geriatric Care, palliative care and mental health care, are to be done.



# SWASTHYA

## Comprehensive and sustainable health protection

The UN's Traditional Biodiversity Strategy 2014-2023 also emphasizes the importance of using traditional knowledge to achieve universal health conservation. The National Health Policy (NHP) 2017 emphasize on Integrated Health Care and points out that necessary incentives should be given to mainstream AYUSH treatment systems.

Kerala has a high standard of living which is better than other states in India and is close to that in Western nations. This ranking is based on strong social indicators such as high life expectancy, complete literacy, good health care and low birth and infant mortality rates. The Human Development Index compares favorably with most developed countries. Among the Sustainable Development Goals set by the United Nations by 2030, many of the targets have already been achieved. It has been recognized as the best child-friendly state in the world by UNICEF.

Although the data is promising, many commercial healthcare organizations are there, making use of these policies and providing health services at a fairly increased rate, resulting in high out-of-pocket expenses for poor people and this lead to the inaccessibility of quality healthcare services to the majority of the population.

All primary care institutions in Kerala play a crucial role in meeting the needs of the population. A significant change brought about by the modernization and regularization of public health sector was that people who depended on private institutions for their primary care needs were also attracted to government institutions. Unfortunately, this change was initially limited to the health department and was not extended to the AYUSH sector.

A large percentage of people in Kerala are resorting to AYUSH treatment systems for the prevention and maintenance of health. As those responsible for providing such services, the government systems are bound to provide them in a completely orderly and authentic manner.

AYUSH Health and Wellness Centers (AHWC) under the Ayushman Bharat scheme envisages universal delivery of positive health care. These institutes will be an integral part of the transformation of government AYUSH primary level health institutions from “medicine Dispensing units” to “centers of passive health and well-being”. AYUSH treatment methods are preferred by a large section of the state's population for self-reliance and self-care and wellness. As

government systems are obliged to be providers of such services in a standardized and approved manner, we must meet that requirement.

AHWCs will provide non-remunerative, specific standardized life services, including traditional workshops, with a focus on the most vulnerable sectors such as,

1. Safe motherhood and childcare
2. Protection of adolescent group.
3. Healthy elderly people.

### **1. Safe motherhood and childcare**

Safe pregnancy and motherhood play an important role in the gender index. Studies show that the number of cesarean deliveries is increasing for several reasons. Of the private hospitals, there are probably more than four government hospitals. Surgical infection, postpartum hemorrhage, Complications from anesthesia, bladder and bowel damage is more likely in caesarean section than in normal delivery.

With an average cost of Rs 50,000 to Rs 3 lakh, a cesarean delivery at Private Hospitals places a huge financial burden on the family. Due to the above-mentioned reasons, to save the life of the mother and the baby, the cesarean surgery is necessary, but it's misused widely and should be discouraged.

#### **Benefits of Traditional Ayurvedic Postpartum Treatment**

Our state has unique and time-honored traditional Ayurvedic treatment regimens for pre- and post-natal women. But most of them are charging a huge amount because it is a sector that also requires personal care. And also, there is no standardization fixed for such hospitals in private sector and they put forth packages which charge an average of Rs 30,000 to Rs 50,000 for postnatal care, making it unaffordable for a large section of the population.

Here lies the importance of SWASTHYA which can ensure safe pregnancy, maternity and child care and also quality post-natal Ayurvedic treatments at the best hospitals.

### **2. Protection of health in adolescent age group**

Adolescence is a stage that spans childhood and youth. It is marked by physical, psychological and social changes in the process of growing from children to adults. This is a transitional period that requires spiritual attention and protection. Adult substance abuse, social media addiction, mobile child abuse, sexual abuse, and mental health problems such as depression are on the rise. ADHD Conditions such as problems due to learning disabilities also exist.

#### **The main areas of concern are: -**

- ☐ Maintaining Reproductive Health
- ☐ Maintaining Sexual Health
- ☐ Maintaining Nutritional Status
- ☐ Preserving Mental Health
- ☐ Prevention Of Substance Abuse

AYUSH Health and Wellness Centers offer services for children and adolescents in mental health, ADHD management, upkeeping self-control, addiction management, stress management etc. Emphasis is also placed on increasing immunity and controlling recurrent infections.

### **3. Geriatric health care**

Increasing quality of life in old age includes domains such as physical well-being, mental well-being, level of personal freedom, and interpersonal relationships. Among other states perhaps we are far ahead in life span (74.49 for males and 80.15 for females.) The regional average is only 69.96 years. Generally, the traditional retirement age is 55 to 60 years. It indicates that there are still many years ahead, which should not only be passed but should be celebrated as a productive period. Senior citizens should be able to live with self-respect and not be a burden for their loved ones.

In order to achieve this goal, priority is given to activities that can help in preserving their general health, mental health and social interventions, and also interventions that can be carried by AYUSH in management of geriatric diseases. Palliative care should also be extended in such a way that

the service may reach all the needy. The scheme highlights the key role of caregivers in health management and health education.

AYUSH interventions including specific lifestyle-based dietary management, psychological management, Yoga protocols, ayurvedic massaging

therapies and Homeopathic management for physical and mental ailments, will definitely help in the management of diseases in old age and also in preserving a good health status.





## ASHAS AS AMBASSADORS

ASHAS are expected to act as ambassadors for the activities and social aspects of AYUSH Health and Wellness Centre. The three main areas that AYUSH health and wellness centers emphasize are child and adolescent health, pregnancy, childbirth and postpartum care, and antenatal care. Let us check what are the projects planned by the AYUSH department for the health-related problems and also for the mental health care of these sections, and will also look into the activities which can be taken up by the Asha workers to implement these projects smoothly and conveniently reaching the needy people of this section.

### Duties of ASHAS in the institution

1. Employed with two days duty per month in the institution.
2. Submit reports on field activities to Panchayat Health Review.
3. If there are difficulties for any to travel and reach the HWC to avail treatment, bring to the attention of the doctor.
4. Discuss with the Community Health Officer the progress of the field activities and the ways to solve the problems. Next month's activities should be planned in advance.
5. Provide necessary assistance to those seeking referral to AYUSH Health and Wellness Center from the community.
6. Help in screening vital signs eg: blood pressure etc.
7. Inform those who come to the institution about various meetings and projects.
8. Give advice on diet and routines to consider while undergoing treatment.
9. Inform the visitors of the institution about the services available in the institution and the schedule of visits.
10. Inform the visitors of the institution about the importance of sacrifice training and the facilities available in the institution and in the community.
11. Intimate and explain the importance of herbal garden.
12. Assist the institution in data collection and data entry.
13. Participate in training programs provided at regular intervals.

14. Perform other duties as directed by the Medical Officer.

#### **Field-level duties of ASHAS**

1. Provide awareness about Ayurveda/ Homoeopathy to various sections of the population and families within the jurisdiction.
2. Acquaint all with the various programs and projects offered by the local AYUSH Mission and direct them to the contact centers when required.
3. Inform the AYUSH Health and Wellness Center's facilities and available additional appointments and opening hours. Encourage the public to make use of these services
4. AYUSH HWCs emphasize the potential of Ayurveda in child and adolescent health, pregnancy, childbirth, postnatal care and antenatal care. a Explain the infection control schemes devised by the Department of Indian Medicine/Homeopathy. Provide these services to the target sectors.
5. Assist with lifestyle screening. For further advice please refer to AHWC.
6. Adopt infectious disease control measures. Activities of Epidemic Prevention and Control Cell of Department of Indian Medicine, and epidemic control cell of Homeopathy department through Programs namely REACH, should be enhanced.
7. Inform the CHO if there is a situation of speeding of infectious diseases.
8. It is hoped that activities for community distribution of over-the-counter medicines may be consolidated. There should be facilities for the distribution of antidotes to help the representatives of the local administration, Anganwadi staff, residence associations, voluntary workers and other medical departments. Provide necessary assistance for further activities.
9. For organizing medical camps, place should be prepared, different groups of people should be informed about the camp, other facilities should be prepared for conducting the camp and cooperation with the respective self-governing bodies.
10. Classes to be conducted on infectious diseases
11. Facilities should be provided for visiting Anganwadis, schools, orphanages and old age homes and providing treatment and follow-ups.
12. Provide necessary support to the disabled, elderly and those requiring palliative care with detailed information about Ayurvedic/ Homeopathic treatment and palliative care units.
13. If home visits are required for palliative care patients, that information should be communicated to the patient and arrangements should be made.
14. The information document should be prepared in the prescribed manner and within the prescribed time schedule.
15. To inform the society about the importance of yoga training.
16. Impress the importance of herbs and encourage making herbal teas.
17. Help to dress minor cuts, bruises and insect bites with prescribed medicines by MO.
18. Explain the importance of food and diet in prevention of diseases
19. Inform the HWC the necessary information in the event of any crisis like climate change, natural disasters and provide timely assistance to those in need of care and support.
20. Make necessary arrangements for conducting necessary devotional programs and sacrifices on various days associated with health (eg: world health Day, Ayurveda Day, Homeopathy Day diabetic Day, International yoga Day etc.).
21. Asha workers should analyze and prioritize health problems in the wards. In order to solve them, the Department of Indian Medicine/ Homeopathy should decide action plan to

make interventions needed

22. Conducting awareness classes regarding prevention of exposure of the public to infectious diseases
23. Emphasize the importance of personal hygiene, environmental cleanliness and sanitation.
24. Explain how lifestyle habits affects society and emphasize the importance of exercise and a healthy lifestyle.
25. To assist in information collecting activities and other services, carried out by the department.
26. Ensure necessary support collaborations for MO to determine distribution of anti-infectious drugs for communicable diseases in Homeopathy.

### **Duties of ASHA in regions with a higher population of Scheduled Castes/Tribe**

Ensuring the well-being of marginalized societies like Scheduled Castes (SC) and Scheduled Tribes (ST) is of utmost importance. Therefore, when submitting the list of beneficiaries, it is essential to include the number of SCs and STs among them.

The ASHAs should also pay attention to conduct camps for them and to deliver services at the door step. They should take on the responsibility of facilitating and availing the services provided by mobile clinics and specialty mobile clinics to the people in these regions.





# AYURVEDA- SCIENTIFIC KNOWLEDGE

The meaning of the word Ayurveda is knowledge related to life. Ayurveda is the science that deals with the knowledge of what is good for life and what is not good for life. It is a branch of science that deals with the philosophy of Atharvaveda and the knowledge that is necessary for the maintenance of life.

Ayurvedic science, which is mainly based on herbal medicine, gives due consideration to the herbs and lifestyles of the people.

## Basic document

Ayurvedic medicine is based on two principles. (Atharavritta,) which describes the methods of treatment and the Pathayacharas which are sufficient to cure the disease of the sick; A comprehensive set of guidelines with the overarching goal of protecting and promoting the life (swasthavritta)

Ayurveda deals with measures for protecting physical and mental health. A judicious following of good food practices is needed for maintaining physical and mental health. Ayurveda also emphasizes daily regimen, night regimen, regimen to be followed in each season, morals, for the development of good health.

Avoidance of suppression of natural urges is one of the main things Ayurveda considers for health care. That is, if there is suppression of flatulence,

stool, urine, hunger, thirst, sneezing, ileus, cough, belching, yawning, crying, vomiting, and ejaculated semen, will create ailments.

But Ayurveda prescribes that certain mental activities should be suppressed. Adverse desire, hatred, competition, greed and jealousy are the mental impulses that must be avoided, for which the pillars of virtue and practice are given importance in Ayurveda.

## Kaya chikitsa [General medicine]

It mainly deals with the treatment of diseases affecting the body. Agnimandya [indigestion] is the basis of all diseases. Making the digestive power proper is the basis of the General treatment.

## Pediatric treatment

The treatment is explained by clearly stating the upper and lower age limits between the explicit explanation of girl/boy. It has been clearly mentioned about medicine, dosage and disease diagnosis of children.

## Planetary therapy

This is the branch that deals with planetary diseases and mental diseases with medicinal methods. Planetary influence can be considered as behavioural disorders.

## Urdhvanganga treatment

Urdhvangam is a branch that treats ailments of the head, neck, eyes, nose, mouth, tongue and



neck.

## **Salya chikitsa [Surgery]**

Salyam refers to insects that are harmful to the body, thorns, stones etc. It also mentions about diseases in which surgery is needed. This section deals with the treatment of conditions that cannot be treated with medicines alone and require surgery.

## **Visha chikitsa**

This is the branch that treats poisoning from animals, other living things, plants, poisonous substances on the surface of the earth. It covers the symptoms and treatment of different poisoning.

## **Rasayana treatment**

This is a branch that deals with health care beyond treatment and describes the dietary habits that must be followed to maintain youth. Medicines can also be prescribed for medical treatment.

## **Vajikarana treatment**

Here the food, lifestyle, and remedies for sexual problems that parents should follow for a healthy generation is prescribed.

## **Importance**

**Ayurveda is more a lifescience than a science of treatment.**

Ayurveda prescribes various methods for treatment of disease of the patient, prevention of disease and health care of healthy. Before talking about the diseases, the daily practises for healthcare and prevention are detailed in dinacharya (daily regimen) and the things according to each climate are detailed in Rithucharya (seasonal regimen)..

According to Ayurveda science, a person can be healthy only if he has not only physical health but also mental health. It is the same concept that the world health organisation describes as a sign of health.

## **Possibility**

As we continue to advance in the field of health in human race, complexities appear in this field. On the one hand, the prevalence of life style diseases like diabetes and cancer etc and on the other hand

the spread of infectious disease like COVID 19, childhood behavioural disorders and other mental health problems are on rise.

The main reason for all this is the lack of natural immunity in the case of disordered lifestyle. Ignoring the symptoms without proper understanding also makes the problem worse. The fact that Nipah, Zika, and monkey pox all come from Kerala is also significant.

Ayurvedic treatment has been brought to more people through local institutions by making funds available as part of the public planning project in Kerala, where Ayurveda is not available. In this way Vedic science is now able to create a strong foundation for Kerala's primary health sector.

## **Integrative Kerala therapies**

The books Chikitsamanjari, Arogya kalpadrumam, vaidyai Manorama, Vishajayotsnika and Sahasrayogampoints to the merits of the Ayurveda system of treatment that developed in Kerala and the acceptance and popularity of Ayurveda in Kerala. Ayurvedic science has been able to provide effective treatment in poisoning, paediatrics, cancer treatment, etc. In Kerala therapies various treatment protocols were opted according to climatic changes as these seasonal changes affect health conditions.

Ayurveda prescribes Vamanam (Emesis), Virechanam, (Therapeutic purgation) Vasti (enema) Nasayam (Nasal medication) and Raktamoksha, (blood letting) as Panchashodhanas and Vamanam (emesis) Virachanam (Therapeutic purgation), Snehavasti (medicated oil enema) Kashayavasti (herbal decoction enema) and Nasayam (Nasal medications) as Panchakarmas.

Purvakarmas like snehana (oleation) and swedana (steam therapy) are the therapies that prepare the body for main treatment, the purification therapy. These two previous karmas have been modified over time and become important in holistic medicine for the relief from diseases

Thus, the treatment methods that have evolved into unified therapies are Pizhichil or Dhara, various types of kizhis etc. In addition to Purvakarma, the

extracts are used in herbal medicine for healing and protection of the health

### **Public health- Ayurveda - Asha activists.**

There are various schemes of the government in different treatment systems to raise the quality of health in the population. But due to many reasons the informations are not properly reaching public. People are not getting proper awareness about such projects. Due to the lack of

proper awareness about the services available in Ayurveda institutions, people are not able to avail the services as needed.

Therefore, in order to bring these projects and other services from Ayurveda institutions to the people properly, Ashas are selected. Ashas should be able to get to know the possibilities of Ayurveda system and bring it to the people .

# DEPARTMENT OF INDIAN SYSTEMS OF MEDICINE



India is home to a variety of unique health management systems that have evolved over the centuries among the diverse civilizations that have flourished on our continent. These systems, along with knowledge of medicinal plants, have been reinvented in the process of adapting to the needs of our cultures and societies. Among Yoga, Unani and Siddha and Ayurveda practices; the important and most accepted one is Ayurveda.

Though Homeopathy and Naturopathy didn't originate in India but propagated by European travelers who came here, both systems were established in India with widespread acceptance. All these systems have contributed to the conservation of nature in a society of holistic coexistence. In Kerala, the Department of Indian Systems of Medicine is one which coordinates all these systems except Homeopathy.

Indian systems of medicine includes Ayurveda, Yoga & Naturopathy, Unani and Siddha. Primary, secondary and tertiary health care systems delivering particular services in each level is carried out by various institutions under the ISM department. The Department provides medical assistance to the people through an extensive network of hospitals and dispensaries in Ayurveda, Naturopathy, Siddha and Unani systems across the state. The service is delivered through 818 dispensaries, 130 hospitals and 61 sub centers

across the state for in-patient and out-patient treatments.

The services provided include infectious and non-infectious diseases - prevention and treatment, school health programs, programs for differently-abled children, women and child health care programs, sports ayurveda, social justice department, local self-governance department, scheduled tribe department, fisheries department, state sports councils etc.

These include health maintenance programs in collaboration with the projects of Jeevani, Drishti, vayojana, kaumarabhrityam, vishachikiltsa panchakarma, prasooti tantra Mentalhealth, snehadara, sports medicine, Yoga, Naturopathy etc

Various projects are being implemented in collaboration with NAM like Ano- Rectal Clinic, AYUSH Tribal Medical Centre, Ayur Karma, AYUSH Wellness Centre, AYUSH Gram, Drishti, Harsham, Health and Wellness Centers. Apart from this, the department implements various projects under AyursagarSanthavanam through the District Panchayats, Vayo Amritham for Senior Citizens Centers in collaboration with the Department of Social Justice

In 1889, Sri MoolamTirunal Maharaja started an Ayurveda educational institution in Thiruvananthapuram. It was the first Ayurveda institution ever started in British India. This



institution of Ayurveda was later upgraded as Ayurveda College. And now 3 Government Ayurveda Colleges, 2 Aided Ayurveda Colleges and 12 Public Trust Colleges are functioning under the Directorate of Ayurveda Medical Education (DAME). Each college has its own hospitals also. Specialty clinics are being held in government Ayurveda colleges.

The Directorate of Ayurvedic Medical Education conducts Post Graduate Courses, BAMS and Paramedical Courses (Ayurvedic Nurse, Ayurvedic Pharmacist, Ayurvedic Therapist). NCIM (National Commission of Internal Medicine) assures the quality of these institutions, control's and monitor's them.

### **Government Ayurveda Dispensaries**

Dispensaries in ISM Department are the most basic and primary units related to the treatment of diseases and its preventive measures. The primary comprehensive health care of the society is to be ensured through these units, called dispensaries. These dispensaries, which are the primary health centers, carry out comprehensive

field related campaigns also.

It also provides primary level treatment and drug distribution and also activities related to preventive measures. Collection of information and reporting related to these activities is also carried out by these institutions. Anticipating infectious situations and adopting necessary countermeasures and providing necessary guidelines to provide pollution free environment is the responsibility of these centers.

Referrals to advanced treatment centers when more intensive treatment is required, access to specialty O.P.s in regional centers are also done through these institutions. Visits to Anganwadis, Hospitals, Orphanages and health awareness programs are conducted under the guidance of these institution. School health programs for students are also implemented through these dispensaries.

The dispensaries will also implement the health projects of the government and the respective self-governing institutions. A medical officer/senior medical officer will be the head of an Ayurvedic dispensary.





## HOMOEOPATHY- SCIENTIFIC EXPERIENCE

Dr. Christian Friedrich Samuel Hahnemann, founder of Homoeopathic Medical Science was born in Germany in 1755. Although Homoeopathy originated in Germany, India is the present-day citadel. This therapeutic science based on the natural principle of 'Simila Similibus Curentur' (Like cures like) 'enables permanent cure at low cost and in minimum time with simple and side-effect free medicines.

In the course of treatment, the homoeopathic physician considers the patient as a whole entity taking into consideration the disease condition rather than treating the affected part alone. The huge acceptance of homoeopathy in India is largely due to this uniqueness. In a state like Kerala with a commendable social and educational index, homoeopathy was accepted with ease.

According to the data of WHO, globally Homoeopathy is the second most popular medical science. Irrespective of rural urban divide

homoeopathy has a massive following among people playing its good part in nurturing a new health culture.

### History

Homeopathy is a therapeutic method developed by Dr. Samuel Hahnemann in 1796 through extensive research and experimental observations. He, an allopath, understood the paradoxes of the existing treatment methods and started trying to create an alternative treatment method. Dr. Samuel Hahnemann, a multilingual scholar was an expert, engaged in translating best available medical books.

While translating Dr. William Cullen's 'Materia Medica', he accidentally found some peculiarities in the description of healing properties of the medicinal plant 'CINCHONA'. It was believed, due to the bitter taste of 'CINCHONA' and certain reactions that take place in the stomach, it can possibly cure malaria. Hahnemann, a keen

observer, was dissatisfied with this description. He wondered why other bitter things cannot do the same.

Hahnemann experimented 'CINCHONA' on himself by consuming its contents. Malaria-like symptoms appeared in his body after taking this medicine and these symptoms disappeared after a few days of stopping the medicine. Later, when these experiments were repeated on his relatives and family members, the observations were repeated. In the same way, experiments with other medicines were conducted in many people and from these experiments, the basic principle of Homoeopathy 'Similia Similibus Curentur' was derived.

That is, any substance that produce specific symptoms in healthy individuals can cure the same in diseased ones. Although the medical science of Homoeopathy came into existence in this way, it was propagated with much opposition from the main medical sciences that existed at that time. This therapeutic science propagated from Germany to European countries like France, Britain and America.

### **In India**

In 1830, this medical science arrived in India. Sri Ranjit Singh, the late Maharaja of Punjab, had a condition called vocal cord paralysis which was treated and cured by Dr John Martin Honingberger of Romania. Homeopathy was welcomed and started flourishing here. India is now regarded as the capital of homoeopathic health care and education sector.

### **In Kerala**

More than 125 years ago, Christian missionaries brought Homoeopathy to Kerala. In 1920, when cholera was rampant in Travancore, the popularity of homoeopathic treatment began to increase.

In 1928 at Srimoolam Assembly in Travancore. Dr N. N. Pillai presented an assembly motion which regulated homoeopathy in government sector. In 1958, the first homoeopathic institute was started in Eastfort, Thiruvananthapuram under Government Sector. It was pioneered by the

first state government of EMS Namboothiripadu. In 1973, a government department was formed exclusively for Homoeopathy. In the field of public health management in Kerala, the treatment and counter measures are provided through this department.

Kerala is also at the forefront of homoeopathic education. The first homoeopathic medical course was started in 1920 at Dr Padiyar Memorial Homoeopathic Medical College, Ernakulam. Followed by this graduate course were started in 5 colleges at Kottayam, Thiruvananthapuram, Ernakulam, Kozhikode and post-graduate courses in two colleges. Graduate Courses (BHMS) and Post Graduate Courses (MD-Homoeo) were also first started in Kerala.

Homoeopathy which was born only two hundred years ago, has been recognized by WHO as a medical science that can be used for comprehensive health care regardless of age and gender. Dr. Mahendralal Sarkar, Dr. Baburajan Dutta played a major role in making India the main campaign center for Homoeopathy. Dr. M. N. Pillai and Swami Athuradas jointly pioneered this treatment. The joint leadership of Sreechithira Tirunal Balarama Varma Maharaja and the then health minister who was also an allopathy doctor, Dr. A. R. Menon helped in the development of this therapy.

There are 207 homoeopathic medical colleges in Government/Private Sectors in India. Two hundred and fifty students are enrolled annually in BHMS Bachelor of Homoeopathic Medicine in five Homoeopathic Medical Colleges, including two Government Medical Colleges at Thiruvananthapuram and Kozhikode. 36 students also pursue postgraduate studies. Ph.D research facility has also been started in some states.

The Government of India and the Government of Kerala have formed a department called AYUSH (Ayurveda, Yoga & Naturopathy, Unani, Sidha & Homoeopathy). The department was formed to enable administrative control, enforcement of Indian and Homoeopathy treatment methods. AYUSH department has control over the treatment, education and research



programs.

### **Basic principles**

Homoeopathic cure is based on knowledge of medicines acquired through clinical experiments and observations undertaken in healthy human beings. To give direction to this knowledge there are fundamental principles which are established and conform to the laws of nature.

### **Law of similars**

Homoeopathic medical science is based on the laws of nature. The most appropriate of them is the theory of Similia Similibus Curentur (Like cures like). This law states that cure is possible by carefully analyzing and giving the patient a pre-determined medicine that can produce similar physical, mental, and emotional symptoms in a healthy person.

### **The theory of single medicine**

This theory suggests that only one drug at a time may be needed to treat a disease.

### **Law of simplex**

The lowest dose of the most appropriate medicine is given for cure.

### **Special features of Homoeopathy**

Instead of giving importance to the disease alone a homoeopath notes the person's specific features, likes and dislikes and begins the treatment by giving the necessary time and importance to this analysis. Modern technology has been providing us with sufficient knowledge for clinical diagnosis, however, by starting the treatment based on the available symptoms, it is possible to get the treatment in the early stages and prevent the condition from reaching a dangerous state.

Homoeopathic treatment is based on individualisation i.e., disease prevention, healthcare and cure based on specific features of a particular person including physical and mental deviations of that diseased person. Thus, a very comprehensive and personalized treatment can be obtained. Homoeopathy is able to provide rapid, gentle, and permanent cure based on the principle

of individualisation.

### **Diet and routine in Homoeopathy**

Food is essential for survival and growth in humans and other living organisms. It is necessary to provide sufficient energy for new cell formation and repair, activities like respiration, reproduction and disease prevention. A balanced diet is a diet that can provide all the nutrients required by an organism at any stage of its growth. Food should also contain essential nutrients for proper body nutrition. A variety of food items should be included in the food in such a way that starch (Carbohydrate), Fat, Vitamins, Minerals, Fibre and water are readily available.

The science of homoeopathic medicine places great importance on diet and regimen in maintaining health. Homoeopathy physician prescribes a simple and nutrient rich balanced diet for a person based on age, gender and sexual status. A balanced diet includes whole grains, legumes, vegetables, fruits, milk and dairy products, eggs, fish and meat. Dr. Hahnemann in his book Chronic Diseases, has clearly mentioned about the healthy lifestyle and the food habits that should be followed during chronic treatment.

In acute episodes, the patient's diet and regimen may be adjusted according to his/her needs. Those needs may be favorable to him/ her during this state. Aversions may be things that worsen his/her condition. Thus patient's

diet and regimen can be regulated according to his/her desire so that the disease does not deteriorate.

In chronic (chronic) conditions, lifestyle control is mandatory in addition to medication. Water laced with herbs, perfumes, strong smelling flowers, medicated toothpastes, tooth powders, staying in swamps and wet areas, night watching and reading while lying down should be controlled.

Controls of mind – anger, sadness, emotional stress, excessive mental and physical activities immediately after food should be avoided. In the treatment of chronic affections, relaxation, active exercise in the open air, and a diet of digestive and non-medicinal quality is

advised by Dr. Hahnemann.

### **Possibilities and limitations of Homoeopathy**

No therapeutic science can be said to be complete. Homoeopathy also has potentials and limitations. Since the treatment of diseases is based on symptoms, the absence of symptoms makes treatment difficult. However, it is worth noting that deviations from the former state of health can be considered as disease symptoms.

Individualized treatment (Constitutional Treatment) for the treatment of hereditary disorders is a unique feature of Homoeopathy. In this way, it is possible to prevent cancer, diabetes, blood pressure and many other life-threatening

diseases.

In cases where prognosis is poor, palliative care is possible in homoeopathy. For many viral diseases effective medicines are unavailable. Antibiotics can't be used effectively for these types of infections. It is in this situation that homoeopathy can be effectively used as a treatment for viral diseases and their prevention. For this, the homoeopathy department has prepared a system called REACH (RAECH-Rapid Action Epidemic Control Cell Homoeopathy).



# DEPARTMENT OF HOMOEOPATHY

In the year 1958, the first government Homoeopathy Institution was started in Thiruvananthapuram. Initially, the Homoeopathy department was working under the Department of Indian Systems of Medicine. In 1973, the Directorate of Homoeopathy was formed and became an autonomous department.

Today there are District Medical Offices in all districts. District medical stores are functioning in 13 districts and Central Medical Storer in Thiruvananthapuram. 669 Government Medical Dispensaries and 409 AYUSH Primary Health Centres, Vandoor Cancer Pain and palliative hospital in Malappuram. There are 34 hospitals, 3 floating dispensaries, 3 mobile dispensaries and 29 SCP dispensaries under the department.

Sadgamaya, Seethalayam, Janani, Punarjani, Pain and Palliative, Nisarga, Geriatric, Ayushman Bhava, many special OPs at the state level and district level, and temporary dispensaries implemented during festival seasons are being conducted under the auspices of the department.

The aim of the department is to improve the basic facilities of medical institutions across the state and to provide the highest quality services to the various sections of the state in quality institutions.

## **Government Homoeopathy Dispensaries**

Dispensaries are the most basic level system related to the treatment and preventive measures of the department of homoeopathy. These

dispensaries are the primary health care units. In this sense, the primary comprehensive health care of the community is to be provided by these dispensaries. These dispensaries, which are the primary health centers, carry out comprehensive community health related campaigns.

It also provides primary level treatment and drug distribution through disease preventive measures. It organizes awareness programs, waste disposal measures, data collection and reporting related to public health including epidemic control and instructions related to pollution free environment.

Referrals to advanced treatment centers when more intensive treatment is required, access to specialty O.P.s in regional centers are also done through these institutions. Visits to Anganwadis, Hospitals and old-age homes, orphanages medical camps and awareness classes are conducted through these dispensaries. Health care activities for school students are also implemented by these dispensaries.

Public health projects of government and local self-government departments (LSGDs) are implemented through dispensaries with medical officers and chief medical officers as functional head.

# HEALTH AND WELLNESS CENTRES - AYURVEDA

- Healthcare and Immunity
- Prevention of communicable diseases
- Prevention of non-communicable diseases
- Palliative care
- Medicinal plants and home remedies.





# HEALTHCARE AND IMMUNITY

AYUSH Medicine prescribes certain lifestyles to be adopted for the health of people. Those who are healthy and have no disease is called 'swastan' and those with diseases is called 'athuran'. Ayurveda calls for constant continuation of the life style to maintain a peaceful life and prevent disease. Swasthavritta(preventive and social medicine) is a series of recommendations aimed at overarching goal of protect and promote the health of the people. Acquaintance with Ayurveda terms such as Prakriti, Dinacharya, Ritucharya will also be helpful for ASHA workers.

## **Prakriti (Nature):**

Determination of prakriti of an individual depends on evaluation of his physical, mental and social performances. AYUSH vidya recognize the body nature of each individual is to be considered as an important factor to diagnose a disease and determine its treatment.

## **Dinacharya (Daily Regimen):**

The dinacharya(daily regimen)includes activities one should follow in specific times of a day to maintain physical and mental health.

## **Rithucharya (Seasonal Regimen):**

The health side of seasonality is that you can practise specific activities and habits to prevent seasonal diseases and the first preventive lesson is to change your eating habits according to the changes in the weather. To change the diet regimen according to changes of climate is the foremost lesson in the prevention of diseases.

Ayurveda Swasthavritta insist the following regimen to be followed:

1. Dinacharya (daily regimen)  
andRatricharya(night regimen)
2. Rithucharya( seasonal regimen)
3. Satvrittam( code of right conducts )

## **1. Dinacharya**

- Wake up at sunrise every morning.
- Vadanasaucham (Cleansing of mouth)

Gargling of mouth with decoctions from various herb or gingelly oil after brushing not only gives strength to teeth and gums but also prevent various diseases. Ensure the dental hygiene after waking up in the morning, before sleeping and after each intake of food. For brushing of teeth dantachoornas prescribed in Ayurveda or taila can be used.

It is better to drink boiled water after this.

Have breakfast before 9:00am. Don't skip Breakfast for any reason. The energy needed for daily activities (for body and brain)is gained from breakfast. If it is excluded there is more likely chance of Lifestyle diseases like Diabetes mellitus and thyroid disorders to occur.

- Lunch should be taken by 1:00 p.m.
- Dinner should be light and should be taken before 7:00 p.m. It is better to sleep 2 to 3 hours after dinner.
- Use of all visual media should be winded up at least one hour before sleep. Otherwise, it would cause adverse effects on the functional efficiency of brain and cause defects of vision
- Should get 6 to 8 hours of continuous sleep.



- **Abhyanga oil massage**

It should be applied to the head, ears and feet. Applying oil in the head daily is beneficial for headache hair fall and to get sound sleep. Applying oil in the ears relieves pain in the neck, Dryness of mouth and impairment in hearing. When applied to feet it mitigates foot cracks' numbness and dryness.

- **Exercise**

There is a certain amount of minimal physical activity that every person should do. If it is less than that there is a chance of ill health of the body. Exercise has immense importance. Else it may affect efficient functioning and stature of the body. Practicing yoga and Pranayama daily add soon to the quality health of a person. Yog asana specifically mentioned for Lifestyle diseases like Diabetes mellitus bone joint diseases if practiced regularly creates positive effects on health.

- **Snanam(Bath)**

Taking Snana or bath improves digestion, relieves fatigue and increases body strength. It places an important role in maintaining body temperature as well as hygiene. When the body is sweaty, during noon (12:00 p.m. to 3:00 p.m.), immediately after eating and after 6:00 p.m. one should not take bath. And immediately after a meal. After showering dry your head thoroughly and do not sweat immediately after bathing or travel in the sun. Taking bath in warm water before dinner relieves fatigue.

- **Aharam (Food)**

Unique approach of Ayurveda that makes food into medicine has been discussed a lot in medical field. the sacred text of Ayurveda says about quality of food and its quantity of intake before a disease or its treatment is described. This diet Regimen helps to maintain good digestive capacity in each person. Hence it is crucial to spread the awareness of diet Regimen and incorporate it with the food characters of the society through health wellness centers.

Studies should be conducted on the quality,

quantity and contraindications of food that could be included in the diet Regimen like milk, curd, yogurt, ghee, raagi, bran coconut water, Navara (red rice), wheat different types of chutney, Chickpeas, curry leaves, turmeric ginger garlic, murinja, shathapushpa, meat, egg fruits, vegetables and green leafy vegetables. Locally available (local), traditionally used (traditional) seasonally available (seasonal) is basics of healthy food all over the world. AYUSH medicine also promote same practice.

## 2. **Rithucharya (seasonal regime)**

The health of human body depends more or less on daily regimen. Defect in daily regimen may end up in diseases. According to science of Ayurveda Seasons can be divided into two. Adhana Kaalam (or uttarayanam) and visarga Kaalam (or dakshinayanam). Shishiram (winter) Vasantham (spring), Varsham (rainy) grishmam (summer) Sharath (autumn), Hemant (pre-winter). Hemant Shishira with heavy cold is not manifested in climate of Kerala

### **Aadhana Kaala**

During adankala, as sun is closer to the earth, the heat of the sun would be felt more. Seasons of Shishira, Vasantha and Grishma comes under this period. Humidity gets reduced in almost all matters of Earth.

- During summer protect the body from excess loss of water.
- Drink water boiled with appropriate medicines like shariba (hemidesmus indicus), usheera (Vettiveria zizanioides) and dhanyaka (coriandrum sativum), which are sheethadravyas.
- Avoid food with hot and sour taste. Easily digestible food should be preferred.
- Include more fruits in diet.

### **Visarga Kaala**

- Food that is easily digestible and that which promotes the secretion of digestive juices should be used in rainy season.

- Salt and sour taste make digestion faster.
- Ghee can be used for cooking.
- In rainy season measures should be taken to prevent communicable diseases.
- lukewarm water boiled with medicines like shadanga, shunti(dried Ginger) should be used to drink.
- Fumigation should be done using dried medicinal herbs.
- Create awareness about aharam(food) vihara (regimen)and sleep as in structured in Ayurveda.
- Create awareness in public to ensure valuable service of HWC CHO, to accrue better health and to prevent Lifestyle diseases as it is possible through small changes in daily regimen, without hindering one's occupation, education family life, and interests.
- Create awareness about seasonal Regimen to be followed in different seasons.

**Asha workers should:**

- Understand the importance of dinacharya (dailyregimen) andrithucharya (seasonal regimen)in the maintenance of good health.

# PREVENTION OF COMMUNICABLE DISEASES:

## Control of communicable diseases

Communicable diseases are the diseases that spread from one person to another person through direct or indirect contact of the patient or the carrier or from animals. Mainly these diseases are caused through direct contact with the patient, sitting or taking food or sleeping with them, using clothes used by them or having sexual relation with them. Different types of virus bacteria and fungus are causative organisms of infectious diseases.

Infectious or non-communicable diseases are explained under the term 'Janapadodwamsam'. The diseases which cause destruction (dhwamsam) of a large population of people (janapadam) is defined as 'janapadodwamsam'. The harmful imbalance of factors like air, water, earth and atmosphere that commonly affects population, leads to outbreak of communicable diseases. We know that other factors that indirectly accelerate the spread of the diseases include environmental problems like air pollution and water pollution, climate change, Global warming, scarcity of potable water. As the disaster and deaths caused due to infectious disease can be controlled to an extent, its preventive measures have primary importance in this field.

To protect, personal and environmental hygiene, and it to reduce the prevalence of diseases Ayurveda explains dinachaya (daily regimen), Rithucharya (seasonal regimen) swasthavrittam (codes of conduct) with much importance. Ayurveda has given as much importance to health as treatment.

Dinacharya elaborately explains about ahara (dietary), vihara (wholesome activities) one should follow from the time of waking up to the time of his sleep. A proper routine is the necessity of the era as many communicable diseases found today are caused by wrong lifestyles adopted and many of them are preventable.

Rithucharya (seasonal regime) prepare our body to fight against the diseases caused due to weather changes. The do's and don'ts in each season is explained through this. Ayurveda considers sarirabala (immunity power) of person varies from season to season. Hence the diet to be taken, (ahara) the wholesome activities to be done, (viharas) and medicines to be taken (oushadhas) also differ. In this way, seasonal diseases can be prevented to some extent by increasing body strength.

The department has played a vital role in the prevention and control of infectious diseases like dengue fever in the past.

## Chikunguniya

It is a viral disease spread by Aedes mosquitoes. Along with fever, severe joint pain, headache, nausea and shivering of the body are the main symptoms. Normally fever subsides by one week but the pain in joints may persist in a few for weeks or months.

By providing treatment in the early phase of the disease, it is possible reverse the disease up to 90 percent. It also helps to get rid from other complications of the disease. If there is fever immediately, take advice from doctor of nearby



AHWC.

## **Dengue fever**

Dengue fever is spread by mosquitoes of Aedes variety. Symptoms are sudden high fever, head ache, pain in nerves and muscles, anorexia, red rashes, vomiting, and fatigue are the main symptoms.

The preventive medicines for these diseases are available in Ayurveda. The medicines to kill mosquitoes is available in Ayurveda dispensaries. Studies have proven that if Aparajitadhoopachoorname smoked, it can drive away disease carrying mosquitoes and control and reduce the spread of disease causing viruses bacteria etc.

The diseases above said, when take a start in one place, other people can avoid spread of disease by Ayurveda preventive measures and diet control. Biological pesticides using neem oil, soap water and tobacco tincture will prevent breeding of aedes mosquitoes.

## **Leptospirosis**

The disease is caused by leptospirae bacteria. Various rodents, rabbits, woodpeckers etc are carriers of the disease. The disease is more common among the employees of employment guarantee scheme those who worked in agricultural sector and cleaning workers. Prevention of fatal disease can be done through expert medical advice at AHWC.

## **Chicken pox**

This disease is caused by the virus varicella zoster. Fever, body ache, extreme fatigue, small blisters all over the body are the main symptoms. When the first symptoms of the disease are seen, it should be informed in AHWC and medicines should be collected. By this the disease can be cured completely by 10 to 14 days.

If the disease affects one person of the house, other members should take preventive treatment, follow healthy diet Regimen (pathyaahara) and keep personal hygiene.

## **Filariasis**

Caused by parasitic worm Filariae. Painful swelling of lymph nodes, Fever with shivering, swelling and redness in the leg above groin are the early symptoms.

The treatment done in the early stage of the disease could cure the main symptom of swelling of the legs. Early medical intervention of the disease could avoid later complications and reduce further inflammation in the legs. Preventive medicine of Filariasis should be taken strictly.

## **Jaundice**

Jaundice is a disease that cause inflammation and pain in the liver and causes the skin and eyes to turn yellow. Jaundice is a viral disease that affects liver. It can be classified into five types. Hepatitis A spreads through drinking water and Hepatitis B spreads through sharing needles, means of blood transfusion, and through sexual contacts.

In all conditions of Jaundice food items that help to promote health of liver should be used. If medicines as prescribed in Ayurveda, that is scientifically proved is used according to the bala of patient (immunity power of the person) and disease (stage of infection), we can overcome this distress.

## **ASHA workers should**

- Report the incidence of any infectious diseases in any place under their jurisdiction, to the doctor of AHWC.
- Personal hygiene, conduct activities to ensure sanitation and access to nutrition, sensitize people on the need of this.
- Aids in conducting studies required for preventive medicine evaluation.
- Inform the local community that anti infectious drugs are available at AHWC and assist doctors in getting the drugs provided through the immunization system to the people.
- Encourage people to take the preventive medicine.

- Initiate necessary steps to organize awareness programme on prevention of communicable diseases.
- Actively participate in information gathering activities and feedback studies Conducted in AHC.

# PREVENTION OF NON-COMMUNICABLE DISEASES

Even though life expectancy of people in Kerala have improved, change is now being felt in terms of disease severely. The diseases that were caused as a consequence of the unhealthy changes that has come into food sleep, exercise, entertainments, etc. a termed as Lifestyle diseases. The disease had kept the regular life of old people at bay. But today the erratic diets, lack of exercise, increased mental conflicts has changed state to a capital of lifestyle diseases. Our food stuffs are overloaded with fat, sugar, salt, tamarind and the presence of harmful chemicals. Today in Kerala more than 75% of disease index and more than 90% of death cause is either Lifestyle diseases or its complications.

Factors such as Wrong diet choices, lack of exercise, increased mental stress, hormonal imbalances unscientific and unauthorized use of medicines, heredity, genetic factors, smoking, alcohol and material abuse, environmental pollution, sedentary work habits, lack of adequate sleep and resting time lead to non-communicable diseases. In Kerala there is high prevalence of heart diseases, stroke, diabetes, hypertension, dyslipidemia, different types of cancer, respiratory disorders, thyroid disorders, diseases related to prostate, obesity, arthritis, anxiety, occupational diseases and diseases related to liver and kidney, Alzheimer's disease.

Apart from making as the preventive works more active, doing health checkups at regular intervals helps in early detection and controlling of the disease.

## Role of Ayurveda in prevention of lifestyle diseases

Ayurveda the Indian medical science is more of a way of life than a medical science. Emphasis on a healthy life style over treatment, Ayurveda gives priority to prevent disease rather than treating it after it occurs. Life style diseases can be kept at bay to certain extent if properly followed by Ayurvedic diet, exercise, diet regiment and yoga practice.

## Role of AHC:

The best way is to identify the risk of life style diseases as quickly as possible. So, the most important aim of AHC is to spread the awareness among common people that Lifestyle diseases can be prevented to an extent by following Ayurveda after understanding a person's diet regimen and other living conditions.

The main objective of AHC's is to enable as to modernize the unique way of life that we have either knowingly or unknowingly abundant.

AHC 's help in preventing the occurrence of lifestyle diseases in an early age and help in leading an easy life by making changes in Lifestyle that are practical and simple, through medicines or Panchakarma treatment.

It is possible to control communicable diseases through awareness about healthy lifestyles, timely detection of the disease, proper treatment and medicine intake, and by providing



mental support.

The role of AHCW in NCD control at various stages includes Healthcare, disease prevention, disease specific treatment and palliative care.

- **Health Care:**

Health can be maintained by following the basic principles prescribed in Ayurveda such as dinacharya (daily regimen) rithucharya (seasonal regimen) sadvritam (code of good conduct) and yoga.

- **Diseases Prevention**

By identifying the disease that may occur based on the individual's natural determination and genetic makeup and planning their routines accordingly, we can prevent such diseases to some extent.

- **Treatment**

Disease condition, patient's conditions, other related diseases and lifestyle diseases can be brought under control by understanding the disease condition and taking proper treatment in proper time and step by step.

- **Palliative care:**

Ayurveda palliative care helps to provide mental and physical care to those who have recovered from severe diseases and those who are going through it.

## **Know more about Lifestyle diseases.**

### **Diabetes mellitus:**

Compared to other states of India the number of diabetic patients in Kerala is increasing exponentially. The total figure is much higher than the national average. The disease rate in Kerala is twice that of other states. People from all walks of life are suffering from diabetes.

4 to 7 years before the diagnosis is confirmed, it is possible to find the probability of occurrence of the disease and take preventive measures which can prevent the complications and death rate.

Those who are above the age of 30, obese, and have a genetic predisposition may be screened at least once a year. A normal premeal blood sugar level is less than 100. If it is 125, it is pre-diabetes. And immediate measures should be taken.

At AHCW, treatment is available for diabetic retinopathy, nephropathy, and neuropathy that which affects eyes, kidney and nerves respectively. Ayurvedic treatment can prevent these conditions to a great extent. In addition to this by prescribing appropriate food exercise and medicine after understanding the symptoms it can be prevented from progressing to advanced stage. The facility for screening is also available at AHCW s.

### **High Blood pressure**

It is estimated that more than 30% of people in India are suffering from high blood pressure. High blood pressure is underlying cause of 57% of stroke deaths and 24% of heart attack deaths in India. Hypertension also known as the silent killer is characterized by headache insomnia, numbness of body, dizziness, and symptoms like heart ailments.

The increase in the number of elderly people lack of exercise excess consumption of alcohol, tobacco and increased urbanization can be attributed to this. High cholesterol level obesity etc. are also causes for it. Individuals with these conditions should be screened and necessary counter measures should be taken. Who is over 18 years of age should be screened blood pressure of above 140/90 should be consulted by a medical officer and take necessary preventive measures.

### **Obesity**

Fat is an integral part of our body structure. Healthy state is to maintain the weight of the body according to the height. 100 should be subtracted from height in centimeter to get the desired weight of a person. As the fat in the abdomen increases so does the chance of diabetes. Obesity is commonly measured using the BMI index. BMI or Body mass index is the relationship between weight and height.

BMI - 25-30: overweight

BMI - above 30: Obesity

### **High cholesterol**

Fat or cholesterol contained in all the cells of the human body sometimes increases like a friend and sometimes like an enemy.

Cholesterol levels can be controlled through Lifestyle changes such as limiting fat and saturated fat in the diet, increased fiber content in the diet adding exercise to the lifestyle and controlling body weight.

### **ASHA workers should**

- convey to the people that effective treatment for Lifestyle disorders is available in Ayurveda.
- identify individuals with high risk factors and refer them for counselling.
- Adopt measures to reach AHWC s as and when required.
- Those who are above the age of 18 should be screened for Lifestyle diseases.

- Patients with blood pressure above 140/90 should be brought to AHWC if they need Ayurvedic treatment.
- Those who have high blood pressure should be asked for regular checkups.
- Give instructions on how to make yoga their part of life.
- Motivate the younger generation to change their lifestyle.
- Organise awareness camps for prevention and control of lifestyle diseases in maximum places.
- Adopt necessary measures to ensure the availability of yoga demonstrator in maximum places.

### **Other possibilities:**

AHWC's have affective treatment facilities for minor cuts, bruises, skin diseases, fungal nail infections, corns and warts.

Infertility, paralysis, skin diseases like psoriasis, surgical conditions like piles, fistula, fractures can be referred to Ayurvedic hospitals within patient treatment facilities as specified by CHO.



## PALLIATIVE CARE

### Palliative care

Palliative care provides comfort to the patient in situations where there is no effective treatment available.

It is provided for cancer, kidney diseases, paralysis, other conditions of injuries to spinal cord and other terminally ill diseases.

The goal of the palliative care is to reduce the various symptoms and psychological distress of the affected and improve the wellbeing of patient and family.

More than just relieving the temporary symptoms of bed ridden patient, Ayurveda could do more even in the curative care of the disease. Benevolence, compassion, favor, friendliness is considered as four important responsibilities of an Ayurvedic physician.

Ayurveda is already playing its role in palliative treatment by complementing with modern medicine.

It is the practice of Ayurveda to consider and nourish health symbols such as sleep appetite, digestion and excretory activity. Ayurveda can effectively apply this property to palliative patients.

### ASHA should

- Through AHWC, ASHA workers should help in the unification of AYUSH palliative care.
- Under the same self-governing bodies palliative care units of health and AYUSH department work together and aASHA workers should make available the service of Ayurveda to more people through AHWC.
- The efforts to unify spiritual and mental levels of patient care should be made in palliative care field.



# MEDICINAL PLANTS AND HOME REMEDIES



## Medicinal plants and home remedies

Once upon a time many medicinal plants were grown in our countryside. In this way medicinal plants in our yard was used to solve most of our health problems. Then somehow, we lost all these. one of the main objectives of AHWC s is to create awareness about medicinal plants and bring their mild simple medicinal applications to masses. Herbal medicinal propagation is meant through anganwadis, schools, and other public places by AHWC. Let s get to know some medicinal herbs and their uses.

### Agaticheera (sesbaniagrandiflora or red spinach)

Small medicinal tree, and is four types depending upon the colour of the flower. Both leaves and flowers are used as food and medicine. Vitamin A is found abundant in this plant. Therefore, it is very effective in the prevention of eye diseases. It is effective in the treatment of diseases like Stomatitis, intestinal ulcers, night blindness, haemorrhoids etc both as a medicine and as a food item. It is good in gynaecological diseases, and sores. The juice of the leaves is best for hyper thermic conditions of the body.



### Chittamrithu (Tinosporacordifolia)

It is seen as vine in trees. It can be re grown by cutting and transplanting. The juice crushed from its stem is used for the regularisation of temperature of the body. It is excellent for diabetes, burning sensation, gastric ulcers, liver health and prevention of diseases.



### Adalodakam (Adathodavasica or Malabar nut)

A very important drug in the treatment of lung diseases. The leaves and roots of adathoda is found to have many medicinal properties. Most effective in bleeding. It can be grown by planting the cut stems. Very effective in cough, fever, jaundice and bleeding.



### Anachuvadi (Elephantopus scaber or Elephant foot)

It is a small plant that grows in ground. Used in Toxicities, bleeding piles diarrhoea, urinary disorders. Rich in minerals like Sodium Potassium calcium, iron and magnesium.



### **Aryaveppu (Azadirachtain-dica)**

The tree grows up 12 Metas high. It purifies the air. It is effective in skin diseases, intestinal worms, dental health, roundworm infection and diabetes.



### **Ginger and dried ginger (zingiberofficinale)**

It is effective in maintaining the health of digestive system, nectar like food and medicine. shunti is dried Ginger. This also known as Ma-haoushadham. Ginger is Universally accepted medicine and food all over the world. It is effective in gastritis, anorexia, diabetes, vomiting, arthritic painheadache, cough, respiratory diseases and diseases related to menstruation cycle.



### **Kayyonni (bhringa raja or eclipta alba)**

Famous for growth of hair, effective in liver diseases. Plant used as a whole with root in spleen disorders. Effective in hair fall, if boiled with gingley oil.



### **Karinochi (nirgundi or vitex nigundo)**

It is a branched plant that grows up to 4 m height. Root, skin, leaves have medicinal properties. It can be used internally and externally for glandular inflammation, epilepsy angular stomatitis low back ache, and rheumatic fever.



### **Manjal (cucurma longa)**

Useful as medicine and food. Effective in skin diseases, allergy, worms and poison. Very



effective in diabetes if administered internally. It also gives colour, smell and taste to food.

### **Kariveppu (curry tree or Murrayakoenigii)**

Rich in nutrients and have great medicinal value. An essential herb for imparting Aroma and flavour to the food. Root, bark and leaves are all medicinal parts. An effective remedy for diarrhoea, worms, allergy, menstrual disorders, and poison. Curry leaves mixed with butter milk is delicious and medicinal drink.



### **Kattarvazha (Aloe vera or Aloe barbadensis miller).**

Very useful in female diseases. Aloe vera leaves are the medicinal parts. Dried leaf juice is effective in spleen- liver diseases bleeding piles, stomach ache. Very good for the colour and strength of hair. Promising results are seen in cancer treatment.



### **Keezharnelli (phyllanthus-niruri or stone breaker)**

Grows up to 15 to 30 cm. Good in the functioning liver. Effective in abdominal pain, jaundice, diabetes, worms and vomiting. Used in hair wash as a remedy for hair fall.



### **Kurumulaku (black pepper or Piper nigrum)**

With the help of roots grow as climbers in trees. The herb gives flavour and Aroma to the food and is effective in fever, cough flame, indigestion, itching and sore throat. A decoction of black pepper and dry ginger is effective in rhinitis. Grinding black pepper and ap-





plying it as a paste in the forehead is effective for headache.

### **Changalamparanda (*Cissusqudrangularis*)**

Used in the treatment of bone diseases. Daily dressing of Vines on bruises and fractures is an effective remedy. It is used as a medicine for menstrual disorders and ear ache.



### **Cherula (*Aervalanata*) or Mountain knot grass**

It is an effective medicine in urinary diseases. Also used in diabetes urinary stones urinary obstruction



### **Thazhuthama (*punarnava* or *Boerhviadiffusa*)**

Herb that dries in summer and sprouts up in rainy season. Useful in kidney diseases skin diseases liver diseases, poison, fever cough, and oedema.



### **Thumba (*Leucas aspera*)**

Flowers, stem and leaves, all have medicinal value. used in skin diseases worm, and poison. Boiling with this herb is good for digestion in children.



### **Thulasi (*Ocimumtenuiflorum* or holy basil)**

Home remedy mostly used for the treatment of fever. Juice from the leaves of the her, Ginger juice, onion juice and honey used together is useful for the expulsion of phlegm.



### **Panikoorkka (*plectranthus Amboinicus* or *coleus aromaticus*)**

Juice extracted from leaves of this her is used for fever, cold, cough and Dyspnoea in infants.



### **Puliyarila (*Oxalis Corniculata*)**

A plant that grows in a short height. Useful in stomach diseases, fever diarrhoea, bleeding piles. Gruel made out of this'd herb is both tasty and useful. Juice of this herb with juice of garlic applied in forehead is good for relieving head ache.



### **Poovamkurunthal (*Sa-hadevi* or *cyanthilliumcinereum*)**

Useful in obstruction of urine poisoning fever. In conditions of conjunctivitis, cataract the juice of this herb honey in both eyes.



### **Pichakam (*Jasminum grandiflorum*)**

It can be used to drain breast milk. Used in the treatment of wounds. Medicinal plant with great smell. It gives peace to the mind.



### **Mathalam (*Pomegranate*)**

Light tree with nutritious fruit. Effective in diseases due to excessive alcohol intake, anaemia, anorexia, morning sickness as medicine and as food. Helps to maintain healthy blood colour and blood cell count.





### **Mukkutti (biophytum. Sensitivum)**

Locally known as theendarnazhi this plant is very useful in the treatment of menstrual diseases, Postpartum care, diarrhoea, headache, diarrhoea ulcer cough and headache and in industrial diseases. drinking milk boiled with this heart is used for diseases related to uterus and strength to the uterus



### **Muyalcheviyan**

(Emilia sonchifolia) used in diseases of piles, throat diseases. It is effective to apply the leaves of the herb, garlic, salt Over the throat in tonsillitis. Useful in the treatment of fever.



### **Moringa (Moringa oleifera)**

Roots, leaves, bark, fruits and flowers are all medicinal parts. Leaves flowers, fruits are used as food. Useful in Arthritis edema, hypertension, worms, spleen diseases and epilepsy. Rich in vitamins A and c. Taking grinded moringa seeds with milk is effective in premature ejaculation.



### **Vettila (piper betle)**

Accelerates digestion. Effective in respiratory diseases, bad breath and Gingivitis. Good for feeling excited and enthusiastic.



### **Shatavari (Asparagus racemosus)**

Beautiful climbing leafy plant. Root tubers are the medicinally useful parts. Root tubers are highly nutritious also. Effective in diseases of uterus, digestive disorders, arthritis, diseases related to urinary tract. Can be used to increase breast milk and also effective in oligospermia.



### **Muthanga (Cyperus rotundus) nut grass**

Small herb. Root tuber is the medicinal part, verification and used in fever purification and enhancement of breast milk, indigestion diarrhoea. Boiling milk with this is good for digestion in infants.



### **Kacholam (Kaempferia galanga)**

A very aromatic tuberous herb useful in bad breath, cough, Dyspnoea, tooth ache and insomnia. To apply the Powder of kachola mixed in milk in the forehead helps in relieving headache and is useful for reduced sleep.



### **ASHA should**

There are many such medicinal Herbs around us. Awareness about this among common people can be done by Asha as they are in contact with people always. This helps the public to create a Lifestyle that is in harmony with the nature. Thus, use of unwanted medicines can be avoided and create a healthy population.

# HEALTH & WELLNESS CENTRES – HOMOEOPATHY

- Communicable disease prevention
- Non-Communicable disease prevention
- Palliative care
- Mental Health and Women Empowerment





# COMMUNICABLE DISEASE PREVENTION

## **Control of communicable disease**

Kerala is far ahead of other states in the field of health on the basis of health indices, still it faces double challenges due to repeated outbreaks of communicable diseases (epidemics) on one side and life style diseases on the other side. Irrespective of rural – urban areas lack of personal and environmental hygiene leads to the spread of communicable diseases. The sufferings and death due to communicable diseases is completely preventable hence it is of prime importance.

AYUSH sector has high importance in the treatment, prevention and control of communicable diseases. The department of Homoeopathy have also played a crucial role in prevention and control of epidemics in the past. The homoeopathic medicines are effective for the treatment and prevention of infectious diseases especially viral diseases.

In homoeopathy the term Genus epidemicus usually denotes the remedy similar to the common symptoms (totality of symptoms) found in majority of patients suffering from an epidemic disease, which will cure the disease as well as prevent its occurrence in the healthy.

The popularity of homoeopathic preventive medicines increased after they were effectively used in 1999 during the outbreak of Japanese encephalitis, followed by leptospirosis, dengue fever, typhoid fever and also during the recent outbreak of covid 19.

It is in this situation that the Department

of Homoeopathy has developed a system for scientifically finding the preventive medicines, control and coordination of activities including preparation and distribution of homeopathic preventive medicines named as “Rapid Action Epidemic Control Cell Homoeopathy” (RAECH).

## **RAECH (Rapid Action Epidemic control Cell Homoeopathy)**

This project was started by the Department of Homoeopathy for the prevention and control of epidemics in 2004. RAECH is designed to function in a decentralized manner by combining volunteer workers and government agencies.

When disease outbreaks are regularly reported in a place, a government doctor, private sector doctors and other health workers visit the place and study the outbreaks related to that communicable disease and report the incidence and prevalence of outbreaks to the District Medical Officer. A high-level expert committee meets to chart out necessary preventive measures and directions are given to doctors regarding this.

Distribution of preventive medicines is usually done through networks such as residence associations, disease surveillance teams, rapid response teams, anganwadis, voluntary organizations, etc.

## **Duties of ASHA workers**

1. Notify the doctor at HWC if you notice an increase in any of the diseases in areas under you.



2. Provide necessary assistance to conduct studies for determining preventive medicines.
3. Assisting doctors in the distribution of preventive medicines.
4. Follow up on preventive medications provided.
5. Provide facilities for awareness programmes if required.
6. Participate in information-gathering activities and feedback studies.

### **Directions regarding intake of preventive medicines**

- Adults (below 12 years) take four tablets each, children (1 to 12 years) two tablets each, and infants (below 1 year) 1 tablet twice a day for five consecutive days. Medicines available as strips or other forms should be administered as per the instructions given by the CHOs as per the decision of the doctor.
- Medicine should be taken 1 hour before or after food.
- It is advisable to avoid habits like drinking alcohol and smoking while taking the medicine.
- Those who are undergoing treatment for other diseases should take only the medicine as prescribed by the doctor.

Common doubts and answers:-

*Is taking homoeopathic preventive medicines same as vaccine administration?*

Each epidemic differs. Homoeopathic preventive medicines are selected based on the different symptoms of epidemic diseases. Initially a medicine is selected after study and analyzing the symptoms in a few patients. This medicine is known as 'Genus Epidemicus'. This medicine is given to healthy individuals as homoeopathic preventive medicine.

The homoeopathic preventive medicine of same epidemic disease differs on different places based on different symptoms observed in patients

during a particular time. This makes it different from the administration of vaccines.

## **NON-COMMUNICABLE DISEASE PREVENTION**

### **Non communicable diseases**

Non-communicable diseases form the vast majority of disease prevalence even when the mortality rate is low and life expectancy is proportionally high. 75% of total prevalence and 90% of mortality is essentially due to non-communicable diseases in Kerala.

Kerala is facing rising challenges in the prevention of lifestyle disorders as there is an increased inclination of the society to habits that are incoherent to the maintenance of good health. This includes increased fast-food intake, alcoholism, smoking, substance abuse etc which may lead to heart diseases, stroke, hypertension, various types of cancer, respiratory disorders, thyroid disorders, liver and kidney disorders. By performing regular health analysis at the correct intervals, it is possible to detect and control these life style diseases at the beginning itself.

Homoeopathy has a great potential to manage, treat and prevent lifestyle disorders. Homoeopathic treatment is based on individualized approach taking into consideration the specific features of each and every individual identifying his susceptibility to any form of disease. It can be seen that many diseases have the possibility of genetic and hereditary transmission, thus homoeopathic preventive medicines have potential to reduce the genetic predispositions.

Lifestyle disorders can be effectively treated by making proper lifestyle changes and proper consumption of medicines. Based on this fact, the department has devised and implemented many speciality projects namely Ayushman bhava, Allergy and Asthma clinic, Thyroid clinic, Punarjani (de-addiction centre), cancer care centre.

### **Ayushman Bhava**

Homoeopathy, naturopathy, and yoga are the

methods of treatment that take a holistic approach to patients. For these reasons, the Department of Homoeopathy incorporates these complementary medical sciences into Life style disease treatment project - Ayushman bhava. In this scheme, which operates in District hospitals, the consultation of expert doctors in the above-mentioned medical sciences is available. Its aim is to educate people about the need for holistic health care by giving them an awareness of lifestyle issues through lifestyle adjustments and low-cost side-effect-free treatment.

This method of treatment is based on stimulating the natural immune system of the human being. The possibilities of naturopathy and yoga treatment is also incorporated with this. Ayushman Bhava project offers treatments for diabetes mellitus, hypertension, obesity, dyslipidemia, PCOD, cardiac diseases etc.

#### **Duties of ASHA workers**

- Recognize those with lifestyle diseases
- Encourage those people for clinical investigations and evaluations
- Help initiate regular treatment to avoid serious condition and complications
- Inspire the younger generation to regulate their lifestyle.
- Create awareness regarding homoeopathic treatment for lifestyle diseases
- Understand the significance and importance of the Ayushmanbhava project
- Explaining the utility of AYUSH systems
- Ensure that facilities are available for those seeking treatment.

#### **Allergy- Asthma clinics**

An allergy is a condition in which certain substances that do not cause problems to normal people cause extreme reactions in some people. An allergy is caused by an overreaction to some component of the body's immune system. Allergy can affect only certain parts of the body or the entire body. It can be expected to be less severe and more frequent and some can even be fatal.

Allergies that occur on the skin, eye allergies, and digestive system allergies are common allergies. Allergies are caused by dust, mold, cold, heat, different types of chemical substances, odors, and food.

Homoeopathy is a leading branch of medicine in providing permanent solutions to allergy disorders. Instead of giving a different type of medicine to everyone with allergies, the aim of Homoeopathy is to provide medicine that is tailored to each person's physical and mental needs and achieve permanent allergy relief.

#### **Duties of ASHA workers**

- Educate the community about the efficacy of homoeopathy in the treatment of asthma and allergic diseases.
- Create awareness among people regarding the allergic treatment facilities available in HWCs
- Encourage people to utilize allergy asthma speciality clinics.

#### **Thyroid Clinics**

Thyroid is a gland that produces a hormone called thyroxine, which is necessary for the smooth functioning of the body. It is located in the shape of a butterfly on the neck. Due to malfunctioning of the thyroid gland, various types of symptoms are manifested in the body.

Thyroid disorders are mainly characterized by under- and over-activity of the gland. Symptoms of underactivity include excessive fatigue, loss of appetite, hair loss, difficulty in tolerating cold, loss of appetite, constipation, menstrual problems, and obesity. Symptoms of overactivity include excessive anxiety, excessive appetite, and diarrhea. Both are conditions that require long-term treatment.

Iodine, a mineral found in food, is the most essential component of thyroid hormone production. Its deficiency can lead to hypothyroidism. In some people, there are substances that work against various factors that help in the production of thyroid hormones. Thyroiditis caused by this is the main cause of hypofunction.



Dysfunction of the thyroid gland can be manifested differently in different individuals. Effective thyroid treatment is available for any type of thyroid disorder. Thyroid specialty clinics are able to provide a permanent solution to the condition of the thyroid gland by prescribing the medication based on the severity and other general symptoms.

#### **Duties of ASHA workers**

- Educate the community about the causes of thyroid disorders.
- Also note that homoeopathy has great potential in the treatment of endocrine disorders such as thyroid.
- Provide information about Thyroid Speciality Clinic.
- Direct those with thyroid disorders to HWC.

#### **Punarjani**

Most of the lifestyle diseases are caused by habits of excessive consumption of tobacco, alcohol and other intoxicants. One of the most important ways to deal with lifestyle issues is to take necessary steps to address these underlying issues.

Memory loss, inability to understand things and decision making, guilt, lack of eyesight, muscle weakness, diseases of liver, intestine, pancreas, heart, sexual impotence etc. are the side effects of alcohol abuse.

Homoeopathic treatment is effective in controlling drug addiction and getting rid of the bad effects of alcohol which is possible through Punarjani, the de-addiction project by department of homoeopathy. It is very helpful for the person affected to lead a normal family life after recovery from various addictions (alcohol, smoking, drugs). It provides addiction treatment and counseling sessions. There is in-patient treatment available in district hospitals.

It has already been possible for those who are heavy drinkers, smokers, and other drug addicts to get rid of drug addiction and return to a normal life in a very effective way through homoeopathic treatment.

#### **Duties of ASHA workers**

- Reach out to people and explain about efficacy of homoeopathy in de-addiction.
- To assist medical officer in anti-drug enforcement programs at ward/panchayat levels. It is certain that the Asha workers are able to transform the wards they work in into completely drug-free.

#### **Cancer Care Centre**

Cancer is a disease that is seen with great fear by laymen. Due to various reasons, the number of cancer patients in society is increasing day by day. Although there have been many advances in cancer diagnosis, many are still untreatable. The side effects of the treatment are often more frightening and painful than the disease.

The need for long-term treatment, the fact that some types of cancer often do not lead to a complete cure, and the huge costs associated with treatment complicate the treatment of cancer. This is the relevance of homoeopathic cancer treatment which is effective in treating various types of cancer at various stages.

Pain and Palliative Cancer Care Center is an institution of the department of homoeopathy operating at Wandoor, Malappuram, which is dedicated to providing the best possible treatment and palliative care for cancer patients. It is the only homoeopathic cancer care centre in India for the treatment of cancer. This hospital has 10 beds with modern facilities. Many patients from within and outside the state avail these facilities.

Cancer is the most sought-after condition for palliative treatment especially in case of metastasis. Homoeopathy can offer this care in cancer treatment.

In addition, specialty clinics for diseases such as liver disorders, kidney disorders, piles-fistula, and other non-communicable diseases are been conducted in various districts.

#### **LIFE STYLE DISEASES**

Treatment for various types of non-communicable diseases is available at homoeopathy HWCs.



Referral facility to district-level specialty centers is also available along with screening for lifestyle diseases. Mainly screening for high blood pressure, heart disease, breast cancer, cervical cancer, oral cancer etc. is done.

### **High blood pressure**

It is estimated that more than 30 percent of people in India are suffering from high blood pressure. High blood pressure is the primary cause of 57% of stroke deaths and 24% of heart attack deaths in India. These deaths can be avoided if hypertension can be prevented and controlled.

The increase in the number of elderly people, lack of exercise, excessive salt intake, alcohol, tobacco, etc., and increasing urbanization, high cholesterol level, obesity can be attributed to this.

Individuals predisposed to these conditions should be investigated for high blood pressure and necessary preventive measures can be taken. Health workers should screen everyone over the age of 18, and those with blood pressure above 140/90 may be given necessary preventive care by the Medical Officer/CH.O.

### **Duties of ASHA workers**

- Individuals with the above-mentioned risk factors should be identified and encouraged for screening.
- Steps to be taken to direct the needy to HWCs
- Encourage screening for all above 18 years wherever possible
- Those with blood pressure above 140/90 in need of homoeopathic treatment should be directed to HWCs.
- Encourage people with high blood pressure for periodic health check up.
- Prepare for necessary awareness programs

### **Diabetes mellitus**

Kerala, a small state in the area is the diabetic capital of India. The prevalence of diabetes in the population of Kerala is twice as that of other states with type 2 diabetes showing occurrence like an

infectious disease. Identification of the prediabetic state and initiation of preventive measures can reduce the prevalence and complications of the disease.

Regular screening of people more than 30 years of age with obesity and prevalence of disease in the family at least once in 2 years is necessary. In the pre-diabetic stage fasting blood sugar is in the range of 100-125 mg/dl which necessitates medicinal intervention above this range.

### **Danger signs/symptoms:**

Excessive thirst and hunger, increased food intake, increased urine volume, and increased fatigue should be seen as danger signs, and necessary measures should be taken.

Treatment for diabetes and related conditions is available in HWCs. Since it is an individual-oriented treatment, there are many possibilities for the treatment. Apart from this diabetic screening is also available at HWCs.

### **Duties of ASHA workers**

- Identify pre-diabetic individuals in society.
- Encourage them to do blood investigations.
- Identify those in pre-diabetic condition, direct them to HWCs, and initiate preventive measures.
- Make sure that those who are in a pre-existing condition have regular consultations.
- Give necessary directions to those who are diagnosed as diabetic.
- Those who desire to avail homoeopathic treatment should be directed to concerned HWCs.

### **Breast cancer**

- Breast cancer has a good prognosis if identified in the preliminary stage.

### **Risk Factors**

- Increases with age.
- For those who have earlier menarche/ late menopause
- Hereditary predisposition
- For those who have given birth late or are not breastfeeding.
- Those who have undergone hormone treatment

and certain medications

- Obesity

### **Danger signs**

- Tumors
- Breast secretions
- Indrawing of nipple
- Changes in shape and size of breast

Women over the age of 20 should have a breast examination at least once a month. A week after menstruation is the optimal time for breast examination. Any danger signs noted need a thorough examination by a professional doctor which is available at HWCs.

### **Duties of ASHA workers**

1. Identify women with high risk
2. Encourage self-breast examination through awareness
3. Teach how to perform breast examination
4. Suspected individuals should be brought to HWC for detailed screening.
5. Provide assistance to those who require further treatment

### **Cervical cancer**

After breast cancer, cervical cancer is the most common cancer affecting women. India has the highest incidence of cervical cancer. According to the National Institute for Cancer Prevention, one person dies of cervical cancer every 8 minutes. Cervical cancer has a high chance of prevention. The cervix is the part that connects the vagina to the uterus. The main cause is human papillomavirus, which is transmitted sexually. This cancer, which does not show any symptoms in the early stages, can be completely cured if detected and treated at the beginning. It affects women between the ages of 30 and 70.

### **Risk Factors**

- Multiple sexual partners
- Spouses of men who have had sexual relations with many women.
- Improper sexual hygiene.
- Sexual relations at a younger age
- Adolescent Abortion.
- Lack of nutrients in the diet.

### **Danger signs**

- Bleeding between two periods/ Metrorrhagia.
- Postmenopausal bleeding.
- Bleeding after intercourse.
- Bloody leucorrhea
- Bleeding apart from menses

### **Pap smear test**

It is a simple non-invasive procedure to know whether the cells at the cervix are affected by cancer or whether there is any predisposition to the same. In this test, the tissue through the cervix is scrapped with a brush and examined under a microscope. This is painless, the least time-consuming, and a low-cost procedure. It is advisable to conduct the procedure once in 3 years in every woman after 30 years of age. Homoeopathy has great potential in the treatment of cervical cancer and in preventing the transformation of cells into cancer.

### **Duties of ASHA workers**

1. Identify high-risk individuals
2. Direct those individuals to HWCs.
3. Facilitate investigations of those who are in need after consultation
4. Create awareness about this cancer and its early symptoms.
5. Encourage women over the age of 30 to get a Pap smear test every 3 years.

### **Oral cancer**

Oral cancer is the most common cancer in men in our country. Tobacco products, alcohol consumption, mental stress and some viruses are the main causes of this cancer. Some symptoms are seen in the mouth before oral cancer (pre-cancerous condition). These include unhealed sores and growths for more than 3 weeks.

It can be seen on the tongue, gums, and cheeks. There may be swelling (lymph node enlargement) under the chin or on the neck.

Homeopathy has a good scope to heal unhealed wounds, control oral cancer, and

prevent pre-cancerous conditions from becoming cancerous.

**Duties of ASHA workers**

1. Identify individuals with a predisposition to oral cancer
2. Encourage them to self-investigate any pre-cancerous lesions if present.
3. Direct susceptible individuals to HWCs.
4. Provide facilities for those who require further investigation.
5. Create awareness of habits leading to oral cancer and encourage people to quit smoking, alcohol, and drugs.



# PALLIATIVE CARE

Palliative care is essentially devised to increase survival chances in those diseases where the scope of conventional care is low that is by providing care to the patient in distress. Palliative care began to develop in India in the mid-1980s. At least a part of cancer survivors receive palliative care, but only a small percentage of those with other life-threatening conditions such as HIV, kidney disease, age-related diseases, stroke, and spinal injury receive palliative care.

Palliative treatment is a treatment method that helps to improve life as much as possible by reducing the physical and mental distress of those who cannot be completely treated and those who are suffering from fatal injuries. The origin of the word Palliative is from the Latin word "to hide". The aim of palliative care is to reduce the various symptoms, pain, physical and mental conditions of the patient and to improve the quality of life of the patient and his family. "Chethana" is the palliative care project of the Department of Homoeopathy.

## **"Chethana" - Palliative care**

Homoeopathy in itself has incorporated the basic requirements of palliative care as promoted by WHO with an individualized approach to treatment taking care of physical and mental conditions.

The heart of palliative care is an intimate community of doctors, health workers, and family members. Palliative care is accessible to any age/ condition. Cancer is the most sought-after palliative treatment. This is where Homoeopathy becomes more relevant.

Homoeopathy has been proven to be effective in treating various types of cancer at various stages. Homoeopathy palliative care is mostly used in the following conditions of cancer - cancer metastasis, cancer with co morbidities affecting organs like heart, kidney, liver etc, for those with intolerable pain when the cancerous organ cannot be removed during surgery.

The merit of Homoeopathy is that medicines can be used for a longer period without any side effects. There is an effective treatment in homoeopathy for conditions that appear over time in bedridden patients.

## **Duties of ASHA workers**

- Asha workers have a critical role to provide care to these vulnerable sections of society.
- Asha workers are expected to inform to the society the huge possibility of Homoeopathy in palliative treatment.
- Prepare a list of those requiring palliative care. The information must be reported to HWC and CHO.
- Deliver medicine to those who need it.
- Facilitation of home visits of CHOs for those requiring doorstep treatment
- Contact the palliative care team for those requiring palliative care.

# MENTAL HEALTH AND WOMEN EMPOWERMENT

Even though Kerala is a leading state in terms of education and information technology our society is facing challenges in mental health. It is the time to give prime importance to mental health issues and the alienation of those individuals in the society has to be reduced.

The treatment and rehabilitation of the mentally ill is full of challenges. Some psychiatric treatment centers still follow the old methods. Samuel Hahnemann is one of the first who said that people with mental challenges deserve good treatment and care. Homoeopathy can treat and cure all kinds of mental problems through person-oriented treatment.

The basic view of Homoeopathy is that the mind and body are not separate and they are inextricably linked. In the treatment of physical ailments, symptoms related to a person's mind are of great importance in Homoeopathy treatment which gives Homoeopathy its uniqueness. In hospitals, dispensaries, and other centers, mental disorders are given speciality treatment. Women are seen to have increased mental health due to various reasons. It is because of this that women's empowerment has been made a moto by Homoeopathy Department and a project called 'Seethalayam' has been formed.

## **Seethalayam (Women Health Project)**

Seethalayam is a project launched by the Ministry of Health and Welfare of the Union Government to ensure the physical, mental and emotional well-being of women and to address the exploitations they face from the society. Seethalayam centers are working in association with District Homoeo

Hospitals with dispensaries working as referral centres. Female doctors of Seethalayam, with a motherly approach, consult patients who come from various agencies and assess their physical and mental health. If they are suffering from mental or physical disabilities, information about that is taken in detail. Physical and mental disease conditions, mental stress and its causes, suspicion of family members, violence, smoking, alcoholism, drug abuse, sexual disorders, financial problems, etc are taken into consideration in the determination of Homoeopathic medicine.

The main specialty of this project is that all the staff including the doctors of Seethalayam are women making patients comfortable in due course of treatment. Taking their grievances and problems seriously and keeping the information confidential is the essence of this project. Physical and mental conditions are taken into consideration and those requiring OP care is given in District Hospitals and those requiring IP care are given due treatment through admission. They are also given counseling sessions by the Clinical Psychologist at Seethalayam project. Efforts are made to identify and resolve the causes. Treatment is also available if the husband is addicted to alcohol and drugs. In addition, legal protection guidelines, legal protection methods, various government legal relief systems, women's rights, and contact with organizations that provide them are also provided by the medical professionals working in the institution.

### **Duties of ASHA workers**

- Identify individuals with psychological challenges in the community.
- Emphasize the importance of Homoeopathy in the treatment of such challenges
- Create awareness about the importance of homoeopathic treatment to the concerned person each and every family member.
- For those who want to depend on homoeopathy for their treatment, prepare the conditions for it and give necessary help.
- Familiarize people with the project - Seethalayam.
- Informing society about the importance of Seethalayam for solving mental and physical problems of women and empowering them.
- Women who are suffering from mental and emotional problems and torture, should be encouraged to avail service of Seethalayam centre.





## **SWASTHYA AYURVEDA**

- Maternal wellbeing and infant care.
- Safeguarding Adolescent health.
- Comprehensive and meaningful aging.

# SAFE MOTHERHOOD AND CHILD CARE THROUGH AYURVEDA PREGNANCY AND CHILD BIRTH

A healthy future generation is the responsibility of today's society. In the contemporary world, Ayurveda holds the potential to address and resolve various health issues concerning infants and children and challenges occurring during both prenatal and postnatal stages. The awareness to effectively utilize Ayurveda's possibilities in preventing and resolving health problems in order to avoid and solve the major health problems that occur during pregnancy and after birth should be brought forth.

Maintaining physical and mental health from adolescence onwards is of utmost importance, whether one desires motherhood in the future or not.

The perspective should be to create a collective consciousness among the people about the fact that a healthy body and mind are the foundation for a better future. This can be achieved by being aware of and implementing these components practically, making changes in food habits, lifestyle, and thoughts, among other factors.

**Diet:** Incorporate various nutritious foods such as ragi and other small grains, boiled eggs, small fish, mutton, and other vegetables into your diet.

## **After Marriage:**

To give birth to a healthy child, it is essential to have a conscious awareness of health. Pregnancy is a process that requires prior preparation. For this purpose, the couple desiring to become parents must maintain a healthy lifestyle and take care of their health. Mutual emotional support is

a crucial factor for conception. Couples who are free from lifestyle-related diseases or other health issues should seek medical advice at least three months before planning for conception.

In Ayurveda, infertility treatment is available if severe health problems hindering conception are identified, which includes psychological counseling and VacheekaranaChikitsa (Aphrodisiac therapy). If necessary, integrated treatment combining modern medical practices with VandhyataChikitsa (infertility treatment) is also accessible.

Presently, Ayurveda Health and Wellness Centers are not the main service centers for the care of pregnant women. However, Ayurveda addresses a comprehensive domain that includes aspects of diet, lifestyle, mental, and physical health, all of which are crucial for the well-being of pregnant women. The domain of Ayurveda in pregnancy care encompasses a holistic approach to address the overall health of pregnant women, encompassing both physical and mental aspects. Additionally, Ayurveda offers treatments for managing pregnancy-related health issues, including herbal remedies and specific therapies.

The comprehensive and individualized guidelines for pregnancy care, combining the wisdom of modern practices, need to be developed and promoted for expectant mothers by the CHO (Community Health Officer) initiatives. The active involvement of ASHA workers is essential in reaching pregnant women within their jurisdiction and ensuring proper adherence to these guidelines.

## **Role of ASHA**

1. Guidance for couples desiring a baby or conceiving a child.
2. Encourage them to visit HWCs (Health and Wellness Centers) for primary physical and mental health evaluation and counselling.
3. Educate them about the importance of addressing physical and mental issues before conception, with Ayurveda playing a significant role.
4. Educate couples about the availability of specialized Ayurvedic treatments for severe health problems detected during pregnancy.
5. Inform them about the benefits of incorporating Yoga for achieving overall well-being and mental resilience.
6. Inform them about the facilities and conveniences available at HWCs related to the above aspects.

### **Ensuring the health and well-being of pregnant women:**

1. Prioritize identifying and addressing high risk cases and provide special attention.
2. Offer support to mitigate concerns and anxieties and promote a positive pregnancy.
3. Help recognize and avoid potential health issues during pregnancy.
4. Encourage a healthy and nutritious diet according to their preferences and follow Ayurvedic recommendations for a happy and safe pregnancy.
5. Guide them to adopt a healthy lifestyle, follow month wise regimes (diet, activities and medicines), and engage in practices that provide relaxation and mental well-being.
6. Advise appropriate physical activities and exercises that are safe during pregnancy and avoid practices that may cause harm.
7. Support them in adhering to a consistent routine for healthcare, regular check-ups, and follow-ups to address any physical or mental discomforts and ensure the best possible outcome for both the mother and the child.

## **Guidelines for pregnant women:**

- 1) Food: Consume easily digestible and appealing food according to regional and seasonal variations, as well as following the advice of a qualified healthcare provider.
- 2) Avoid excessive physical and mental stress, fasting, dehydration, strenuous travel, excessive daytime sleep, holding back bowel movements and urination, excessive exposure to heat, and standing for long durations. Avoid unnecessary worries, anxieties, and fears to have a comfortable pregnancy.
- 3) Avoid foods that are too spicy, salty, sour and stale food. Maintain a balanced and nutritious diet with a variety of foods, including small fish, milk, eggs, and meat in moderate quantity.
- 4) Avoid overeating and avoid foods difficult to digest
- 5) Fiber rich, nutritious foods should be included. Small fish, milk, green leafy vegetables, eggs and mutton also should be consumed sparingly.
- 6) Try and avoid the use of tea and coffee and completely avoid the use of tobacco, alcohol, and other substances.
- 7) Drink plenty of boiled water.
- 8) Eat food slowly and mindfully, avoiding overeating.
- 9) Rest and sleep adequately. Avoid lying down immediately after eating.
- 10) After the first four months of pregnancy, avoid lying on your back for a long time.
- 11) Can take a daytime nap of 1-2hrs in the afternoon. It is essential to sleep for 8 hrs. during the night.
- 12) Maintain happy and healthy communication with your spouse and other family members, seeking support and fostering happiness and contentment.



- 13) Maintain personal hygiene and wear comfortable loose clothing.
- 14) Avoid self-medication; follow the advice of healthcare professionals.
- 15) Undergo regular prenatal checkups as advised by your healthcare provider. If any issues arise after childbirth, seek immediate medical attention. Provide awareness about breast care to avoid complications during postnatal breastfeeding.

| Month | Food  | Milk Decoction  |
|-------|---|---|
| 1     | Light and easy to digest.   | Root of Bala(Siddha cordifolia)                             |
| 2     | Water mixed with puffed rice powder.  | Root of Lakhman (Ipomoea obscura, Bala(Sida cordifolia)     |
| 3     | Butter, ghee and honey should be added in small quantity with food                              | Root of Bala(Sida cordifolia)                               |
| 4     | Eat fish, meat and vegetables in moderation. Can increase the quantity of milk, butter and ghee | Root of kan-takari(solanum nigrum) Bala(Sida cordifolia)    |
| 5     | Add more red rice and shastika rice   | Amruth (tinospora cordifolia) Root of Bala(Sida cordifolia) |
| 6     | Gradually Increase the quantity of ghee .   | Root of Bruhathi (solanum indicum) Bala(Sida cordifolia)    |
| 7     | Suitable milk decoction   | Barley, Root of Bala(Sida cordifolia)                       |

|   |                         |   |
|---|-------------------------|---|
| 8 | Suitable milk decoction | Root of wood wine(Chonemorpha fragrans),- Bala(Sida cordifolia) |
| 9 | Suitable milk decoction | Satavari (Asparagus racemosus,) Root of Bala(Sida cordifolia)   |

### Medical emergency conditions:

- Bleeding per vagina, other vaginal discharges
- Reduced or no fetal movements.
- Severe pain in abdomen.
- Breathlessness, excessive lethargy.
- Edematous face and feet.
- Fever chills.

### Minor Symptoms to watch for in pregnant Women:

**1) Anaemia: If not controlled both the mother and the baby may undergo severe complications.**

Symptoms of anemia include persistent nausea and vomiting, fatigue, pale skin and mucous membrane, brittle and pale nails, shortness of breath, dizziness, cold extremities, headache, chest pain, inattention. (?)

### Remedies:

- Avoid starving for a long time
- Include iron-rich foods like green leafy vegetables, raisins, dates, pomegranate, gooseberry, carrots, apple, bananas, whole grains and beetroot in the diet.
- Check for any symptoms of piles.

**2) Hyperemesis gravidarum (HG) Severe nausea and vomiting**

This is a condition commonly seen in pregnant women, especially during the morning hours. However, hyperemesis gravidarum may persist at

any time, causing discomfort due to nausea and distaste.

#### **Remedies:**

- Perceive these symptoms as normal physiological change and take enough rest.
- Avoid cooking and consuming foods that trigger nausea.
- -Maintain optimal hydration by sipping small amounts of water and other beverages throughout the day, refraining from consuming excessive quantities at a time.
- -Instead of eating large, heavy meals, opt for moderate portions that provide necessary nutrients without causing discomfort or Indigestion.
- Avoid starving for a long time.
- -Take drinks mixed with cardamom, rock sugar candy, dry ginger, lemon leaves, etc.
- Limit the consumption of excessively spicy, oily, and salty foods, as well as processed foods.

#### **Duties of ASHA (Accredited Social Health Activist):**

- 1) Provide pregnant women with the above guidelines.
- 2) Educate them about important medical emergency conditions during pregnancy and precautions to be taken.
- 3) Inform pregnant women about the benefits of Ayurvedic treatment. Direct and report the interested ones to Community Health Office.
- 4) Visit the pregnant women at regular intervals and report to C.H.O.

Visit should be done 4 times during the pregnancy period. (Within first 12 weeks, Within 14th to the 26th week, With in 28th to the 34th week and from the 36th weeks.)

- 5) Raising awareness among pregnant women about the importance of practicing gentle yoga during pregnancy in a controlled manner for a healthier and more comfortable pregnancy journey. ASHA should also inform them about

accessing the service of experienced Yoga instructors at HWCs, who can provide proper guidance and care during prenatal period.

- 6) Advise spouses and other family members to create a supportive and positive atmosphere of understanding, care, and consistent support for the expectant mother throughout her pregnancy journey. This environment is essential for the well-being of both the mother and the baby.
- 7) Instruct them to undergo all the recommended prenatal check-ups.
- 8) Educate/ Instruct them about the following concerning changes and advise them to seek immediate emergency medical care if they notice any of the symptoms like, significant decrease in fetal movements, bleeding per vagina (Vaginal Bleeding), severe lower abdominal pain, unusual vaginal discharge, tachycardia (Rapid Heart Rate), excessive fatigue, generalized oedema (Swelling), headache, visual Impairments such as sudden changes in vision like blurriness or double vision. Floaters or flashing lights or bright spots, and dark spots in vision, high-grade fever, sleeplessness, emotional disturbances, anxiety or drowsiness etc.

#### **POST PARTUM CARE (or) AFTER DELIVERY CARE**

The first six weeks of postpartum is a very important period for mother and the child. Efficient intervention of ASHA workers is very helpful in regaining the health of mother, including involution of uterus and identifying the mental conditions of mother like post partum depression. For postpartum care different ways are followed in different regions locally. But public has to be given awareness about scientific and reasonable principles of Ayurveda and encouraged to follow them and also to educate them that post partum treatment sequence has to be done under the supervision of a medical practitioner who checks the nature of body, digestion and health of each individual and determines the treatment.

- During the first six weeks after delivery mother can walk slowly and little. Continuous lying down should be avoided.

- The room and surroundings where mother and child is staying can be fumigated by medicines like gulggulu (Indian bdellium -Commiphoramukul) , neem leaves, akil (Eagle wood - Aquilaria agallocha),turmeric, garlic , shallaki (Indian olibanum - Boswellia serrata} etc. in a coconut shell.
- Preparations like lehyas (Semi solid preparations), ghrithas (medicated ghees), arishtas (self generated alcoholic preparations) should be used only on the basis of health conditions of each individual.
- Locally available herbal medicines are used for postpartum care traditionally. These can be used under medical supervision as per the health conditions of mother.
- Kurruk (Semisolid preparation) Semisolid preparations using juice of leaves of certain medicinal herbs along with jaggery is taken internally as part of postpartum care. Locally available leaves are taken to prepare it. Some of the medicinal herbs are
  - Dronapushpi (Leucas aspera - thumba)
  - Parijata (Erythraorientalis - muruk}
  - Kundali (Azima tetraantha -yashank}
  - Plaksha (Thaspesiapopulnea - poovareshu)
  - Uttaravaruni (Pergulariadaemia - velliparuthi )
  - Nirgundi (Vitex negundo -karinochi }
  - Jalapushpa( Biophytumsensitivum - mukkuti )
  - Lingapushpa (Diplocyclospalmatus - neyyunni)
  - Laghupatha( Cissampelospareisa -malathangi }
  - Athapata (Gojihwa) (Elephantopus scabes - aanachuvadi)
  - Mandukaparni (Centella asiatica - kudangal)

## IMPORTANCE OF BREAST FEEDING

- Within one hour of delivery the newborn baby should be breastfed. The first secretion from the mammary glands after giving birth called colostrum which is rich in antibodies should be given to the child without wasting.
- This will help prevent postpartum haemorrhage to a certain extent and

accelerates uterine involution.

- It helps to establish and strengthen the relation between mother and the child.
- Exclusive breast feeding should be done for the first six months.
- Including sugarcane, fenugreek, liquorice, garlic, cumin, shatavari (Asparagosracemosa ), horse gram, drumstick leaves etc in food will help to increase breastmilk.

## THINGS TO BE NOTED

- Avoid taking medicine without medical consultation.
- Drink plenty of water.
- Boiling hot water should be avoided for postpartum herbal bath.
- Three years gap should be there between two deliveries.
- Starvation and heavy work should be avoided.
- Constipation should be prevented.
- Cold wind fried food and spicy food should be avoided.
- In Caesarian section oil should be applied only after complete healing of wound of CS

## POST PARTUM DEPRESSION

Post partum depression can lead to a longlastingdepression. Loss of sleep, appetite problems,irritability,difficulty bonding with the child are some of the symptoms which if left untreated can last for months or more .

## Symptoms

- Mental symptoms- Irritability, anxiety, anger, feeling of worthlessness, shame, guilt, hopelessness, less interest in activities you used to enjoy, depressed mode or severe mood swings, restlessness, panic attack of fear, overwhelming tiredness or loss of energy.
- Physical- tiredness, loss of appetite, restlessness
- Behaviour- crying too much, anger.
- Brain- loss of concentration, unwanted thinking



- Body weight- body weight either increases or decreases.
- Insomnia- repeated unwanted thinking

### **Intervention by Asha workers**

- To create awareness about above factors
- To educate the importance of post partum care of mother and child.
- To make aware to the mother and the family members that post-partum condition is a very common condition and not a matter to be about, but apt treatment has to be taken once it is diagnosed.
- To encourage immediate reporting to CHO once the condition is seen and advise counselling, yoga and other proper treatments.
- Even though many locally based post partum treatments are available awareness must be created about the importance of treatment only under medical supervision as treatment is not same for all and is individual based.
- To educate the importance of breastfeeding and its proper technique
- To identify women in post partum period and educate them.
- To educate them about services available in HWC's
- To make aware that light yoga exercise which can be done during post partum period will be educated at HWC by medical professional.
- Post partum herbal bath should be taken under medical supervision from those have specific training for it.

### **CARE OF NEWBORN**

Childhood period is a very important time during a human's life. It is the basic stage of intellectual, behavioural and health of later life. Hence much importance has to be given to the physical and mental well-being of children by the family and society. Balachikitsa is mentioned in Kaumarabhritya division of ayurveda. It is very elaborately mentioned in this about topics from conceiving to different stages of child growth and care, childhood diseases and their treatment.

Only if Asha workers are educated about these, public awareness can be created, and a healthy generation be made.

### **Interventions**

Due to less immunity children are more susceptible to diseases. Fatigue caused during labour, new atmospheric conditions, other related problems and also to get the child accustomed to new environment ayurveda helps a lot by improving the immunity. There are many schemes going on in AYUSH. Government institutions for childcare.

Main concentration should be on breastfeeding of newborn, bathing, adequate sleep, adequate clothing and improving immunity of newborn. Scientific and holistic knowledge about these should be provided to Ashas for public awareness.

### **Importance and Advantages**

Newborn baby care, health care of mother and child, methods to prevent contamination of breastmilk, food regime and care of child etc., are mentioned elaborately in Ayurveda. If these are conveyed to the public, then false impressions prevalent in Kerala about childcare can be removed to a certain extent. Developmental and milestone anomalies can be detected earlier. First six months breastfeeding in proper way can be taught.

### **Importance of giving directions to ASHA workers**

- To understand the disease conditions of children and thus decrease disease flareups and deaths.
- To bring the child to hospital at the proper time
- To remove false beliefs about childcare
- To enhance breastfeeding
- Helps in early detection of impairments in children.
- Helps to detect whether a developmental milestone is proper
- Can understand the warning signs shown by the child.
- If needed can refer to higher level treatment

## NEWBORN CHILDCARE

A newborn infant OR neonate is a child under 28 days(4 weeks) of age. In child deathrate 65% is of neonates and hence utmost care should be given to the neonate.

### BREASTFEEDING

Breastmilk is a natural food for the child which is easily digestible and highly nutritious. It is very suitable for development and to increase the immunity of the child. Breastmilk should be given to the child within half an hour of birth.

#### Importance of Colostrum

- First secretion from breast called colostrum is like nectar to the child.
- Improves immunity.
- Provides apt nutrition eg. Vitamin A is present in large quantity.
- Breastfeeding should be done once in 2 hours or when the child demands.
- Mother should be made aware of proper massage techniques for inverted nipples and thus enhances breastfeeding.

### FACTORS INCREASING BREASTMILK PRODUCTION

Happy life, simple lifestyle, barley, wheat, shashtikam (Red rice), Shatawari (Asparagus racemosus), vidari (Ipomoea mauritiana), milk, Girinimba (Curry leaves - Murrayakoenigi), medicines which are sweet in taste predominantly, fenugreek milk porridge, milk decoction of chandrasoora (Lepidium sativum), drumstick leaves and garlic fried in ghee, porridge made with coconut milk and cumin seeds.

### FACTORS DECREASING BREAST MILK PRODUCTION

Anxiety, fear, insomnia, anger, late intake of food, eating very fast without proper chewing, excess exercise, intake of more salt, spicy, pungent, sour tasty foods, pickles.

### BATHING

- Either warm water or water boiled with

medicines prescribed by a medical practitioner made warm can be used.

- Coconut milk or virgin coconut oil can be applied on head and body.
- As per medical advice Lakshadikerathailam, Eladikerathailam, Nalpamaradikerathailam etc can be used to prevent skin diseases.
- Instead of soap green gram powder, gram flour or dried Amala (gooseberry) powder can be used.
- Kajal (Collyrium) made from Sahadevi (Cyanthillium cinereum) and durva (Cynodondactylon) can be used in eyes.

### PRASHA (Confection )

Prashas (eg. can be prepared from paste of vacha, sankupushpi, brahmi mixed with honey and ghee) help in increasing body immunity, brain functions and life expectancy. Uramarunnu can be used as per medical advice. But the raw medicines used for its preparation should be stored in sterile condition. Nowadays Uramarunnu is available in medical stores. It increases immunity, proaerappetite, digestion and excretion.

More than this to improve immunity “prakarayogas” are mentioned in Ayurveda. This can be taken from the next day of birth to twelve years of age. These have to be taken for 7 days at each stage of growth of the child. Word “prakaram” means wall. It means prakaram protects the body from diseases as wall protects the house.

### DANGER SIGNS

- Decrease in body temperature - Hypothermia.
- Hypoglycemia
- Anomalies in umbilical cord
- Jaundice
- Lethargic
- Unable to breast feed
- Not urinating
- Grunting sounds

If any of these signs are seen child should be immediately taken to the nearest hospital.

Preterm and low birthweight babies should be continuously reviewed and taken care off

## **FROM 6 MONTHS**

- Other nutritious food should be given as per the child's growth.
- Suitable time for starting new foods is six months onwards.
- As per Ayurveda fruits which are easily digestible can be started.
- First semisolid foods prepared with milk can be started and each week new foods slowly moving onto solid foods can be given.
- Ragi, broken wheat etc mixed with palm sugar candy,jaggery,milk,ghee can be given.
- New food should be introduced with a gap of 5-7 days.
- Along with breastmilk vegetables,fruit juices etc can be given.

## **SIX MONTHS ONWARDS**

- Rice, little millet, kodomillet, etc can be prepared along with pulses and given
- Smashed potatoes, carrot, beetroot
- Vegetable soup
- Yolk of egg
- Above mentioned can be mixed with jaggery, milk, ghee, salt etc

## **9 MONTHS ONWARDS**

- All foods prepared in house with less spicy,pungent,sour and salt tastes and which can be chewed easily.



# ADOLESCENT HEALTH CARE

## HEALTH CARE OF CHILDREN AND ADOLESCENTS

The future of a country depends on children. The health care during childhood is very important for personality development. Balachikithsa division among Ashtangas of Ayurveda gives very importance to health and treatment of children. Spurt of growth during this period shows that importance must be given to food, daily activities, medicine selection and dosage since physical, mental and social changes are fast.

### SERVICES THROUGH SWASTHYA

- 1) Can provide adequate nutrition and immunity if required through medicines and detect developmental anomalies if any.
- 2) Communicable diseases spread to children very quickly. Ayurveda daily regimes and medicines can improve the immunity and maintain them, along with other preventive measures.
- 3) The physical, mental, learning, behavioural disabilities of children can be identified and appropriate ayurveda treatments can be made available to them and also can be referred to higher Ayurveda centres through Swasthya. Speech therapy and behaviour therapy can be made available through AH&WC.
- 4) For the mental and physical wellbeing of children and adolescents Yoga training is available at Swasthyas.

### Dyslexia

Dyslexia is a leading cause of learning disability. A variety of language difficulties are seen in children with dyslexia. They mainly experience

difficulty in reading. Dysgraphia (difficulty in writing) and dyscalculia (difficulty in counting) are also its variants.

### Symptoms:

- Do not recognize letters, words, or sentences and have difficulty reading.
- When reading, skip letters, add them together automatically, ignore punctuation marks, look only at the first letter, guesses the rest.
- Difficult to join words and read a sentence.
- Lack of pronunciation when reading,
- Avoids reading alone and reading too much. Also, listens to what others are reading.

### Dysgraphia (difficulty writing)

- While writing the letters come out of sequence
- Inability to leave a space between the lines and putting punctuation marks. Unable to write clusters properly.
- Difficulty copying and writing from board.

### Dyscalculia

- Reads the numbers in reverse e.g. (reads 19 as 91).
- Not being able to memorize addition and multiplication tables.
- Difficulty doing mental arithmetic after the age of 8.
- Constantly make mistakes while doing calculations

## Behavioural Disability

### Reasons:

- Genetic abnormalities, maternal disorders during pregnancy,
- Improper pregnancy diets and Pregnancy Stress
- Malnutrition in very young children.
- Presence of heavy metals and various pesticides.in food ,air and water
- Imbalance between the brain's essential neurotransmittersdopamine and serotonin..
- Absence of family environment conducive to child development.

## Autism

Autism is a genetic disorder found in children due to an abnormality in the structureof the brain.

### Symptoms:

- A key symptom of autistic children is a desire to be alone in theirdaydreams.
- If parents try to hold them pet them, they will slip away. Reluctance tosocialize with peers.
- Tendency to keep toys in line etc.
- Tendency to repeat the questions put forward to them
- Unable to focus too much on any activity.
- Repetitive physical movements.
- More attracted to certain objects.
- Impulsivity, or inactivity.
- Lack of proper communication skills, not speaking a word even after one year,lack of eye contact, not responding to requests even after starting tospeak, non-reciprocal speech.
- A state of lack of imagination,
- Inability to concentrate.
- Abnormal eating habits.

The above symptoms keep an autistic child away from the mainstream of life.

## ADHD. (Attention deficit hyperactivity disorder)

ADHD is characterized by extreme mischievousness, reckless actions, andinattention. The physical basis of this disorder is a specific growth retardation anddysfunction of the brain. Research indicates that about 3% of school students havethis disorder.Is more seen in boys. Compared to girls.

### Symptoms:

- Mischievousness - running around in class and at home,unable to sit longand ,restless.
- Keeps at least one body part moving at all times. Restless speech andactions.
- Textbooks, money, pencil etc. may be lost.
- Continually failing due to distraction in studies, not paying attention toinstructions given by parents and teachers, skipping homework and gamesthat require immediate attention, forgetting subjects and other thingsquickly, leaving assignments half way without completion.
- Unpredictable behaviour,, unable to wait in queues, etc., responding beforethe end of the question, runs impatiently without waiting while crossing theroad, interrupt when others are speaking, spend long periods of timewatching cartoons in front of the TV and viewing pictures on computerswithout constant attention.

ADHD has to be doubted if the above symptoms persist for 6 consecutive months.Often before the age of 6, such children may show symptoms. If you try to tamesuch a child by constantly beating him, severely reprimanding him, and keeping himout of the classroom, there will be a bitter reaction. Also these children are morelikely to develop emotional distress and negative attitudes in such conditions..

## Role of Ayurveda

Along with readily available treatment methods, combination of

gastrointestinal stimulants, mind-enhancing and mind-pleasing herbs used internally and externally, and panchakarma treatment as prescribed in Ayurveda, is highly effective in children with behavioural disabilities.

Child should be enrolled in a school with teachers trained to provide a well-rounded preschool program for children with behavioural disability..

### **Role of Asha workers**

- Can encourage proper diet, yoga and exercise habits in these children
- To give awareness that palatable medicines are available in Ayurveda to improve immunity and to decrease the disease severity.
- To recognize symptoms like loss of taste, loss of appetite, stomach ache, worm infestation, allergy etc and advise the availability of treatment for these conditions at AYUSH Health & Wellness Center ..
- To help parents to identify learning disabilities and behavioural disabilities at the earliest.
- Reporting any such disability cases to the MO.

### **Adolescent Problems**

During this period of transition from childhood to adulthood, children face a variety of physical and mental challenges. This is the age when parents, teachers and other adults need to be friendly and caring. During this period of high influence of friends and media healthy interventions help in their personal development. During this time, breast growth, menarche, excess hair growth in girls and growth of genitals, changes in voice, excess hair growth, hormonal changes in boys can cause mental stress in them.

#### **Major physical problems faced by adolescents**

- Anemia (anemia)
- obesity
- Lack of interest in food
- Thyroid problems
- P.C.O.D
- white discharge
- Acne, dandruff

It is necessary to understand the exact cause and treat it.

### **Major psychological problems faced by adolescents**

- Excessive concern about physical changes
- Excessive stress on studies
- Immature sexual interest
- Excessive desire to imitate stars etc
- use of intoxicants-
- Emotional conflicts due to attraction to the opposite sex and feelings of love for the opposite sex.

### **MENTAL HEALTH**

- Psychological support from family members and teachers
- Counselling
- Practicing yoga, pranayama etc which enlightens the body and mind.
- Engage in some form of exercise regularly.
- Provide training in subjects of interest to children such as music, dance, painting, instrumental music and agriculture.
- Involving children in family and community responsibilities.
- Spending time with children, going out, and going on short trips are mind-blowing.
- Eat meals together
- Take part in events that family members attend.
- Train them to use TV, mobile phone, computer and internet judiciously.

### **DEPRESSION**

#### **Symptoms**

- attention deficit,
- lack of concentration
- memory loss
- Feels being suspicious
- lack of enthusiasm
- Restless and short tempered
- Crying without any reason
- Suicidal thoughts



## **Anaemia**

Anemia can occur in children and adolescents due to lack of nutrition, fatigue, excessive loss of blood from the body, poor dietary habits, and due to the growth period. It is important to provide appropriate treatment for the underlying cause. Anemia in adolescent can lead to serious health problems in the future.

## **P.C.O.D**

Obesity, excess body hair growth, irregular periods and dark spots around the neck in girls can be symptoms of PCOD.

## **ROLE OF ASHA WORKERS**

- Prevention and treatment of diseases after identifying them through blood tests etc, include regular exercise and dietary adjustments in lifestyle. It is important to address these issues.

Get to know about neighboring adolescent children and their families. services available

through AHW C.

- Make parents aware of problems like m menstrual disorders, PCOD, anemia, thyroid disorders, intoxication, depression etc and refer to AHC if treatment is needed
- Thyroid gland impairment can be the cause of various physical and mental problems
- Participate in activities to prevent drug addiction
- Be careful to find intoxication cases and report to CHO
- For healthy menstrual cycles and other menstrual problems of adolescence AHCs can provide individualized recommendations .. Hygiene during menstruation is also important. Bathe 2 times a day and dry clothes in the sun. Daily routine prescribed in Ayurveda helps to prevent diseases.. AHC can make children healthy by giving them information about healthy diet and exercise.

# HEALTHY AND MEANINGFUL OLD AGE

## Elderly care

Old age is a period that requires a lot of attention and care. In old people, the body and mind becomes weak. Various types of mental conflicts are also commonly seen due to poverty and dependent life.

The situation is more serious in the case of Kerala where life span is more. Estimates suggest that by 2025, 25% of the population will be over 60 years of age. Comprehensive programs have to be devised to deal with the problems of this one-fourth of the population.

Majority of these people in Kerala mainly rely on Ayurvedic system of treatment for their health problems. Through the food-is-medicine principle and Rasayana (Rejuvenating) treatment, healthy and rewarding life is possible.

More commonly seen diseases in the elderly are; diabetes, Heart diseases, hypertension, memory loss, joint related problems, cataract, digestive system related problems, nervous system related problems, lack of sleep, dental problems etc.

### 1. Bone and Joint Diseases

A major condition that occurs naturally with aging is the problems caused by the loss of strength in the bones. The main symptoms are joint pain, swelling and difficulty in moving. Applying oil over oedematous region should be avoided and consultation with a medical practitioner is important rather than self-medication. When this inflammatory condition gets controlled a regular dose of medicine to decrease joint wear and tear and bone strengthening medications makes the

disease under control.

- Foods that give strength to bones should be included in the diet such as ragi, sesame and egg whites.
- Boiled water with leaves of natural herbs such as Calotropis, castor, Chinese chaste (Vitex negundo), Willow leaf justicia (Justicia gendarussa} etc. can also be used for bathing.
- Practice light exercise etc. to prevent weight gain.
- Care must be taken to avoid falls and other injuries.
- It is advisable to expose body to morning or evening sun to correct vitamin D deficiency.

### 2 Respiratory ailments:

Combined treatment based on Ayurveda is effective in patients who regularly take anti-inflammatory drugs for respiratory ailments like COPD, asthma etc.

### 3. Abdominal disorders:

- Due to the possibility of digestive problems, constipation, heartburn, etc., attention should be paid to food habits.
- Avoid tea / black tea / coffee in the morning in empty stomach. It is best to drink boiled water.
- Take care to eat food at the right time. Avoid eating fruits soon after lunch and avoid sour fruits after 4 o'clock in the evening.
- It is good to eat pomegranate, gooseberry, papaya etc. daily.

- During the day time, curd or buttermilk from which butter has been removed can be used.. These should be avoided in the night..
- Excess use of pungent, salty, spicy and sour food should be avoided.

#### 4 Urinary tracts

Urinary tract infection is a major problem in older women. Abdominal pain, urinary retention, frequent urination, fever, chills, abdominal pain etc. are the symptoms. It can be controlled to a certain extent by drinking plenty of water and keeping the organs clean.

Large percent of men over the age of 65 suffer from prostate gland inflammation. The symptoms are waking up many times at night to urinate, difficulty in holding urine when the urge to urinate occurs, urinary obstruction, and not being able to fully empty the bladder.

Although prostate inflammation cannot be completely cured, it should be understood that Ayurvedic treatment can greatly reduce the problems caused by it and control glandular inflammation.

#### ROLE OF ASHA WORKERS

- Identify the people in old age and make them aware of AHCW
- They are more prone to lifestyle diseases and other communicable diseases. Hence they should be encouraged to seek medical help at appropriate times.
- Ayurvedic treatment system is very effective for bedridden patients. They should be given awareness about it. AHCW should be notified of the patient details on time.

#### Food and Nutrition:

- Should ensure proper food intake and proper digestive system for healthy old age.
- Necessary instructions should be given to them about diet.. Eg: It should be easy to digest and nutritious.
- Care should be taken to include whole grains in the diet such as chana, varak,
- Kharak, chickpeas, lentil, urad, cumin,

aval, crumb, whole grains etc.

- Porridge prepared with barley can be used effectively in conditions like lack of appetite, fatigue, etc.
- Consumption of tea, coffee and black coffee should be reduced.
- Have breakfast at 8 am
- Lunch should be taken around 1 O clock.
- In situations where daytime sleep is unavoidable, sleep half an hour before lunch
- Dinner should be taken before 8 pm.
- Drink water as needed
- Avoid curd and, hard-to-digest foods for dinner.
- Dinner should be eaten at least 2 hours before going to bed. You may be encouraged to follow a doctor's advice to treat insomnia.
- Include fruits and fiber-rich foods in your diet as they can prevent constipation.

#### HEALTHY REGIMES

- Brushing with Ayurvedic herbal powder and gargling with apt ayurvedic oils help to cure tooth and gum weakness.
- Bathing with body oil at least once a week will help soften the skin, prevent cracked feet and get enough sleep. Rub Rasnadi Churnam on your head (bregma) after bathing.
- It is best to bathe in warm water before 5 O clock in the evening. This will decrease the difficulties like oedema.
- Exercise can be practiced in a gentle manner.
- You should try to grow herbs such as Tulsi, Turmeric, Panikurka, Karelinchi,
- Thumba, Mukutti etc. in your home garden. For minor diseases, it can be used if prescribed by the doctor.
- It is also acceptable to take time off to provide mental support, and if possible, to bring family and friends together to decrease mental stress.
- A bedroom and washroom which is old age friendly should be adopted .



# **SWASTHYA - THROUGH HOMOEOPATHY**

1. Safe motherhood and child care
2. Protection of Adolescents
3. Healthy and meaningful ageing

# SAFE MOTHERHOOD AND CHILD CARE

## Pregnancy, delivery and postnatal care

### Section 1: Antenatal care

Preconception care is aimed at assessing the physical and mental health of the couple before conception, and identifying and solving potential risks. Every couple who wants to give birth to a child should be included in it. Following things are mainly assessed.

#### a. Assessment of marital status

- Before planning a pregnancy, the prospective couple's demographic information, personal information, background information, information related to menstruation, information about sexual intercourse and contraceptive methods, obstetrics, and previous medical information are evaluated.
- Risk factors such as past sexual assaults, recent or ongoing treatment, smoking, alcohol, drug abuse, or any addictions should be evaluated.
- If any arousal is suspected, the couple is then discussed in detail.
- If any of the couple being screened has any history of heart disease, hypertension, renal disease, liver disease, endocrine disease, sexually transmitted infections etc., history of multiple abortions, or previous children with birth defects are directed to consult a specialist.

#### b. Counseling of eligible couples

Counseling includes topics such as

sexuality, contraceptives, fertility and infertility problems, pregnancy, miscarriage, habits, diet, alcohol, smoking, drugs, risk factors, family planning methods and parental responsibilities.

#### c. Homoeopathy in reproductive health

Homoeopathic medicines may be required to regain health and vitality based on differences in socio - psycho - physical conditions and temperaments of the individual. Homoeopathic medicines are safe and effective in various stages of reproductive care. Homoeopathic anti - psoric treatment can be effectively used before conception to prevent abortion. If the woman has had miscarriages before, taking into consideration the family history and the health of the parents of the woman and the mental and physical conditions they went through during the pre-pregnancy/ pregnancy period, according to Homoeopathic principles,

Effective medicines are available in Homeopathy for conditions related to reproductive organs like Poly Cystic Ovarian Syndrome (PCOS), Recurrent Abortion, Pallor/ Anemia, Uterine Tumors, Male and Female Sterility, Sexual Problems, etc.

#### **Janani - Swapnangalmizhithurakkumidam (Where dreams come true)**

The “Janani” project has already proved that female infertility conditions such as PCOD,

endometriosis, repeated miscarriages, problems due to uterine fibroids can be treated effectively in women. Homoeopathy drugs are able to find a solution to the male infertility conditions such as lack of sperm and sperm motility. In this way this project is a place where dreams come true to those who have failed after 10-15 years of various treatments (IVF, ICSI).

'Janani' is a dream project conceived by the Ministry of Health to make the dream of conceiving a child of every desired couple. 'Janani' makes this dream possible quickly, safely and securely. At present, Janani centers are providing services to all sectors of population and are available in all district hospitals.

This dream project, which was first started in Kannur in the year 2012 by the Department of Homoeopathy under the name 'Mother and Child', has become a huge hope for a vast population in a very short span of time. By 2013, this infertility treatment project has started in Trivandrum and Kozhikkode. This project was able to prove the scope of homoeopathic infertility treatment and is made available in all district hospitals in Kerala. More than 1000 babies have been born through the infertility centers operating under the Homoeopathy department.

In this era of technological advancements in infertility treatment, many people are unable to afford these types of treatments due to financial constraints. It is also seen that those who fail to respond to such treatments may sink to the depths of despair. But most of the causes of infertility are reversible through drugs. It is in this situation that Homoeopathy drugs are relevant. Many couples have had babies with this cost-effective treatment with no side effects. It reveals the success story of Janani project.

### **Duties of ASHA**

- Provide necessary guidelines to eligible couples.
- Direct them to HWC s for initial physical and mental health assessment and counselling.
- Provide necessary information to couples

regarding the importance of Homoeopathic treatment for physical and psychological problems that need to be resolved before conceiving.

- Inform the couples who suffer from difficulties due to infertility and other obstacles about the possibilities of 'Janani' project.
- Provide necessary facilities to those who seek service from 'Janani' project through CHO s.
- Explain the relevance of attaining proper physical and mental health through yoga and the services provided by HWC s.

### **Section 2: Antenatal care**

The goal of antenatal care is to promote, protect and maintain the health of the mother. During pregnancy, traditional and modern methods are integrated to prevent "high-risk" births, provide special attention to them, reduce anxiety and fear associated with childbirth, prevent complications, and reduce maternal and child mortality and morbidity.

The beginning of a full-fledged life begins in the mother's womb. The emotional, physical and psychological reactions that occur during pregnancy strongly affect the future life of the fetus. Adequate prenatal care is as critical to the health of the mother as it is to the health of the baby. At this stage, Homoeopathic treatment is very relevant.

#### **General instructions for pregnant women**

- Ensure that adequate amount of nutritious food is to be taken along with iron containing food to prevent anemia.
- Practice light exercises and yoga regularly for safe delivery under the guidance and supervision of an expert.
- Avoid thoughts that lead to anger, fear, jealousy and envy.
- Engage in routine work under a calm and healthy environment.
- Try to sleep well and get adequate rest.



- Bathe regularly and practice good hygiene.
- Wear soft, comfortable, loose clothing.
- Do not eat too hot, too cold or stale food items.
- Avoid over eating, and too much spicy, sour, sweet and salty food.
- Do not consume too much tea or coffee, any form of tobacco, alcohol or intoxicating substances.
- Avoid sleeping immediately after eating.

### **Antenatal care through homoeopathy**

Homoeopathy gives great importance to mental health. Medicines and counseling provide ways to further improve the mother's mental well-being.

During pregnancy, it is recommended to control harmful drugs according to the health status of the mother and the baby. Homoeopathic treatment can provide very effective treatment in this condition as it does not cause any side effects.

### **Major health problems, symptoms, and role of ASHA workers**

#### **1. Anxiety and fear**

High levels of anxiety during pregnancy adversely affect both the mother and the baby. Anxiety can lead to miscarriage, low birth weight, and mental problems in children. Counseling, exercise, adequate sleep, social support, and yoga practices can help reduce pregnancy anxiety. Ensure the availability of services provided by nearest homoeopathic dispensaries at the initial stage itself.

#### **2. Vomiting**

Vomiting during pregnancy can be continued for 4 months to 8 weeks. Dehydration and nutrient deficiency can occur if this condition persists. Recommend drinking 8 to 12 cups of water throughout the day. Consume small amounts of meals at several times a day. Avoid excessive food, spices, tea and coffee on an empty stomach. Homoeopathic treatment is available at HWCs to effectively control moderate to severe vomiting. Yoga therapy is also effective for this. Eating a

few plain biscuits in the morning and staying in bed for 20 minutes can help relieve heartburn.

#### **3. Anemia**

Eat a balanced diet. Include iron-rich foods in your diet. For example: eggs, fish, vegetables, green vegetables (such as spinach), beans, lentils, nuts, etc. Foods rich in vitamin C such as citrus fruits (capsicum, orange, lemon, avocado, strawberry, kiwi, and tomato) juices should be included. Homoeopathic treatment through individualization is effective to correct anemia due to indigestion and absorption problems and prevent recurrence.

#### **4. Miscarriage**

40% of habitual miscarriages are of unknown etiology. It is possible to prevent miscarriages with properly selected homoeopathic medicine. Such people should seek homoeopathic treatment before conceiving itself.

#### **5. Different types of infections**

Different types of infections during pregnancy should be detected in the early stages and homoeopathic medicines should be made available to them.

#### **6. Indigestion and heartburn**

For those with common problems such as fatigue, heartburn, and indigestion, mild homoeopathic medicines may be prescribed. Instead of eating three full meals, eat slowly in small portions several times a day. Do not lie down immediately after eating. Wear loose clothing. Tight clothes can increase your abdominal pressure.

#### **7. Fever and common cold**

Avoid harmful drugs at this time. Administer appropriate medications only as directed by your homoeopathic doctor.

#### **8. Haemorrhoids (Piles)**

Symptoms include bleeding per rectum and pain. The may be manifested early or worsen during pregnancy. There are many effective homoeopathic medications available.

## **9. Constipation**

A diet consisting of fiber-rich vegetables, fruits, and plenty of fresh water along with homoeopathic medicines can treat this condition.

## **10. Hypertension, Diabetes**

These conditions may be manifested early or worsen during pregnancy and can be resolved with Homeopathic medicines.

## **11. Gingivitis, tooth decay**

During pregnancy, both these conditions are seen as dominant. Effective homoeopathic medications are available.

## **12. Headache**

Headache is one of the most common conditions. Possible causes are migraine and tension headaches. Avoiding bright lights and artificial lights can help reduce the intensity of the pain. Yoga, meditation, and stretching exercises to relax the muscles should be practiced. Homoeopathic medicines help to relieve pain and prevent recurrence.

## **13. Cough**

Cough or respiratory tract infection are to be taken care of during pregnancy. Excessive cough can be harmful for pregnancy. Therefore, you should seek homoeopathic treatment at the initial stages of cough. The body must be hydrated. Therefore, drink an adequate quantity of water.

## **14. Backache**

It is one of the most common conditions of pregnancy, and occurs in up to 50% of pregnant women. Maintain an erect posture at work and at home. Maternity support pillows or soft cushions can be used to provide adequate support to the spine. Interventional exercises and yoga practices are also provided at HWCs. Homoeopathic medicines are also effective.

## **15. Varicose veins**

To increase blood flow and reduce pressure on the veins, you can lie with your legs stretched out. Elastic stockings can compress the veins

and reduce discomfort, prevent the veins from becoming enlarged due to the loss of elasticity of the veins and help blood flow. Homoeopathic medicines are effective in reassuring the condition and finding a permanent solution.

## **16. Urinary tract infection**

Urinary tract infection during pregnancy should be treated early. Frequent urination, urinary urgency, decrease in urine volume, abdominal pain, foul smelling urine etc. may be the initial symptoms. When you start seeing the symptoms, you should take the medicines as directed by the CHOs of the health and wellness center. Always remember to drink water occasionally as needed. If you have urinary incontinence, you should urinate frequently, especially before and after sexual intercourse. Homoeopathic medicines can be used without side effects.

## **17. Muscle sprain**

It can be managed with homoeopathic medication.

## **18. Excessive vaginal discharge**

Vaginal discharge with itching during pregnancy can be effectively treated with homoeopathic medicines.

## **19. Swelling of ankles**

Ankle sprains, which usually occur during pregnancy, are more common in the last few months. This problem can also be treated with homoeopathic medicines. Monitor blood pressure regularly. Use of muscles through leg movement can help pumping of excess fluid back into the heart. Do not sit or stand for a long time. Before lying in bed for a long time, use a pillow for the legs and keep the legs raised from the level of the heart. Reduce salt intake.

## **Duties of ASHA workers**

- Creating awareness about homoeopathic treatment in ante natal care. Following things are to be noted by ASHA workers
- Asha workers should keep in contact with pregnant women in their field of operation from the beginning of pregnancy itself.

- Creating awareness regarding possibilities and scope of homoeopathic treatment in ante natal care
- Provide information regarding safe use of homoeopathic medicines during pregnancy
- Create awareness among pregnant women and their families regarding the services provided by HWCs in ante natal care
- Asha should provide information about those who seek homoeopathic treatment to CHOs
- Visit pregnant women at regular intervals and report to CHOs
- Inform the importance of light exercise during pregnancy and the services provided by yoga trainers at HWCs.
- Advise husband and other family members to provide happiness and support pregnant women
- Instruct to attend regular antenatal care. (Monitoring BP, Weight,)
- If there are any problems such as vaginal bleeding, less/more fetal movement Pain, vaginal discharge, shortness of breath, increased heart rate, extreme tiredness, edema (swelling of the face, feeling of tightness in rings or bracelets worn on the skin) urinary obstruction, dizziness, visual disturbances, blurred vision, swelling/effect in front of the eyes , frequent flushing, severe fever, lack of sleep, emotional disturbances, mental confusion, drowsiness, etc., it should be directed to seek medical help and report immediately.

### **Section 3: Childbirth and Post natal care**

For a woman, usually first delivery is a source of worry. They will experience physical illness to severe pain. Talking about things in a

calming way can help reduce physical stress. Adequate physical and psychological support to the pregnant woman can lead to a safe delivery. Timely care and support should be ensured during delivery.

Homeopathic medicines can help a lot in making the delivery comfortable, avoiding complications during delivery and giving birth to a healthy and full-term baby. According to the symptoms in the last month of pregnancy, the duration of labor can be reduced thereby providing safe delivery by giving the homoeopathic medicines according to the symptoms, and it can reduce complications such as bruise, post-partum haemorrhage. Proper yoga practices during prenatal period results in a healthy delivery.

### **Duties of ASHA**

- Discuss with pregnant women and their families about preparations to be taken before delivery
- Provide information regarding homoeopathic medicines for safe and easy delivery.
- Inform about the possibilities of homoeopathic medicines in post natal and neo natal care

### **Section 4: Postnatal care**

The postpartum period is mainly the first six weeks after the birth of the baby. The care provided during this period is crucial for both the mother and the newborn. This timely care is of vital importance in sustaining life and the future of both of them. A lack of quality in post natal care can have lasting negative effects on the health of both mother and baby.

It can even lead to death of the newborn.



# MATERNAL CARE

Approach with empathy and learn about the needs of the mother and other family members. In cases of transient postpartum depression, mood swings, and unresolved emotional states, emotional distress should be evaluated and counseling should be provided. Awareness should be provided regarding the transition in behavior and the need for breastfeeding.

## Advices for a breastfeeding mother

Breastfeeding should start within an hour of the baby's birth. Breast milk is the baby's complete food source for the first 6 months. A mother should be careful to give only breast milk for the first 6 months. Breastfeeding helps to develop the relationship between mother and baby and prevent pregnancy by preventing ovulation. Breast milk can be easily digested and protects the baby from infections.

Encourage the mother to urinate in the first two to three hours after delivery. Encourage the mother to eat and drink frequently during the first few hours. Postpartum women should increase their regular food intake to replenish energy lost during lactation. To prevent iodine deficiency, it is recommended to use iodine in cooking during the postpartum period and eat foods rich in vitamin A.

It is important not only for preventing blindness in the mother and newborn baby, but also for the production of breast milk. Encourage the mother to eat more nutrient-rich foods. Wash the genital area regularly. Maintain personal hygiene and breast hygiene.

## Common ailments in the mother during the postpartum period:

### Agalactia

Encourage the mother to increase the portion of liquid foods and non-vegetarian food. Breastfeed the baby 8 times or more in 24 hours (intermittently).

Avoid mental stress and anxieties during this period. Homoeopathic medicines are effectively used in such conditions.

### Mastitis

Getting proper rest, continuing to breastfeed, and drinking plenty of fluids can help ward off infection. Do not give milk to the baby from the breast affected by mastitis. Express the milk from infected breast. It can be prevented to an extent by ensuring that the baby sucks milk from both breasts.

### Cracked nipples

Maintain breast hygiene during pregnancy and delivery. If the nipples are cracked and sore, express the milk and feed it to the baby. It helps the nipples to heal. A cracked nipple can become infected and should be treated immediately. It can be effectively treated with homoeopathy.

## Postpartum psychological problems

Depression is one of the most important postpartum mental disorders. Rest as much as possible, include physical exercise activities in the daily routine, provide emotional support to the mother, ask the husband to participate in the

care of the baby, encourage the sharing of feelings and hopes between the mother and the father, and avoid rejection. Like any other psychological conditions, this can also be effectively treated by homoeopathy.

### **Care of the newborn baby**

The baby needs to have a warm environment. If it is cold, it is better to cover the head. Care should be taken to avoid infection in the baby's umbilicus. Never ignore jaundice in newborns and give proper care. Sound sleep is very important for baby's health. Lay the baby upright on its right side.

Homoeopathic treatment is also effective for all infections commonly seen in newborn babies.

### **Stuffy nose**

Allergy and common cold can lead to nasal congestion and difficulty in sleeping and sucking milk. Because of this, the child will cry incessantly and parents may get disturbed. For this, take a pinch of salt in a teaspoon of water and

make a thin solution and advice to instill two drops in the nose. But if there is no relief from this, then you should consult a doctor at the nearest health and wellness center.

### **Duties of ASHA workers**

- To find and provide adequate instructions to post partum women.
- Provide information about the services available at HWCs.
- Explain the possibilities of homoeopathic medicines for physical and mental difficulties related to childbirth.
- The importance of breastfeeding should also be explained and an emphasis should be given on proper breastfeeding practices.
- Homoeopathic medicines are very effective and safe for breastfeeding related problems and awareness should be provided.
- Concerns of mothers regarding newborn care should be recognized and assistance sought from HWC and CHO as needed.
- Inform the importance of postnatal exercises and the yoga training facilities available at HWCs



# ADOLESCENT HEALTH CARE

## Child and adolescent health

The future and development of a nation depends on its children. These children are at an age of reduced immunity and are not capable of facing various social challenges and are more prone to emotional and other physical and emotional problems.

The importance of Homeopathy for the treatment of various physical problems of children and adolescents has been known for ages. Homeopathy is able to effectively treat infectious diseases, fevers, anemia, and problems caused by worms in children and infants.

Adolescent health problems, cosmetic problems such as acne and hair loss, menstrual problems, malnutrition/obesity etc. are effectively treated with homoeopathic medicines. Autism, Learning Disabilities, Behavioral Disabilities, and Developmental Disabilities that are being recognized in the modern age, are difficult to treat. As it is giving much importance to problems of mind, homoeopathy has a good possibility in the treatment. A better treatment is possible if they are detected in the beginning and the necessary preventive therapies are undertaken. Sadgamaya is the speciality project for adolescent health care in homoeopathy.

## Sadgamaya

It is a project that deals with all health problems especially behavioral problems, learning disabilities and coping with various emotional problems among children and adolescents.

The project started at Thrissur in 2012

followed by Pathanamthitta and in all districts of Kerala by 2014.

Beneficiaries: Children and adolescents under 19 years of age

Children who have problems such as persistently falling behind in studies, difficulty in writing, reading and calculating, lack of concentration, constant anger, destructive tendencies, drug addiction, etc. are effectively treated in this project.

Sadgamaya treats children's developmental and behavioural problems such as autism, fear, anxiety, ADHD, ODD, CD, etc.

All government dispensaries also have priority treatment for children on certain days from 12 to 2 pm. Also, there are services from special education teacher and counselling are provided at the district hospitals. A Homoeopathy medical officer is available to deal with such cases alone based on prior appointment.

## ADHD (Attention Deficit Hyperactivity Disorder)

A.D.H.D. is a genetic disorder seen in children. There will be symptoms such as lack of attention, restlessness, excessive mischief. Because of this, their social life, family life and study life will be deranged. This is not the only problem that they have to deal with it, 50% of children have learning disabilities. Symptoms begin to show before the age of six. These symptoms should be present in any place other than school. These symptoms should last for at least 6 months. It is not possible to decide



whether the child has this condition just because of the presence of restlessness. However, if there is lack of concentration, restlessness, difficulty in learning, A.D.H.D. can be suspected.

#### **Duties of ASHA workers**

- Inform Health and Wellness centers if you come across a child with suspected ADHD. Inform about the availability of Homoeopathic treatment at Sadgamaya centers. Parents need counseling.

#### **ODD (Oppositional Defiant Disorder)**

O.D.D. is said to be a somewhat difficult disorder. They may be children who have the characteristics of always protesting, quarreling, blaming others, not accepting the blame, and telling lies all the time. Often they may be children who are disciplined all the time.

#### **Duties of ASHA workers**

If you notice a child with the above-mentioned problems, inform the health and wellness center and make them understand that some of the troubles can be treated by Homoeopathy through counseling and some therapies, etc. ASHA should be able to direct them Sadgamaya center.

#### **CD (Conduct Disorder)**

Some of the above-mentioned children with ODD may progress to this condition. Committing major crimes on a regular basis (rape, sexual assault, substance abuse, gambling), telling lies, acting insensitive to the pain of others, and using cruel words and actions are the symptoms of this type of person.

They may be children who are often looked upon with suspicion by society and an outclass for their families. They may be bullies at school. Forsaken feelings may lead them to the above-mentioned crimes and bad company.

#### **Duties of ASHA workers**

- Identify children with conduct disorders and take the necessary step to direct them to health and wellness centers (Sadgamaya) before the condition progresses into more serious character disorders.

#### **Learning disabilities**

Learning disabilities can be suspected if children with normal intelligence (IQ) have difficulty in learning, writing, reading, and doing math. Such children often receive punishment from teachers and parents who do not know what their problem is.

#### **Duties of ASHA workers**

If you notice children with learning disabilities, report them to the Health and Wellness Center. Tell the parents that there is treatment for this at Sadgamaya Centers.

#### **Autism**

It is called Autism Spectrum Disorder. Interpersonal relationships are hindered due to children's difficulty in communicating. Non-verbal communication is also difficult. Repeating certain things, showing uncivil behavior, over-reacting to some things, and not reacting at all are also seen in this disorder. Some children may be hyper-intelligent or some are mentally retarded. Although it can't be treated and reversed, many helpful things can be trained if the condition is identified before 3 years of age. Homoeopathic medicines can help change some of these conditions to normal and communication can be made a little easier.

#### **Duties of ASHA**

If you have autistic children in your area, you can provide information to the parents about the Sadgamaya center.

#### **Depression, extreme anxiety, depression, suicidal tendencies**

In this age where children's lives are full of tension, the above conditions are more and more common. Children often have difficulties such as withdrawing from society, not participating in school or family functions, showing suicidal tendencies, sleep deprivation due to exam stress, lack of courage to face situations etc. It is necessary to know the reasons, understand their

life circumstances and give proper counseling and homoeopathic medicines to these children.

### **Duties of ASHA workers**

- If there are children with such conditions in your place, HWC can be informed and their parents may be made aware of the homoeopathic treatment and other services that are available at Health & Wellness Centers.

### **Substance abuse in children**

Children can have many physical and mental problems due to the abuse of alcohol, tobacco products, and some intoxicating drugs. Even daily usage substances such as gums, some painkillers, and some anti-depressant medicines are alternatives for drugs in children. These substance abuses are usually identified by school teachers, friends, or family members, and if done in a preliminary stage can eventually help in a better treatment. Unfortunately, these children are identified long after they are addicted to such substances.

Poor scholastic performance, confining oneself to select companies, doing things secretly, stealing money from home, brooding on like dreaming, and showing aggressive tendencies can happen in the early stages. Occasional usage of drugs may later become regular and leads to drug addiction which requires deaddiction treatment. Homoeopathic department has a project for deaddiction called Punarjani. Counseling is also available in this project.

### **Duties of ASHA**

- ASHA workers can provide awareness to the susceptible children and parents and information can be reported to Health and Wellness Center.

### **Questions and Answers**

*Is treatment under the Sadgamaya scheme available in all dispensaries?*

Consultation and treatment are given as a priority treatment on specified days from 12 noon to 2 pm in at all dispensaries. But cases requiring special attention are treated in the District Sadgamaya centers with the availability of counselor and special education teacher.

*Can it be given along with other treatments?*

As there are no side effects in homoeopathic treatment, other drugs can be administered as directed by the treating physician.

*What things are needed to be brought to Sadgamaya Center?*

Parents should accompany children to Sadgamaya center. A book, pen or pencil and treatment history reports should be brought along.

# HEALTHY AND PRODUCTIVE AGING

## Geriatric health

In the spring of life, every person who has worked hard for the country, society and family, enters old age, and most of the time, he will pass through a state of helplessness. As many of the individuals may undergo such a stage the community, particularly the medical health systems have a responsibility to engage this emerging problem.

The situation is more serious in Kerala, which is far ahead in terms of life expectancy. In 2020, the number of people over 60 years of age has exceeded the number of people under the age of 16 in Kerala. Statistics indicate that by 2025, 25 percent of the population will be over 60 years of age.

The reality is that there are not enough comprehensive programs to deal with the problems of the population. It is in this situation that the relevance of the Geriatric Clinics of the Department of Homoeopathy increases.

## Geriatric Care (Problems and Solutions in Elderly)

Geriatrics is a specialty that deals with the health problems of people over the age of 60. Aging is the period that requires intensive attention and care. Joint complaints can increase and the range of motion restricted. It is also a period of many ailments like vitamin D deficiency due to lack of sunlight, children living abroad,

loneliness, depression and nervous disorders.

Financial hardship due to lack of employment, having to depend on other people for wealth, not getting care at the right time due to lack of a partner, having to stay in the hospital depending on others, etc. cause many difficulties for them. Old age is a period when it is not possible to follow a proper lifestyle and diet.

## Geriatric Specialty Clinic

Homoeopathy is the most suitable treatment method for geriatric care. As a treatment system based on the similarities of symptoms, disease symptoms can be reversed in many cases where disease determination is impossible and it is considered impossible to treat.

Geriatric specialty clinics work to address the concerns of old age and to minimize their difficulties. These clinics are able to understand the physical and mental problems at the beginning and control them before they become severe. It also aims for a comfortable and pleasant old age. Those who don't require direct consultation can utilize newer technologies like online consultation.

Homoeopathy can help control many of the symptoms and signs of aging. Many problems do not require over-the-counter medications. A variety of medical interventions are available at Health and Wellness Centers to help with geriatric problems.



### **Duties of ASHA**

- There should be a system of home delivery of medicines (doorstep delivery)
- Blood pressure, blood sugar, etc can be investigated during this home visit.
- ASHA workers can seek help to bring doctor's appointments to the doorstep of the needy.
- Can act as a good guide to reach homes.
- If there is any doubt, that can be cleared through the doctors.

### **Let's discuss some of the problems that the elderly has. Inflammation of the prostate gland**

This is a problem seen in men as they age. It is caused by inflammation of the prostate gland. Symptoms can start from the age of 45. Ninety percent of people over the age of 65 have problems with it.

Getting up to urinate several times during the night, difficulty in holding urine, urinary obstruction, are the common symptoms faced by the elderly. Although prostate inflammation cannot be completely cured, the complications caused by it can be greatly reduced and the inflammation of the gland can be controlled. In many cases, surgery can be avoided.

### **Duties of ASHA**

- Information about older people with problems due to inflammation of the prostate gland in your places can be reported to the HWC or District hospital and they can be informed about

the availability of treatment and other facilities for the same

### **Osteoporosis**

The bones of the elderly can become weak especially that of women. Diet with insufficient intake of calcium and not getting proper exposure to sunlight will make the situation more complicated. Pain in the legs, falls, etc. are seen at this age.

### **Duties of ASHA**

- If the symptoms of osteoporosis are properly understood in the beginning and treatment is taken fractures, bruises etc. can be prevented. Some homoeopathic medications can help the body absorb calcium from food more quickly. If you have an elderly in your area with such problems, inform the HWC and inform elderly that homoeopathic treatment and other options are available at health & wellness centers and hospitals.

### **Serious minor injuries**

Mild symptoms can be serious if not treated at the right time. Therefore, if you have any symptoms, you should go to the HWC for treatment or avail door-step treatment. If the elderly is unable to travel he can approach palliative care units at the district centers.

### **Duties of ASHA**

- Inform the Station Health & Wellness centers about the elderly requiring doorstep care.



# YOGA

## Yoga for safe and healthy conception:

Yoga is a beneficial practice during the preparatory phase of Conception as it helps to promote Health, relaxation, and emotional well-being. Practice of YOGA regularly can create a favorable environment for conception by reducing stress and increasing physical and mental balance. Here are some considerations and recommended Yoga practices during the pre-conceptive phase:

1. Consult a Health Professional: Before starting any exercise program, including yoga, it's important to consult with your health care provider to make sure it's safe for you and to address any physical concerns or conditions.
2. Gentle yoga practice: Choose gentle yoga exercises that focus on relaxation, stretching, and breathing rather than hard, intense exercises.
3. Stress reduction: Yoga is known for its stress-reducing properties, which can also help to Reduce anxiety when trying for Conception. Incorporate stress reduction techniques such as deep breathing, meditation, and guided relaxation into your devotional routine.
4. Focus on pelvic floor exercise: It is important to focus on pelvic floor exercise as it means preparing the body in advance for pregnancy. Poses that gently stretch and strengthen the pelvic region include Malasana (Mala Pose), Badhakonasana (Butterfly Pose), and Cat-Cow Pose.
5. Hormonal Balance: Certain yoga poses can help promote hormonal balance, which can be beneficial in the pre-conception phase. Consider incorporating poses such as supported bridge pose, legs-up-the-wall pose, and suptabdhakonasana (reclining bound angle pose).
6. Core Muscle Strength: strengthening the Core Muscles can help support the reproductive organs and the body in general.
7. Connection between mind and body: Yoga is not only a physical practice but also a means of connecting mind and body. Cultivate focus and Concentration, Self-realization and Constructive Beneficial Intentions with practices such as visualization, affirmations, and gratitude exercises.



## **Role of ASHA:**

1. Implications and Education: Asha workers can implicate individuals and couples about the Benefits of Regular Yoga Practice to improve mood, Reproductive Ability and reduce stress both physically and mentally. They can share information on how Yoga can increase fertility and create a favorable environment for conception.
2. Identification of need: Asha workers can identify individuals or couples who wish to conceive and assess their readiness for pregnancy. They can be counseled and guided on the importance of maintaining an active lifestyle, including exercise as part of their preventive care.
3. Yoga Demonstration and Training: Asha Workers may conduct Yoga demonstration sessions to acquaint them with individual and couple spiritual Yoga asanas (Yoga Poses) and appropriate meditation techniques for preconception stages. They can provide basic training on how to perform these exercises correctly and safely.
4. Individual recommendations: Each individual and couple may have unique needs and circumstances. Asha workers can assess the specific needs and challenges faced by individuals/couples during the pre-awareness period and make personalized recommendations about appropriate Yoga practices for their circumstances.
5. Monitoring and Advocacy: Asha workers can follow up and continue to support individual/couples who have started practicing Yoga. They can monitor their progress, provide encouragement and address any concerns and challenges encountered during pre-Yoga training Sessions.
6. Referral and collaboration: If an individual or couple requires specialized guidance, or if emotional as well as Physical Disturbances persist during the pre-conceptive period, Asha workers can refer the individuals to relevant

Medical care professionals or Yoga Specialist Instructors for further assessment and support. They can help them Consult with other Health Care providers to ensure comprehensive support.

7. Tracking and reporting: Asha workers keep records of the individuals/couples they interact with and their history. This information can be used to track the impact of prior training and to identify any trends or areas that may require additional support.

## **YOGA For Adolescent Health Care.**

Yoga can play an important role in encouraging physical, mental and emotional well-being at this critical stage of growth. Yoga combines physical exercises (asanas) Breathing exercises, meditation and relaxation techniques to create a comprehensive practice that can produce many positive results in teenagers.

### **Methods to Utilize Yoga for Adolescent Health.**

1. Physical Fitness: Regular practice of yoga improves strength, flexibility and coordination. It helps in maintaining a healthy weight, promotes cardiovascular health and improves physical fitness.
2. Reducing Stress: Adolescence is a challenging and stressful time. Offers tools and techniques to manage stress and anxiety, allowing teens to develop coping mechanisms and calmness.
3. Spiritual and Emotional Wellness: Encourages self-affection, self-acceptance, and self-expression. It can help teenagers manage their emotions, develop a positive body image, and develop a loving relationship with them.
4. Concentration and focus: Yoga involves mindfulness and concentration techniques that can increase focus, concentration and mental clarity. It is beneficial for academic performance and cognitive development.
5. Sleep Disorders: Many teenagers struggle with sleep disorders. Relaxation practices, including gentle stretching and relaxation exercises, can promote sleep quality and alleviate insomnia.



6. **Healthy Lifestyle Choices:** Engaging in Yoga Practice at very Young age encourages passionate habits and a balanced lifestyle. It encourages careful grooming, mindful eating, and a deep connection with one's body, which can positively impact long-term health.

#### **Role of asha workers:**

1. **Influence Awareness and Education:** Asha workers can influence the youth, their families and the community about Regular Yoga Practice for physical and mental well-being. They can organize community meetings, conduct awareness campaigns and spread information about the importance of sacrifice in encouraging active lifestyles.
2. **Identification and Referral:** Asha workers are often the first to be contacted for Health Care needs in migrant communities. Adolescents who experience stress, anxiety, and possibly other emotional problems can be identified at early stages including victims of sexual abuse. Such Sensitive Individuals may be referred to appropriate volunteer programs or trained volunteer coaches.
3. **Facilitating access:** Asha workers can help youth access volunteer programs by providing information about regional volunteer centers, government initiatives, or agencies that offer volunteer programs. They can help schedule appointments, arrange transportation, and overcome logistical obstacles that prevent teens from attending volunteer sessions.
4. **Program Implementation Support:** Asha workers can collaborate with local schools, community centers, and mental health facilities to organize specially designed volunteer programs for adolescents. They can liaise with Yoga trainers, Health Care experts and other stakeholders to ensure effective implementation of these programmes. ASHA workers can help mobilize community participation and maintain consistent attendance.
5. **Monitoring and follow-up:** ASHA workers can play a critical role in monitoring the progress

and progress of adolescents placed in foster care. They can make regular visits to the facility to assess the impact of the sacrifice on their physical and mental well-being. Hope workers can provide ongoing support, guidance, and advocacy to help adolescents continue to exercise and make positive lifestyle changes.

6. **Information Collection and Reporting:** ASHA staff are responsible for maintaining the Health Status documents and collecting relevant data in the business communities. They can assess the impact of interventions on adolescent emotional outcomes, report this information to higher authorities, and contribute to evidence-based decision-making and policy-making.

## **YOGA AND GERIATRIC CARE**

Nursing care and Yoga Practice can be combined to encourage the spirit and endurance of the elderly. Originating from ancient India, yoga includes physical postures, asana exercises, meditation, and relaxation techniques. Here are some ways in which Geriatric care and Yoga are linked:

1. **Physical activity:** Exercise can increase flexibility, strength, balance, and coordination, which are critical for maintaining independence and preventing falls in older adults. Practicing yoga poses regularly can improve joint mobility, ease stiffness, and promote better posture and body alignment.
2. **Mental Relaxation:** Yoga has been shown to reduce stress, anxiety and depression in people of all ages. Older adults may experience a variety of psychological challenges such as grief, loss, and coping with life changes. Meditation and deep meditation help to calm the mind, improve mood and increase mental well-being.
3. **Chronic Disease Management:** Many adults live with chronic conditions such as arthritis, heart disease, and possibly respiratory diseases. Yoga can be a complementary therapy to treat these conditions. It can help reduce pain, improve heart rhythm, control blood sugar levels and improve respiratory function.

4. Cognitive function: Studies indicate that Yoga can have beneficial effects on cognitive function and memory. Some yoga practices like meditation and pranayama (breathing exercises) can improve focus, concentration and mental clarity. These benefits are also beneficial for older adults in maintaining cognitive function.
5. Social connection: Attending Yoga classes or group sessions can foster social connections and reduce loneliness, a common concern among older adults. Engaging in a shared act of Yoga Sessions creates opportunities for social interaction and community impact.

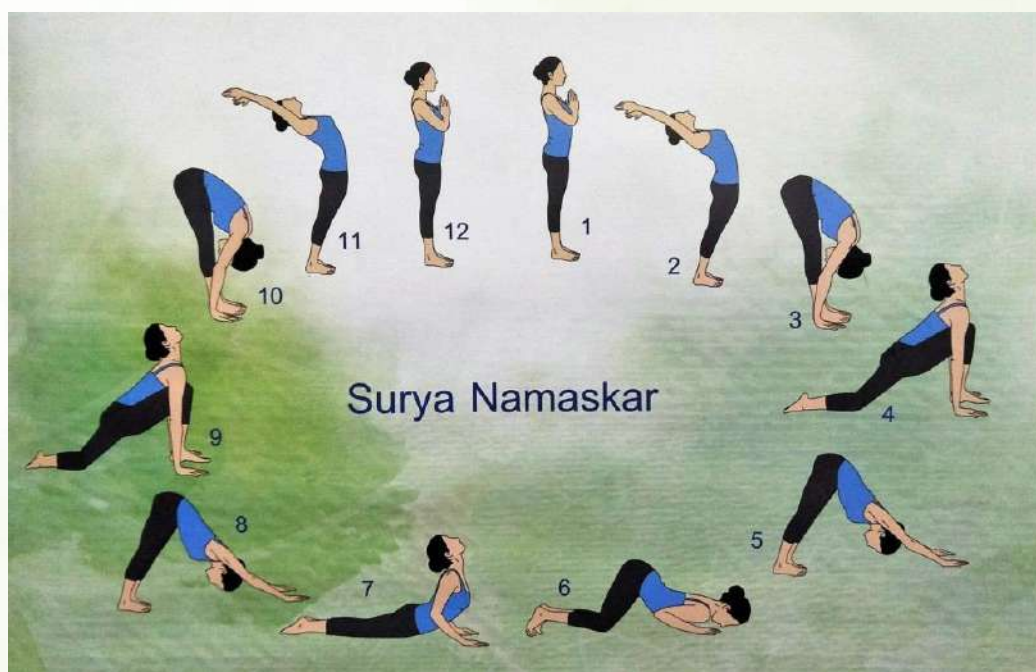
The senior yoga program model focuses on gentle yoga sessions, learning how to take care of the body, strengthen the core muscles of the hips and legs, and increase range of motion in the joints. The Yoga Sessions is designed to be done very gently and slowly in a way that is suitable for the muscles. This training should be done twice a week for 30 to 45 minutes.

### Role of ASHA:

1. Creating Awareness and passion: Asha workers can create a passion for Practicing Yoga for the physical and mental well-being of the elderly

population. They can explain how exercise can help improve flexibility, balance, strength, and quality of life in older adults.

2. Referral and linkage: Those interested in Practising Yoga can be referred to trained volunteer coaches or volunteer centers in the community. They can provide information on regional volunteer classes, time of Sessions and fees, and facilitate access to volunteer programs.
3. Encouraging participation: Asha workers can promote and encourage the elderly to participate in individual Yoga classes by pointing out the experiences of others who have benefited from such trainings. They can also organize group sessions at the community level to raise awareness of food sacrifice and generate support among the elderly.
4. Monitoring and Follow-up: Even if Asha workers provide volunteer training, they can also monitor the progress and provide necessary support to individuals who attend volunteer classes. This may include regular visits, assessing any improvements in respiratory parameters, and addressing any concerns or issues that may arise.



## CONCLUSION

ASHAs are a group that provides a commendable service in the primary health work in the urban and rural areas of Kerala. As ASHAs are working from the lowest floor in the society, the deepest interactions with the society are possible through them. This feature makes their service relevant in AYUSH health and wellness Centers (AHWC). By training them about AYUSH treatment science, AYUSH Health and Wellness Centers and their relevance, ASHAs can better understand these systems and its services and include information about these systems in their scope of work and can bring those who need these services to the nearest AYUSH Health and Wellness Centers. I hope this handbook will be helpful for that.







# asha

Handbook



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