

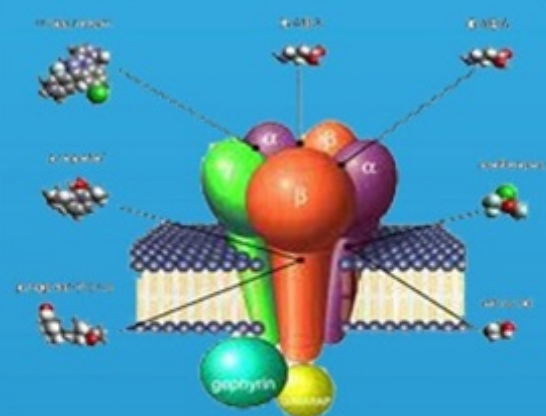


ISSN : 2320-1304

International Journal Of Pharmamedix India.

January 2013. Vol. -I Issue - I.
Research, Review, Survey.

Published by : Pharmamedix.India
www.pharmamedix.in
mail: info@pharmamedix.in



A Survey by International Journal of Pharmamedix India [IJPI] on “Health Awareness in People of State of Rajasthan”.

Organised by: International Journal of Pharmamedix India [IJPI]

Places : All District of Rajasthan.

Done by: Student of Pharmacy of various Colleges.

Time: From August 2012 to Dec.15, 2012.

Abstract:

The purpose of conducting this survey is to know about the people concern about their health. Health is a major and most important issue of one's life. Doctors play an important role in our society and hence one should concern a well qualified doctor. The role of pharmacy and medicine can't be denied in maintaining and providing a quality health services.

In our survey we interacted with various types of people from highly qualified to illiterate to know how much they are aware of right use of medicine and following the proper regimen. The journal also wanted to know whether the people concern a doctor for the treatment and does the qualification of doctor means to them anything. The surprising result came that many of them do self medication in case of common cough and cold, viral fever, headache and joint pain. They do not even bother to concern any doctor and take medicine on their own or on the recommendation of their friends and relative who have taken it before. They are unaware of the medicine but take them only because other is benefited. The people go to doctor when their self medication does not work and the condition is worsened.

Keyword: Survey, Health, Magic Remedies, Rajasthan.

Introduction:

The journal conducted the survey to know the people concern about their health and their attitude towards medication. Health is the most prominent and primary importance of everyone's life without any discrimination of social status, literate and illiterate. All are concerned about their health.

Medicines are the evergreen option for the treatment of any disease but people takes this medicine as granted. The right drugs relieves from symptoms but at the same time wrong drug shows its adverse effect.

The journal questioned about following the proper regimen. Many of them follow the direction of doctor and avoids the contraindicated foods and habits that may effect the medication. Many literate avoids the proper medication and many illiterate follows the regimen strictly, it varies from person to person. Patients take the dose twice, if they have missed it once. They do not care about the toxic effect of the drugs and what can happen if they took the double dose or miss any dose. They take the regimen as granted. The question was also raised whether patients follows the full course medication or leave it when they have symptomatic relief. It is better to go for a routine check up for elderly patients and the patients with a family

history of diabetics, hypertension, and other genetically transferred diseases. This can help the patients to live a better and healthy life. The country like India, where people can spends thousands of rupees on entertainment, food and luxury but hesitate to spend a single penny on regular check up. They think why to waste money when they have no disease and will see later when they fall ill. There is need to motivate people towards health awareness.

It was strange to know that as our country is growing but still people believes in magic remedies and think that psychological problems can be cured by supernatural powers. This is believe does not discriminate between rich and poor, literate and illiterate, it implies to all categories, caste, and religion. They don't even hesitate to take the medicine given from the hypocrite. Patients buys medicine from shops but did they ever bother to know whether the shopkeeper is a qualified or not. They just only depend on the shopkeeper for the medicines but not on their knowledge and qualification. Rajasthan government has started free distribution of drugs in the government hospitals so that the appropriate and right use of drugs can be implemented in the way to the healthier India.

About Us:

International Journal of Pharmamedix India [IJPI] is an international peer-reviewed multidisciplinary online journal published quarterly. IJPI publishes research and review articles in Pharmaceutics, Pharmaceutical Nanotechnology, Pharmaceutical Analysis, Pharmaceutical Chemistry, Medicinal Chemistry, Industrial Pharmacy, Biopharmaceutics, Pharmacokinetics, Physical Pharmacy, Pharmacognosy, Phytochemistry, Pharmacology, Ethnopharmacology, Toxicology, Bioinformatics and Biotechnology, Biochemistry, Cardiology, Cardio Thoracic Surgery, Diabetology, Dermatology, General Surgery, General Medicine, Genetics, Gastroenterology, Gynecology, Hematology, Urology and Virology, Herbal Therapy, Human Physiology, Immunology, Infertility, Infectious Diseases, Laboratory Medicine and Techniques, Microbiology, Molecular Biology, Rheumatology, Neonatology, Neurology, Nephrology, Nursing care, Nutrition, Oncology, Orthopedics, Ophthalmology, Pathology, Pulmonology, Pediatrics, Psychiatry and Stem Cell Research. The Journal publishes research articles in the form of Research and Review articles.

Survey Motives:

“All of us would like to feel better, look better and live a healthier life. Yet, many of us may not be aware of what health challenges we face every day. It’s important to remember that simple things like right use of medicine and following the proper regimen can improve our health – and our lives.”

This Health Awareness Survey is an effort to gather information through a series of questions designed to indicate areas of needs concerning health awareness.

In our survey we interacted with various types of people from highly qualified to illiterate to know how much they are aware of right use of medicine and following the proper regimen. The journal also wanted to know whether the people concern a doctor for the treatment and are they aware to qualification of doctor.

Survey Methodologies:

The most important part of the survey process is the creation of questions that accurately measure the opinions, experiences and behaviours of the public.

We surveyed 10,000 adults of Rajasthan to determine their awareness of common health conditions describe their

experiences accessing and utilizing health services in Rajasthan

- ❖ **Data collection method :** *face-to-face* survey(performed at respondents' home or at other places)
- ❖ **Target population:** aged 18+
- ❖ **Questionnaire size:** approx. 20 minutes (approx. 1 minute per question)

- ❖ **Sample size:** 1000 people of Rajasthan
- ❖ **Sample Representative-** One from each district of Rajasthan
- ❖ **Realization date Aug.01,2012 to Dec.15,2012.**

Performa of Survey:



**A Survey By International Journal Of Pharmamedix India [IJPI]
ON
"Health Awareness in People of State of Rajasthan"**
www.pharmamedix.in

Name- Age-..... Gender- F / M
Qualification-..... Region- Urban / Rural. Phone no.....
Address.....
.....

Question's-

- | | |
|---|----------|
| 1- Have you ever fallen sick ? | YES / NO |
| 2- Do you concern doctor for treatment ? | YES / NO |
| 3- Do you ever check the doctor's qualification before concerning ? | YES / NO |
| 4- Have you ever taken medicine on your own for the common cold and cough? | YES / NO |
| 5- Do you have the full and right knowledge of the medicine that you are taking on your own without any concern ? | YES / NO |

- 6- How do you come to know about these medicine that you have taken on your own?
- (a) Have you ever taken these medicine before for the same symptoms ? YES / NO
- (b) Did your neighbour or relative told about the medicine ? YES / NO
- 7- Do you follow the proper regimen mentioned ? YES / NO
- 8- While following your medication have you ever missed any dose ?
- (a) Then you take the medicine in double dose next time ? YES / NO
- (b) Do you extend the dose one day ahead ? YES / NO
- 9- If you get relief from symptoms before the full course of medication ends then
- (a) You stop the medication ? YES / NO
- (b) You follow the full course ? YES / NO
- 10 When do you concern doctor for medication ?
- (a) Right just the appearance of symptoms ? YES / NO
- (b) When you come to know that condition can't be controlled by self medication ? YES / NO
- 11- How much are you concern about your health (in case of elderly and diseased patient)
- (a) Do you go for routine check up ? YES / NO
- (b) When you face any difficulty then only you concern doctor ? YES / NO
- 12- Have you ever gone for a treatment from any unqualified person (who is not a doctor) ? YES / NO
- If yes then detail.....
- 13- Do you believe in Magic remedies [Jhad-Phunk] ? YES / NO
- 14- Do you have ever gone for a Magic remedy treatment for any of your friends or relatives? YES / NO
- 15- In you area-
- (a) Is there any unqualified person doing the treatment /medical practice ? YES / NO
- (b) Is there any person doing magic treatment [Jhad-Phunk] ? YES / NO
- 16- Do you have any medical shop in your area ? YES / NO
- If yes then....
- (a) The shop is run by the any unqualified person ? YES / NO
- (b) If no then from where you take medicine ?
- ANSWER.....
- 17- Is there any hospital or dispensary in your area ? YES / NO
- (a) Does Doctor come on time ? YES / NO
- 18- Does your child ever got any vaccination ? YES / NO

19- How many time does your child has Polio vaccine ?

YES / NO

ANSWER.....IN..... TIME DURATION.

20- Is free medicine is distributed in your village ?

YES / NO

Name of village.....

Declaration

I here by declare that I.....[name] has carried out this survey at.....[place name]. I am[qualification / designation]and the work done by me is authentic.

Name.....Signature.....Date.....

THIS SURVAY ORGANISED BY INTERNATIONAL JOURNAL OF PHARMAMEDIX INDIA [IJPI]

A Right Reserved by www.pharmamedix.in.

Copyright © 2012-13 by www.pharmamedix.in

Discussion:

Health is a major and most important issue of one's life. The role of pharmacy and medicine can't be denied in maintaining and providing a quality health services.

In our survey we interacted with various types of people from highly qualified to illiterate to know how much they are aware of right use of medicine and following the proper regimen. The journal also wanted to know whether the people concern a doctor for the treatment and does the qualification of doctor means to them anything.

In today's world people only want quick result. They don't bother about following the right procedure. Many of them do not inquire about the doctor's qualification. Money is the primary target of every business and today health sector is the major money maker source. Business is done everywhere even with our health.

It was strange to know that as our country is growing but still people believes in magic remedies and think that psychological problems can be cured by supernatural powers. This believe does not discriminate between rich and poor, literate and illiterate, it implies to all categories, caste, and religion. They don't

even hesitate to take the medicine given from the hypocrite. People can go to any extend in blind faith and sometime does such things that are cruel to mankind. Patients buys medicine from shops but did they ever bother to know whether the shopkeeper is a qualified or not. They just depend on the shopkeeper for the medicines but not on their knowledge and qualification. The public is not familiar to the pharmacist. They know pharmacist only as a person who has retail shop of medicines. The education and knowledge of pharmacy is far distance from public. Everyone is busy in money making so the the person does the minimum qualification in pharmacy or hire the registration from any qualified pharmacist to run the shop. So they sale medicines according to prescription and the experience they get from prescription and earn. The common man is not aware of the harmful effect of the drugs neither the unqualified shopkeeper. Only when the pharmacist are considered to be the vital member of the health care team can the necessary supporting services and quality health services can be reached to the common man.

The journal also questioned about following the proper regimen. Many of them follow the direction of doctor and avoid the contraindicated foods and habits

that may affect the medication. Patient takes the dose twice, if they have missed it once. They do not care about the toxic effect of the drugs and what can happen if they took the double dose or miss any dose. They take the regimen as granted.

The question was also raised whether patients follows the full course medication or leave it when they have symptomatic relief. It is better to go for a routine check-up for elderly patients and the patients with a family history of diabetics, hypertension, and other genetically transferred diseases.

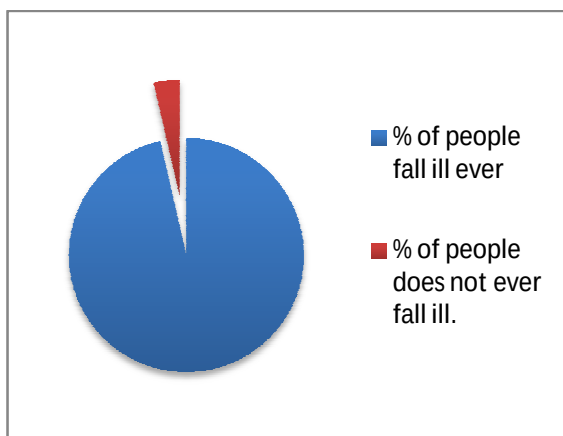
“We are Very thankful to Rajasthan state government; Govt. started free distribution of drugs in the government hospitals so that the appropriate and right use of drugs can be implemented in the way to the healthier India”

Result

Awareness of Common Health Conditions: Majority of peoples are not aware to their health conditions. The surprising result came that many of People do self-medication in case of common cough and cold, viral fever, headache and joint pain. They do not even bother to concern any doctor and take medicine on their own or on the recommendation of their friends and relative who have taken it before.

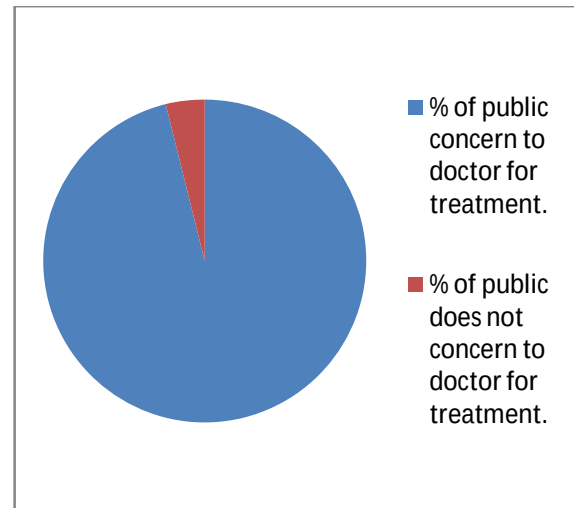
They are unaware of the medicine but take them only because other is benefited. The people go to doctor when their self-medication does not work and the condition is worsened.

The result interpreted from the survey shows that the almost 96.46% people fall ill. Only very rare 03.54% of them does not fall ill. [Fig.1]



[Fig.1. show result of Question-1]

Major of the population 96.14% undergo for medical supervision and concern doctor for their health condition whereas only 03.86% percent go for self medication. They who do self medication may do not have doctor in their village or believe in magic remedies more than medical science. [Fig.2]



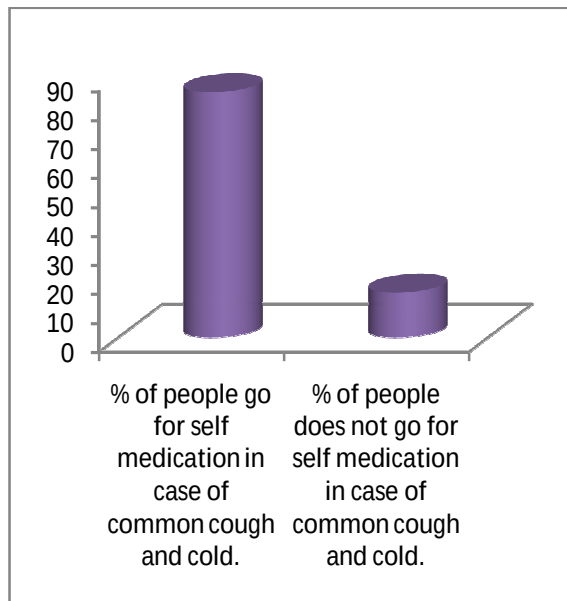
[Fig.2. show result of Question-2]

Only 67.52% of population are aware and concern about the doctor's qualification. All are in hurry to treat their medical condition without knowing whether the person giving the treatment is a well qualified doctor or not. [Fig.3]



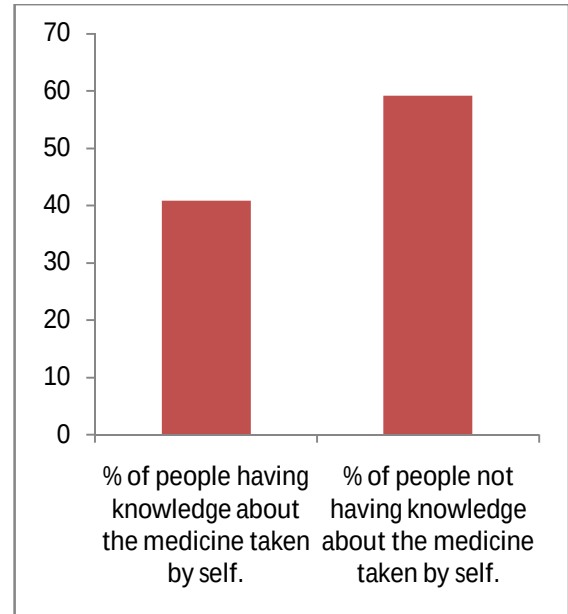
[Fig.3. show result of Question-3]

84.56% of people go for self medication in case of common cough and cold. [Fig.4]



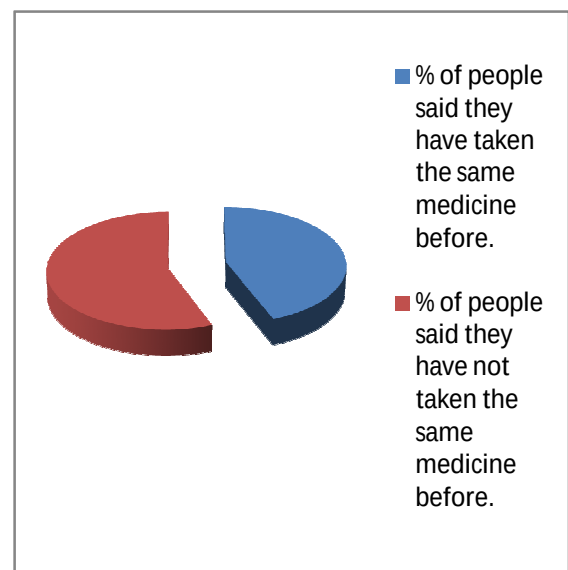
[Fig.4. show result of Question-4]

The journal questioned whether the person doing the self medication has right and proper knowledge about the medicine they are using. The surprising result came that - 59.17% of people don't have. It shows that more than 50% of population does the medication on hit and trial method which is very injurious to health. [Fig.5]

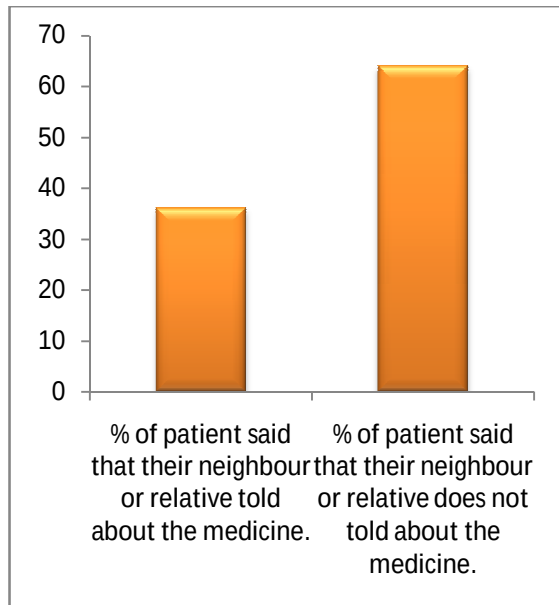


[Fig.5. show result of Question-5]

When they are questioned that how they come to know about medicine, 44.05 percent said they have taken it before and 36.01% answer, they come to know from friends and relative. This shows that people take symptoms very lightly and think themselves as doctor. [Fig.6a, 6b]

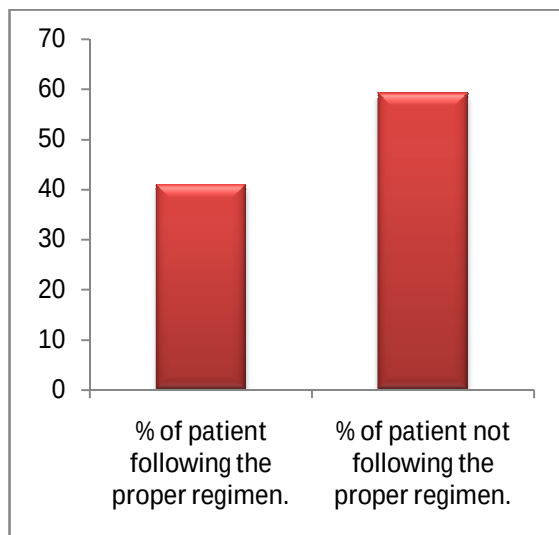


[Fig.6a. show result of Question-6-a]



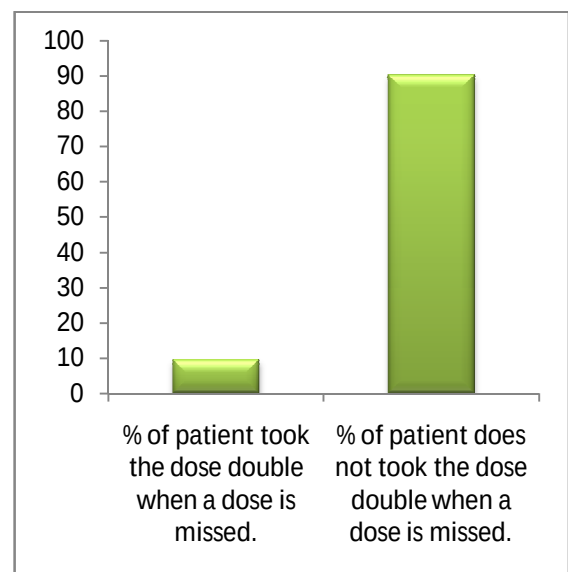
[Fig.6b. show result of Question-6-b]

Only 40.83% of people follows the proper regimen. This tells that people are not giving sufficient attention towards the instruction. [Fig.7]

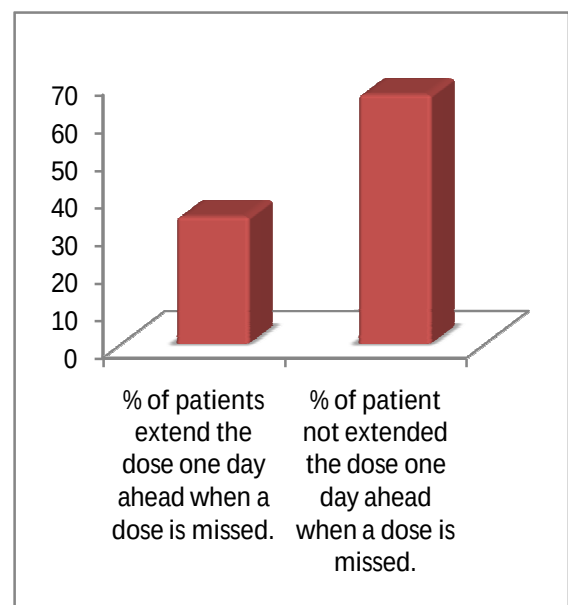


[Fig.7. show result of Question-7]

Human error is in every work so to miss a dose is also common due to busy schedule. 90.35% of the population said that after missing any dose they does not take the dose double at next time or 66.23% population does not extend the dose ahead. [Fig.8a, 8b]

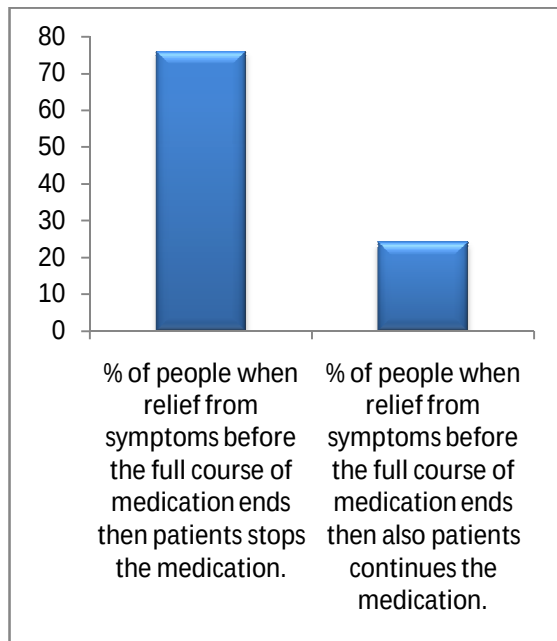


[Fig.8a. show result of Question-8-a]



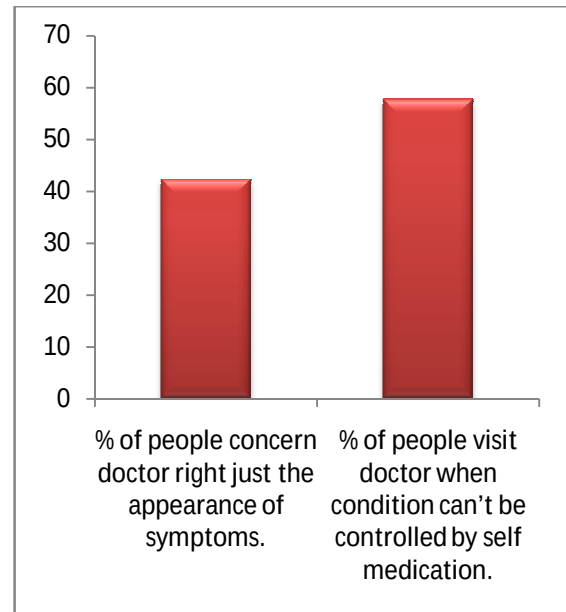
[Fig.8b. show result of Question-8-b]

Only 24% follows the full term medication after having symptomatic relief and rest they stop the medication as soon as they get relief. This shows that people are totally unaware of the side effect of the drugs. [Fig.9]



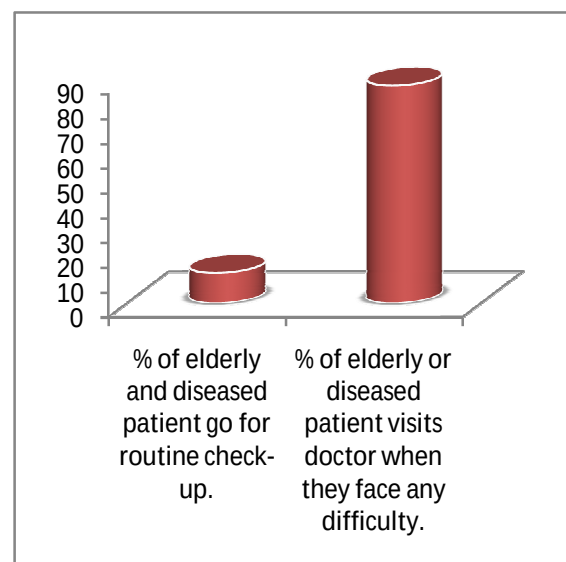
[Fig.9. show result of Question-9-a,b.]

57.73% of the patient concern doctor only when there self medication does not work. 42.27% are concern to their health so visit doctor right just after the appearance of any symptom. [Fig.10]



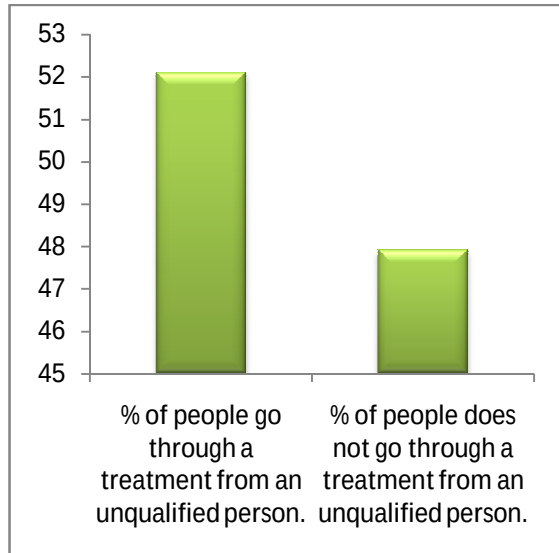
[Fig.10. show result of Question-10-a,b]

Old age is the time where much care should be taken towards health. The journal got the surprising result 87.89% of the elderly population don't go for any routine check up and concern doctor on serious problem. [Fig.11]



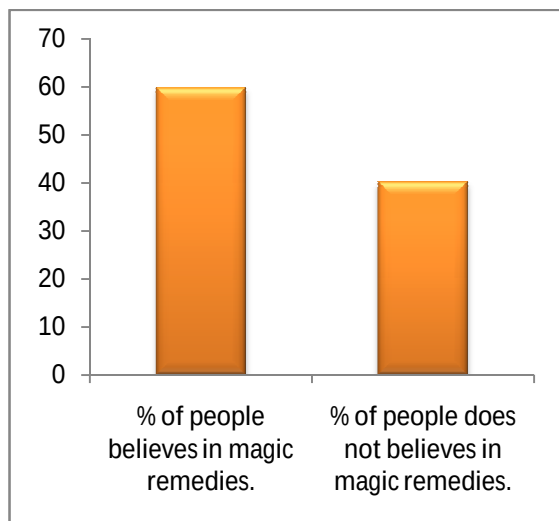
[Fig.11. show result of Question-11-a,b]

52.09% of the patients who are either illiterate or less educated are unaware of the doctor's qualification and had gone through the treatment by them.^[Fig.12]



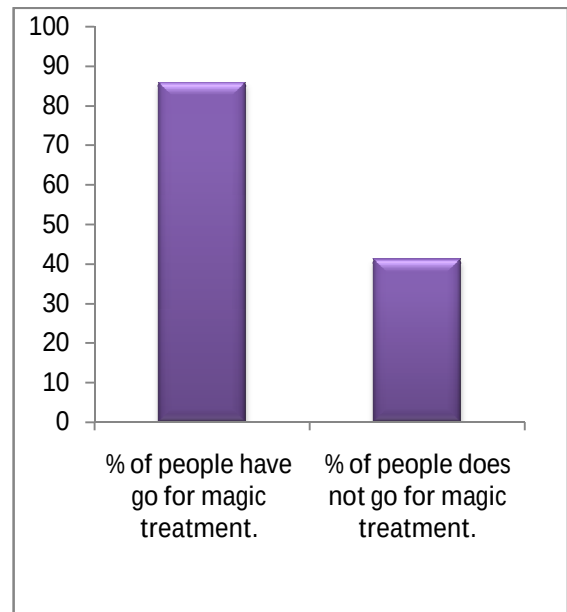
[Fig.12. show result of Question-12]

As medical science is growing day by day, many modern technique of treatment has been developed but still in this growing area 59.80% of generation believes in magic remedies.^[Fig.13]



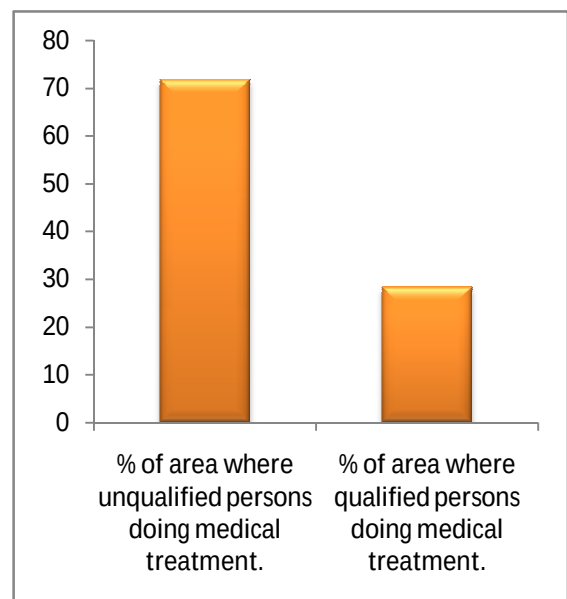
[Fig.13. show result of Question-13]

It was surprising to know that 85.84% of the population have gone for magic remedy.^[Fig.14]

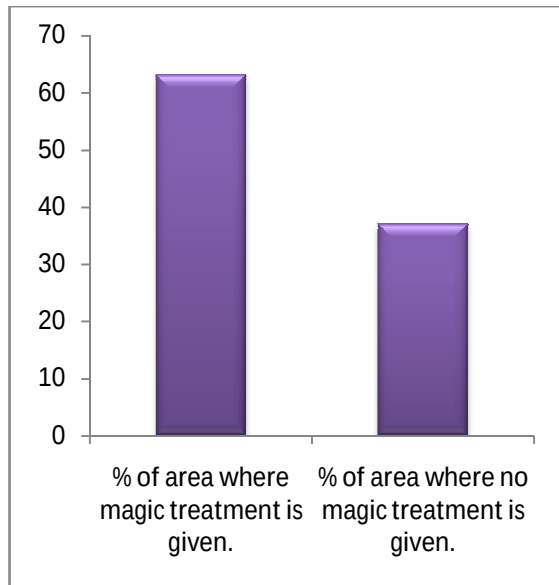


[Fig.14. show result of Question-14]

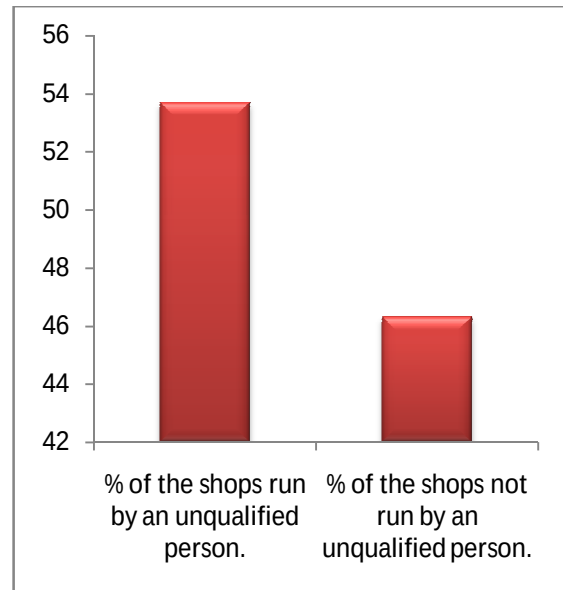
The places where survey was conducted 71.70% of people told that there are unqualified person doing the treatment. 63.02% of population told that there are people doing magic remedies.^[Fig.15a,b]



[Fig.15a. show result of Question-15-a]



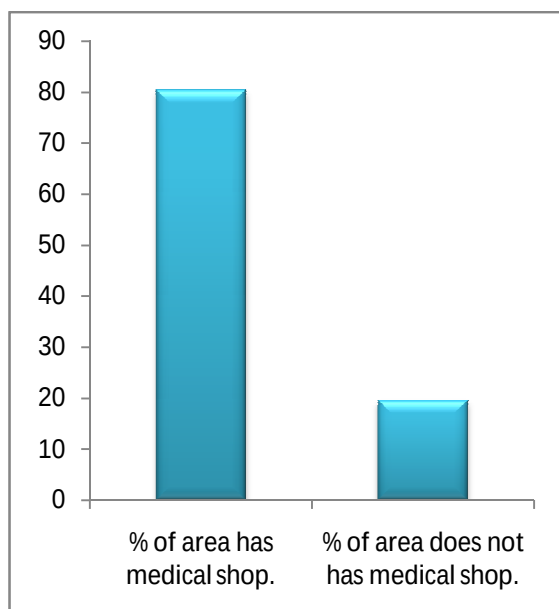
[Fig.15b. show result of Question-15-b]



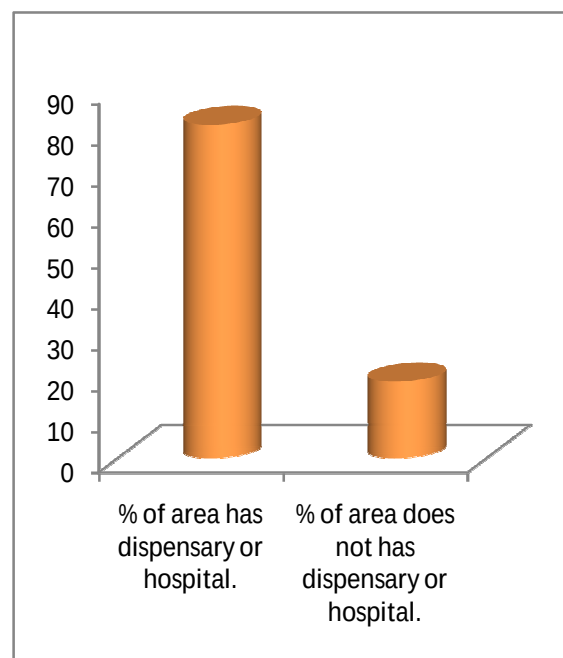
[Fig.16a. show result of Question-16-a]

19.62% of the places where the survey was conducted don't have any medical shop. 53.69% told that the medical shops are run by an unqualified persons. [Fig.16,16a]

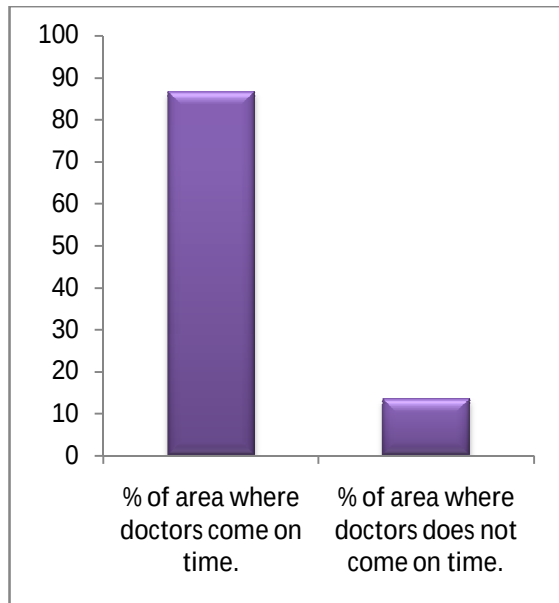
81.35% of the places have a hospital and dispensary in there area and 86.56% of the doctors comes on time. [Fig.17, 17a]



[Fig.16. show result of Question-16]

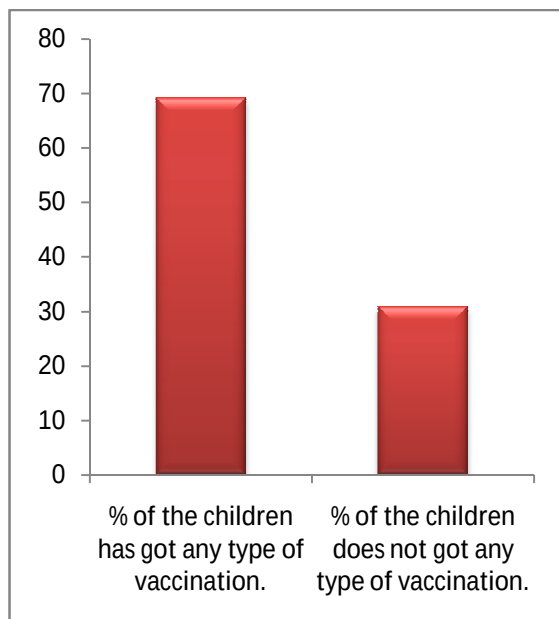


[Fig.17. show result of Question-17].



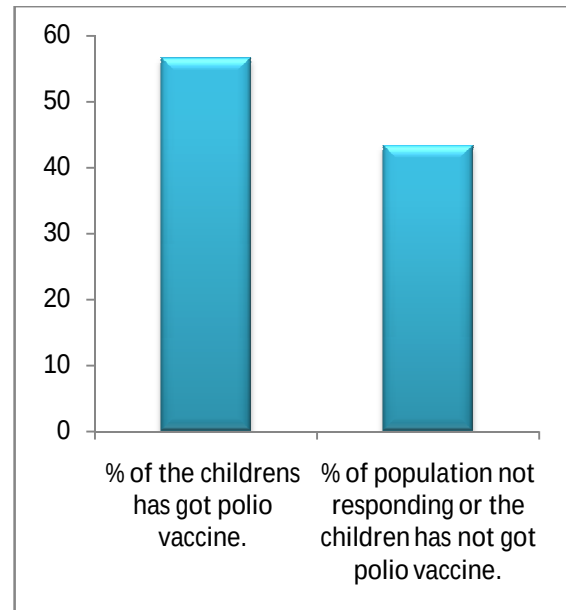
[Fig.17a. show result of Question-17-a]

69.13% of the parents give vaccination to their children and they are concerned about their child's future. [Fig.18]



[Fig.18. show result of Question-18]

56.66% of the people told that their children has got polio vaccine but rest of them does not response. [Fig.19]



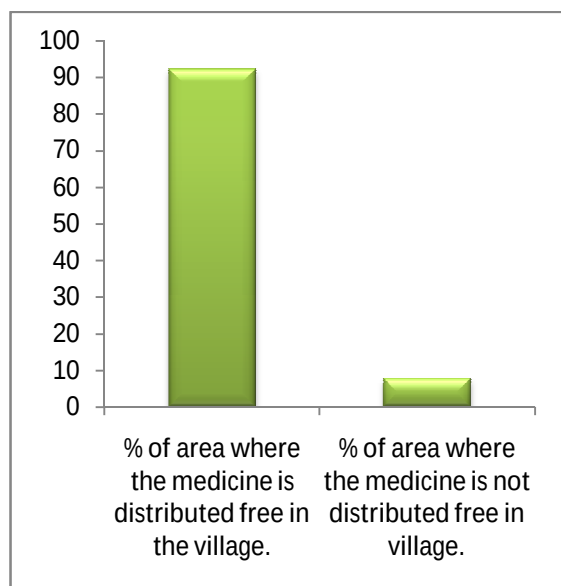
[Fig.19. show result of Question-19]

When there were asked further that when the vaccination was given, above 50% public told that they have not got polio vaccine properly. Some have got 5 times in a year and some got it continuously for two or three months. Few of them got booster dose in the second month.

The right dose is to give two starting dose and one booster dose but some have got it more than ten times. Now the effect of this overdose on public health and on virus will be seen in future.

This kind of carelessness is happening because these works are given to the teachers and they are only told to give the vaccine to the children below the age of five. They are unaware of the dose and time interval.

In 92.28% of the villages where the survey was conducted have free distribution of medicine.^[Fig.20]



[Fig.20. show result of Question-20]

Conclusion

The Peoples of Rajasthan in this survey were generally not aware of major health-related conditions. Healthcare access and utilization were influenced by a number of factors.

It is better to go for a routine check-up for elderly patients and the patients with a family history of diabetics, hypertension, and other genetically transferred diseases. The country like India, where people can spends thousands of rupees on entertainment, food and luxury but hesitate to spend a single penny on regular check up. They think why to waste money when they have no disease and will see later

when they fall ill. The potent medicines and related products may be supplied or the dispensed by non-pharmacists and without the supervision and control of pharmacists. For the safety of the public, such transaction should be performed or supervised by pharmacists, to ensure the supply of correct medicines of acceptable quality.

Physicians and pharmacists within communities and hospitals should work together to establish common approaches to the choice of medicines to be used, and the role of the pharmacist in advising the physician and other health care professionals should be developed in community care as well as in hospitals. The pharmacist should play a central role in the provision of advice and information to patients and the general public on the use of medicines, and the pharmacist should cooperate effectively with prescribers to ensure a common approach to patients in the provision of advice and information.

So, there is need to motivate people towards health awareness.

Acknowledgement:

The International Journal of Pharmamedix India (IJPI) is extremely thankful to the

Pharmamedix.India for publishing this important and prestigious study.

We are very thankful to Editorial Board Members of IJPI as Prof. (Dr.) M.AROCKIA BABU (Editor In Chief), Prof.(Dr.) S.L Chohan, Dr. Deepak Sahu, Prof. (Dr.) Nirendra Rai, Dr. Sarveshwari Nautiyal, Dr*. Raghvendra Singh Bhaduria, Dr. Kamal Singh Rathore, Dr. R.C Suthar (Associate Editor's), Dr*. Sushil Bhargava, Udichi Kataria, Dr. Rajshekhar Bipeta, Dr. Gunjan Jadon (Assistant Editor's) for their interest in the study and necessary guidance at various stages of the study.

We acknowledge with gratitude the intellectual advice from Prof. (Dr.) J.S. Bapna (Director JCP) on various issues related to the Survey study.

Special thanks to the Dr. M.M. Gupta (Principal, JCP) who have helped in facilitating the survey and providing information.

We are also highly thankful to officials of numerous non-government organisations for their cooperation with the IJPI team during the course of field work.

We are also thankful to Mr. Ashok Kr. Bhambhu for his contribution in preparing case studies.

This report is an outcome of tireless effort made by the whole Team of IJPI.

We wish to specially thank the entire IJPI team.

The acknowledgement would remain incomplete without thanking Mr. Rupesh Gautam (Assistant Professor Pharmacology) who volunteered to guide the study at all stages and ensured a successful completion of the report with so much of detail.

We wish to thank to Ms. Smriti Rai, Mr. Ahamed Noor Mansoori, Mr. Prafulla Tiwari, Mr. Keshari chand, Mr. Satyvir. Choudhary, Mr. Laxman Suthar and other students for their hard work.

We are extremely confident that this Survey report would go a long way in helping the policy makers. The Survey would also be helpful to academicians and researchers in understanding the problems of urban poor at large and especially in the Rajasthan.