

## **An Observational Study under Tribal Health Care Research Programme at Gwalior District of Madhya Pradesh**

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### **Abstract**

*The National Research Institute for Ayurveda-Siddha Human Resource Development {formerly: Central Research Institute (Ay.)} centre of the Central Council for Research in Ayurveda & Siddha is functioning at Aamkho, Gwalior (M.P.). The Tribal Health Care Research Programme was conducted at four villages in Gwalior district of Madhya Pradesh during the year 2009-10. The aim of this health care research programme was to provide service oriented health care facilities to the tribal people and to work out appropriate strategy for health and medical facilities to the people of Scheduled Tribe for which the team had conducted door to door health surveys and collected vital data constituting of population, personal hygiene, food habits, occupation, addictions etc. It was also observed that the majority of villages are having poor sanitation, lack of safe drinking water facility, poor transportation, poor health care services, and low literacy rate. It was found that the prevalent diseases in these areas are Katishoola (Lumbago), Twakroga (Skin diseases), Kasa & Swasa (Respiratory disorders), Jwara (Fever) Mutraroga (Urinary problems), Vatavyadhi (Musculoskeletal disorders), etc. These diseases mainly prevailed due to poor personal hygiene, lack of health awareness including hazards of addictions, low socio-economic conditions and insufficient primary health care services. The team put their efforts by explaining necessary preventive measures to the patients, and it was also observed that majority of the prevailing diseases responded to the Ayurvedic treatment.*

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