

# CENTRAL COUNCIL FOR RESEARCH IN HOMOEOPATHY, NEW DELHI

## SWASTHYA RAKSHAN PROGRAMME

[For website]

Sanitation and hygiene are critical to health, survival, and development. A large number of disease could be prevented through better access to adequate sanitation facilities and better hygiene practices. In this context, as per directions of Ministry of AYUSH and linking with Swachh Bharat Abhiyan, Council has initiated Swasthya Rakshan Programme to promote health by identifying and treating the diseases related to poor hygiene and sanitation.

SwasthyaRakshan Programme is ongoing in 55 identified villages/ colonies by 11 Institutes of the Council. Swasthya Rakshan Team is visiting each village per week regularly to conduct OPDs for screening, identification of risk factors and early diagnosis of diseases.

### OBJECTIVES

1. Swasthya Rakshan OPDs for providing homoeopathic treatment.
2. Swasthya Parikshan Camps for screening, identification of risk factors and early diagnosis of diseases.
3. Health promotion through health education to local population.
4. Development and distribution of IEC material among the masses in English/Hindi and local/regional languages.
5. Documentation of demographic information, food habits, hygienic conditions, lifestyle, incidence/prevalence of disease.
6. Assessment of health status and awareness about Homoeopathy system of the medicine.
7. Publication of the research outcomes from time to time.

### ACTIVITIES UNDERTAKEN

#### A. Health Survey :

Household and Individual Health Survey was undertaken during 2016-17 to identify risk factors and diseases prevalent in a population over a specific period of time along with documentation of demographic information, food habits, hygiene conditions, seasons, lifestyle etc. Baseline survey or Phase I of survey has been completed and till date 24782 families have been covered and health screening of 24647 persons have been conducted. Survey is completed and data analysis is under progress.

#### B. Medicare services:

Swasthya Rakshan OPDs/ camps are conducted on weekly basis in 55 identified villages /colonies by 11 Institutes of Council for providing homeopathic treatment. Since inception **7028** Swasthya Rakshan Camps/OPDs have been organized and **392849** patients have been benefitted with homoeopathic treatment.

### C. SRP Awareness Campaigns/ Rallies

Mass campaigning through rallies for promotion of healthy lifestyles and hygiene were organized in school of identified villages. Nukkad Nataks and lectures were also organised focussing on personal, environmental & social hygiene in the villages involving school children.

#### ACHEIVEMENTS

Institute wise details are placed below:

Name of the Research Institute	Name of Village Adopted	No. of OPDs / Parikshan Camps	Patient benefitted	Commonly identified diseases :
<b>Dr DP Rastogi Central Research Institute(H), Noida</b>	1. Bhangel 2. Sultanpur 3. Shahpur 4. Patwari 5. Ellahabas	467	10750	<ul style="list-style-type: none"> <li>• Dermatitis and Eczema (Atopic/Seborrhoeic/Contact)- 947</li> <li>• Myalgia- 811</li> <li>• Acute Upper Respiratory Tract infections- 798</li> <li>• Cough- 545</li> <li>• Non-insulin-dependent diabetes mellitus- 409</li> <li>• Gastritis/Acid Peptic Dyspepsia /Gastroesophageal reflux Disease-394</li> <li>• Acne-346</li> <li>• Sciatica / Low Back pain/ Backache-334</li> <li>• Osteoarthritis-272</li> <li>• Headache-232</li> </ul>
<b>National Homoeopathy Research Institute in Mental Health, Kottayam</b>	1. Perunna 2. Thrikodithanam 3. Vazhoor 4. Madappally 5. Payippad	736	15279	<ul style="list-style-type: none"> <li>• Acute Upper Respiratory Tract infections- 1661</li> <li>• Chronic Rhinitis-370</li> <li>• Non-insulin-dependent diabetes mellitus-1278</li> <li>• Cough-991</li> <li>• Asthma-570</li> <li>• Varicose veins - 553</li> <li>• Pruritis-543</li> <li>• Headache-462</li> <li>• Dermatitis and Eczema (Atopic/Seborrhoeic/Contact)-427</li> <li>• Osteoarthritis-420</li> </ul>
<b>Regional Research Institute(H), Guwahati</b>	1. Dolgobind Mondir 2. Ganeshpara 3. Odalbakra 4. Ambari 5. Japorigog	608	16224	<ul style="list-style-type: none"> <li>• Acute Upper Respiratory Tract infections-1407</li> <li>• Dermatitis and Eczema (Atopic/Seborrhoeic/Contact)-1150</li> <li>• Peptic Ulcer/Duodenal Ulcer/ Gastric &amp; gastrojejunal ulcer-849</li> <li>• Myalgia-696</li> <li>• Spondylosis (Cervical / Lumbar)- 652</li> <li>• Sciatica / Low Back Pain / Backache-575</li> <li>• Polyarthritis-443</li> <li>• Headache-315</li> <li>• Constipation-259</li> </ul>

<b>Regional Research Institute(H), Puri</b>	<ol style="list-style-type: none"> <li>1. Sutan</li> <li>2. Bantaligrama</li> <li>3. Aruagobinda pur</li> <li>4. Ambapada</li> <li>5. Hiranyapada</li> </ol>	689	10443	<ul style="list-style-type: none"> <li>• Arthralgia-1276</li> <li>• Myalgia-873</li> <li>• Dermatitis and Eczema (Atopic/Seborrhoeic/Contact)-565</li> <li>• Sciatica / Low Back Pain/Backache-502</li> <li>• Helminthiasis-373</li> <li>• Osteoarthritis-348</li> <li>• Acute Upper Respiratory Tract infections-333</li> <li>• Peptic Ulcer/Duodenal Ulcer/Gastric &amp; gastrojejunal ulcer-317</li> <li>• Vertigo-297</li> </ul>
<b>Regional Research Institute(H), Imphal</b>	<ol style="list-style-type: none"> <li>1. Langol</li> <li>2. Naoremthong</li> <li>3. Talyel</li> <li>4. Lamsang</li> <li>5. MayangLanging</li> </ol>	496	7613	<ul style="list-style-type: none"> <li>• Hypertensive diseases-1485</li> <li>• Non-insulin-dependent diabetes mellitus-616</li> <li>• Osteoarthritis-496</li> <li>• Sciatica / Low Back Pain/Backache-474</li> <li>• Acute Upper Respiratory Tract infections-435</li> <li>• Urolithiasis (Renal calculus, Urinary calculus)-225</li> <li>• Peptic Ulcer/Duodenal Ulcer/Gastric &amp; gastrojejunal ulcer-218</li> <li>• Myalgia-216</li> <li>• Vertigo-154</li> </ul>
<b>Homoeopathic Drug Research Institute, Lucknow</b>	<ol style="list-style-type: none"> <li>1. Gazipur Balram</li> <li>2. Daud Nagar</li> <li>3. RasulpurKaya sth</li> <li>4. Bharwara</li> <li>5. Kathwara</li> </ol>	693	12820	<ul style="list-style-type: none"> <li>• Dermatitis and Eczema (Atopic/Seborrhoeic/Contact)-738</li> <li>• Cough-735</li> <li>• Myalgia-635</li> <li>• Acute Upper Respiratory Tract infections-626</li> <li>• Peptic Ulcer/Duodenal Ulcer/Gastric &amp;gastrojejunal ulcer-519</li> <li>• Sciatica / Low Back Pain/Backache-471</li> <li>• Helminthiasis-440</li> <li>• Osteoarthritis-437</li> <li>• Acne-347</li> <li>• Gastritis/Acid Peptic Dyspepsia/Gastro esophageal Reflux Disease-327</li> </ul>
<b>Dr Anjali Chatterjee Regional Research Institute (H), Kolkata</b>	<ol style="list-style-type: none"> <li>1. Kharibari</li> <li>2. PRC, Dankuni</li> <li>3. Sheoraphuli</li> <li>4. Sodepur</li> <li>5. Dhapa</li> </ol>	656	11486	<ul style="list-style-type: none"> <li>• Upper Respiratory Tract Infections</li> <li>• Dermatitis</li> <li>• Arthralgia</li> <li>• Cough</li> <li>• Sciatica/Lumbago</li> <li>• Leucorrhoea</li> <li>• Myalgia</li> <li>• Functional dyspepsia</li> <li>• Polyarthritis</li> <li>• Neuralgia and neuritis</li> </ul>

<b>Regional Research Institute (H), Shimla</b>	1.Rajhana 2.Mehli 3.Lower Khalini 4.Bhatakuffer 5.Dhalli	550	2400	<ul style="list-style-type: none"> <li>• Gastritis/Acid Peptic Dyspepsia/Gastroesophageal Reflux Disease-244</li> <li>• Common cold/Rhinitis-204</li> <li>• Myalgia-126</li> <li>• Hypertensive diseases-103</li> <li>• Sciatica / Low Back Pain/Backache-94</li> <li>• Osteoarthritis-78</li> <li>• Spondylosis (Cervical / Lumbar)-70</li> <li>• Dermatitis and Eczema (Atopic/Seborrhoeic/Contact)-67</li> <li>• Cough-65</li> <li>• Non-insulin-dependent diabetes mellitus-60</li> </ul>
<b>Regional Research Institute (H), Jaipur</b>	1.Khora Ladkhani 2.Chharasa 3.Sakatpura 4.Kumbhawas 5.Hanutpura	667	18503	<ul style="list-style-type: none"> <li>• Acute Upper Respiratory Tract infections-4193</li> <li>• Cough-1483</li> <li>• Fever of other and unknown origin-1238</li> <li>• Dermatitis and Eczema (Atopic/Seborrhoeic/Contact)-656</li> <li>• Ringworm / Tinea Corporis / Cruris / Tinea infections-411</li> <li>• Acne-411</li> <li>• Asthma-377</li> <li>• Diseases of the Respiratory system-373</li> <li>• Chronic Upper Respiratory Tract Infections-348</li> <li>• Myalgia-307</li> </ul>
<b>Regional Research Institute (H), Navi Mumbai</b>	1.Kopri 2.Kalamboli 3.Nerul ( Urban) 4.Turbhe (Urban) 5. New Panvel (Urban)	700	7030	<ul style="list-style-type: none"> <li>• Acute Upper Respiratory Tract infections-5444</li> <li>• Sciatica / Low Back Pain/Backache-3718</li> <li>• Gastritis/Acid Peptic Dyspepsia/Gastroesophageal Reflux Disease-2510</li> <li>• Arthralgia-1500</li> <li>• Haemorrhoids, piles-1402</li> <li>• Flatulence and related conditions-1278</li> <li>• Headache-954</li> <li>• Abdominal and pelvic pain- 842</li> <li>• Fever of other and unknown origin- 636</li> </ul>
<b>Regional Research Institute (H), Gudivada</b>	1. Siddhantham 2. Challapalli 3. Chinamuttevi 4. Angaluru 5. Katuru	766	18514	<ul style="list-style-type: none"> <li>• Osteoarthritis-1577</li> <li>• Spondylosis (Cervical / Lumbar)-1070</li> <li>• Gastritis/Acid Peptic Dyspepsia/Gastroesophageal Reflux Disease-659</li> <li>• Myalgia-608</li> <li>• Acute Upper Respiratory Tract infections-477</li> </ul>

				<ul style="list-style-type: none"> <li>• Cough-415</li> <li>• Hypertensive diseases-414</li> <li>• Sciatica / Low Back Pain/Backache-396</li> <li>• Arthralgia-277</li> <li>• Non-insulin-dependent diabetes mellitus-241</li> </ul>
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**Outcome:**

- A substantial impact has been noted in all 5 adopted villages. Higher number of population were benefitted in the prevention of common ailments arising due to unhygienic living conditions.
- No incidence of recent epidemic reported in the adopted villages after initiation of programme.
- Increased awareness is noticed among the population coming in the screening camps by adoption of healthy lifestyle and hygienic measures owing to massive health promotion campaigns done before and during conducting camps and OPDs.
- Concept of using homeopathic medicines has been popularized in a massive way and a significant number of people are opting to homoeopathy and were benefitted.

**Homoeopathic treatment being provided at SwasthyaRakshan Camps / OPDs**



RRI(H), Shimla



HDRI, Lucknow



RRI (H), Mumbai



NHRIMH, Kottayam

**Doctors and paramedic staff communicating with the people during SwasthyaRakshan Survey conducted at household level**



**SwasthyaRakshan Awareness Campaigns/ Rallies held by the staff of the SRP Programme**



RRI (H), Imphal

RRI (H), Puri



DDPRCRI(H), Noida

RRI (H), Gudivada