ORAL ABSTRACTS
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Abstract

Introduction: Holistic health is an approach to life which instead of focusing on illness emphasizes on connection of body mind and spirit.

Aim and objectives: 1.To identify the role of body, mind, and spirit in health and wellness. 2.To determine association of holistic health with socio-demographic variables.

Methodology: A cross sectional study was done among adult population of South Delhi. A standard questionnaire from American Board of Holistic Medicine was translated in Hindi and pre tested and then used as the study tool. Questionnaire has sections to assess physical and environmental health, mental health and spiritual health. Score of each component was combined to get total health score and based on that further categorization of health was done into average health and above average health and below average health. Data was entered in excel and analysis was done by SPSS version 21. P value < 0.05 was taken significant.

Result: A total of 384 adults participated in the study out of them 70.3% of the participants had average health and above and 29.7% of the participants had below average health. 65.7 % of males had average and above average health and 78.6% of female participants had average and above average health. Most of the working population had average health (43.3%) and above average health (55.4%) as compared to non-working population which was also statistically significant.

Conclusion: It is high time now we have to shift our focus from illness to wellness. We need to focus on all the components of health, be it physical, mental, emotional or spiritual as they are interdependent on each other and overall they determine the complete health or holistic health of an individua

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Counselling Middle aged Patients pays rich dividend through Generation of Positive feedback of People about Hospitals via APNA HOSPITAL APP: An experience from, PGIMER, Chandigarh

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Abstract

Background: Recently there has been change in social and political scenario of India. Dr Jagat Ram’s (Director, PGIMER, Chandigarh) comments on adverse feedback of people about doctors behaviour( 14th Feb, 2018 TOI Newspaper) and rights of people in public hospitals are being discussed. Accordingly, patient’s satisfaction should also be focus of attention in hospitals. In most hospitals of India doctors are over burdened in their routine OPDs. They don’t have time to explain anything to patients. This compromises the quality of care and leaves the patient dissatisfied with the services. This can be rectified by reducing the patient load on doctors. Objective: To share the experience of counselling middle aged patients (menopausal) women in “Multipurpose Behaviour Therapy Room” (MPBT) room.

Methodology: Patients referred by gynaecologists to the MPBT room are provided counselling to middle aged patients
(menopause). Patient’s satisfaction is prioritized as they are listened to attentively and advised patiently. Special features of the approach adopted in the MPBT room.

- Unlike OBG OPDs couples are counselled together in MPBT room. Thus, they can understand each other better and express their concerns without any hesitation
- Exercises are demonstrated individually in the room. Patients repeat them (Return demonstration)
- Easy to understand IEC materials like charts, flip cards, posters are displayed in the room
- Laptop based IEC material is also given
- Every patient is given booklet on menopause management aspect of her problem free of cost (Hindi/ English/Punjabi)
- Patient are followed up on phone to ensure compliance
- Queries are resolved at leisurely pace. Sufficient time (15-20 min) is devoted to each patient

**Results:** 110 patients were enrolled in 1 year duration. Experience so far has revealed positive response of doctors as well as the patients. The package was found feasible to be administered in OBG OPD.

Verbatim responses of the patients indicated that provision of some knowledge about menopause can certainly help these women. “**madam jiaapne itniache se samjhey jahetoh kitnibaatein menopause ke bare mein patbhinahithi”**

“**Kehtehai menopause kebaad lady bekar ho jatihai depressed ho jatihai. Husband bhinahasamjhte. Aapke counseling kebaad ab mujhekofoichhalaga, husband bhi ab understand karte haimujhe.**”

**Conclusion:** MPBT room should be established in all medical hospitals to enhance patient satisfaction. This approach will also emphasize upon effectiveness of conservative management of menopause related problems of middle aged women.

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### 3

#### Prevalence of Depression among School Going Adolescents in Rural Block of Haryana

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**Abstract**

**Background:** Depression among adolescent is an area of increasing concern worldwide. Depression is an illness characterised by persistent sadness and a loss of interest in activities that is normally enjoyed, accompanied by an inability to carry out daily activities, for at least two weeks. In addition, people with depression normally have several of the following symptoms like loss of energy; change in appetite; sleeping more or less; anxiety; reduced concentration; indecisiveness; restlessness; feelings of worthlessness, guilt, or hopelessness; and thoughts of self-harm or suicide.

**Objectives:** 1. To estimate the prevalence of depression among school going adolescents. 2. To find out the association of depression with socio-demographic factors.

**Methods:** A cross sectional study was conducted in six schools which included three government schools and three private schools. A sample size of 600 students (300 males and 300 females) studying in class 8th - 12th with 100 samples from each class was taken. A pre designed, pre tested tool SCL 90 R containing 90 items was used to screen depression in these students. Depression is one of the psychiatric morbidity screened by this tool. Cut - off point of estimated raw score of 1 was used to label as depression. All the statistical analysis was carried out using SPSS 20.

**Results:** The prevalence of mild depression was found to be 35.3% in government school and 31% in private school while moderate to severe depression was found to be 3% in government school and 9% in private school with significant p value (p value 0.007). Females are more prone for depression than males with significant p value of 0.000 in private school and non significant value in government school.

**Conclusion:** A high prevalence of depression points out that teachers and parents should be made aware of this problem. Appropriate counselling of these students should be done after identifying them through regular school based screening program.
Screening for Depression, Anxiety and Stress Upon Primary Caregivers of Patients Suffering with Common Mental Disorders

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Abstract

Background: WHO defines health as ‘a state of complete physical, mental and social well-being and not merely an absence of disease or infirmity.’ Common Mental Disorders comprises of depression, anxiety, post-traumatic stress, panic attack and obsessive-compulsive disorders. WHO estimates that one in four people will experience a mental health condition in their lifetime and many will be disabled as a consequence. Study period was from November 2015 to April 2017.

Methodology: Hospital based cross sectional analytical study. The units of the study were primary caregivers coming along with the patients (treatment naïve) for the first time to the psychiatry OPD of Guru Teg Bahadur hospital. Sample size of study was 226 Those, caregivers who were themselves suffering from physical or mental illness. Those patients who were suffering from mental retardation, schizophrenia, substance abuse and alcohol dependence were not involved. Study tools used were 1)-Socio Demographic profile of the patient and caregiver. 2)-DASS (Depression, anxiety and stress scale).

Results: Around 2/3rd of the caregivers were suffering with some levels of depression, with 1/5th in extremely severe depression level. 2/3rd of the caregivers were suffering from some levels of anxiety, with 1/3rd in extremely severe anxiety levels. While less than half of the caregivers were having some levels of stress, with 16% in extremely severe stress levels. The emotional impact of psychiatric disorder upon caregiver has its importance as it can lead to frustration, anger, anxiety, guilt, depression, all of which seems never ending.

Antiobesity effect of Safoofe Muhazzil and Arq Zira along with Riyazat (Exercise) and Dietary Restriction

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Abstract

Objective: The prevalence of obesity has risen enormously over the past two decades. It is the need of the time to find out the herbal solution to combat obesity. The present study is a case control study undertaken to know the efficacy of Safoofe Muhazzil and Arq Zira in the patient attending OPD of AKTC hospital.

Material & methods: The study was conducted in OPD NO 8 AKTC AMU Aligarh in India. It is a type of single blind placebo controlled clinical trial in which Fifteen obese individuals were advised for Safoofe Muhazzil as control group and other ten were selected as test group who were advised Safoofehazim as Placebo.

Results: The individuals who were taking Safoofe Muhazzil along with exercise and dietary restriction had reduced more weight as compare to test group. The results were statistically significant.

Conclusion: It can be concluded from above study that the combination of multiple herbal preparations Safoofe Muhazzil and Arq Zira having different mechanism of action are more beneficial in the management of obesity and its complications. This formulation is clinically effective, but requires long term therapy to achieve appreciable improvement in obesity.

Keywords: Obesity, Safoofe Muhazzil, Arq Zira
6

Concept of Spiritual Health as per the Teachings of Vedanta

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Abstract

Introduction: The word Spiritual indicates that which is related to spirit. Spiritual pursuit is dealt with in Vedanta. Vedanta is a portion which comes at the end of Vedas and subject matter is knowledge of self. Spiritual health is a state of well-being related to self. Generally, people consider that by changing the world outside consisting of various objects, people and situations one can be happy. Their happiness and sorrow depends on the external world. But they ignore one important factor which is “I” myself. If this factor is not taken into consideration, then there cannot be complete success in improving the quality of life. Therefore, spirituality which considers this factor becomes important for our well-being.

Discussion

Who is a spiritual person?

A spiritual person has stopped blaming the world for his/her peace or happiness. Characteristics of a person with spiritual health or well-being are; the person has self-esteem, self-acceptance, remains peaceful, calm and composed in all provoking situations and is committed to self-knowledge. A person with self-esteem considers oneself to be worthy of pursuing and receiving happiness and feels blessed.

Spiritual pursuit has two dimensions- inner growth and commitment to self-discovery. The factors which determine inner growth are objectivity, relative self-acceptance, proper value system, composure, and sincere desire for knowing the self. When these factors are there in relative measure, then the person is qualified to pursue the self-knowledge effectively. Self-knowledge is discovering one’s true nature which is infinite.

Significance of spirituality

Spirituality makes one free from blaming the world for one’s problem. Hence the person will be free from hatred towards the world. Freedom from hatred leads to appropriate response to situation. This brings in harmony and peace in one’s life and surroundings. This will lead to holistic health and wellness.

7

Differences in Parental Perception of Nutritional status of Male and Female under-five Children in a North Indian slum Population

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Abstract

Background: Child under-nutrition is a multifactorial public health problem with India considered as one of the worst affected in the world. Thirteen percentage of India’s population is under-five children out of which 47% are undernourished. Faulty perception of child’s nutritional status by parents may lead to delayed seeking of rehabilitation. Gender based inequality within households manifest in the form of discrimination against the female child. This further increases the vulnerability of female children to malnutrition.

Objectives: a) To study the agreement between parental perception of their under-five children’s nutritional status and
their anthropometrically derived nutritional status. b) To compare the differences in parental perception of nutritional status according to whether the child is male or female.

**Methodology:** A community based cross sectional study was done in Field Ganj area of Ludhiana, Punjab. Children were selected by stratified random sampling. Parents of the selected children were interviewed with pre-tested structured questionnaire. Assessment of nutritional status was done by anthropometry and dietary assessment. Agreement between parental perception and actual nutritional status was calculated by kappa statistics. The difference in perception in male and female children was calculated by chi square test.

**Results:** The proportions of underweight, stunting, and wasting were 35.6%, 43.3% and 16.4% respectively. Proportion of underweight was significantly higher in female children \((p=0.028)\). The agreement measured by kappa statistics between parental perception and actual nutritional status by weight-for-age, height-for-age and weight-for-height were 0.302, 0.262 and 0.146 respectively. There was no statistically significant difference in the parental perception between male and female children.

**Conclusion:** Parental perception of nutritional status was significantly discordant with the actual nutritional status. There were no significant differences in the perception between male and female children.

**Keywords:** Malnutrition, Under-five, Parental perception, Gender differences

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Yoga and Health

**Siddappa Naragatti**

**Abstract**

Yoga is an ancient solution to modern problems. It has gained a lot of popularity around the world during the last century. Yoga, as many people often subscribe to, is not merely a method to attain mental peace, but also a powerful method to get rid of ignorance which causes various kinds of suffering in human life. ‘Education is the manifestation of the divinity already in man’. It emphasises on life-building, man-making, character-making assimilation of ideas. The very essence of education is concentration of mind, not the collecting of facts. In ancient times, people used to go to sages to learn wisdom and to get answers to the fundamental questions of life. This was seen in all ancient civilizations – Greece, India, and China, in particular. However, over the centuries education has retreated from that position. We no longer claim to give wisdom, we give only information, our schools no longer give moral and spiritual values, only secular subjects are taught. The very much need of the education system is that education by which character is formed, strength of mind is increased, the intellect is expanded, and by which one can stand on one’s own feet.’ Yoga is not simply Asanas and Pranayamas. It also involves certain ethical practices. These ethical practices are known as Yamas and Niyamas. No educational system is effective unless it incorporates into itself these ethical practices.

**Keywords:** Yoga, Health, Education, Ethics
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Promoting wellness in Families having Children with birth defects through an Information booklet

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Abstract

Having a child with a birth defect impacts the whole family. Parents of children who have birth defects face unique challenges and desire to make life better for their kids. They also want to help to prevent birth defects in the future. Some of the challenges parents face involve communication with healthcare professionals.

In gynecology and pediatrics OPD parents who have children with birth defect have many queries regarding diagnosis, treatment options available. Doctors are not in a position to separately counsel each and every patient. Hence many queries remain unanswered due to lack of sufficient doctor patient consultation.

Keeping in view these points a booklet has been developed for facilitating counseling of the parents of baby with birth defects. The Booklet covers all the aspects that parents must know to understand risk factors, the impact of birth defect in the life of children as well as family, why do birth defects occur, diagnosis and management, preventive aspects and understanding its mechanism. To validate its content, booklet was given to 5 experts. Feedback and comments of the experts in the field of gynecology, pediatrics, and Public health were taken for its content (average score-7.5), layout (average score 8), design (8), relevancy (9), generalizability (8.5). After receiving the comments, required corrections were made. A small brochure (English, Hindi) and individual defect related pullouts were also prepared. We hope this booklet will help parents to increase their current knowledge related to birth defects.

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Philosophy of Body, Mind and Spirit in Unani System of Medicine

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Abstract

Background: Mind, Spirit and psychosocial behaviours are directly related to the human being in regards with its health and disease in Unani system of Medicine the concept and connection between mind and body have been discussed in detailed. The function of _quwwat-e-nafsaniyah_ (mental faculty) is to appraise the _nafs_ (psyche) of the state of the body and its surroundings.

Objective: To review the philosophical concept of Body, Mind and Spirit in Unani System of Medicine and its relevance in the understanding of ailments of modern man and to propose a solution for them.

Methodology: The classical texts of Unani medicine were reviewed to comprehend the epistemology of Body, Mind and Spirit relationship. Recent studies carried out on psychosomatic perspective of human body were also analyzed.

Discussion: The Arab physicians were aware of this fact that’s why they have attributed various emotional expressions like joy, grief, anger and rage etc in regards with the sensory organs like brain and heart. Whatever is going on in the external environment as well as internal environment, the _nasf_ (psyche) is aware of all that. The slightest change taking place in any tissue or organ of the body necessarily exerts its influence on the _nafs_ (psyche) which in turn influences
the entire body but the heart is much influenced and gives quick prominent response. This establishes the relation of the psyche with body and its special relationship with *quwat-e-haywaniyah* (vital faculties).

**Conclusion:** It can be concluded that it is not only the body that needs healing, but sometimes the mind or spirit. The body may be sick, but the mind or spirit may be the reason. When that is the case, healing the mind brings healing to the body. The brain, clearly exerts a powerful influence over body, there is much more to the mind body connection than a master-slave relationship.

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**11**

**Health study of vulnerable Tribal Population in a remote island of Andaman & Nicobar Islands**

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**Abstract**

**Introduction:** Andaman and Nicobar Islands are the home for six scheduled tribes accounting for 8% of the total Population, of which five belongs to Particularly Vulnerable Tribal Group (PVTGs, earlier known as primitive Tribal Group (PTG) while sixth is the advanced one. Jarawa, Onges, Great Andamanese, Shompens and Senteneles tribes constitute PVTGs and Nicobarese the advanced tribe. Tribal of these Islands are characterized by distinctive culture and Socio-economic background.

**Materials & Methods:** The study was conducted in Dugong Creek and various parameters using physical characteristics like height, weight, mid arm circumference, complete blood count, biochemical profile and Hemoglobinopathies were estimated.

**Results:** There are 112 onges surviving in Dugong Creek of Little Amdaman. There are 54 females and 58 males. Stunting was present in 86.4% of onge children. Obesity was present in 43.2%. Onge children of 2-9 years had spleen rate of 29%. Blood Group A + was present in 80% of the population. Hypertension and Diabetes was present in <20% and 10.3% of the onges above 24 years of age respectively.

**Conclusion:** The onges are nutritionally deprived and they are developing lifestyle diseases comparable to the people in the rest of the country.

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**12**

**Unani Perspective of Holistic Healthcare**

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**Abstract**

**Background:** Medicine is no longer solely an art and science for the diagnosis and treatment of diseases. The scope of medicine has expanded during the last few decades to include not only health problems of individuals, but those of communities as well which necessitates reformulation of its goals and objectives. Systems should integrate health promotion and disease prevention on the one hand, and treatment for acute illness and chronic care on the other.

**Objective:** To emphasize the Prospective of Unani System of Medicine in Holistic Healthcare through decisive analysis of original writings of great in Unani sages.
Methodology: To highlight the potentials of Unani Medical Sciences theoretical and thematic review was carried out. A number of text and reference books like *A Treatise on Canon of Medicine by OC Gruner*, *English translation of Canon of Medicine of Avicenna by MH Shah* and *Hamdard University, Firdausulhikmat, KitabulMukhtarat, etc.* were critically contemplated to appraise the Unani perspective of Holistic Healthcare.

Observation and Discussion: Unani System of Medicine a multidisciplinary perfect art of healing. It gives more importance to the elements that help us cope with stress and other physical and psychosocial problems. Individualization of treatment with respect to age, temperament, occupation and season is the hallmark of this ancient art of healing. It possesses a strong base in the understanding of the causation (viz. Predisposing, Constitutional and External) and Salutogenic perspective of Health and management of the diseases. USM emphasize for a Balanced *AsbabeSittaZarooriya* (Six Essentials of Life) i.e. balance between sleep and wakefulness, between physical activity and rest and between psychic activity and repose and so on.

Conclusion: It can be concluded that Unani System of Medicine is a Holistic Medicine that approaches the present health challenges taking human as a Bio-Socio-Psychological Unit. It offers well integrated stepwise plan for treating a disease.

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**Cultivating Holistic Health and wellness among the Adolescent Girls through a PADMAN LIKE INITIATIVE IN CHANDIGARH SCHOOLS via an Information booklet**

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**Abstract**

Objectives: 1. To ascertain the information needs about puberty related health problems among the adolescent school going girls of Chandigarh. 2. To develop, validate and introduce an educational booklet among the adolescent school going girls addressing their health care needs in a holistic way.

Methodology: A preliminary study was conducted from Jan 2015 to May 2015 in 2 urban and 2 rural schools of Chandigarh (30 girls from each school). Based on the results of this study, a comprehensive booklet has been developed and published covering all the puberty related aspects of puberty in a holistic way. The booklet will be introduced in 52 schools of U.T Chandigarh- 26 govt. and 26 private schools. 15 schools have been covered till date.

Results: Most disturbing factors for both the urban and rural girls at puberty were irregular menstruation, dysmenorrhea, excess facial hair growth, obesity and acne. The booklet was developed and validated from 10 experts and 14 respondents with validation score ranging from 6-10. The booklet was introduced among 15 schools and the response is quite good and encouraging. Teachers even asked for extra copies of booklet and said “*Hum library funds utilize karkeaur books mangwalenge*”.

Conclusion: The girls showed eagerness to know about their health problems. There is a great demand for the information booklet as it seemed to be a handy helpline for girls to solve their many health problems.
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A Cross Sectional Study on Awareness about Pictorial warnings over Tobacco products among class 4 Workers in a Tertiary care Hospital in Delhi

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Abstract

Background: With six million deaths each year tobacco consumption is the leading cause of preventable death and disease in the world. In 2014, the government proposed larger warnings that cover 85% of the front and back of tobacco pack as pictorial warnings may be important in communicating health information to populations with lower literacy rates.

Aim: To assess awareness and understanding regarding pictorial warning and to determine the tobacco consumption habits of the Class IV workers in a tertiary care hospital of Delhi.

Methodology: A Cross sectional- hospital based study based was conducted among 115 Class IV workers. Interviewer administered questionnaire was used to collect data on their Socio demographic profile, awareness and Tobacco consumption habits. Data was entered and analysed using SPSS version 16, and results were expressed in frequencies and proportions.

Results: Eighty seven percent of the participants were males, 40% had studied up till high school, mean age was 38.3 ± 10.4 years. Hundred and thirteen study participants were aware of pictorial warnings, and 98.2% of them had actually seen the warnings. 94.1% had actually read the text warning and 45.8% could recall it. 85% recalled cancer as the condition in the pictorial warnings. Ninety one percent were currently consuming tobacco products, of which 60% consumed smoked tobacco, and 55% used other forms. Among smokers, 45.1% were willing to quit after the survey, while 54.9% had no intention of quitting.

Conclusion: Most of Class IV workers of a tertiary care hospital have seen warnings on smokeless and smoking tobacco products, however more than half were still unwilling to quit tobacco. Therefore other means of motivating tobacco users may be explored.

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Effect of Psychoneurobics (Meditation Technique) on level of Anxiety in Patients Undergoing Cataract Surgery

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Abstract

Introduction: Anxiety is an emotional human reaction to stress. Preoperative anxiety around cataract surgery affects a large proportion of patients, despite advances in technique and anesthesia administration. Thus, cancellation of cataract surgery due to anxiety is a challenge in the preoperative care of patients. Psycho-neurobics is a meditation technique through complete involvement of mind, body and soul in which Cosmic Energy is inhaled through the power of mind and then transferred to body nervous system. So the objective of present study was to assess the effect of Psychoneurobics on anxiety level of patients undergoing cataract surgery.

Material and Methods: A prospective randomized control study was carried out in a private eye hospital. One hundred patients undergoing cataract surgery were enrolled and randomized into two groups namely Group 1
(receiving Psychoneurobics and counseling both, n=50) and Group 2 (Control group receiving counseling only, n=50). Anxiety was measured using Amsterdam Preoperative Anxiety and Information Scale preoperatively before and after the Psychoneurobics training/ Counseling.

Result: In the study, during first assessment that was done before Psychoneurobics training/ counseling, Anxiety level of group 1 was found higher than group 2. However, in second assessment (after intervention), Anxiety had decreased more in group 1 receiving Psychoneurobics than group 2 and this finding was statistically significant (7.74 ± 2.15 vs. 12.2 ± 2.64, p<0.001).

Conclusion: Psycho-neurobics, the Mind body intervention was found effective in reducing the anxiety of patients undergoing cataract surgery.

Keywords: Anxiety, Psychoneurobics, Cataract

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Effect of Psychoneurobics (Mind body spirit Meditation ) on level of Anxiety in Patients Undergoing Cataract Surgery

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¹Associate Professor, Department of Community Medicine, Pt. J. N. M. Medical College Raipur Chhattisgarh.

Abstract

Introduction: Anxiety is an emotional human reaction to stress. Preoperative anxiety around cataract surgery affects a large proportion of patients, despite advances in technique and anesthesia administration. Thus, it is a challenging concept in the preoperative care of patients. Psychoneurobics is an Energy Therapy. Psycho-neurobics is a meditation technique for effective healing through complete involvement of mind, body and soul in which Cosmic Energy is inhaled through the power of mind and then transferred to body neuro system. So the objective of present study was to assess the effect of Psychoneurobics (Neurobic spa) on anxiety level of patients undergoing cataract surgery.

Material and Methods: A prospective randomized control study was carried out in a private eye hospital. One hundred patients undergoing cataract surgery were enrolled and randomized into two groups namely Group 1 (receiving Psychoneurobics and counseling both, n=50) and Group 2 (Control group receiving counseling only, n=50). Anxiety was measured using Amsterdam Preoperative Anxiety and Information Scale preoperatively before and after the Psychoneurobics training/ Counseling.

Result: In the study before Psychoneurobics training/ counseling, Anxiety level of group 1 was found more than group 2. But after Psychoneurobics meditation, Anxiety had decreased significantly more in group 1 than group 2 (7.74 ± 2.15 vs. 12.2 ± 2.64, p<0.001).

Conclusion: Psycho-neurobics, the Mind body spirit intervention was found effective in reducing the anxiety of patients undergoing cataract surgery.

Keywords: Anxiety, Psychoneurobics, Cataract
Cross Sectional Study of Lifestyle Patterns of Undergraduate Medical College Students in a Tertiary Care Hospital in Delhi, India

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Abstract

Introduction: A widespread perception is that medical students, being future physicians, would have healthier lifestyle and dietary habits as compared to their non-medical counterparts. Studies have reported high prevalence of physical inactivity, mental stress, tobacco and alcohol use among a considerable proportion of medical students. The present study was carried to assess the lifestyle pattern and its association with depression in undergraduate medical students of a tertiary care hospital in Delhi.

Methodology: A cross-sectional study was conducted among 300 undergraduate students of a medical college in New Delhi in April to June 2017. A self-administered semi-structured validated questionnaire was used to collect data on demography, dietary habits, physical activity, study pattern, sleep pattern and depression. Data entry and analysis was done using SPSS-15.

Results: Of the total 300 students, 132 (44%) are females and 168 (56%) are males. Physical inactivity was seen in 174 (58%) students. Poor quality sleep was reported by 158 (52.7%) students. Alcohol consumption at some point of time in their life was seen in 150 (43.6%) students. Prevalence of depression in the study population was found to be 15.5%. Significant association was found to be present between poor sleep quality and depression in the study subjects.

Conclusion: High prevalence of physical inactivity, poor sleep quality and alcohol consumption in medical students raised serious concerns. Depression was also seen significant number of students which needs to be tackled immediately. This warrants an immediate effort by the institution to counsel the students to adopt better lifestyle habits. Early stage detection of depression by regular screening should be undertaken.

Sleep Deprivation and its effect on Medical Students of a Private Medical College in Meerut

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Abstract

Background: Good quality sleep is important for optimal neurocognitive & psychomotor performance as well as physical & mental health. Evidence is growing that sleep problems in medical students are significant impediments to learning capabilities and negatively affect quality of life.

Objectives: To find the prevalence and its effect of sleep deprivation among medical students.

Methodology: This study was part of PSBH project for one group of 2014 batch MBBS students. It was an institution based Cross-sectional study, carried out on three batches of MBBS students of Subharti medical college, Meerut. The college was selected purposively and students included in the study (n=250) were those present & willing to participate. They were provided a self-made semi-structured questionnaire. Data was entered in MSExcel 2007 and analyzed using appropriate statistical tests and SPSS19.0.

Results: In our study we observed that with progression in academic year sleep disturbance increased which are either too low/ high i.e., 7.8% slept for <4 hours and 31.2% slept for >8 hours. 71.2% students said they felt in negative mood on
having consecutive days of insufficient sleep. Among the students who lacked time management skills 62% slept after 12 midnight. Upto \( \frac{3}{4} \) th students experienced less energy level next day after insufficient night sleep. We observed that male students show more sleep disturbance, i.e. <4 hours and >8 hours, than female students. It was seen that among the students who worry about future, 72.5% felt that worrying diminishes their sleep which diminishes focus on next day classes.

**Conclusion:** Sleep deprivation may affect students’ ability to take accurate decisions towards their studies or patients. So they should be encouraged to learn proper time management skills, practice yoga and other techniques to decrease stress in turn to improve quality of life they are leading.

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**19**

**Using OPD Based Counselling Room Approach to Inculcate a Feel Good Factor among Girls Tormented by Polycystic Ovary Syndrome (PCOS) Symptoms**

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**Abstract**

**Background:** Polycystic ovary syndrome (PCOS) seriously compromises health-related quality of life of girls. This is due to hallmark features of PCOS i.e., oligomenorrhea, hirsutism, obesity, acne, insulin resistance, and polycystic ovaries. The psychological implications of this condition are underestimated and largely ignored. However, these can be largely managed through counselling and lifestyle management.

**Objective:** To share experiences of using an OPD based counselling room approach in management of PCOS.

**Method:** Health-Related Quality of Life Questionnaire (PCOSQ) was used to interview 104 girls suffering from PCOS in Gyne OPD of PGIMER, Chandigarh. Team approach of counseling was used to promote lifestyle modification. This included a lifestyle package.

**Result:** Before the lifestyle counselling approach the subjects had low health related quality of scores. The lowest mean scores were reported for the domain menstrual problems followed by hirsutism. The lower score indicated greater negative impact on health-related QOL. After the treatment there was improvement in the overall health related QOL of the cases.

**Conclusion:** A team based approach and lifestyle counselling was found to be successful in improving the overall wellness of the patients of PCOS.
Assessment of Perception and Practices of Holistic Health among Medical Students: A Case Study

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Abstract

Introduction: Holistic Health is an approach to life. Rather than focusing on illness or specific parts of the body, this ancient approach to health considers the whole person and how he or she interacts with his or her environment. Holistic Health is related to healthy diet and physical exercise, salutogenesis, health promotion, meditation, yoga, rehabilitation techniques, exercise and trauma care, biosciences in rehabilitation and prevention of diseases.

Aim & Objectives 1.To find out perception about and practices of holistic health among medical students 2.To study association of holistic health with socio-demographic variables.

Methodology

Study Setting: The present study will be conducted in the R D Gardi Medical College, Ujjain.

Study tools: The study was conducted through a questionnaire including questions about our daily life decisions and situations, diet and emotions.

Study Population: Medical Students of R D Gardi Medical College, who gave their consent in participation.

Study Variables: All three domains of holistic health will be covered i.e. body, mind and spirit and then scored accordingly to grade the level of health.

Analysis: The study was done on 150 medical students of R D Gardi Medical College, Ujjain of the age group 18-26 years. Out of which 49 were males and 101 were females.

Results: The study showed that (15%) of the students have optimal health, (23%) have excellent health, (32%) have good health, (12%) have fair health, (10%) have below average health, (8%) have poor health, (0%) were found to have extremely poor health. Only (50.0%), admitted that they eat healthy diet, and (48.0%) agreed that their water intake is adequate while (46.3%) get at least seven to nine hours of sleep. In addition, (38.7%) admitted that they suffer from increased body weight (obesity), and only (34.0%) exercise frequently. The study shows that only (37.8%) of students are able to meet their financial needs and desires, (56.0%) admitted that their job does not utilize all of their greatest talents, (26%) agreed to having peace of mind and tranquility.

Conclusion: The results of the study show that the majority of college students at R D Gardi Medical College conduct an excellent health lifestyle. But at the same time it was found that a high percentage of the students are either unaware or are ignorant about the importance of regular physical activities and suffer from increased body weight. Exercise builds confidence, reduces and relieves stress, improves learning and mental health, and can build healthy relationships around with common interests in well being. The study illustrates that most college students do not care about drinking water, which may cause dehydration and affect their kidney function, and may cause other health problems. College student should focus on consuming a balanced diet, staying hydrated, and getting adequate amount of sleep, together with exercise and a healthy lifestyle will ensure physical, mental and spiritual health.
21

Happiness among Second Year MBBS Students and its Correlates Using Oxford Happiness Questionnaire

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Abstract

Introduction: Being happy from inside is the utmost necessity to be healthy, to grow in professional life and ultimately helping the mankind. Medicos are less ecstatic compared to other students in University because of concrete inculcation and work conditions. As ecstatic and salubrious personality people are responsible ones, we evaluated the ecstasy of Medicos and its relationship with age, gender, and life style.

Aim & Objective: The aim of the present study was to evaluate happiness among medical students & its correlates.

Materials and Methodology: The study was conducted among 115 medical students of MBBS (2nd year). The information was gathered by using The Oxford Happiness Questionnaire a self-administered questionnaire, which was distributed among the students present during the study in Subharti Medical College, Meerut. Data was entered in Microsoft Excel and analyzed in SPSS version 19. Descriptive statistics and Chi-square test were used analysis were conducted to detect the differences.

Result: The average happiness score was 60.8% which constitutes a happy population according to this scale. It was found out that Males (51.4%) were more happy than Females (48.6%). It was seen that 85.7 % people who were happy didn’t consume drugs this association was found to be statistically significant. It was observed that younger sibling were happier. Those who believe in higher power or universal consciousness were more happy. Conclusion. Over all students were happy to make a conducive environment for internal happiness a believe in superpower very helpful and all kind of drugs (alcohol and tobacco ) should be discouraged as these may cause a temporary feeling of elation but not internal happiness.

22

Association of Personality Characteristics with Oral Health related Quality of Life and Periodontal Health

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Abstract

Introduction: Oral health-related quality of life (OHRQoL) is being widely used in dental epidemiological studies, but this self-reported OHRQoL does not always agree with clinical measures. Previous studies have shown a relationship between OHRQoL and personality, but did not concomitantly investigate oral function. Hence, the aim is to study the association of personality characteristics with periodontal health and OHRQoL among a sample of adults seeking dental treatment in a tertiary care dental hospital.

Materials and methods: An observational cross sectional study was conducted from August- December 2017. A total of 550 adults aged 35-44 years were recruited from the outpatient department of a dental institute in NCR Delhi. The questionnaire assessed OHRQoL (Oral Health Impact Profile (OHIP), 14-item), personality characteristics (Positive Affect and Negative Affect Scale, 20- item) and Periodontal status (World Health Organization Oral Health Assessment Form, 2013). Statistical analysis is done using SPSS version 21 and appropriate tests were applied.
Results: Negative Affect was positively associated with the OHIP score in bi-variate analyses \((r=0.287)\), whereas Positive affect was negatively associated \((r = -0.034)\). OHIP scores were positively correlated with periodontitis \((r=0.116, p=0.006)\) and gingivitis \((r=0.153, p=0.001)\).

Conclusion: Personality characteristics are associated with OHRQoL especially with negative affect. Because elderly patients undergo complex dental treatments, there is a need to evaluate patient personality characteristics before the start of dental treatment and hence, predicting patient’s expectations and responses to the treatment outcomes. This is also beneficial in planning the most appropriate treatment plan.

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23

Relevance of an Ancient concept of Disease Causation

Dr. Munish Sharma¹

Abstract

Discussion restricted upto mind only since, “some look on the soul as amazing, some described him as amazing and some hear of him as amazing, while others, even after hearing about him, cannot understand him at all- Shrimad Bhagwad Gita 2/29 And also because the mind is superior to body- Shrimad Bhagwad Gita 3/42. Also to understand fully the spiritual health which is not understandable by everyone. (Shrimad Bhagwad Gita ). Hence there is need to understand the concept of disease free mind. Ignorance is the root of all ailments from which again arise many other torments. Lust is wind and insatiable greed is phlegm; anger is bile that constantly inflames the breast. Shri Ramcharitmanas Uttarkand 120B. Should these three brothers (wind), bile and phlegm) form an alliance, there result a painful state of miserable paralysis. The cravings for all sorts of sensual pleasures, so difficult to realize are the various painful distempers which are too numerous to name. There are the ringworm of attachment, the itch of envy, the swollen goiter of joy and sorrow, the consumption of jealousy at the sight of another’s prosperity, the leprosy of wickedness and perversity of soul. (Shri Ramcharitmanas). The excruciating gout of egoism, the sciatica of hypocrisy, decit, arrogance and pride, the dreadful dropsy of greed, the violent tertian ague of the three cravings. The two fevers of covetousness and indiscrimination—why make a catalogue of all the many diseases? Men die even of one disease, but I have spoken of many, malignant and incurable, that constantly afflict the soul. How then can it find peace?

Conclusion: The message of the Ram Charit Manas is all the more relevant today as it reiterates men’s faith in the soundness of moral order that sustains the world.

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24

Mental Health: A Holistic Approach in Unani System of Medicine

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Abstract

The Unani system of medicine is a comprehensive medical system, which meticulously deals with various states of health and disease. It provide promotive, preventive, curative and rehabilitative healthcare. Its holistic approach considers individual in relation to his environment and accentuate on health of body, mind and soul. Mental Health is one of the three essential facets of health, others being physical and social amalgamated in the WHO definition of health. Mental ill-health is one of the most disturbing and disabling disorders of life. It affects not only the concerned person but also his family and the society as a whole with social stigma attached to it. The burden of mental disorders continues to grow with significant impacts on health and major social, human rights and economic consequences in all countries of the world. Mental illnesses affect the functioning and thinking processes of the individual, greatly diminishing his or her social role and productivity in the community. In addition, because mental illnesses are disabling and last for many
years, they take a tremendous toll on the emotional and socio-economic capabilities of relatives who care for the patient, especially when the health system is unable to offer treatment and support at an early stage. The dismal scenario has envisaged us to explore for alternative concepts and therapies in the form of Unani, a herbal system of medicine which is enriched with paragon of tradition through documented knowledge of classical texts and pharmacopeias dealing not only the concept but also its management with various modes of treatment, which if pursued will alleviate the suffering humanity to a great extent. The Unani system of medicine diagnose and treats the patients as a whole looking into their overall physical, mental and spiritual aspects. The various regimes and therapies for maintaining the mental health which are prescribed in Unani System of medicine will be discussed in paper at length.

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**25**

**Elegant Description of AsbabeSittaZarooriya (Six Essentials of life): A basic concept to Uphold the Health- A Unani Review**

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**Abstract**

From very beginning, human is very fascinated about health and its prevention. In every epoch of world life history, different definitions and thoughts came under considerations about health. Every civilization, like Babylonians, Egyptians, Greeks and Mesopotamians etc. has tried to suggest the best ways for the human achievements of wellbeing. Greek physicians in BC century have paved great attention towards this important task in ratiocinative way. They elaborated the concept of health and factors which are essential for its maintenance. Unani System of medicine is one of the ancient systems of medicine which is providing wellness to mankind. It is a mixture of thoughts; belief and concepts of Greek and Arab Scholars often termed as Greco-Arab medicine or sometimes referred as Prophetic Medicine. This is a traditional method of treatment, based on the theories of renowned philosopher *Buqrat* (Hippocrates) which are being followed by *Ibn Sina (Avicenna), Raazi (Rhazes), and Ibn Rushd(Averroes)* etc. Some factors which are directly associated to the health are *HawaeMuheet* (Fresh Air), *MakoolMashroob* (Food and Drink), *HarkatwaSukooneBadani* (Body Movement and Repose), *Harkat waSukooneNafsani* (Mental Movement and Repose), *NaumwaYaqzah* (Sleep and Wakefulness), *Ehtibaswalstafraagh* (Retention and Evacuation). These are called as “AsbabeSittaZarooriya” (Six Essentials of life), without which life is impossible according to Unani System of Medicine. Any alteration in these six essentials interferes with the health and a disease occurs. Eminent Unani philosophers corroborated the awareness regarding preservation of the health, by means of AsbabeSittaZarooriya (six essentials of life).

**Keywords:** AsbabeSittaZarooriya, Buqrat, Fresh Air, Unani Medicine

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**26**

**A Holistic Approach in Sexual Health and Reproductive Health**

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**Abstract**

**Objectives:** To describe the current.

**Discussion:** The Holistic view of health has been accurately criticized in the literature for its individualistic, victim-blaming ideology that obscures the social origins of illness. To achieve individual health, defined by the World Health Organization as “a state of physical, mental, and social well-being and not merely the absence of disease or infirmity, providing whole-patient are through more integrated approaches is a necessity.
Health can be interpreted not only as an important element of sustainable development. It is connected to its all the three pillars namely its environmental, economic and social dimension as well.

Reproductive health therefore implies that people are able to have a satisfying and safe sex life and that they have the capability to reproduce and the freedom to decide if, when and how often to do so.

International Women’s Health Coalition (IWHC) works to generate health and population policies, programmers’, and funding that promote and protect the rights and health of girls and women worldwide. Its priorities are youth health and rights, safe abortion, sexual rights and gender equality, and HIV/AIDS and women.

Sexual health and reproductive health are closely linked, but crucial aspects of sexual health can be overlooked when grouped under or together with the domain of reproductive health.

Reproductive health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity, in all matters relating to the reproductive system and to its functions and processes. While Sexual health is a state of physical, emotional and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity.

Maternal health Reducing maternal mortality and morbidity demands more funding and attention. It should be understood as a complex political, socio-economic and cultural issue that requires major changes in health care and services, and cultural and political attitudes. The empowerment of women, families and communities and a shared sense of responsibility for pregnancy are needed so that women are in a position to ask for and receive access to good quality care.

**Keyword:** Sexual health

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**Descriptive Study to assess the Knowledge Attitude and Practice on Carbonated Soft Drinks and its Effect on Health among Teenagers**

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**Abstract**

**Introduction:** The Indian culture accepted the habit of drinking carbonated soft drinks. As flavored carbonated beverages gained popularity, many people especially teenagers are used to the consumption of large quantities of soft drinks all through the day neglecting their normal food habit.

**Aim:** To assess the knowledge, Attitude and Practice (KAP) on carbonated soft drinks and its effects on health among teenagers.

**Material and Methods:** 100 students in the age group of 13-19 were included in the study. Structured Questionnaire was used to measure knowledge, 3 point Likert’s scale used to find attitude and Check list was used to assess the practice.

**Results:** Among teenagers 13.8% had adequate knowledge, 23.55% had favorable attitude towards carbonated soft drinks and its effect on health. The favorable practice shown by 28% of teenagers.

**Conclusion:** Health education and primordial prevention would be the best way to create awareness and to adopt healthy life style and combat the problems associated with carbonated soft drink consumption among teenagers.
28

Using a Counseling room approach to improve Health and wellness of Cervical Cancer Patients at an apex Hospital of North India

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Abstract

Background: Cancer is a dreaded disease; feared by most. Cervical cancer in particular is more distressing as the organs involved are associated with feminity, sexuality and fertility. Once a woman is diagnosed with cervical cancer she has to face physical, psychosocial consequences as well as side effects of therapy. Quality of life on a whole is disturbed. This can be improved through counseling. However the wellness aspect of such patients has been ignored. In crowded Gynaecology/ Radiotherapy OPDs doctors are not in a position to optimally counsel cancer patients. This compromises the quality of care. Therapy related queries of patients and caregivers may remain unanswered.

Objectives: Development and validation of a counseling protocol for cervical cancer patients and caregivers.

Methods: Pattern and profile of gynaecological cancers was determined by taking retrospective data of five years (2012-2016). An information booklet was developed to counsel cancer patients and their care givers through review of literature and pilot surveys. Problems faced by cervical cancer patients (n=10) during and after treatment were noted. Case studies (using self structured interview schedules) were done until saturated responses were obtained. The booklet was then validated by expert judges (n=10) and patients.

Results: At PGIMER a total of 3973 patients (2012-2016) of gynaecological cancers got admitted. Majority patients were of cervical cancer (63%). A definite information gap was seen amongst cervical cancer patients and their care givers. Based on these findings it was decided to provide information to them in a special counseling room (using information booklet) where their queries were successfully resolved.

Conclusion: It is feasible (and there is an urgent need) to establish a special room in hospitals where cancer patients and their care givers can be counseled to improve their health and wellness.

29

Holistic Health Approach with Vitiligo Patients – A Study

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Abstract

With the changing era, the current health system is changing its focus from the traditional biomedical model to a holistic health-oriented model. Holistic health is usually associated with the topic of alternative medicine, but it is becoming more mainstream in this day and age. If we referred the definition given by WHO for health, As defined by World Health Organization (WHO), it is a “State of complete physical, mental, and social wellbeing, and not merely the absence of disease or infirmity.” This definition also reflects on Mental health and well being of individual. The holistic health-oriented system is based on the enhancement and maintenance of health, not on the cure of disease. Holistic health is actually an approach to life. When we talk with reference to Vitiligo Patients, Holistic Health is very important for them. Focal, Segmental, Acro-Facial, Vulgaris and Universalis are different type of vitiligo. Vitiligo is having direct impact on Quality of Life of patients. Vitiligo patients are many time facing discrimination and humiliation due to their skin problem. Even sometimes they feel stigma and human right violations by community people intentionally or unintentionally. Vitiligo impact on their daily life is so serious sometime, it leads towards isolation, depression and many times towards suicidal Tendency or towards suicide. Vitiligo is having impact on:
• Psychological Conditions
• Interpersonal Relations
• Family Relations
• Social Life

With Holistic Health people accept responsibility for their own level of well-being, and everyday choices are used to take charge of one’s own health. This paper will try to study the impact of Holistic Health Approach with the Vitiligo Patients visiting Manav Parivar Medical Camp.

**Keywords:** Holistic Health, Vitiligo Patients, Psychological Issues, Stress, Family Relations

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**30**

**Treatment of Cervicitis in Unani System of Medicine: A Holistic Approach**

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**Abstract**

**Background:** Cervicitis is a very common gynecological disorder. In Unani medicine, cervicitis comes under the term Warm-e-Rehm. It is also called as Batn-e-Rehm, Iltehab-e-Rehm, War- batn-e-Rehm and Warm-e-ghisha e-mukhati-e-rehm. Women are frequently involved in this disease. According to Unani System of medicine Iltehab-e-unuqe-Rehm means the inflammation of cervix, it results from the imbalance of the humors and Sue-mizaj. It can also occur due to abortion, frequent coitus, difficult labour, laceration of the genital tract, abnormal growth of the cervix, amenorrhea etc.

**Objectives:** Asbab (causes) of cervicitis, according to Ibn-e-Sina in "Al Qanoon Fit Tib":- Accumulation of excessive fuzulat (waste product) in rehm which becomes infected and leads to weakness of digestive faculty and results in Sailan-ur-rehm, predominance of humour, According to Ali Ibn Abbas Majusi in “Kamil-Us-Sana”, Accumulation of excessive waste product in the body, Predominance of humour, According to Azam Khan causes are Zoaf-e-Quwwat-e-Ghazia of rehm, Ghalba-e-Akhlat-e-Arba, Accumulation of Fuzlat, According to Zakariya Razi in “Al-Hawi, Foul smelling vaginal discharge occurrence due to difficult labour, purulent abscess or impure blood.


**Methods:** Treatment in Unani System of Medicine involve Mushilaat (Purgatives) are given to excrete the dominant Khilt (Humour), to balance the abnormal dominant Khilt, moaddil-e-dam and musaffi-e-khoon adviyaat are given. For the treating itching and burning use kaoor, gulab in the form of farzaja, to decrease the burning of ulcer use Rasoot, Murdarsan, Gil-e-Arman, Safedah Kashghari, Aab-e-Mako with white part of egg use as humool.

**Conclusion:** All above drugs and methods of treatment are very useful in the cervicitis as well as other inflammatory diseases.

**Keyword:** Cervicitis, Gynecological disorder, Ibn-e-sina
Basic Concept of Holistic Health & Wellness with special reference to Ritucharya

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Abstract

The holistic approach of Ayurveda, treating the patient as a whole, meaning intervention targeted toward complete physical, psychological, and spiritual well-being makes this science a wonderful option in lifestyle management in present day scenario. Ayurveda offers various regimens including Dinacharya (daily regimen), Ritucharya (seasonal regimen), The Sadvritta (ideal routines) and Aachara Rasayana (code of conduct) are utmost important to maintain a healthy and happy psychological perspective. In Ritu, the season, classified by different features expresses different effects on the body as well as the environment. Ayurveda has depicted various rules and regimens (Charya), regarding diet and behavior to acclimatize seasonal enforcement easily without altering body homeostasis.

The prime principle of Ayurvedic system of medicine is preventive aspect, can be achieved by the change in diet and practices in response to change in climatic condition. This is a very important aspect of preventive medicine as mentioned in Ayurvedic texts. Lifestyle disorders are very common in the present era, basically originating from lack of seasonal regimens due to lack of concentration in seasonal characteristics. Ayurveda has always emphasized to maintain the health and prevent the diseases by following proper diet and lifestyle regimen rather than treatment and cure of the diseases.

Keywords: Dinacharya (daily regimen) Ritucharya (seasonal regimen), Sadvritta (ideal routines), Aachara Rasayana (code of conduct), Homeostasis
1

Prevalence and Pattern of Self-Medication among Adult Residents of rural area, in Delhi

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Abstract

Introduction: Self-medication is the act of taking medicines or medical devices especially designed and labeled for use in treatment of common health problem without authority or prescription of physician. Studies have reported wide variations in its prevalence in India increasing from 31% in 1997 to 71% in 2011. Dangerous drugs like antibiotics and hormone preparations are procured without valid prescription. Self-medication may initially result in reduction of distress but in the long run however it can cause many serious problems like dependence, addiction, poisoning, resistance, masking the symptoms of a underlying disease. Few studies have been conducted at community level in India to assess the magnitude of self-medication practices in rural areas of India.

Objectives: To determine the prevalence and pattern of self-medication of allopathic medicines among adult residents of rural Delhi.

Methods: A cross sectional study was conducted among 440 adult residents of rural Delhi, during the course of 18 months. A pretested, structured questionnaire was used to interview the participants. Appropriate statistical tests were used for data analysis.

Results: The prevalence of self-medication among 440 study participants was found to be (256) 58.2%. More than half; 135 (52.7%) of the participants reported not being aware about the drug they consumed & 43 (16.7%) of study participants consumed paracetamol. Majority of the participants; 195 (76.1%) had consumed medicines on “Occasional basis” and “As & when required during sickness basis.” Most common source of information regarding medicines were chemists; 209 (81.6%) of the participants.

Conclusion: In this study, more than half of study participants (P=58.2%) practiced self-medication. Most common source of information were chemists. Findings from this study would enhance clarity on the problems and pattern of self-medication to policy makers, programme managers and researchers.

2

A school based Study assessing Perceived stress score in Adolescents of Meerut

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Abstract

Introduction: Subjective stress has received increasing attention as potential health research variable. It can not only affect the overall quality of life in adolescents but can also show direct or indirect impact on health by influencing lifestyle choices.

Objective: To assess Perceived stress scores among adolescents and their association with various lifestyle factors in adolescents.

Material & Methodology: This school based study was conducted from September 2013 to August 2014 in urban and rural Meerut. Simple random sampling was used to select one urban and one rural school from the catchment area.
of UHTC and RHTC respectively. Complete enumeration of eligible and willing students was done. Data was collected through a questionnaire having 10 item Perceived Stress scale after approval from the Institutional Ethics Committee. Consent was taken from principal of each school, parents as well as participating students. Data entry and analysis was done using SPSS software version 19.0.

**Results:** 46.3% students had high stress while 45% and 8.7% had mild stress and low stress respectively. Perceived stress had statistically significant relationship with gender, junk food intake and difficulty in falling asleep. However, it was not significant with engagement in extra-curricular activities and spiritual scores.

**Conclusion:** Health behavior in adolescents is a multidimensional and complex phenomenon. Perceived stress can impact lifestyle choices in adolescents. More studies are hence needed to assess this determinant.

### 3

**Comparison of Anthropometric and Dietary Profile of Polycystic Ovarian Syndrome (PCOS) Patients with Healthy Controls**

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**Abstract**

**Background:** Polycystic Ovarian Syndrome (PCOS) is an endocrine disorder that affects various body organs. Diet plays a vital role in its aetiology and management. Little information is available as to how the diet, eating habits, pattern and behaviour of women suffering from PCOS differ from general population.

**Objective:** To compare the anthropometric and dietary profile of PCOS cases and age-matched healthy controls.

**Method:** The cases and the controls (18-40yrs) for the study were recruited from gynecology OPD, PGIMER, Chandigarh. Rotterdam criteria was used for PCOS confirmation of the diagnosis. Anthropometric variables including height, weight, BMI, waist to hip ratio were studied. Three-Factor Eating Questionnaire (TFEQ-R21) was used for determining the eating behaviour. Food choices, frequency of meals consumed, meals skipped, largest meal consumed, no. of times processed food consumed by the study participants was also recorded.

**Result:** Seventy-three percent of women with PCOS were in overweight/ obese category in comparison to 48% of controls. The cases had higher BMI than the controls. Many cases (41.2%) had dinner as their heaviest meal. Majority controls had equal quantities of food in all meals. The no. of processed foods eaten in a month were 14.53 ± 9.73 in cases and 4.42 ± 4.57 in controls. TFEQ-21 average scores showed that uncontrolled eating and emotional eating scores were significantly higher in cases.

**Conclusion:** More of cases were overweight / obese with higher BMI and had poor eating behaviour in comparison to healthy controls. They more frequently consumed processed foods.

**Recommendation:** Weight management interventions should not just focus on calorie restriction but also on modifying the eating habits and behaviour of women with PCOS.
4

A Study on Knowledge and Attitude about Indian Thaali and Western Fast food Diet among primary school children of Meerut

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Abstract

Background: Through centuries, food has been recognized as important for human beings in health& disease. The history of man to large extent was a struggle to obtain food. Until the turn of 19th century, science of nutrition had a limited range. In conjunction with the discordance between our ancient genetically determined biology, nutritional, cultural and activity patterns of contemporary western populations, many of the so-called diseases of civilizations have emerged.

Objectives: To assess knowledge, attitude & practice of children regarding choice of diet, to determine change in knowledge& attitude after one week of health education (intervention).

Methodology: It’s a school based Quasi Experimental study done on 5th & 6th class students of DPS Meerut which was purposively selected. Students of 2 sections from each class (n=150) present and willing were included. Predesigned questionnaire was administered to students followed by educational intervention through PowerPoint presentation and post interventional data was collected after 1 week. Data was entered and analyzed by SPSS 19.0.

Results: In this study we found that 64% students preferred junk food as alternative to basic breakfast. 48.4% preferred junk food due to its taste & taking less time to eat which reduced to 18.5% after intervention. Preference for aerated drinks was 64.3% which reduced to 35.7% after intervention. We found that 55.6% had knowledge about Balanced Diet which increased to 82.6% after intervention. 75.7% students had Western Diet as favorite food as compared to Indian diet despite that 82.1% knew that their favorite food is unhealthy and after intervention it was reduced to 50%. The knowledge that Indian diet can cure diseases was only 19.3% before the intervention which increased to 80.7% after intervention.

Conclusion: It was seen that almost 50% students were influenced by TV advertisements in choosing food. To divert attention of school children in improving lifestyle, dietary patterns and behavior towards food; school canteen should not distribute fast-food & cold-drinks, instead Indian diet should be incorporated in Menu.

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An Empirical review on the therapeutic applications of Riyazat (Physical Exercise) in Non-Communicable Diseases (NCDs)

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Abstract

Background: Physical Exercise or Riyazat is the best physical activity for promotion of health which counteracts many non-communicable diseases. Unani System of Medicine gives more emphasis on the prevention than the treatment of the diseases. Many regimen for preserving health are described in Unani text especially in Al-Qanun, in which exercise is placed first in order of preference. According to Ibne Sina, “One who has the opportunity of taking moderate and regular exercise has no need for such medicaments as are required for remedying humoral and temperamental imbalance”.
**Objective:** To review the therapeutic applications of *Riyazat* (Physical Exercise) in Non-Communicable Diseases.

**Methodology:** The present study is an Empirical review of the classical concept of Physical Exercise (*Riyazat*) as described in original classical texts (English translations) and critical constructive analysis of the available literature on the topic. It is an attempt to validate the old conceptual claims with help of recent studies and to appraise of the efficacy of various modes of *Riyazat* in the prevention of non-communicable diseases.

**Discussion:** The systematic review of the literature is suggestive that the sedentary lifestyle induces laziness in mood while alertness or activeness of the body depends upon physical activities. Physical Activity improves metabolic rates, digestion, evacuation of wastes and give emollient effects to *Mizaj* (temperament). Many activities that create health benefits such as walking, running, jogging, swimming and cycling requires little or no special skill to be performed and enjoyed. Regular physical activity has been linked to lower incidence of Life style diseases for example Obesity, Hypertension, Diabetes, Psychological Disorders and bone fractures due to osteoporosis.

**Conclusion:** The study concludes that Physical Exercise (*Riyazat*) can be used as a tool to prevent various non-communicable diseases and for holistic health and wellness because it is based on the theory of *Tabiyat* (Homeostasis).

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**Role of Unifying Body, Mind and Spirit in Curing Mental Health and Physical Disabilities**

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**Abstract**

*Introduction:* A sound mind in a sound body has been recognized as a social ideal. Mental health with sound body helps in balanced development of the individual’s personality and emotional attitudes which enable him or her to live harmony with his fellow-man, women, children, neighbors and overall with the society.

*Aim & Objectives:* The objectives of the study are (i) to analyze and observe the behavior of persons of different ages of mental disabilities, (ii) to correlate their behavior with different causal factors, (iii) to analyze the contribution of different non-government and governmental organizations to cure these abnormalities, and (iv) to emphasize the significance of unifying body, mind, and spirit for their betterment.

*Methodology:* The study is based on internship study done at various societies working in improving the mental and physical health at different age groups and family background. It includes frequent visit for field visits also. The study concludes that the holistic approach with unifying body, mind, and spirit can play an important role by providing positivity and moral boosting towards making their life normal and comfortable.
Public Perception survey on air pollution

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Abstract

Introduction: The burden of air pollution is on a steep rise. 90% of air-pollution-related deaths occur in low- and middle-income countries. Globally, nearly 3 million deaths a year are linked to exposure to outdoor air pollution. Indoor air pollution can be just as deadly. 1.6 billion people worldwide suffered from urban air pollution. Even in areas with high levels of pollution, people are often not concerned and are not willing to actively participate to control pollution. Though there has been a recent upsurge of research on air pollution, the studies on the public perception of air pollution and willingness to pay for its control measures are very limited. Current research has mainly focused on people’s perception about the quality of air, knowledge of people about causes of air pollution and their attitude towards steps that can be taken to combat air pollution.

Aim: 1. To assess perception of general population on air pollution in Delhi. 2. To assess the willingness to contribute to control air pollution.

Methodology: A Community based Cross sectional Study, conducted in South Delhi over a duration of 28 days in 2018. The sample size was calculated using Epi-info software was 384 and convenient sampling technique was used. It was a questionnaire based study and the data was analyzed using a SPSS 21.

Results: Among 384 participants 57.6% believed that the current air quality was worse than it was 5 years ago. People with high income (31.4%) perceived less symptoms due to current air quality. More men (61%) perceived air quality to be worse, but women perceived symptoms of air pollution more. 13.8% participants do not see pollution as a problem. Less-educated residents are the targetable population for improving environment.