



Reading Material for **ASHA**



BOOK No- 4

**National Health Programmes,
AYUSH & Management of
Minor Ailments**

asha



सत्यमेव जयते

Ministry of Health and
Family Welfare
Government of India

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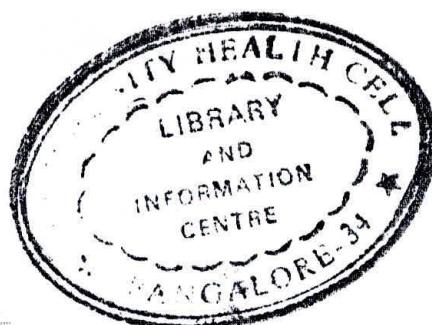
National Health Programmes, AYUSH & Management of Minor Ailments

JULY, 2006



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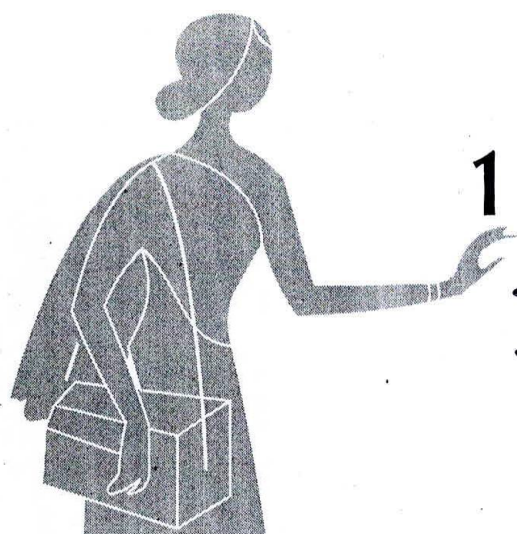
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Dr. Narika Namshum
Deputy Commissioner
Training Division
Ministry of Health & Family Welfare
Government of India

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Introduction

You have by now learnt about how to help families in your village to access available services for:

- care in pregnancy, delivery and post-natal period
- caring for the newborn, infant and child
- prevention of unwanted pregnancy
- early and safe abortion
- prevention and management of RTIs/STIs
- information and counselling for adolescents

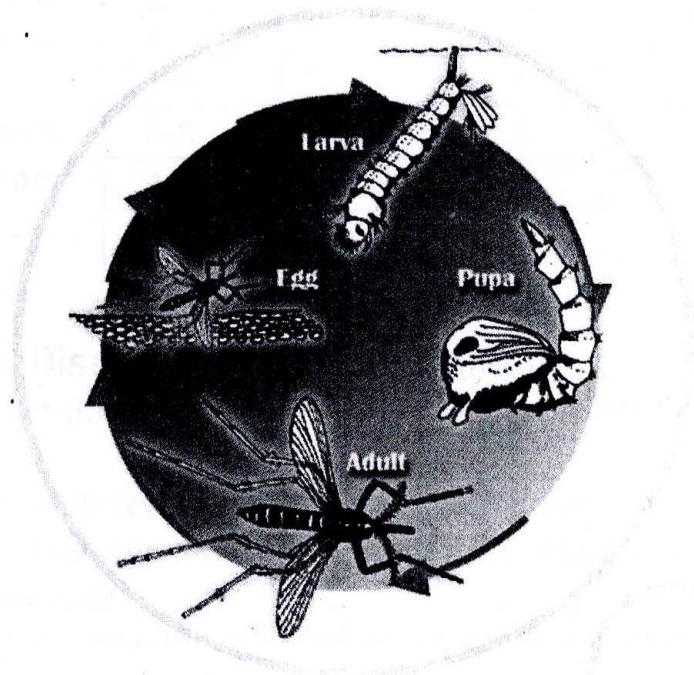
In the village there would be many other health problems like TB, malaria, dengue, blindness etc. You may come across patients who may have minor or major ailments and injuries, which need medical attention. Book number 4 provides you necessary information in helping people access services available in the various National Health Programmes. In the past, programmes have suffered due to lack of community participation. It is envisaged that information available in this book will facilitate in organizing community action to achieve various National Health Programme objectives.

India has a rich tradition of indigenous system of medicines e.g., Ayurveda and local health practices. Many people prefer to access and utilize services available from such providers. You will also learn about some of



Malaria is an illness caused by the presence of malarial parasite in the human body. It spreads through the bite of mosquito. When a mosquito bites a person suffering from malaria, the parasite enters the body of the mosquito. When the infected mosquito bites a healthy person then he/she may develop malaria.

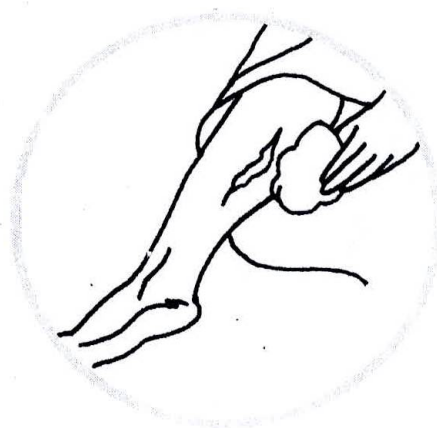
A person with malaria generally has fever with chills daily/alternate day, generally with headache, bodyache and vomiting. The fever comes down with profuse sweating and leaves the person with generalized weakness and discomfort.



- It is advised that all persons with wounds be given TT injection at the earliest at health facility.
- For bad wounds, give first level care and refer to health facilities.

Sometimes you may need to control bleeding

- First, stop the bleeding. Press the wound with gauze or a clean cloth if the bleeding doesn't stop.
- Clean the wound with cotton balls soaked in clean water. Cotton swabs should be just about wet. If you have no cotton, soft clean cotton cloth from sari or dhoti will do.
- If there is continuous bleeding from the wound then immediately refer to the nearest health facility.



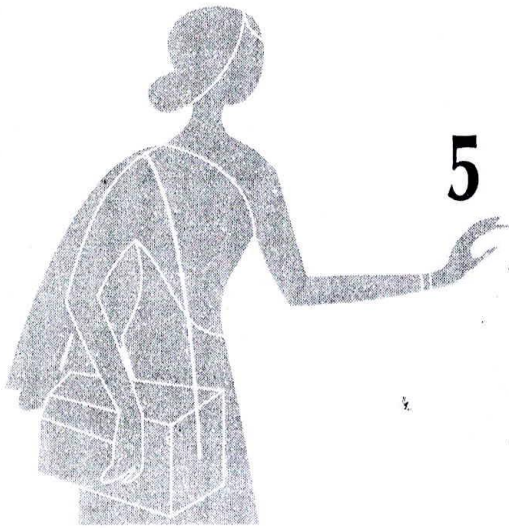
Using local and home remedies

We have very good home remedies for wound care.

- Application of ice on bleeding wound until the bleeding stops.
- Haldi in oil is an excellent anti-septic. For abrasions and small cuts, application is enough. Dressing is not required in such cases.
- Aloe is a good wound healer and a natural dressing too. Cut a piece of aloe across its length and of the wound size. Put the raw cut side of aloe and tie it on the wound with cloth. Replace aloe dressing everyday.
- Application of neem oil is a good substitute. For bigger wounds, you may put it on the dressing pad.
- Raw papaya pieces can be an effective dressing. This is especially good for infected wounds.
- Triphala powder pressed on the wound stops small bleeds and also works as an antiseptic. You can wash the wounds also with Triphala kadha.

Your role and responsibilities :

- To stop bleeding by application of pressure on the wound.
- Refer all patients with continuous bleeding for stitches to nearest health facility.



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Dog and Other Animal Bites

Dog and animal bites: Will it be rabies?

Dog bite is greatly feared because it can give rise to a deadly illness, which is called rabies. This is an illness, which affects the brain. The victim fears water. This is due to severe spasm during swallowing. No cure is available for rabies. Anti Rabies Vaccine (ARV) immediately after the dog bite can prevent the fatal illness. These vaccines are available in government hospitals.

Not all dogs are rabid. Germs are present in the saliva of infected dogs. Some dogs get the infection from wild animals such as wolf or tiger. The infected dog passes it on to the other dogs. All infected animals finally die and may infect others in the meantime. Controlling stray dogs is the key to prevent rabies. Monkeys and other animals can also be infectious if they are rabid due to such bites.

Very effective and simple first aid for any dog bite is to:

- Wash the wound with soap and water thoroughly. This is most important.
- Do not disturb the wound. Leave it open. Tie a loose dressing and advise to consult doctor/other staff in hospital.



How dangerous is the bite?

People will ask you if the bite is dangerous. A bite can cause illness only if the animal itself is infected. First symptoms of rabies in bitten person may appear early within 10 days or more after the bite.



Rabies infection is likely if a pet dog dies within 10 days of the bite or if it shows any signs of rabies. Even a scratch on the skin may give rabies infection. Each wound is important. We can decide the risk of exposure as follows:

Mild: Licks on normal skin, scratches without blood, drinking raw milk of suspect cattle.

Moderate: Licks on fresh cuts, scratches with blood oozing, minor wounds fewer than five, all wounds except those on face, neck, head, palms and fingers.

Severe: All bites and scratches with oozing blood on neck, face, palms, fingers, face and head, Lacerated wounds on any part of body, wounds more than five, bites of wild animals.

If the biting animal is not seen or around, the case should be treated as severe.

Bite or saliva of a rabies patient is also infective. The effect of ARV reduces after a period of six months, so for any further occasions of dog-bite, fresh vaccination is necessary.

Rabies in dogs: Abnormal behaviour

Identifying and killing rabid dogs is essential. Remember that there are two types of rabid dogs - the aggressive and the silent. The aggressive

kind keep biting and attacking humans and animals. They may refuse feeds but bite at wood or iron objects. They look ferocious. There is profuse salivation.

Usually rabid animals act strangely. Sometimes they are sad, sometimes restless or irritable or attacking. Their mouth dribbles and froths and this fluid is highly infectious.

An originally aggressive dog may turn docile. The silent type languishes to death in neglected places. Wild animals may look friendly and turn to habitations. In case there are such problems in your area these need to be addressed and Gram Panchayats have to play the key role.

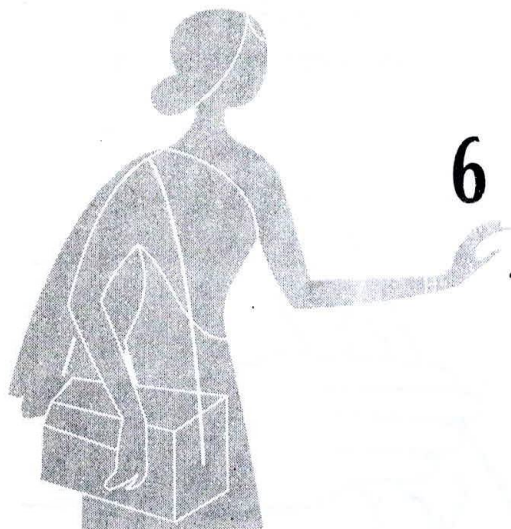
Immunizing dogs

Immunization of dogs is essential. The protection given by vaccines used in the government veterinary services lasts for six months. Protection by newer vaccines lasts for one year. Those who handle dogs also need immunization every six months. A common problem is whether to use the milk of an animal bitten by a suspected dog or animal. The rabies germ is not reported in the milk of animals. It is completely destroyed by boiling, so milk of such animals is not harmful. However, the saliva of the animal will contain germs if infected by rabies. The key issue is to avoid direct contact of saliva of such animals.

Your role and responsibilities :

- Wash the site of bite with soap and water thoroughly.
- Refer all cases of dog/other animal bites to facility where an anti-rabies vaccine is available.
- Advise people to get pet dogs vaccinated against rabies.





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Burns: First Aid

Burns are common injuries in India and women are the common victims.

In some cases, the pressure stove is the culprit. In others it can be gas leak from the cylinder.

Children or women may suffer scalds due to spilling of boiling liquids
— like milk, oil, dal, chai etc.

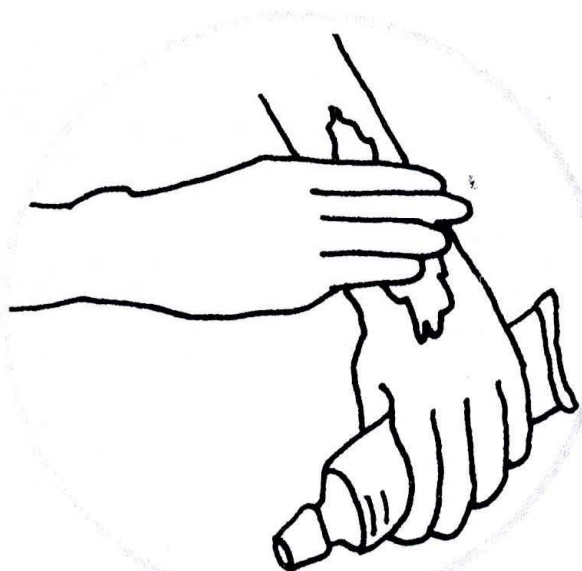
Please note that some of the burn cases can be suicide attempts or attempt to murder. In any case, our priority should be to give first aid and take the person to hospital at the earliest. Inform the doctor about any information by the woman on the burn injury being intentional. In case, you know, do let her know about NGOs or counsellors she can approach for help. As necessary, the doctors will initiate legal measures in these cases.

Common causes

- Kitchen accidents – commonly bursting of pressure stoves
- Fire crackers
- Explosion in work places
- House fires

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- Chemical burns
- Electric burns
- Suicide attempts
- Murder attempts



First aid and other help

First try to put out the flames. The immediate first aid for all kinds of burns is to pour plenty of cold water on the affected part, except on acid burns. This helps to reduce damage by absorbing heat from the skin. It also reduces pain to some extent. Water also helps by separating burning clothes from the skin.

Many people wrongly believe that water causes blisters on the skin and instead they wrap the victim in blankets. This puts the fire off after some seconds, but does not

absorb the heat. Water is far more effective than a blanket because it cools instantly.

If you are using water-soaked folds of clothes, place them on the burnt part and change them every three minutes. Help the victim to drink as much water as possible. This helps to overcome the shock caused by fluid loss from the body. Cover the burns with a clean cloth to protect from dust, flies, etc. Unless the burns are minor, all burn cases must be referred to hospitals. Facial burns and burn in hands should be referred.

You may have to treat small burns at home. Treat it like any other wound. Herbal applications like neem oil, coconut oil, aloe or raw papaya dressings are good.

Prevention of burns

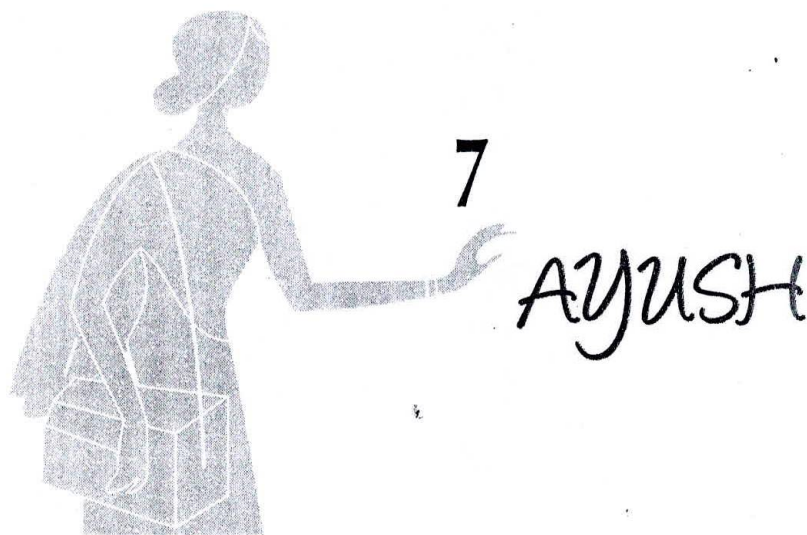
Prevention is better than cure. Think and start from your own home. Synthetic clothes catch fire quite quickly. They stick to the skin more

easily. Advise people to always take care regarding their clothes and sari pallus etc, during cooking.

Over-pumping the stove before pinning and igniting is dangerous. 'First pin and then pump' is the correct method to light the stove.

Your role and responsibilities:

- Pour plenty of cold water on the affected part
- Refer the patient to a hospital for further treatment
- Educate about safety measures specially while working with stoves



In this chapter some remedies for AYUSH systems of healing are spelt out. The knowledge about these remedies will be useful for ASHAs for their day-to-day work in community.

Iron-deficiency disorders

Ayurveda has simple remedies to prevent iron-deficiency anaemia. Use of green leafy vegetables like spinach, *Punarnava*, Sigrum and fruits like *Amalki*, *Dadim*, dry grapes etc. in daily diet is important to prevent blood deficiency. '*Mandookparni*' fried in ghee is also indicated to increase the RBC. Therapeutically, use of '*Punarnnavadi mandura*' with water or buttermilk is indicated for minor and moderate anaemia. Anaemia in girls is a common cause for amenorrhoea. Therapeutically use of '*Rajapravartini Vati*' 500mg. two tabs per day upto the onset of menstruation is beneficial in the condition. Three gms. powder of equal quantity of black tila (sesame), *Shunti* and *ghritakumari* (aloe) and one gm. jaggery with tepid water twice a day or decoction of above drugs including jaggery in the dose of 10-20 ml. twice a day is indicated for scanty menstruation. Anaemia caused due to excessive bleeding during menstruation could be managed by the intake of '*tanduliyaka*' (rice wash) with iron preparations like '*mandura bhasma*' 0.5 gm, or '*Punarnavadi mandura*' 0.5 gm and '*Shukti Bhasma*' 0.5 gm. twice daily.

Homoeopathic medicines improve absorption and thereby help in iron intake as supplement or from food rich in iron. Commonly used

homoeopathic medicines for iron deficiency anaemia are given below with their indications.

- Arsenic album: Anaemia due to malaria, excessive prostration, oedema, violent and irregular palpitation.
- Calcareo carbonicum: Palpitation & tachycardia, vertigo, anorexia, nausea, eructation; Pale, weak fatigue, lassitude, easily tired; Headache and heaviness at morning, profuse sweating on head.
- China: Chief remedy for anaemia resulting from loss of fluids, as in lactation or haemorrhage, or from all exhausting discharges, such as menstrual flow, long-lasting diarrhoea.
- Ferrum metallicum: Paleness of the face and puffiness of the extremities, weakness, easily exhausted.
- Ferrum phosphoricum: Anaemia and chlorosis; it removes the underlying dyscrasia giving rise to the anaemic or chlorotic conditions and cures the trouble.
- Kali carbonicum: Anaemia after loss of fluid or vitality; Pallor; Aversion to be alone; Backache, weakness, profuse menses, irregular with clots, weak before menstruation; Backache; Vertigo.
- Natrum muriaticum: Anaemic and debilitated conditions due to loss of fluids, especially in women who suffer from menstrual disorders.
- Phosphorus: Anaemia; Morning diarrhoea; Restlessness; Weakness and prostration; Nervousness, debility and trembling; Nausea and vomiting.
- Pulsatilla: Anaemic condition produced by large or continued doses of iron; System is relaxed and worn out; Patient suffering from gastric and menstrual derangements.

Some Unani medicines are also commonly used for supplementing iron in pregnant ladies, mothers and children. Sharbat-e-Faulad 15ml. twice daily is indicated for pregnant ladies and mothers. In children the medicine could be given in the dose of 5 ml. twice daily. Qurs-e-Damvi two tablets with butter is also useful for this purpose.

Iron deficiency disorders can be managed as well as prevented by a proper intake of iron rich natural foods & the intake of foods, which enhances the absorption and utilization of iron from the intake of foodstuffs.

Iron rich foods

Green leafy vegetables, spinach, ragi, jaggery, drumstick, dates raisins, amla and figs etc. For enhancing the absorption of iron, one must take whole grams, sprouts, fresh fruits and fresh raw vegetables. Intake of tea, coffee and other preservatives in the food interfere in the absorption of iron. So by avoiding all the beverages, we can enhance the iron absorption.

Diseases of gastro-intestinal system

Gastro-intestinal system plays an important role in the normal and abnormal states of health. Ayurveda describe that the use of wholesome diet is the only factor that promotes the healthy growth of man. Food should be taken at proper time, when the body feels light after the digestion of previous meals, after the clearance of bowels and urine and when the mind is free from worries. Clean and hygienic food should be taken in optimum quantity. The food should not be too hot or too cold, too heavy or too light.

Diseases of the gastro-intestinal system are primarily caused by the food and water that we take. The root causes of many chronic diseases are also related to factors derived from partially digested or undigested food materials. Therefore, the disorders arising from gastro-intestinal tract should be promptly managed. If digestive capacity is low simple remedies like 'Trikatu' and 'Panchakola' powders 2 gms.twice daily are indicated for use along with warm water before meals. In abdominal pain due to indigestion, Hinguvachadi Churna, Lashunadi Vati, Chitrakadi Vati etc. is indicated in the dose of two tablets twice daily with warm water.

Constipation is a common symptom of many illnesses, which can be managed by powder of 'Triphala' (equal quantity of fruits of amla, harada and baheda) 5 gms. with tepid water at bedtime. 8-10 dried grapes of bigger variety boiled with about 250 ml. of milk is also indicated at bedtime for relieving constipation.

Unani medicines are widely used for the management of abdominal distension and gastritis. Qurs-e-Tankar or Qurs-e-Kabid is indicated one tablet twice daily in this condition. Qurs-e-Alkali one tablet twice daily may be used as an antacid. In non-specific diarrhoea Qurs-e-Zaheer one tablet twice daily is useful. In case of amoebiasis Qurs-e-Deedau one tablet twice daily is indicated.

HOMOEOPATHIC DRUGS IN DIARRHOEA, NAUSEA AND VOMITING

Nausea and vomiting especially when the tongue is clean	Ip. 30 every 2 hours
Thirst for small quantities but very frequent and when the above remedy does not work	Ars. 30 every 2 hours
In case of gastro-enteritis, when vomiting and diarrhoea occur, either of the above remedies may be indicated and also if no indication of one remedy is clear	Ip 30 every 1 to 3 hours depending upon severity of disease
Vomiting after over eating, especially spicy food. Diarrhoea after rich spicy food.	Nux 30 every 2 hours
Diarrhoea after rich, greasy food, pastry, cocoa etc.	Puls. 30 every 6 hours.
Diarrhoea with involuntary passage of stools while passing flatus	Aloe 30 every 2 hours
Diarrhoea, effensive stools or even otherwise with insecurity or rectum (it may also be given when no definite indication of the above drugs are available)	Cyn-d. 30 every 2 hours (give mother tincture 5 drops a dose, if 30 does not help)
Abdominal colic due to wind and patient presses the abdomen or bends forward for relief.	Coloc. 30 every half an hour
If patient is relieved by hot water bag and pressure	Mag-p 30 in warm water every half an hour.

Naturopathy and yoga systems provide various ways to keep the gastro-intestinal tract in a good condition. Naturopathy teaches us to take the foods, which are natural, easy to digest, absorb and eliminate. According to naturopathy, nutritious and harmless food should be taken for proper digestion, absorption and elimination. Hydrotherapy, mud therapy and massage therapy helps to strengthen the digestive system and to eliminate the toxins from the digestive system.

Yoga plays an important role in the management of digestive disorders. Asana helps to strengthen the weak abdominal muscles and improves the function of the digestive system. Kriyas, the cleansing process, eliminates the toxins and waste materials from the GIT.

Rational drugs

Ayurveda explains the therapeutics as basically two kinds – one kind is promotive of vigour in the healthy; the other, destructive of the disease in the ailing. A drug while inducing therapeutic effect, should not evoke untoward effects. In this regard, herbal drugs like Ashwagandha, Shatavari, Guduchi, Vasaka, Hareetaki, Amalki, Vibheetaki, Ginger etc. could be considered as safe drugs.

Some common AYUSH medicines

We have seen that the knowledge about the use of medicinal plants obtained from our surroundings is valuable. Let us study about some more remedies commonly used in the country.

Hingu (*Ferula foetida* Regel.)

Hingu consists of gum resin obtained from rhizomes and roots of a perennial herb occurring in Persia and Afghanistan. Hing is commonly found in our kitchens and is used as a condiment. However, it would be interesting to know that it is also used as a digestive and is useful in common disorders like abdominal pain, flatulence and worm infestation. In infants, hing mixed with breast milk is given orally for relieving pain abdomen. Hing mixed with a little mustard oil can be applied gently over the abdomen and a little piece of hing can be put over umbilicus for relieving pain in abdomen. Hingwashtaka Churna, which contains hing as main ingredient, half teaspoon mixed with luke warm water could be given two-three times a day in abdominal pain and worm infestation.

Jatiphala (*Myristica fragrans* Houtt.)

Jatiphala consists of kernels of fruits from *Myristica fragrans*, an aromatic tree commonly found in southern India. The fruit kernels are commonly used in dysentery, diarrhoea and vomiting. For vomiting, powder of Jatiphala mixed with tulsi juice and 1 gm. honey could be given two-three times a day. In diarrhoea and dysentery, powder of equal quantity of parched saunf (Shatapushpa), Jatiphala and sugar in the dose of 2 gm. three or four times with cold water or scum of rice should be given.

Kulattha (*Dolichos biflorus*)

Kulattha or horse gram is a commonly found dal in our households and has therapeutic benefits in many common ailments. In Urinary calculi, 1-2 gms of the powder of these seeds is indicated with warm water. 14-28 ml. of decoction of seeds thrice daily is also indicated in dysuria and dsymenorrhoea. 50-100 ml. dal soup thrice daily is beneficial in haemorrhoids and Rheumatoid arthritis.

Kushmanda (*Benincasa hispida*)

Popularly known as Petha, Kushuanda is familiar with households and has medicinal properties. 7-14 ml. fresh juice of fruit with 3 gms. of Yashtimadhu powder twice daily is useful in fits or epilepsy. It is also indicated in peptic ulcer, acidity and burning sensation. 10-20 ml. juice of fruit-pulp with 10 gm. of sugar-candy two to three times a day is useful in these conditions. In dysuria, 60 ml. of fruit-pulp with 5 gm. Yavakshara and 25 gm. sugar twice daily is beneficial.

Lavanga (*Syzygium aromaticum*)

Lavanga is the dried flower bud of *Syzygium aromaticum* Linn. cultivated in many parts of the country. For cough, it could be chewed frequently. 125 mg. powder of fried Lavanga with honey twice daily could be given to small children in cough. In vomiting of pregnant ladies, 1-4 gm. of Lavanga powder with 14-28 ml. of sharbat of sugar twice daily could be given. In diarrhoea, the water soaked with Lavanga is given for repeated drinking.

Maricha (*Piper nigrum* Linn.)

Pepper is a common spice found in our houses having medicinal values. 1 gm. powder of seeds with ghee and honey twice daily is useful in cough. In hoarseness, 1 to 2 gms. powder of seeds fried with ghee twice daily is useful. In hiccough, 1-2 gms. powder of seeds with sugar twice daily is beneficial. It is one among the 'three pungents' (Trikatu) popularly used in many gastro-intestinal and respiratory disorders. It is also useful in reduced appetite and distaste.

Musali (*Asparagus abscondense* Roxb.)

Musali is a cultivated rhizome extensively used by the local physicians. 3-6 gm. powder of equal parts of Musali and Salmali root with 5-10 gms. sugar and 5 gms. ghee thrice daily is used in weakness and debility. In urinary disorders, 14-28 ml. decoction of Musali with 5 ml. of milk thrice

daily is recommended. In Oligospermia, 3-6 gms. powder of Musali with equal quantity of sugar-candy and 100 ml. milk is indicated twice daily.

Nimbu (*Citrus limon* Linn.)

Nimbu is a common citrus fruit used in our houses having various therapeutic activities. In distaste and indigestion, it is indicated as 7-14 ml. juice of fruits three times a day after meals. In jaundice, 12-24 ml. juice of fruit should be taken twice a day. In vomiting, syrup of sugar in water with lemon juice is useful. In pain on heels, the use of nimbu cut in two halves, warmed in sauce pan and applied as fomentation at ankle joints and heels is indicated. In abdominal pain, 7-14 ml. fruit juice with 1 gm. Yavakshara thrice daily could be given.

Nirgundi (*Vitex negundo* Linn.)

Nirgundi is a small shrub seen all over the country and is used in various ailments. In simple fevers, 14-28 ml. decoction of leaves with honey thrice daily is useful. In rheumatic disorders and Sciatica 14-28 ml. decoction of leaves thrice daily is recommended.

Pippali (*Piper longum* Linn.)

This is a perennial climber with slender branches. It grows wild in the rainy parts of the country. This is one of the ingredients of 'Three Pungents' (Trikatu). It is commonly used in low digestive capacity in a combination of 1gm. of fruit powder with 2 gms. salt and lemon juice after meals twice daily. In productive cough, 2 gm. of powder of fruit with honey twice daily is useful. In dry cough, 60 mg. powder of fruit and 120 mg. Saindhava (rock-salt) with warm water twice daily is beneficial. In mucous diarrhoea, mix 5 gm. powder of fruit in 1 litre buttermilk and divide equally into 4 parts. Take 1 part 6 hourly.

Some compound formulations

Lashunadi Vati

In indigestion, diarrhoea and cholera, Lashunadi Vati 250 mg. is recommended. Two Tablets thrice daily with warm water could be given. Garlic is the main ingredient of the formulation. Plenty of boiled water and ORS liquid also could be given in this condition.



Khadiradi Vati

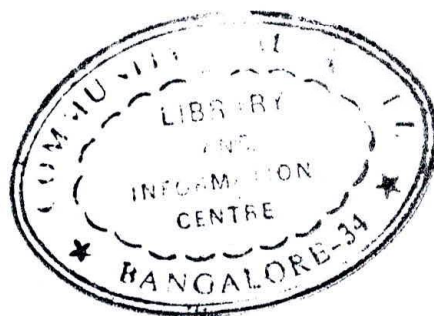
In soreness, irritation of throat and mouth, cough, stomatitis, and dental disorders, Khadiradi Vati is indicated. One 250 mg. tablet may be kept in the mouth four to six times a day as per the severity of the symptoms. It could be given along with honey also. The 'Khadira' (Acacia catechu) in this medicine acts as an astringent agent.

Haridra Khanda

Haridra Khanda is indicated in urticaria, itching skin rashes, skin disorders, and allergic rhinitis. Four tables of 500 mg. thrice daily with water or milk could be advised in these conditions. The main ingredient turmeric has anti-allergic properties.

Pushyanuga Churna

In Menorrhagea, Leucorrhoea, Haemorrhoids and Vaginal disorders, Pushyanuga churna is commonly indicated. 3 gms. of powder is taken along with honey and rice washes (tandulodaka). mung, wheat, fruits, whey, etc. could be given sufficiently.



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