

Mithya Yoga Vyadhikaranam w.s.r to Occupational Health Problems

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ABSTRACT

The great treatise of Ayurveda i.e Charaka Samhita on Sutrasthana 11th Chapter advised to do KRISHI(agriculture), PASHU PALANA(Animal husbandry), BANIJYA(Commerce & Trade) and RAJOPASHEVA(Government Service) for earning of Money. Agriculture has placed as first choice of earning money to bring all comfort in life. Not only for individual benefit; agriculture has also accepted as life line to financial growth of our country. Along with the industrial revolution people busy in agriculture sector are now availing with all modernized instruments, chemical fertilizers to get good yielding and huge variety of insecticides for the protection of crops. High chemical contents in these fertilizer and pesticides sometime become hazardous to the health of farmers. Lack of patient education, awareness about the health hazards of chemicals presented through skin diseases, allergies, respiratory as well as digestive issues in farmers. Rural environment is better for health and much eco friendly too. Despite of these conditions inherent health risks are more in rural area in comparison to the urban area (even with all different varieties of pollution). Farmers of rural areas are hardly conscious about hazardous biological and chemical agents involve in several stages of farming and cultivation. To document those, to spread awareness among farmers for their good health and to explore rural empowerment this survey work has conducted. Survey has made to collect occupational (from 500 Farmers) health issues from farmers of 5 Talukas (Haveri. Savanur. Byadgi, Bankapura and Hangal) coming under Haveri district, Hubli, Karnataka. The collected data has interpreted in the paper with their food and life style practice.

Key Words *Agriculture, Pesticides, Farmers, Occupational Hazards, Biological Agents*

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INTRODUCTION

Agriculture is the first important step for DHANEISHANA (to get economical soundness). Not only an individual gets secured financially; country also gets good lifeline connectivity with

agriculture. It builds the future infrastructure of nation's progress. It is the oldest trade and occupation of people to solve their daily needs. Approximately, 2 billion people are engaged in agriculture and related work in the developing

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countries of Asia, whereas the developed countries contribution is merely 100 millions. Large workforces are busy with cultivation, farming and irrigation etc. It is now expanded from big field cultivation to home garden, kitchen garden or terrace garden too. Aharakranti teaches people to reject outsourcing food or raw like vegetables or fruits. 50% of our Gross Domestic Product is contributed by agriculture sector. The use of chemicals in modern agriculture has significantly increased productivity.

Ill health arising from agricultural work has negative implications on agricultural productivity. The economic costs arising from the occupational health hazards of agriculture often arise because of the economic intensives of agricultural work. Farm work is subject to the health risks inherent to a rural environment and at the same time to those deriving from the specific work process involved^{1,2}.

Agriculture under institutions or universities are well organized, planned and well supervised with

all precautionary measurement of health hazards. But at individual level (farmers from traditional family) started to integrate cultivation skill but with insufficient knowledge of hazardous chemical or biological components knowingly or unknowingly. Sometime the Good practices of chemicals in terms of fertilizer or pesticide has not followed properly. The range of health hazards are broadly includes radiation issues like skin problem, allergies, high blood pressure, respiratory and digestive problem, some accidental issues like physical injuries, snake bite, scorpion bite even backache , low bone density or deficiency disorders. There is an urgent need to bridge those issues with policy makers and industry sectors. Careful investigation, health education, awareness training and active intervention may help to control those hazards and pass those messages of health and dignity of death could be preserved³⁻⁵.

OBJECTIVE

To find out the occupation related health

Problems among agricultural workers:

Table 1 Data of leading health issues

Health Problems	Frequency(500)	Percent (%)
Musculoskeletal problems	460	92.0
Skin diseases(Itching & rashes)	360	72.0
Digestive issues	300	60.0
Allergy/Immune issues	240	48.0
Diabetes	180	36.0
Eyes diseases/problems	120	24.0
Thyroid	80	16.0
High Blood pressure	60	12.0
Physical injuries	60	12.0
Endocrinologic	60	12.0
Haematological	40	8.0
Upper respiratory tract infections	40	8.0
Neurologic problems	40	8.0

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MATERIALS AND METHODS

A survey was made to collect the list of health issues affecting farmers precisely to the area of 5 Talukas (Haveri. Savanur. Byadgi, Bankapura and Hangal) coming under Haveri district, Hubli, Karnataka. This area is famous for farming and cultivation with highly fertile land. The information was collected by Google form with leading questions in respect to different system.

OBSERVATION

The occupational related health problems is explained in table 1, that among 500 responses in total, a majority of 460 responses(92%) were affected from musculoskeletal problems, next to 360 responses (72%) were affected by skin issues which includes itching and rashes, 300 responses(60%) were affected with digestive issues, 240 responses (48%) were affected with allergy/immune systems related issues, where 180 responses(36%) were affected by diabetes, 120 responses(24%) were affected with Eyes related issues, 80 responses(16%) were affected with Thyroid problems, followed by high blood pressure, physical injuries, endocrine, haematological, Upper respiratory tract infections and neurological issues were observed in 60%, 60%, 60%, 40%, 40% and 40% of respondents.

Out of 500 responses (agriculture workers), a majority of 270 workers (54 percent); reported that they had an average health status, 40 workers (8 percent) had a good health, and 190 workers (38 percent) had bad or sick health condition. It is

noted when responses were asked to state their overall health status, a majority of them reported that their health status was average not strongly healthy looking even in good environment of rural village.

DISCUSSION

A wide range of physical, chemical and biological injuries observed in the study is not showing the good sign of health in civil society we are belongs to. Our society need to be developed simultaneously from both the ground of financial and health. Growth with 360° approach and both with vertical and horizontal directions is a good sign of social growth; which can build a good human being; a good society and a good well develop country too. Hazardous biochemical compound applied with bare hand decreases the health of skin, the chemical allergens inhaled and disturb the echo texture of nasal mucosa and makes prone of many respiratory issues to the system (Table No 1). Paddy fields in rural places are not well protected by fencing and easy accessible to snake, wolf etc. Chances of animal bites or snake bites are sometime dangerous to the farmer life. Lack of machine learning has lead to physical injuries to the farmers(Table No 1). Sometime vibrations of heavy machineries create health issues to the farmers. Pesticides are usually spread and it has been observed that the sprayer operators experience fatigue mainly due to carrying the sprayer load. Nutritional deficiency and wrong

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lifestyle lead to a good number of farmers to be the victim of musculoskeletal (Table No 1), skin and digestive issues. Delay eating to the schedule time of lunch or dinner, not practicing Abhyanga (body Massage), some time people have to remain alert at night for irrigation purposes are also the affects overall health (Table No 2). Other underlying factors are like low socio-economic status, low educational levels, poor housing conditions, health awareness, climatic changes, intake of genetically modified food, sustainable chemical exposure and reduced public health services. Lack of health education, hospital scare system and less health awareness among the farmers are become common cause of occupational health hazards⁶⁻⁹.

propagate in other occupational sector too at individual level, Non Government or at Government level.

Table 2 Overall Health Statuses of the Sample Responses -

Overall health status	Frequency(500)	Percent (%)
Good	40	08
Average	270	54
Bad(Sick)	190	38
Total	500	100

CONCLUSION

In vertical socio-economical growth; farmers hardly understand the 360⁰ approach to all different aspect of their life. The health care system is not conscious fully served in rural places where basic education has not properly achieved. Lack of health education, erratic life style , use of pesticide in farming are leading cause of health issues in farmers¹⁰ ; even they are in rural environment. Big researches related to health have no value; if will not link those observation to the society. More such survey works are needed to collect information and

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