

ROLE OF CULTURAL FACTORS IN HEALTH & DISEASE

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CONCEPT OF ETIOLOGY & CARE:

- Cause of disease:

a) *Supernatural causes:*

- Wrath of god
- Small pox, chicken pox
- Breaking social taboos
- Past sins
- Evil eye
- Ghost/spirit



b) *Physical causes:*

- ✓ Extremity of weather: heat stroke, frost bite
- ✓ Contaminated Water:
- ✓ Impurity of blood: scabies, acne, boils

ENVIRONMENTAL SANITATION-

✓ *Disposal of Human Excreta:*

- Open field defecation

✓ *Disposal of waste:*

- Stagnation of water
- Indiscriminate throwing of refuse

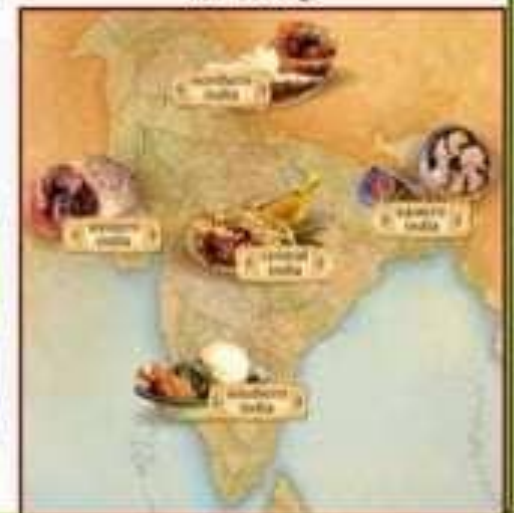
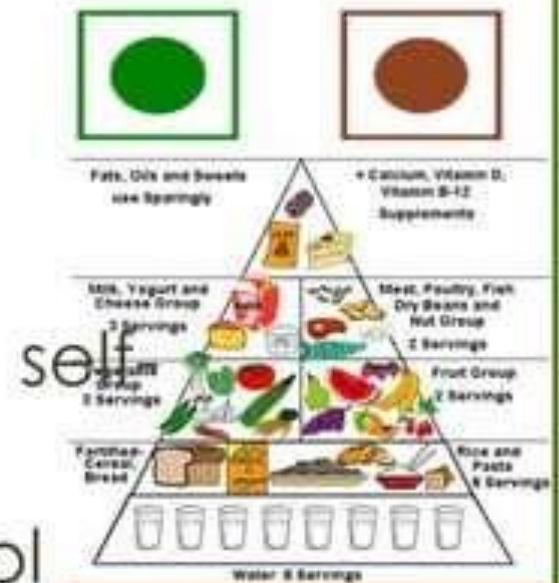
✓ *Water supply:*

- Ponds & Tanks → Common use for washing, bathing, ablution
- Store wells
- Pilgrimage → Holy dip



FOOD HABITS

- Influenced by → climate, soil type, custom, belief, religion
- Deep psychological root
- Related to affection, warmth, image, social prestige
- Food taboos: beef, pork, alcohol
- Concept of hot & cold food
- Veg & non-veg
- Adulteration
- Fasting



◉ MCH

- Universality of marriage
- Male child preference
- Built up on a foundation of Customs
- Beneficial:
 - Breast feeding, oilbath, exposure to sun
- Harmful/Bad:
 - Restriction of food intake during pregnancy
 - Home delivery by untrained dais
 - Discarding colostrum
 - Pre-lacteal feed
 - Skin branding
 - Sedative given to infant



➤ Unimportant:

- Piercing ear/ nose
- Topical application on head

➤ Uncertain:

- Application of surma/ kajal → !Trachoma



PERSONAL HYGIENE:

7

✓ Oral hygiene:

- Defect of teeth & gums common

- Twigs of Neem,

- Ash, charcoal

- Tooth powder

- With finger only

- Pan chewing smeared with lime

- Not rinsing mouth after meal

- Deposition of tartar → Gingivitis → Pyorrhea
& Dental Abscess, Stomatitis

- coated tongue → improper hygiene, thrush

- Lips: excoriation at angle → VitB₁₂ def, fever, H. simplex



✓ Bath:

- Adequacy of space, privacy, clothing, intelligence, religion, weather & season.
- Regular bath → removal of dust & deposit over body, odor of sweating
- Ritual bathing- on fixed occasions & ceremonies
- After childbirth, menstruation women must take bath
- Villagers: no use of soap, use of common cloth to wipe body → cross infection



✓ Sleeping habit:

- Infants & children → 8-12 hrs sleep
- Adults → 6hrs of sleep(min)
- Lack of sleep → ill health & disturbed relationship



Age	Sleep needs
Newborn (0-2 months)	12 to 18 hours
Infants (3 -11 months)	14 to 15 hours
Toddlers (1-3 years)	12 to 14 hours
Preschoolers (3-5 years)	11 to 13 hours
Young children (5-10 years)	10 to 11 hours
Teens (10-17 years)	8.5 to 9.25 hours
Adults	6.5 to 7.5 hours



✓ Addiction:

- Smoking hubble-bubble → social custom
- Spread of TB ←
- Reverse smoking → common among Andhra villagers → Oral Cancer
- Smoking → chronic bronchitis, emphysema, lung CA, CAD, oral cancer, cancer UGI, caUB, pTB, IUGR
- Alcoholism → broken family, gastritis, lack of appetite → malnutrition, alcoholic cirrhosis



Common adverse effects of Tobacco smoking



SMOKING AFFECTS YOUR PREGNANCY AND YOUR CHILDREN



✓ Purdah:

- Muslims, caste Hindu
- ↑ tuberculosis, deprivation of solar Vit D



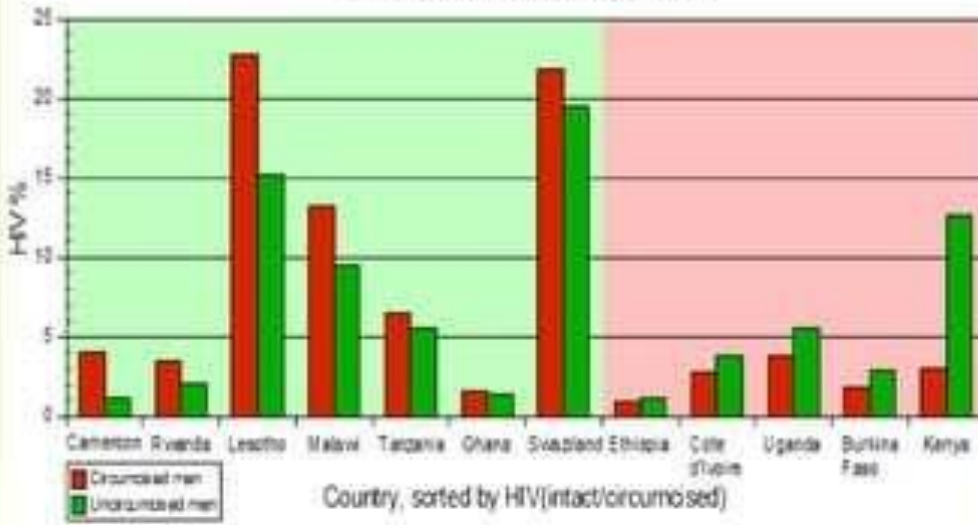
✓ Putting on shoes:

- Walking barefoot → insect bite & parasite infestation

✓ Circumcision:

- religious, medical
- Muslims, Jews

Does circumcision protect?



✓ Personal care:

- Children –play in dirty environment
- Residual dirt in skin & nail→
boil, furuncle, cuts & bruise, ringworm, septic foci, eczema
- Nail not trimmed→ microorganism & helminthic infestation
- Irregular combing & washing of hair



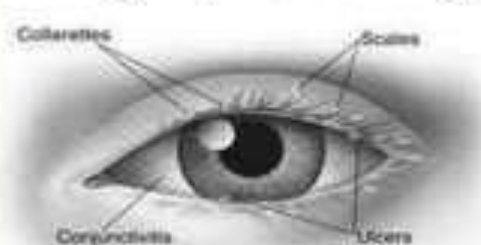
Children playing in an environment contaminated with animal faeces



dirty & matted hair. Lice infestation

✓ Eye care:

- Poor eye hygiene → conjunctivitis, trachoma, blephritis, corneal ulcer
- Regular examination of eyelids → trachoma
- Conjunctiva → conjunctivitis, Bitot's spot, anaemia
- Refractive error ↔ reading in dim light, tailoring, needle work & "



World Sight Day
11 OCTOBER 2012



✓ Care of ear:

- Deposition of wax → irritation → scratching with finger, pins → introduction of infection
- Unhygienic cleaning of the ear → infection → discharge
- Furunculosis, pharyngitis & tonsillitis, eustachian tube blockage → ear pain.....



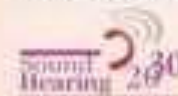
EAR CARE IN CHILDREN



IF THE CHILD IS DISTRACTED OR INATTENTIVE IN CLASS, IT MAY BE BECAUSE HE IS UNABLE TO HEAR PROPERLY.

INSTRUCT CHILDREN NOT TO SHOUT INTO THE EAR OR INSERT ANYTHING INSIDE THE EAR.

IF ANY CHILD HAS DISCHARGE OR PAIN IN THE EAR OR IF THE CHILD IS UNABLE TO HEAR PROPERLY, REFER HER FOR AN EAR CHECK UP.



✓ Fasting:

- ladies → married, old, pregnant, widow
- old, students & elderly
- types → drinking water only, fruits alone, salt/spice restricted diet, single meal/day

Hindu Fasts, Festivals
And Ceremonies





MENTAL HEALTH & HYGIENE.

- Alertness → level of intelligence
- Poor literacy in rural areas
- Low school enrollment, attendance, high dropout
- Education → understand & adopt scientific medical promotive measures
- Attitude of the family member toward doctors, medical & paramedical staff
- Mental health condition & Social behavior

Literacy rate - Rural 2001



Literacy rate - Rural 2011



TABOO TOPICS

MARRIAGE & SEXUALITY:

- religion, ethnicity, societal structure
- Sexual taboos
- Menstrual hygiene
- Marriage Universal & early



Practice of Child Marriage for Girls Scaled 2011



State	SMAM			Literacy rate ¹⁰⁰ (%)			Percentage of girls married before age 15	Average annual rate of population change 2005-10 20-25
	1981 ¹⁰¹	1991 ¹⁰²	2001 ¹⁰³	1981	1991	2001		
Andhra Pradesh	17.3	18.3	19.4	24.2	32.7	51.2	<ol style="list-style-type: none"> Niger (2006) 74.5% Chad (2004) 71.5 Mali (2006) 70.6 Bangladesh (2007) 66.2 Guinea (2009) 63.1 Cent African Rep. (2008) 60.6 Mozambique (2008) 52.0 Nepal (2006) 51.4 Mali (2006) 50.2 Ethiopia (2006) 49.2 	<ol style="list-style-type: none"> Niger 1.5% 1.5% Mali 3.0 3.2 Western Sahara 3.7 3.2 Uganda 3.2 3.1 Algeria 2.9 3.1
Assam	-	21.1	21.7	-	43.0	56.3		
Bihar	16.0	17.6	18.6	16.5	22.8	33.6		
Gujarat	19.5	19.8	20.4	38.3	48.6	55.6		
Haryana	17.8	18.9	19.7	26.9	40.5	56.3		
Karnataka	19.2	20.1	20.9	33.2	44.3	57.5		
Kerala	21.8	22.3	22.0	75.7	86.1	87.9		
Madhya Pradesh	16.6	17.8	18.1	24.0	29.9	50.6		
Maharashtra	18.8	19.7	20.6	41.0	52.3	67.5		
Orissa	18.1	20.2	21.7	25.1	34.7	51.0		
Punjab	21.1	21.0	21.8	39.7	50.4	63.6		
Rajasthan	16.1	17.0	18.5	14.0	20.4	44.2		
Tamil Nadu	20.2	20.9	21.4	40.4	51.3	64.6		
Uttar Pradesh	16.7	18.1	19.6	17.2	25.3	43.8		
West Bengal	18.2	19.7	20.0	36.1	46.6	60.2		
All India	18.3	19.3	20.2	29.8	39.3	54.9		

Note: All states refer to the pre-2002 state boundaries. The all India figures include smaller states that are not shown in the table.
Sources: ¹⁰¹1981 Register General India, 1988; ¹⁰²1991 and 2001 calculated from the respective censuses.
¹⁰³ Government of India, 2002.

Healthy Habits...

**THANK
YOU**

