Descriptive Survey To Assess The Knowledge Regarding Ayurvedic Kadha On Symptoms Of Fluayurvedic Kadha On Symptoms Of Flu

Section A- Research Paper

DESCRIPTIVE SURVEY TO ASSESS THE KNOWLEDGE REGARDING AYURVEDIC KADHA ON SYMPTOMS OF FLUAYURVEDIC KADHA ON SYMPTOMS OF FLU

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Abstract:
Introduction: The traditional system of medicine has always been an essential part of the health care system. The Indian traditional medicinal system includes well-recognized and scientifically proven system of aayureveda, siddha, yoga and naturopathy.

Objective:
1. To assess the level of knowledge regarding Ayurvedic kadha on symptoms of flu.
2. To find an association between knowledge and their selected demographic variables.

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Introduction:

Traditional medicine has always played an important role in health care. Some of the most well-known and scientifically accepted systems of Indian traditional medicine include Ayurvedic medicine, Siddha medicine, Yoga, Naturopathy, and others. Ayurvedic medicine is one of the oldest organized systems of medicine in the world. It originated in ancient India. Therapies often involve complex herbal blends and minerals that help keep the body fit and healthy. The influenza pandemic (1918) was one of the most devastating pandemics in recent history. It was caused by an influenza virus that contained genes from the avain virus. Although the exact origins of the virus remain a mystery, it spread around the world between 1914 and 1919. It was first detected in military personnel living in the United States during the spring of 1914.(1)

Influenza is a contagious viral disease caused by influenza virus A or B. It affects the nose, throat, bronchi, and sometimes lungs. It can also affect your heart, brain, and other muscles in your respiratory system. The virus is everywhere and has unique patterns. When a person has the flu, he or she coughs or sneezes and the infection spreads. To become infected, you need to be in close contact with someone who has the flu (1 m). Most people who get the flu recover within a few days, but complications and even death can occur, especially for pregnant women and those with underlying immune deficiency conditions. Every year during the fall and winter, flu epidemics are one of the leading causes of death and disease in temperate countries.

Research Approach: Since the present study was aimed at to assess the knowledge regarding Ayurvedic Kadha on symptoms of flu among students. Quantitative approach was felt to be appropriate and thus used for the study

Research Design:Research design used for the proposed study was non-experimental survey research design. **Variables**:Demographic data, Age, gender, degree, profession, source of Ayurveda Kadha information on flu symptoms through.

Population: Clients with flu symptoms in Kansa n.A area of Visnagar city are included in the sample for this study.

Sample: In our study the 100 sample is the people living in Kansa N.A area of visnagar city.

SAMPLING TECHNIQUE: The sample was chosen for the study using non-probability convenient sampling, which means that the most easily accessible people were chosen as participants in the study. The samples were chosen according to inclusion and exclusion parameters.

DESCRIPTION OF TOOL: A self-structured questionnaire on Ayurvedic knowledge about Ayurvedic kadha on flu symptoms is used for the purpose of the study.

Data collection Method: A knowledge questionnaire was used for the knowledge assessment. An offline test paper was provided to all participants on the day by keeping the same language. The duration of the test was about 30 minutes. The main objective of this study was to

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evaluate the knowledge of Ayurveda Kadha on the symptoms of influenza among the participants. The participants were selected using a non-probability convenient sampling method. The procedure was clearly explained in their own language and the consent was obtained from the participants.

Data analysis: Descriptive and Inferential Statistics were used to analyze the student data.

Table 4: frequency and percentage distribution of sample according to knowledge score of people.
(N= 100)

Sr. No.	Knowledge	Grade	Frequency	Percentage
1	0-10	poor	36	36%
2	11-20	Average	44	44%
3	21-30	Good	20	20%

Table 4. It shows that 44% of the sample have an average knowledge of Ayurveda Kadha, 36% have poor knowledge, and 20% have good knowledge.

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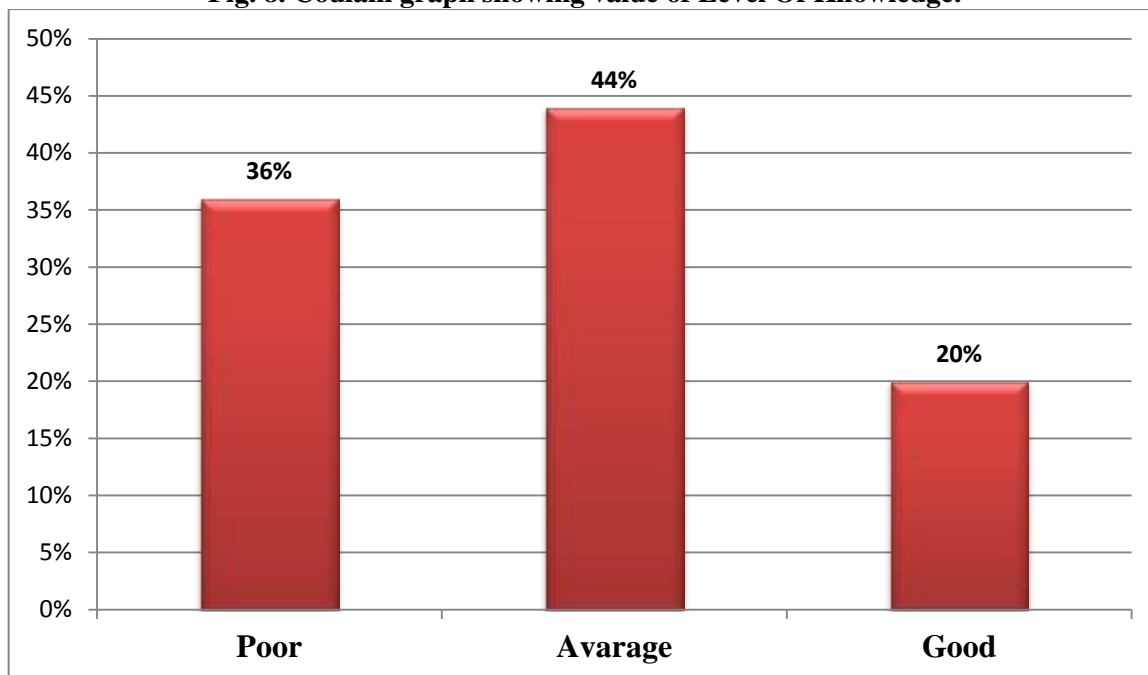**Fig. 8. Coulam graph showing value of Level Of Knowledge.**

Table 5 - Association between knowledge and their selected demographic variables.

SR.NO.	DEMOGRAPHIC VARIABLE		F (%)	score			T- value	Chi - square $x2$	result
				Mild (poor)	Moderate (average)	Severe (good)			
1	Age	20-30 year	20	04	14	02			
		31-40 year	10	02	07	01			
		41-50 year	30	12	15	03	0.112001	10.3149	NS
		51-60 year	40	22	13	05			
2	Gender	Male	40	18	12	10			
		Female	60	25	20	15	0.9299	0.1453	NS
3	Education	Illiterate	15	11	03	01			
		Primary school	30	18	10	02			
		Higher education	32	16	10	06	0.01068	16.645	S
		Graduate/post graduate	23	04	11	08			
4	occupation	Job	10	04	03	03			
		Farmer	35	07	15	13			
		Business	25	05	10	10	0.03127	13.8574	S
		House wife	30	15	10	05			
5	Previous knowledge regarding Ayurvedic treatment	Yes	39	20	11	08	0.3612	2.0363	NS
		No	61	28	25	08			

Table 5: The results of Table 5 show that in age groups 51-60, females had the highest 40% and T-values, respectively, according to Chi-square. Results were not significant for females. In higher education, Chi-square was the highest T-value and result was not significant for those in higher education. Results for higher education were not significant for Chi-square.In occupation the highest 35%(F) in farmer and T-value, Chi-square as follow 0.03127, 13.8574 and result was Significant.

Based on previous studies on Ayurveda treatment, the highest percentage (F) in NO and T-value was 61% and the Chi-square was 0.3612 and 2.0363

respectively and the result was not statistically significant.

DISCUSSION
The argument surrounding the statistical analysis's findings is covered in this chapter, along with how the discussion relates to the objectives of the study, its theoretical framework, and its literature review.

"A descriptive survey study to evaluate residents of a chosen Kansa N.A area of Visnagar city's knowledge of Ayurvedic Kadha on flu symptoms." 100 samples in all were chosen for the investigation. Twenty people have good understanding of Ayurvedic Kadha on flu

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symptoms, compared to 36 people who are poor, 44 people who are average, and 44 people.

First objective to assess knowledge regarding Ayurvedic Kadha on symptoms of flu among different type of variables.
The majority of of the population, 60% are women and 40% are men. 20% of the population are between the ages of 20 and 30, 10% are between 31 and 40, and 30% are between 41 and 50. 32% of the population have higher education. 15% have no education. 30% are in primary education. 23% have graduate or postgraduate education. 35% of workers in occupation are farmers

Second objective to find association between socio demographic variables.
total 05 demographic variables, in this case 03 are not relevant (age, gender, previous knowledge of ayurveda treatment), and 02 are relevant (education and profession)

CONCLUSION
A descriptive study was conducted to evaluate the Ayurvedic knowledge on influenza symptoms among a sample of people living in a selected region of Kansa n.a of the city of Visnagar. The results showed that people living in the KansaN.A region had an average knowledge on the topic of Ayurveda Kadha regarding influenza symptoms. Based on the findings of the study, the researcher concluded that the people living in Kansa

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