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## An Effectiveness of The Ayurvedic Treatment for The Internally Displaced People in Disaster Situation

**A.A.J. Pushpakumara, H.M.C. K. Herath**

### Abstract

A disaster is a natural or man-made (or technological) hazard resulting in an event of substantial extent causing significant physical damage or destruction, loss of life, or drastic change to the environment.

The main aim of this study is to find out the existing Ayurveda treatment given to the IDP in the Central Province of Sri Lanka, classifications of the different health conditions among IDPs' in Central Province and introducing Ayurveda medical treatment schemes for IDPs'. According to the Anderson's table 102 peoples were selected as stratified random sampling method and the samples were selected from three IDP camps belongs to districts Kandy, Matale and Nuwara Eliya. Under Public health guidelines of WHO recommended Likert scale questionnaire were used to collect data and SPSS 16 statistical analyzing software and Pearson's Correlation test was used to analyze the data.

Selected sample were treated with existing Ayurveda treatments on URTI, stress, emergency care, fungal infection, contaminated water and sanitation. All the variables significantly related with Indigenous Management of Eco Cultural Retreat have strong positive relationships with the dependent variable – the Effective Treatment for IDP. The Pearson's correlation coefficients calculated are lying between 0.75 and 0.95.

So, it can be concluded that the treatments and activities that have been taken by Ayurvedic doctors related with URTI, Stress Management, Emergency Care, Fungal Infection, Contaminated Water and Sanitation Condition have strong positive impacts on the Effective Treatment for IDP.

**Keywords:** Upper Respiratory Tract Infection, Internal Displace People, World Health Organization, Natural Disasters, Man-maid Disasters.

### Introduction

A disaster is a natural or man-made (or technological) hazard resulting in an event of substantial extent causing significant physical damage or destruction, loss of life, or drastic change to the environment. It is a well-known fact that today's disasters are often generated by, or at least extended by, human activities. Disaster management can be defined as the organization and management of resources and disasters are defined as a serious disruption of the functioning of a community or a society. They involve widespread human, material, economic or environmental impacts, which exceed the ability of the affected community or society to cope using its own resources.

An internally displaced person (IDP) is someone who is forced to flee his or her home but who remains within his or her country's borders. They are often referred to as refugees, although they do not fall within the current legal definition of a refugee. Some of the most common diseases among refugees and displaced community are; Upper respiratory tract disease, Stress, waterborne diseases, Food poisoning, sanitary disease and other infections.

Ayurveda Medicine is the world's oldest comprehensive health care system. Two of the eight branches of classical Ayurveda deal with surgery (*Śalya-cikitsā and Śālākya-tantra*), but contemporary Ayurveda tends to emphasize attaining vitality by building a healthy metabolic system maintaining good digestion and excretion. Ayurveda also focuses on exercise, yoga, and meditation. It is now one of the most recognized and widely practiced disciplines of alternative medicine in the world. Ayurveda follows the concept of *dinacharya*, which says

that natural cycles are important for health. Hygiene, including regular bathing, cleaning of teeth, skin care, and eye washing, is also a central practice.

### Significant and Justification

The most significant types of natural disaster occurring in Sri Lanka are floods, storms, and landslides. In this regard by introducing Ayurveda involvement can be increased the quality of life of displaced people. As per the Ayurveda, specialized therapeutic module will be established in selected regions. Mental well-being of the affected people will be ensured by reducing post-traumatic stress. By introducing natural foods and food pattern availability and safety of the foods will be increased.

### Aims and Objectives

1. To find out the existing Ayurveda treatment given to the Internal Displace People.
2. To classification of the different health conditions among the Internal Displace People.
3. To introduce Ayurveda medical treatment schemes for Internal, Displace People.

### Methodology

According to the Anderson's table 102 peoples were selected as stratified random sample from three IDP camps belongs to districts Kandy, Matale and Nuwara Eliya in Central province. Under Public health guidelines of WHO recommended Likert scale questionnaire were used to collect data and SPSS 16 statistical analyzing software and Pearson's Correlation test was used to analyze the data.

### Observation and Results

There were six main medical conditions being treated with existing Ayurveda treatments in IDP camps in Central province such as, URTI, stress, emergency care, fungal infection, contaminated water and sanitation. Among 102 respondents 40.20% were from Mathale, 26.47% were from Nuwara Eliya and 33.33% were from Kandy. The majority of respondents were 45% in the age group of 36 – 45 years. Below age 36 years were 20.59%. Among all the respondents 59.80% were male and 40.20% were female. The majority of the respondents were married 84.31% while 4.90% were unmarried and 6.86% were divorced. The majority of respondents 35.29% were farmers and laborers (33.33%) while 2.94 were forces.

Ayurveda treatments given to URTI, from the 102 respondents 51.0% agreed and 19.6 strongly agreed with the statements related with the variable. 15.7% were moderate. 7.8% disagreed and 5.9% strongly disagreed with the statements. Ayurveda treatments given to stress, from the 102 respondents 70.6% agreed and 2.0% strongly agreed with the statements related with the variable. 16.7% were neutral. 5.9% disagreed and 4.9% strongly disagreed with the statements. Ayurveda treatments given to emergency care, from the 102 respondents 60.8% agreed and 8.8% strongly agreed with the statements related with the variable. 17.6% were neutral. 7.8% disagreed and 4.9% strongly disagreed with the statements. Ayurveda treatments given to fungal infection, from the 102 respondents 10.8% strongly agreed and 73.5% agreed with the statements related with the variable. 5.9% were neutral. 4.9% disagreed and 4.9% strongly disagreed with the statements. Ayurveda treatments given to contaminated

water, from the 102 respondents 78.4% agreed and 11.8% strongly agreed with the statements related with the variable. 2.9% were neutral. 2.9% disagreed and 3.9% strongly disagreed with the statements. Ayurveda treatments given to sanitation, from the 102 respondents 70.6% agreed and 10.8% strongly agreed with the statements related with the variable.

According to the findings respondents agree with the statements related with all the variables. Among the 102 respondents 65.7% agreed and 14.7% strongly agreed with the statements related with the variable. 7.8% were neutral. 9.8% disagreed and 2.0% strongly disagreed with the statements. It can be concluded that averagely respondents are satisfied with the treatments given to the IDP's. Therefore, according to the sample of respondents all the independent variables, Upper Respiratory Tract Infection, Stress Management, Emergency Care, Fungal Infection, Contaminated Water and Sanitation Condition are significantly related with the Effective Treatment for IDP. The correlation coefficient between Upper Respiratory Tract Infection and Effective Treatment for IDP was 0.912 and correlation was significant at the 0.01 level ( $p < 0.01$ ). Hypothesis  $H_{a1}$  was supported indicating there is a strong positive relationship between Upper Respiratory Tract Infection and Effective Treatment for IDP.

The correlation coefficient between Stress Management and Effective Treatment for IDP was 0.786 and correlation was significant at the 0.01 level ( $p < 0.01$ ). Hypothesis  $H_{a2}$  was supported indicating there is a strong positive relationship between Stress Management and Effective Treatment for IDP.

The correlation coefficient between Emergency Care and Effective Treatment for IDP was 0.829 and correlation was significant at the 0.01 level ( $p < 0.01$ ). Hypothesis  $H_{a3}$  was supported indicating there is a strong positive relationship between Emergency Care and Effective Treatment for IDP. The correlation coefficient between Fungal Infection and Effective Treatment for IDP was 0.775 and correlation was significant at the 0.01 level ( $p < 0.01$ ). Hypothesis  $H_{a4}$  was supported indicating there is a strong positive relationship between Fungal Infection and Effective Treatment for IDP. The correlation coefficient between Contaminated Water and Effective Treatment for IDP was -0.739 and correlation was significant at the 0.01 level ( $p < 0.01$ ). Hypothesis  $H_{a5}$  was supported indicating there is a strong positive relationship between Contaminated Water and Effective Treatment for IDP.

The correlation coefficient between Sanitation Condition and Effective Treatment for IDP was 0.846 and correlation was significant at the 0.01 level ( $p < 0.01$ ). Hypothesis  $H_{a6}$  was supported indicating there is a strong positive relationship between Sanitation Condition and Effective Treatment for IDP.

All the variables significantly related with Indigenous Management of Eco Cultural Retreat have strong positive relationships with the dependent variable – the Effective Treatment for IDP. The Pearson's correlation coefficients calculated are lying between 0.75 and 0.95. So, it can be concluded that the treatments and activities that have been taken by Ayurveda doctors related with Upper Respiratory Tract Infection, Stress Management, Emergency Care, Fungal Infection, Contaminated Water and Sanitation Condition have strong positive impacts on the Effective Treatment for IDP.

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