ORIGINAL RESEARCH PAPER
Volume - 10 | Issue - 02 | February - 2021 | PRINT ISSN No. 2277 - 8179 | DOI : 10.36106/ijsr
INTERNATIONAL JOURNAL OF SCIENTIFIC RESEARCH

KNOWLEDGE, ATTITUDE AND PRACTICES (KAP) TOWARDS AYURVEDA, YOGA & NATUROPATHY, UNANI, SIDDHA, HOMEOPATHY (AYUSH) AND ITS USE IN DENTISTRY AMONG DENTAL PROFESSIONALS.

Dental Science

Atul Sankhyan* MDS, Department of Public Health Dentistry, Swami Devi Dyal Hospital & Dental College Barwala, Panchkula. Haryana .*Corresponding Author

Nidhi Gupta Prof & Head, Department of Public Health Dentistry, Swami Devi Dyal Hospital & Dental College Barwala, Panchkula.

Preety Gupta Reader, Department of Public Health Dentistry, Swami Devi Dyal Hospital & Dental College Barwala, Panchkula.

Krishana Priya Reader, Department of Public Health Dentistry, Swami Devi Dyal Hospital & Dental College Barwala, Panchkula.

Surbhi Jindal Lecturer, Department of Public Health Dentistry, Swami Devi Dyal Hospital & Dental College Barwala, Panchkula.

Aditi Sharma Lecturer, Department of Public Health Dentistry, Swami Devi Dyal Hospital & Dental College Barwala, Panchkula.

ABSTRACT

WHO (World Health Organization) accepts that traditional systems will continue to play an important part in providing services to very large numbers of people, particularly in rural areas India has rich tradition of healing. A vast amount of medical knowledge has evolved in India over thousands of years, through trial and error in exchange and assimilation between diverse cultures. . In recent times, dental health care approaches also used holistic methods like Ayurveda, Homeopathy ad Naturopathy etc in managing diseases and conditions related to oral and related structures.

Objective: To assess Knowledge, Attitudes and Practices (KAP) towards Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homeopathy (AYUSH) and its use in Dentistry among Dental Professionals**.**

Methodology: A cross sectional study was conducted among n=400 dental professionals of dental colleges in and around Chandigarh. Questionnaire was used and data was analyzed using SPSS 21.ver.

Results: Out of total 400 subjects 163(41%) were males and 237(59%) were females. When knowledge of AYUSH is assessed 63% had knowledge about term complementary and alternative medicine, As much as 59% subjects wished to learn AYUSH and its use in dentistry. Among users of AYUSH treatment 73% subjects found it effective.

Conclusion: Majority of subjects have a positive attitude towards AYUSH and wished to learn its use in dentistry. This makes us feel that AYUSH can be integrated with existing dental curriculum.

KEYWORDS

Knowledge, Attitudes and Practices (KAP), AYUSH, Dental professionals.

INTRODUCTION

Unorthodox medicine or traditional medicine has been described by different names such as irregular medicine, fringe medicine, or complementary and alternative medicine (CAM) or some times as quackery , associated with various disputes and claims it has been survived and practiced even in the era of Modern Medicine in different forms.[1,2] Treatment through Complementary and Alternative systems (CAM) or Traditional Medical systems(TM) is often cheaper because of local availability and accessibility of herbs.[3,4] WHO accepts that traditional systems will continue to play an important part in providing services to a very large number of people, particularly in rural areas.[2] India has a rich tradition of healing.[5] A vast amount of medical knowledge has evolved in India over thousands of years, through trial and error in exchange and assimilation between diverse cultures.[6] The Department of Indian Systems of Medicine and Homeopathy was created in 1995 and was renamed to Ayurveda, Yoga and Naturopathy, Unani, Siddha, and Homeopathy (AYUSH) in 2003 .On 9th November 2014 the Ministry of AYUSH was formed under Government of India. This department focuses on providing education and research in AYUSH.[7] The Sanskrit word Ayurveda is derived from word Ayuh-life or longevity, Veda – science or sacred knowledge so summarized as "science of life" that views life as the union of the body, senses, mind, and soul.[8] Literally meaning of Yoga is "union." According to ancient sage Patanjali Yoga is the "neutralization of the vortices of feeling.[9]" Naturopathy is defined as a system, which recognizes the existence of curative forces within the body.[10] The principle of Unani is that each individual is viewed as a separate entity, and each factor that makes up an individual is taken into account. The basic theory of Unani is based upon the four humor theory of Hippocrates that the body has four humors (blood, phlegm, yellow and black bile).[11, 12] The word "Siddha" denotes "Siddhi" which means achievement in life arts such as philosophy, yoga, wisdom, alchemy, medicine and above all the art of longevity.[13] 'Homeopathy' is derived from two Greek words hómoios (similar) and páthos (suffering). The key principle of this medical approach is the **Similia Similibus Curentur** (Latin), which means let similar things take care of similar things" Homeopathy treats diseases using the substance that causes the symptoms of a disease in healthy individuals to cure similar symptoms in sick people.[1]

In Dentistry various orofacial diseases like Dental caries ,Periodontal diseases and oral cancers etc are treated .[14] Traditional medicine is used in dentistry to treat various dental problems since long time. In recent times, dental health care approaches also used holistic methods like Ayurveda, Homeopathy ad Naturopathy etc in managing diseases and conditions related to oral and related structures .[15-17] Thus due to increasing interest towards complementary and alternative medicine (CAM) and Government efforts to promote AYUSH so as to provide Holistic alternative treatment in dentistry our aim is to assess Knowledge, Attitude and Practices (KAP) towards Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homeopathy (AYUSH) and its use in Dentistry among Dental Professionals.

METHODOLOGY

A cross sectional study was conducted among 400 dental professionals of various dental colleges in and around Chandigarh between August to September months 2019.The subjects who were willing to participate ,interns ,post graduate students and teaching faculty(MDS) were included. A closed ended self-structured questionnaire was developed to collect the data .The questionnaire was validated through pilot study, by taking a small sample (n=42) that included interns, post graduate students and teaching faculty. After getting feedback from them necessary changes were made to the questionnaire to make it more brief and simple. The reliability coefficient was found to be 0.78.

The finalized questionnaire was divided in to two section. The first section included demographic details such as age, sex, education and

religion .The second section included questions related to knowledge, attitude and practices towards AYUSH and its use in dentistry. In some questions subjects had liberty to choose more than one option. Ethical clearance was taken before commencement of study from the institutional ethical committee. Participants were comprehensively explained about the objectives of this study before their voluntary participation in study. The data were dealt with high level of anonymity and confidentiality.

STATISTICALANALYSIS

Statistical analysis of data was carried out on SPSS version 21 for Windows (IBM Corporation, Armonk, New York) and results were calculated. Descriptive analysis was applied to present results in percentages.

RESULTS

Out of total 400 subjects 163(41%) were males and 237(59%) were females. Most of the subject's i.e.273 (68%) belongs to 21-30 age group and belongs to Hindu religion. (Table 1).

When knowledge of AYUSH was assessed 252 (63%) had knowledge about term complementary and alternative medicine (CAM), 212 (57%) subjects knew full form of AYUSH, only108 (27%) subjects knew that AYUSH is used in dentistry. AYUSH is used for both preventive as well as treatment purposes was known by 96 (24%) subjects. (FIGURE 1).

When knowledge about different form of AYUSH among subjects was assessed majority 300 (75%) subjects knew about Ayurveda and least knowledge was about Siddha i.e. 48 (12%) only. (figure2).

Major Source of information about AYUSH for Dental professionals were electronic media (tv, internet etc) 232 (58%) followed by AYUSH practitioners 197 (49.3%).(FIGURE 3)

Attitude of subjects regarding AYUSH was very positive as184 (46%) subjects said it is Good for overall health maintaince, 116(29%) recognized its role in Oral Health maintenance. 188(47%) subjects said that knowledge of AYUSH is important for dentists. As much as 236(59%) subjects wished to learn AYUSH and its use in dentistry. (FIGURE 4).

When assessed for interest in learning various forms of AYUSH 216(54%) wished to learn Yoga and Naturopathy followed by 204 (51%) Ayurveda and least interest was shown towards Siddha 52 (13%) only. (FIGURE 5)

Regarding practices of AYUSH among all subjects only 144 (36%) subjects had acknowledged that they had used any form of AYUSH for themselves (for any diseases or good health purposes), Out of 144 subjects who used AYUSH 105(73%) subjects found AYUSH treatment effective and lastly 228 (57%) subjects agreed that they will advice AYUSH treatment to their patient for specific condition. (FIGURE 6)

Table 1.demographic Profile Of Study Subjects

Parameters		FREQUENCES (n = 400)	PRECENTAGES (%)
AGE	21-30 YRS	273	68.2
	31-40 YRS	98	24.5
	> 40YRS	29	7.3
SEX	MALE	163	40.8
	FEMALE	237	59.2
EDUCATION	INTERNS	182	45.5
	PGS	113	28.2
	STAFF(MDS)	105	26.3
RELIGION	HINDU	273	68.3
	MUSLIMS	53	13.2
	OTHERS	74	18.5

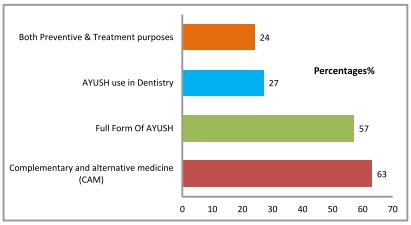

Figure 1-distribution Of Study Subjects As Per Knowledge About Ayush (n= 400)

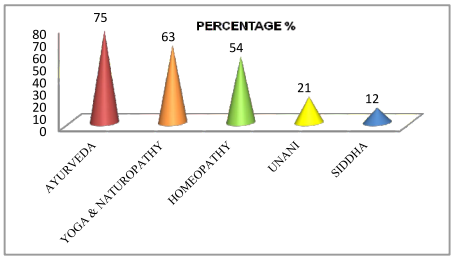

Figure 2- Distribution Of Study Subjects As Per Knowledge Of Different Forms In Ayush (n= 400)

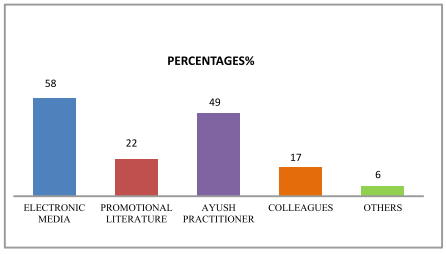

Figure 3- Sources Of Information About Ayush For Dental Professionals.(n = 400)

DISCUSSION

Integrating conventional medicine along with evidence based allopathy provides a holistic approach to patients as a whole. It is especially beneficial in treating chronic diseases by providing low cost intervention and ensuring health with healthy life style.[18] In our study there is higher number of females (59%) as compared to males (41%) which is similar to the study done by Pattanker TP,Patil SS (2017)[19] at Vijayapur, Karnataka.It may be due to increased number of female dental professionals in recent times in dental colleges.

In present study 63% subjects had knowledge about Complementary and alternative medicine (CAM) in contrast to the study done by Mankar N.N et al (2015)[20] at Solapur where only 19% subjects had knowledge .[13] It may be due to growing interest of people towards other alternative treatment with lesser side effects. 57% subjects knew term AYUSH which is similar to the study conducted by Pattanker TP, Patil SS (2017) [19] at Vijayapur where 50% had knowledge and in contrast to the study done by Mankar N.N et al (2015) [20] at Solapur where only 19% subjects had knowledge. It may be due to increased initiatives taken by Government of India to promote AYUSH recently as from 2014 government of India established a separate ministry for AYUSH.

In the present study, 73% subjects had knowledge about Ayurveda whereas only 12 % subjects had knowledge about Sidhha, as was also seen in a study done by Motakatla.S R (2017)[21] at Vijayawadae, (i.e.Ayurveda 89%,Siddha 3.5%). It may be due to fact that practices of Ayurveda is more accepted in all over India as compare to Siddha which is originated and practiced in south India specially in Tamilnadu mostly.

In this study major source of information for dental professionals about AYUSH was electronic media 58% followed by AYUSH practitioners 49.3% in contrast to the study done by Pattanker TP, Patil SS. (2017) [19] at Vijayapur where source of knowledge for MBBS students were AYUSH practitioners themselves with 48%, followed by colleague and electronic media it may be due to increased use of mobile phone and internet for gaining information day by day.

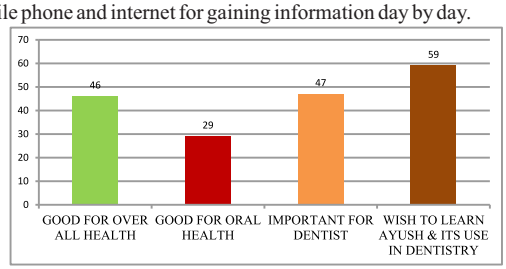

Figure 4- Attitude Of Subjects Towards Ayush (n= 400)

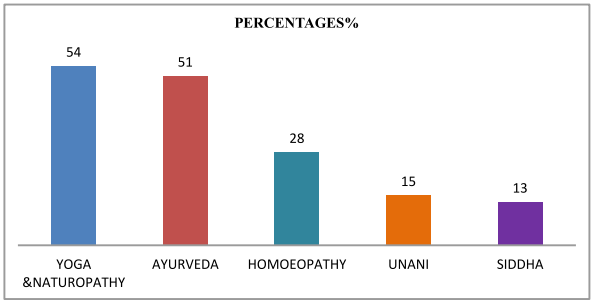

Figure 5 – Interest Of Subjects In Lerarning Various Forms Of Ayush (n=400)

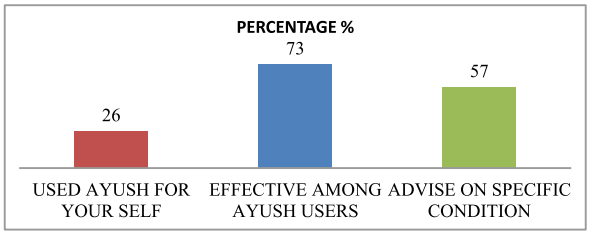

Figure 6- Practices Of Ayush Among Subjects

50% subjects showed positive attitude and wished to learn basics of AYUSH and its use in dentistry. These results are similar to the study done by Roy V et al (2015)[22] New Delhi where 67% showed positive attitude.

.

Regarding self-usage of AYUSH, 26% subjects used it and 73 % found it effective which is comparable to the study conducted by Roy V et al (2015) [22] New Delhi where 65% subjects agreed that it is effective.

CONCLUSION

This may be the first study conducted among Dental Professionals in India that examines the knowledge, attitude and practices toward AYUSH and its use in Dentistry. Knowledge of AYUSH is increasing day by day among dental professional due to increasing interest of dental professionals to know alternative treatments methods. Majority of subjects have a positive attitude towards AYUSH and wished to learn its use in dentistry. Thus makes us feel that AYUSH can be integrated with existing dental curriculum.

Acknowledgements

Authors would like to especially acknowledge all the participants included in the study.

Conflict of Interest

None

REFERENCES

1. Loudon I. A brief history of homeopathy. Journal of the Royal Society of Medicine. 2006;99(12):607-10.
2. Gevitz N. Unorthodox medical theories. Companion Encyclopedia of the History of Medicine: Routledge; 2013. 629-59.
3. Debas HT, Laxminarayan R, Straus SE. Complementary and alternative medicine. Disease control priorities in developing countries. 2006;2.
4. Hongal S, Torwane NA, Pankaj G, Chandrashekhar B, Gouraha A. Role of unani system of medicine in management of orofacial diseases: A review. Journal of clinical and diagnostic research: JCDR. 2014;8(10):ZE12.
5. WHO Traditional medicine strategy 2002-2005 Geneva. https:// apps.who. int/iris/ handle/10665/67163
6. Roy V. Time to sensitize medical graduates to the Indian Systems of Medicine and Homeopathy. Indian journal of pharmacology. 2015;47(1):1.
7. Department of AYUSH. http://www.indianmedicine.nic.in/
8. Samhita C. Charaka Samhita. Vimana Sthana 8th. 2001:14.
9. Bryant EF. The yoga sutras of Patanjali: A new edition, translation, and commentary: North Point Press; 2015.
10. Baer HA. Toward an integrative medicine: Merging alternative therapies with biomedicine: Rowman Altamira; 2004.
11. Hoosen M. Temperament an important principle for health preservation in Tibb an-Nabawi and Unani-Tibb. Bangladesh Journal of Medical Science. 2017;16(4):487-95.
12. Ravishankar B, Shukla V. Indian systems of medicine: a brief profile. African Journal of Traditional, Complementary and Alternative Medicines. 2007;4(3):319-37.
13. Karunamoorthi K, Jegajeevanram K, Xavier J, Vijayalakshmi J, Melita L. Tamil traditional medicinal system-siddha: an indigenous health practice in the international perspectives. CELLMED. 2012;2(2):12.1-.1.
14. Torwane NA, Hongal S, Goel P, Chandrashekar B. Role of Ayurveda in management of oral health. Pharmacognosy reviews. 2014;8(15):16.
15. Newadkar U, Chaudhari L, Khalekar Y. Homeopathy in dentistry: Is there a role? Pharmacognosy research. 2016;8(3).
16. Amruthesh S. Dentistry & Ayurveda V-An evidence based approach. International Journal of Clinical Dental Science. 2011;2(1).
17. Eames S, Darby P. Homeopathy and its ethical use in dentistry. British dental journal. 2011;210(7):299-301.
18. Tabish SA. Complementary and alternative healthcare: is it evidence-based? International journal of health sciences. 2008;2(1):V.
19. Pattanker TP, Patil SS. Knowledge & Attitude of Medical Students towards Ayurveda, Yoga, Unani, Siddha and Homeopathy (AYUSH). Int J Preven Curat Comm Med 2017; 3(3): 29-32.
20. Mankar N, Zad V, Agharia M, Sawant S, Bansode A. Knowledge, attitude and practices towards ayurvedic medicine use among second year MBBS students. Journal of evolution of Medical and dental sciences. 2015;4(2):223-8.
21. Moses PM. A Study on Knowledge and Practices of AYUSH among Adults in Urban Slums of Vijayawada. IOSR-JDMS, vol. 17, no. 1, 2018, pp. 44-47.
22. Roy V, Gupta M, Ghosh RK. Perception, attitude and usage of complementary and alternative medicine among doctors and patients in a tertiary care hospital in India. Indian Journal of Pharmacology. 2015;47(2):137.