

Case Report

CHICKENPOX- CUSTOMS, BELIEFS AND TRADITIONAL PRACTICES IN UDUPI DISTRICT: A CASE STUDY

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Abstract:

Cultural beliefs regarding causes of diseases and practices related to treatment vary from one area to another area, one community to another community. Ms X, 10 years female child was suffering from chicken pox. They strongly believed that chickenpox can be cured with home remedies only and their child has to be treated at home and child was treated at home. The nurse must be aware of these beliefs while providing care.

Keywords : Chicken pox, trans-culture, culture

Introduction :

There are many communicable diseases which are prevalent in India. Cultural beliefs regarding causes of diseases and practices related to treatment vary from one area to another area, one community to another community.

Culture is that complex whole which includes knowledge, belief, art, morals, law, custom & any other capabilities acquired by man as a member of society

Culture is combination of custom and practice which are influenced by standard of living, occupation, literacy, faith and reverence towards deity, manifesting healing power by divine inspiration and contemplate and content with divine blessings and so on.

Culture pattern are formed when traits and complexes become related to each other subconsciously in functional role.

gender, caste.

A case report :

Ms X, 10 years female child was suffering from the following chills, malaise, pain in both eyes for 2days. On examination, her body temperature was found to be 99F. She had 3 small papules on posterior trunk and one on abdomen. The parents came to know that the child is infected with chickenpox. They strongly believed that chickenpox can be cured with home remedies only and their child has to be treated at home. They believed the superstitions that chickenpox was due to their past evils against the spirit of Devi .Since the deity is the guardian of the locality, this disease can be cured by Goddess only.

The child was not sent to school, but was not isolated at home. In home they stopped cooking and consuming non-vegetarian food. They have stopped using oil for seasoning the food and Stopped application of oil to the body.

Bathing was withheld, child was not allowed to move out of the home. She was provided with boiled ragi juice and boiled green gram with little salt on first day.

On 2nd day, papules were seen in clusters widely dispersed all over the body including on palm, soles except scalp. Chills and malaise were present. The child was served with rice congee and pickle. Tea and coffee were withheld. Milk

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Transculture is a process which involves exchange of cultural items when two different cultures come into continuous contact with one another. It transcends the barriers of

and warm water with cookies were provided.

On 3rd day, Child had throat pain, difficulty in swallowing. Papules were found in hard palate. Redness in pharynx was seen. The child also had body pain and chills. She was given only liquid and semi solid diet with milk and warm water. The macules seen on first day turned into vesicles. The child was unable to tolerate bright objects. Macules, papules and vesicles spread all over the body including scalp and posterior pinna of the ears.

On 4th day, child had severe head ache and itching on the body. She was provided with congee, semi liquid food and biscuits.

On 5-7th day, solid diet conjee with pickle given. Food prepared with oil was avoided. Rice pundi, cucumber with salt, bottle guard, yam, tomato curry was served. No bath was given but dresses were changed every day.

On 7th day, bath was given according to the traditional practice. Adathodavasika (Aadusoge), neem leaves, tender coconut husk, Strichnusnuxvomica (Karaskara) were put in water and boiled continuously for an hour till the color of the water changes to red or brown. Green turmeric stem (Carcumalongarhizome), NizalumSativum (Karijeerige) were grinded with the above boiled water to make it like a paste and applied on to the body and left for an hour. Later bath was given with the same boiled water without mixing cold water. After the bath, boiled rice, rice special roti was kept ready in spathe of arecanut. Water, lime and turmeric powder was mixed and special type of liquid was prepared and kept in a tumbler.

Child was made to sit on a wooden-seater outside the home and food was served on a banana leaf. Fresh water from well was brought and kept in a tumbler. 2 stick lamps (stick twisted with oiled string of cloth at the top lit on fire) were made and water was sprinkled in front of her to reduce phobia. It was believed that fear is subsiding by doing this ritual, it will ward off suffering caused by evil eye. Later the child was asked to go home without looking back. Thereafter, the water, food items were taken to a place where cross road were join. Lemon was cut and above

items were kept in that place.

Child was provided with rice, special rice roti and horsegram rasam. Same diet was continued for 4 days. Horse gram rasam was prepared with pepper, salt and tamarind.

Neem juice was prepared and 3 teaspoons of neem juice was provided twice a day for 7 days.

On 15th day, other vegetables were used without oil or coconut. Scabs were found to be dried She was sent to school on 21st day.

This was a personal experience. No other remedial measures or treatment was taken.

It is very important to know the cultural beliefs and practice when we take care of clients with different backgrounds. Nurses play an important role in identifying such customs and practices.

1. Nurse must have knowledge on ethno heritage & ethno history of the patient
2. Nurse should collect the bio cultural history of the client
3. The nurse should know about the social organization of the society
4. The nurse should consider the religious & spiritual beliefs of the client and their family
5. The nurse should know about the communication pattern of the client
6. The nurse must have knowledge on the caring beliefs & practices
7. The nurse must understand about the cultural misconceptions regarding health

Conclusion :

The health professionals to understand that for no fault of the child, it had to undergo the trauma for 21 days. This will not only reduce her immunity but also causes inferiority complex. In such circumstances, to respect the good

habits of the practices such as avoiding non vegetarian food and spicy and oily food. Besides, the health professionals may appreciate the parents the physical and

mental agony of the child and persuade them to follow scientific diagnosis along with respecting their cultural practices.

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