



## HEALTH CARE PRACTICES AND THE CULTURE OF HILLY AREAS OF UTTARAKHAND

RAMESH SINGH DANU

Research Scholar Department of Political Science Kumaun University, Nainital S.S.J  
Campus Almora 263601

### ABSTRACT

Good health is the absolute necessity of the human being because a healthy person can participate in the socio-economic ventures of a society and can contribute to the promotion of the nation. In addition to this, a healthy person can make judgments in a better direction for robust social structure. In the country like India, which is somehow the welfare state so, it is the earliest obligation of the country to look after the health of the citizens and competently provide them with better health facilities. However, it is manifested, from the grassroots level that even after the seventy years of the Independence the Government health system is not displaying the fruits according to the aspirations of the citizens. The outcomes of this pitiable appearance of the Government health care system, the citizens, have lost faith in these government hospitals. The Government health care systems in the Indian hamlets are most indigent the people of the villages shared terrible experiences about the Government Health care system of their respective areas.

In the milieu of the Uttarakhand, state which is nested in the lap of the Himalayas. Besides, most of the state is hilly so because of this rugged and unrelenting terrain the health care system of the state has further impediments notably seen in the hill areas as compared to the plan areas of the state.

There is troubled Government Health care in the hilly regions, of the state. Because of this, inadequate health care in the mountainous areas there are a substantial number of the natives of the hill who are moving from the natives' places. These natives of the Hill are moving towards the plain areas of the state especially towards the cities of Haldwani and Dehradun or any other states of the country.

The present article will shed light on the Health care practices presented in the hilly culture of Uttarakhand.

**KEYWORDS: -GOVERNMENT HEALTH CARE, HILLY CULTURE OF UTTARAKHAND AND IMPEDIMENTS OF THE HILLY NATIVES.**

### Introduction: -

Good health is the most vital gift of the God as when the Human being lives in the excellent health in that case all the situations resemble pleasurable; however, when there is any ailment in the Health, then the entire possessions seems like the torture. The human being primarily in poor countries and even in India spent a significant (80%) amount from their earnings for the treatment of the health. This indirectly affects the national economy of the country. In the country like India, the Government health care are facing the huge impediments due to the abundance of factors most of the reason is the citizens of the country are not well aware of their health in the proper way. Furthermore, due to lack of an adequate health infrastructure care and poor

monitoring by the execution agencies the existing government health care schemes are not showing the fruitful results at the grassroots level.

Even today, the people of the Indian villages most of the times use the traditional health care methods that are existing in their local culture these indigenous treatment methods or a health care practice diverge from region to region and religion to religion. In the Indian Himalayan region, the natives almost use the medicinal plants for different means, as the Himalayas are rich in these medicinal plants. There are big stories about the use of various medicinal plants in the local culture of the hill of Uttarakhand, the old aged talk about these health care practices and most of the time these natives recommended it to the young generation. Besides this, there are many health care methods that these natives of the hill of Uttarakhand were used mostly connected with their religious practices and are used in the physiological problems even though these practices are not proved by the medical science, but most of the people in the hill strictly believe on these methods and practices.

**The Rationale of the study:-**

The state Uttarakhand, which comprises of the 13 districts among that most of the district's 11 are nested on the hilly areas with daunting topography and terrain the hill areas are most prone to the natural disasters. This nasty topography imposes the impediments on the accessibility and infrastructure of the health in the region. In this direction, the natives of the hill give preference to the traditional health care practices rather than the new English ways. Secondly, most of the natives of the hill areas of the Uttarakhand are devotee of Hinduism consequently of that they use the health care methods that are mentioned in their culture. During the observation of the hilly areas of the state, it was found the natives of the hill uses these traditional techniques of treating even the diseases that are addressed by English medicine like Jaundice. Now with the passage of time, these indigenous notions about the health care are sinking, and an incremental change are growing among the natives towards the reliably proven medicines. The sources of this gradual change have reported the penetration of social media in the four walls of the house and by which the natives become cognizant of the diseases and the treatment.

However, these traditional and cultural belonging health practices sometimes work as the first aid to the patents and these practices are the part of the rich culture of this beautiful green state of the country. In this direction, it is the urgency of the hour to conserve these practices and transfer on to the next generation by making the solid documentation and web of awareness programmes among the new generation about the richness of these methods.

In the below study we ventured to study the Health practices in the hilly culture of Uttarakhand, and what measures are taken by the Government to protect these Health practices of the hill. Furthermore, the researcher has the light on about the opinions of the new generation of the hilly areas of the state about the relevance of these Health care methods in the state.

**The objectives of the study:-**

- To study the significant Health Practices in the culture of Uttarakhand.
- To examine to what level the Government conserves these Healthcare Practices.

- To explore the perceptions of the new generation of the hill about these cultural Health practices.

#### **RESEARCH METHODOLOGY:-**

To accomplish the information the researcher outlined the objectives of the study mentioned above. To fulfil the demand of the framed objectives and to reach the conclusions the researcher studied some villages of the hill and assembled the insights of these villagers through self- made interview schedule.

#### **ANALYSES OF THE STUDY:-**

The analyses were carried out by using the narration analyses and for easy understanding, objective, analyses were put into use.

##### **1. THE MAJOR HEALTH PRACTICES IN THE CULTURE OF UTTARAKHAND:-**

Every culture has its methods and procedures in which the respective persons are living likewise is the case with the Uttarakhand a state nested in the lap of the Himalayas and the source of the Holy Ganga river that is a holy river near the Hindus. Aside from this in the state of the Uttarakhand, there are numerous famous temples, and it is because of these temples this state is named as the land of gods in the country. The state has also abundant in the cultural heritage, and while travelling in the state, it is noted that the people of the hill are very diverse the people of the plains. The natives of the hill are very cool, staunch towards their culture, and are a highly religious while as in the plain areas of the state these practices are deficient. The second thing is that in the context of healthcare development the plain areas like Haldwani, Udham Singh Nagar and Dehradun these mentioned areas have great health facilities and are facilitated some reputed Government hospitals like the AIIMS of Rishikesh. However, in the Hilly areas of the state, the situation of the health is not so much practical as connected its plain areas of the state the reason is the harsh geography and fragile ecosystem of the hill. Results of that the natives of the mountain from early times became entirely dependent on the traditional health care practice that is mentioned in the hilly culture of the state and is very religious and close to the nature, these natives of the hill are very prudent in using the traditional ways of the health care practice during their illness.

Some use the religious beliefs, which act as the physiological upliftment among these hilly natives of the Uttarakhand. To cite the example the women of the hill uses her hair during the biting of the snake, some do particular **Poja** for the recovery of the health, for the relatives in the villages in an organisation way. For this process, these people have particular local deities (KUL DEVI). Furthermore, these hilly people use the hot iron then this hot iron is touched to the navel of children, as they believe that it protects the children from the abdomen pain. These practices are found in the Gharwal hamlets like Himini, Ghess, Blayan and Penayu. Some people use the religious mantra and the feathers of the eagle to cure the tooth pain.

Apart from this, these natives use various medicinal plants, as the natives are very knowledgeable about the medicinal plants, so they use the medicinal

plants for different diseases. The famous one like **Chru** as a local name they insert this medicinal plant in the water they use to get rid of the gas problem. The next one is the use of *Katki* used for the fever as they medicinal plant first grinded then mixes it with the water then it is giving to the person who undergoes of fever. Some people use the turmeric powder mixed with milk to treat the intestinal problems, and some use this turmeric **Patty** to get rid of the pain of various joints.

## **2. TO EXAMINE TO WHAT LEVEL THE GOVERNMENT CONSERVES THESE HEALTHCARE PRACTICES.**

In this section, the researcher has attempted to shed light on the state Government measures for the preservation of these Cultural Health care practices in the hilly areas of the Uttarakhand. From the study of the villages, it was reported that the Government not yet became victorious in fulfilling the demands of Health of the natives of the hill as near about 8% population of the hill are migrated from their native's places towards the plan areas of the state for attaining the better health amenities. Near about, there are 4000 villages where exceedingly migration has reported from the hilly areas of Uttarakhand (ABP News Report on migration of Utrakhand 2019).

In the context of Health, the plan areas of the state have a well-facilitated Government health care system as compared to the hilly areas. The Government programmes mostly remain to plan areas there is the reason for harsh topography that the hilly areas have that somehow becomes the impediment in the progress of the Health care in these areas.

The cultural practices of the hill are near to die because these things are not well documented and the second thing the people are leaving the hill with a high velocity that affects their overall cultural dimensions and in this entire process these cultural health practices gets affected. No doubt, the Government has opened some of the cultural friendly institutes in the whole state there are 543 Ayurvedic hospitals and Dispensaries 3 Unani Hospitals and 107 Homeopathic dispensaries (<http://health.uk.gov.in/pages/display/65-medical-health-institutions>).

From the on the whole study it is portrayed that the state Government has taken the number of the steps they are on the Government papers, and at the grassroots level, the position of the Health is very pitiable. Apart from this, these cultural health practices are vanishing from the villages because of the lack of Government gravity towards these issues.

## **3. PERCEPTIONS OF THE NEW GENERATION OF THE HILL ABOUT THESE CULTURAL HEALTH PRACTICES.**

As we mentioned above the new generation of the hill are moving firstly from the hill and leaving the nest places due to the lack of essential amenities' in the hill. Therefore, in this entire process of migration, they went away from the culture of the hill, and after some time they forgot the hilly cultural practices. Besides, to this, the outburst of Science and Technology and the advancement of the health and the penetration of social media in the homes increase the health consciousness among the natives. The modern generation does not

believe in these matters, and it is found from the survey that a significant number of the college-going students are not well versed about these rich cultural health care practices of the hill. These new buds made some fun of methods as they have submerged in the modern thinking of advancement.

#### CONCLUSION:-

From the overall inspection on the subject of Cultural Health, care practices in the hilly area of Uttarakhand it is reported, that there are, still the number of the villages where natives are staunchly believed on these practices and use these practices on the need. However, mostly these are the old aged persons that prefer these practices for fellow beings. Nevertheless, the irony is that these practices are deteriorating from day by day from the hamlets as these hamlets are going empty through migration that adversely affects the cultural traditions as well as on these cultural health care practices of the hill. The government have taken the measures, but these measures are not noticeable at the grassroots level. The modern generation of the hill are going away from these practices and mostly did not believe in these techniques. Hence, there is an urgency to protect these cultural Health care practices through documentation and Government should spread the awareness among the new generation about the importance of prosperity of these Health care cultural practices.

#### References:-

- <http://www.ukhfw.org/> retrieved on 28/3/19
- <http://health.uk.gov.in/> retrieved on 28/3/19
- [www.researchgate.net/publication/268740793](http://www.researchgate.net/publication/268740793) [Traditional healthcare practices among the villages of Rawain valley Uttarkashi Uttarakhand India](#) retrieved on 26/3/19
- <http://www.phytojournal.com/archives/2017/vol6issue3/PartJ/6-3-43-499.pdf> retrieved on 26/3/19
- <https://www.tandfonline.com/doi/full/10.1080/21513732.2011.575385>. Retrieved on 26/3/19.
- <http://health.uk.gov.in/pages/display/65-medical-health-institutions> retrieved on 6/4/2019.
- Hari.S. Bisht (2018) Ageing and Health Care in India: Issues and Challenges Indu Book Services New Delhi.
- Ramesh Singh Danu (2017). Perceptions of people about the Health Services: A study of Almora Town, International Journal of Advanced Education and Research (2) 4.
- Farooq & Asma (2018) the status of Health among Muslim Geriatric women: A study of Almora in eds Ageing and Health Care in India: Issues and challenges Hari.S.Bisht Indu book services New Delhi.

Note: - The original draft of this paper was presented in the International seminar 'INDIAN CULTURE AND ITS GLOBAL INFLUENCE' organised by the Department of history Kumaun University Nainital S.S.J Campus Almora