



Study the Mental Health Status of the Newly Recruited Ayurvedic Medical Practitioners in Sri Lanka

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Authors' contributions

This work was carried out in collaboration between both authors. Both authors read and approved the final manuscript.

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ABSTRACT

Mental and behavioral disorders are the 13% of the global burden of diseases. Mental health problems are common among children and young people estimated 13.4% affected by any mental disorders.(3) Today mental health problems are emerging more strongly as a public health problems presenting increase of the prevalence of substance and alcohol abuse and the world's highest suicide rates. Objective of this survey is study was to identify the mental health status of the newly recruited Ayurvedic medical Practitioners. Descriptive cross sectional survey study was carried out among total population of newly recruited Ayurvedic Practitioners by using self-administered questionnaire. Study conducted at the Institute of Indigenous Medicine. Data collection was carried out by the principal investigator during the period of their training. The response rate was 85.7% (107). The female doctors represented the majority of the participants measured 70.15 (75). Age ranged from 25-45years with mean of 33.1 (SD 2.30). Findings from the study revealed 100 (93.5%) of the respondents are within age range 31-40 yrs. The marital status of the respondents were 82.2% (88) of them are married, unmarried 15.9% (17) and widower 1.9%(2). 95.3% (102) of the respondents are Buddhists and 4.7% (5) are Christians. Also study

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indicates those 46.7% (50) respondents from semi urban, 42.1% (45) from urban and 11.2% (12) from rural. Nutritional status of the respondents, 56.1% (60) of them are with normal weight, 5.6%(6) of them were underweight and 38.3% (41) overweight. The majority of the respondents 90.7% (97) are with Normal mental health. But 9.3% of the respondents were presented with mild impairment.

Keywords: Mental health; newly recruited ayurvedic medical practitioners.

1. BACKGROUND

In Ayurveda Healthy person define as “A person who is maintaining Samadosa, Samadathu, Samagni, Samamala, Prasannaathma indriya and Prasanna manas” [1]. Here it has clearly mentioned that the healthy person should have healthy mental state. According World health Organization, Mental health has defined as a state of well-being which every individuals realizes his or her own potential, can cope with the normal stresses of life can work productively and fruitfully, and is able to make a contribution to her his community [2]. Further it has found out that the Mental and behavioral disorders are the 13% of the global burden of diseases. Mental health problems are common among children and young people estimated 13.4% affected by any mental disorders [3]. Today mental health problems are emerging more strongly as a public health problems presenting increase of the prevalence of substance and alcohol abuse and the world's highest suicide rates [4]. Mental health can affect daily living, relationships and physical health. Mental health can preserve a person ability to enjoy life. Condition such as stress, depression and anxiety affect the mental health of the person and it will disrupt the normal routine of them.

Studies found out many doctors experience emotional and physical health problems as a result of the stress of medical practice. And also the they known as higher rate when compared to the general public marital discard, drug abuse and suicide [5]. Doctors look after their health in a haphazard way [6]. A study done in Australia has found out that the doctors reported higher rates of psychological distress and suicidal thoughts compared to both community and the other professionals. Further it has pointed out that the female doctors appeared to have higher levels of general mental health problems due to their work stress [7]. It has mentioned that there is a relationship between the general well-being of doctors and standards of the medical practitioners [8]. The most common mental health diseases are anxiety disorders and mood

disorders. Most of the anxiety disorders due to restlessness and fatigue of the hardworking of the doctors. Researches have proved that there is a high prevalence of anxiety and depression has been reported among junior doctors [9]. Studying these researches, this evidence is proving that it is a need to assess the mental health status of the young doctors. By enhancing the mental health status of the doctors it will cause to provide best health care to the community.

2. OBJECTIVES

To study the mental health status of the newly recruited Ayurvedic medical Practitioners, to suggest preventive measures to the training programs to enhance their mental health.

2.1 Specific Objectives

- To enhance the Ayurvedic medical officers' mental health status.
- To enhance their nutritional status.
- To provide innovative health care providers to the community.
- To strengthen the Health care providers service.

3. METHODOLOGY

• Sample and Measures

Descriptive cross sectional survey study was conducted among total population of newly recruited Ayurvedic Practitioners by using self-administered questionnaire. We have invited 125 Ayurvedic medical officers to fill the questionnaire to study the mental health status of the Ayurvedic medical officers as health care providers. First part of the questionnaire has included the demographic characteristics of the sample and the second part has included the 13 questions to assess the mental health status according to the warning signals [10]. The third part of it was consisted to study the type of manasika prakurthiya of each individual according to

the Prakuthi sheet which contains to measures the manasaika prakurthi of individuals. Study was carried out at the Institute of Indigenous Medicine. The consents of the participants were also obtained through the questionnaire. Data collection was carried out by the principal investigator during the period of their training. The questionnaires were collected after ensuring their completeness.

My inclusion criteria was Ayurvedic doctors who were newly appointed and age limit between 20yrs and 45yrs. Exclusion criteria was who were not qualified to get the appointments and absentees of the program due to delivery. Data analysis was carried out using the SPSS (version16) software. Rating scale was used according to the validated scale [11]. Frequencies mean, standard deviation was calculated. Relationship between different variables has done by using chi-square.

4. RESULTS

The eligible number of Ayurvedic doctors was 125. The response rate was 85.7% (125). The female doctors represented the majority of the participants measured 70.15 (75). Age ranged from 25-45years with mean of 33.1 (SD 2.30). Findings from the study revealed 100 (93.5%) of the respondents are within age range 31-40 yrs. In terms of marital status of the

respondents, 88 (82.2%) of them are married, unmarried 17 (15.9%) and widower 2 (1.9%). Study revealed further that 95.3% (102) of the respondents are Buddhists, 4.7% (5) are Christians. Also study indicates those 46.7 % (50) respondents from semi urban, 42.1% (45) from urban and 11.2% (12) from rural.

When considered the nutritional status of the respondents, 56.1% (60) of them are with normal weight, 5.6 % (6) of them were underweight and 38.3% (41) overweight.

The results of mental health questionnaires analyzing implies that the majority of the respondents 90.7% (97) are with Normal mental health. But 9.3% of the respondents were presented with mild impairment.

Findings of the study also indicate that the 72.9% (78) respondents were with Rajasika manasika Prakurthi, 17.8% (19) of the respondents were with Thamasika manasika Prakurthi and 9.3% (10) were with Sathwika manasika Prakurthiya.

There is no significant differences among mental status Nutritional Status following the $X^2(2, N=107) = 0.539, p = 0.101$.

There is a significant differences among mental status and the Nutritional status following the $X^2(2, N=107) = 0.007, p = 0.016$.

Table 1. Socio -demographic characteristic of the respondents

Socio -demographic characteristic of the respondents		Frequency N (%)
Gender	Male	32 (29.9%)
	Female	75(70.1%)
Residence	Urban	45(42.1%)
	Semi urban	50(46.7%)
	Rural	12(11.2%)
Marital Status	Married	88(82.2%)
	Unmarried	17(15.9%)
	Widower	2(1.9%)
Religion	Buddhist	102 (95.3%)
	Christian	5(4.7%)
Residence	Urban	45(42.1%)
	Semi urban	50(46.7%)
	Rural	12(11.2%)
Educational level	Degree/PHD	102(95.3%)
	PG Diploma	2(1.9%)
	Masters	3(2.8%)

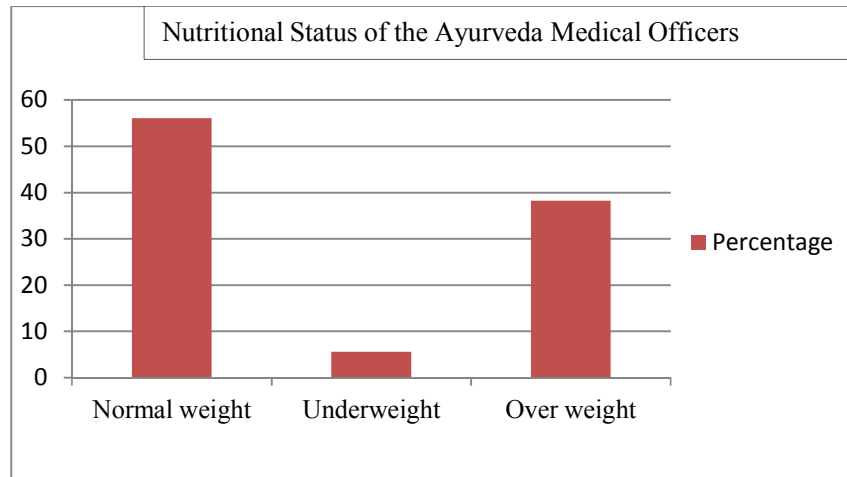


Fig. 1. Nutritional status of the Ayurveda medical officers

Table 2. Responses given to each question on knowledge

Assessment of the mental health status	Responses	Frequency of Answers
1) Are you always worrying	All of the time	0
	Most of the time	0
	More than half of the time	107 (100%)
	Less than half of the time	0
	Some of the time	0
	At no time	0
2) Are you unable to concentrate because of unrecognized reason	All of the time	10 (9.3%)
	Most of the time	97 (90.7%)
	More than half of the time	0
	Less than half of the time	0
	Some of the time	0
	At no time	0
3) Are continually unhappy without justified cause	All of the time	0
	Most of the time	39(2.8%)
	More than half of the time	7 (6.5%)
	Less than half of the time	6 (5.6%)
	Some of the time	56 (52.3%)
	At no time	35 (32.7)
4) Do you lose your temper easily and often	All of the time	12 (11.2%)
	Most of the time	8 (7.5%)
	More than half of the time	5 (4.7%)
	Less than half of the time	64 (59.8%)
	Some of the time	18(16.8%)
	At no time	0
5) Are you troubled by regular insomnia	All of the time	0
	Most of the time	4 (3.7%)
	More than half of the time	3 (2.8%)
	Less than half of the time	0
	Some of the time	31(29%)
	At no time	69(64.5%)
6)Do you continually dislike to be with people?	All of the time	0

Assessment of the mental health status	Responses	Frequency of Answers	
	Most of the time	2 (1.9%)	
	More than half of the time	4(3.7%)	
	Less than half of the time	6(5.6%)	
	Some of the time	54(50.5%)	
	At no time	41(38.3%)	
6) Do you continually dislike being with people?	All of the time	0	
	Most of the time	2 (1%)	
	More than half of the time	4(3.7%)	
	Less than half of the time	6 (5.6%)	
	Some of the time	54 (50.5%)	
	At no time	41(30/.3%)	
7)Do you have wide fluctuations in your mood from depression to elution back to depression, which incapacitate you ?	All of the time	0	
	Most of the time	4(3.7%)	
	More than half of the time	4 (3.7%)	
	Less than half of the time	6 (5.6%)	
	Some of the time	44(41.1%)	
	At no time	49 (45.8%)	
8) Are you upset if the routine of your life is disturbed	All of the time	5 (4.7%)	
	Most of the time	10(9.3%)	
	More than half of the time	3 (2.8%)	
	Less than half of the time	8 (7.5%)	
	Some of the time	63 (58.9%)	
	At no time	17(15.9%)	
9) Do your children consistently get on your nerves	No children	12 (11.2%)	
	All of the time	1(0.9%)	
	Most of the time	2 (1.9%)	
	More than half of the time	4(3.7%)	
	Less than half of the time	10 (9.3%)	
	Some of the time	41(38.3%)	
	At no time	37(34.6%)	
	10) Are you browned off or constantly bitter	All of the time	3 (2.8%)
	Most of the time	1 (0.9%)	
	More than half of the time	3 (2.8%)	
	Less than half of the time	6(5.6%)	
	Some of the time	51(47.7%)	
	At no time	43 (40.2%)	

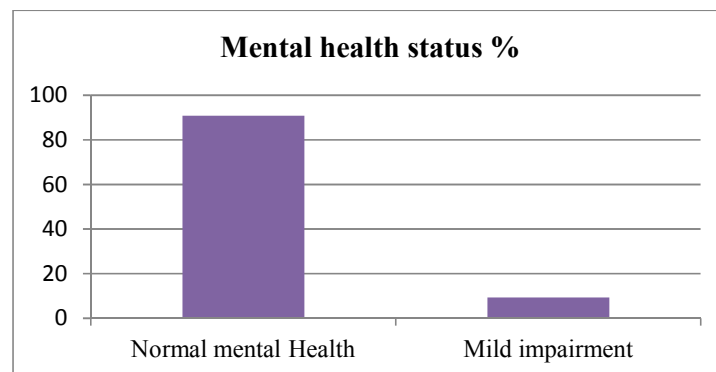


Fig. 2. Mental health status

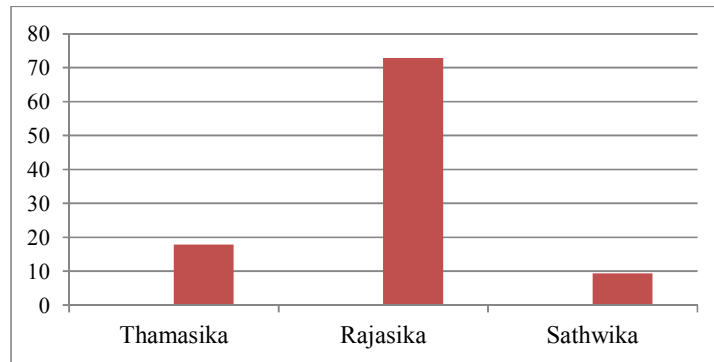


Fig. 3. Manasika prakurthiya

Table 3. Relationship between Mental health status and the Nutritional status of the newly recruited Ayurvedic medical Practitioners

		Mental health status		Total
		Normal mental Health	Mild impairment	
Nutritional status	Normal weight	56	4	60
	Underweight	4	2	6
	Over weight	37	4	41
Total		97	10	107

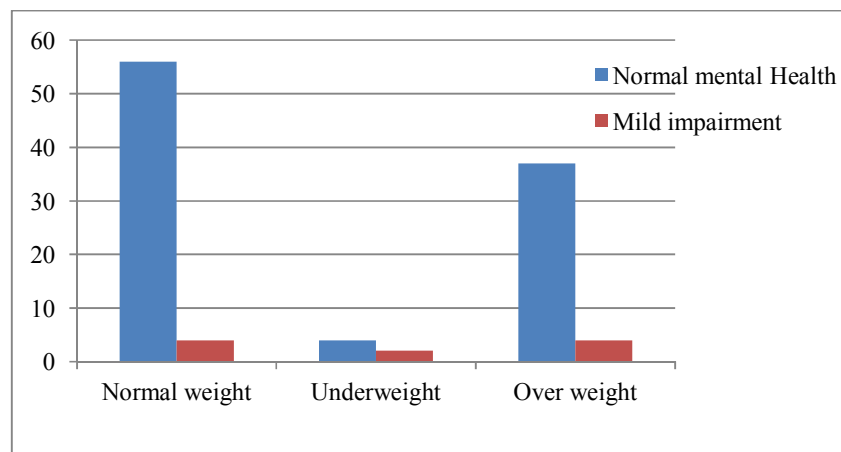


Fig. 4. Mental health status

Table 4. Relationship between mental health status and the Manasika prakurthiya of the newly recruited Ayurvedic medical Practitioners

		Mental health status		Total
		Normal mental Health	Mild impairment	
Manasika Prakurti	Thamasika	14	5	19
	Rajasika	73	5	78
	Sathwika	10	0	10
Total		97	10	107

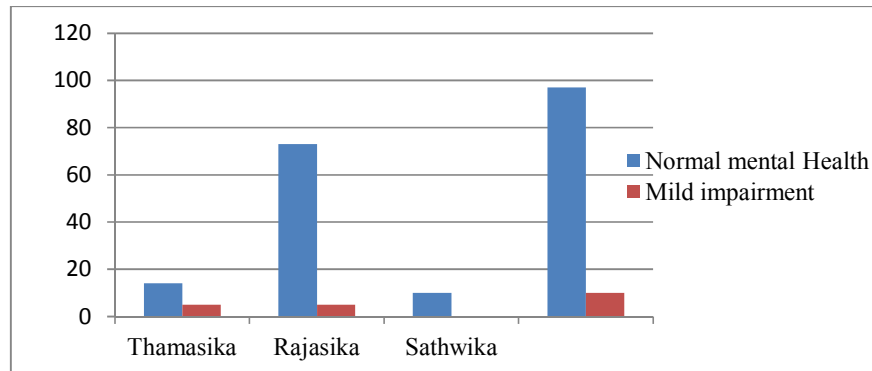


Fig. 5. Mental health status

5. DISCUSSION

Most of the newly recruited Ayurvedic Medical practitioners are female, married and Buddhist. Residences of most of them were semi urban. Nutritional status of the respondents, 56.1% (60) of them are with normal weight, 5.6% (6) of them were underweight and 38.3% (41) overweight. According to the study done by Polanczyk, G V Solum et al, 2015 has estimated that worldwide prevalence of mental status of the young people 13.4% , but it was different to the my study which present the prevalence rate of the respondents as 9.3%. This can be due to the difference of the age group of my study sample. A study done by Pullen D Lonie CF et al, 1995 have found out many doctors experience emotional and physical health problems as a result of the stress of medical practice by proving the present study. Similarly to the present study Scheneider SF, Phillips WM et al 1995 have found out that there was a high prevalence of anxiety and depression has been reported among junior doctors. Also Similar to the present study, study done by Kirshling RA , Kocher MS et al, 1989 have found out in western countries female doctors to be more vulnerable than the male counterpart having mental impairments. So it is a need to give relaxation and counseling programs at the training program for newly recruited. Mental health the majority of the respondents 90.7% (97) are with Normal mental health. Preventive measures should be introduced to reduce to the mental health problems among newly recruited Ayurvedic medical practitioners.

6. CONCLUSION

Most of the newly recruited Ayurvedic medical officers were female. Married and Buddhist. Most of them were lived in semi urban. The identified

health issues of them were that is there were underweight and overweight doctors. There were 9.3% of the doctors were presented with mild impairment in the mental status. Being Medical doctors it was not good sign for the health status. It is very need to introduce preventive measures to reduce the mental health problems among newly recruited medical practitioners.

7. SUGGESTIONS

In all Medical practitioners' training programs mental health promotion of the trainees should be made in high priority by practicing yoga and relaxations. A training module on personal and professional development should be introduced at the beginning. This should be including skill on time management, management of patients' crowds, homework demands and stress management. Mentoring and counseling systems should be developed and strengthened. Awareness on traditional food types should include.

CONSENT

As per international standard or university standard, Participants' written consent has been collected and preserved by the author(s).

COMPETING INTERESTS

Authors have declared that no competing interests exist.

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