



Ayurvedic Health Awareness Camp in Gram Panchayat Chitrakot, Bastar District, Chhattisgarh

¹Shivbrat¹, Subahi Nishad² and Gagendra Singh Rajput³

¹Department of Fruit Science, Mahatma Gandhi Udyanikee Evam Vanikee
Vishwavidyalaya, Durg, Chhattisgarh, 491111, India

²NSS Co-ordinator, IGKV, Raipur, Chhattisgarh-492012, India

³NSS Programme Officer, Mahatma Gandhi Udyanikee Evam Vanikee
Vishwavidyalaya, Durg, Chhattisgarh, 491111, India

*Corresponding Author's email: pradeepdmt1992@gmail.com

The present study entitled “Ayurvedic health awareness camp in gram panchayat Chitrakot, Bastar District, Chhattisgarh” was undertaken to assess the common health problems prevailing among the rural population, evaluate awareness regarding Ayurveda before and after the health awareness programme, provide free Ayurvedic health check-ups and medical consultations, and create awareness about healthy lifestyle practices and Government AYUSH schemes. A household survey of 50 selected families was conducted to identify health problems and assess awareness levels, while a total of 197 beneficiaries participated in the Ayurvedic Health Awareness Camp. During the camp, free health check-ups, Ayurvedic medical consultations, distribution of Ayurvedic medicines, and health education on balanced nutrition, personal hygiene, yoga, Dinacharya (daily regimen), Ritucharya (seasonal regimen), and medicinal plants were provided. The survey revealed that 60% of the respondents had no major health problems, whereas 40% suffered from conditions such as joint pain, hypertension, diabetes, arthritis, body pain, gastric disorders, weakness, cataract, and respiratory ailments. Among the camp beneficiaries, general weakness, joint pain, and hypertension were the most common health problems identified. The awareness programme significantly improved villagers' knowledge of Ayurveda, preventive healthcare, and Government AYUSH schemes, and feedback from beneficiaries indicated a high level of satisfaction with the services provided. The study concludes that community-based Ayurvedic health awareness camps are an effective approach for promoting preventive healthcare, improving health awareness, and enhancing the utilization of Ayurvedic services among rural and tribal communities.

Keywords: Ayurveda, AYUSH, Health Awareness Camp, Rural Health, Preventive Healthcare, Bastar, Chitrakot.

Introduction

Health is a fundamental human right and an essential component of sustainable development. Good health contributes to improved quality of life, enhanced productivity, and socioeconomic progress. In rural and tribal regions of India, access to quality healthcare services remains limited due to geographical isolation, lack of healthcare infrastructure, poverty, and inadequate awareness about preventive health practices. Consequently, many communities continue to suffer from preventable diseases, nutritional deficiencies, and lifestyle-related disorders. India has a rich tradition of indigenous systems of medicine, among which Ayurveda is the oldest and most widely practiced. The term Ayurveda is derived from the Sanskrit words *Ayur* (life) and *Veda* (knowledge or science), meaning the "Science of Life." Ayurveda aims not only to treat diseases but also to promote health, prevent illness, and maintain harmony between the body, mind, and spirit. It emphasizes healthy dietary habits, lifestyle modifications, yoga,

herbal medicines, and seasonal regimens to achieve holistic well-being. The Government of India has promoted Ayurveda through the Ministry of AYUSH, which focuses on strengthening traditional systems of medicine and integrating them into public healthcare. Community-based Ayurvedic health awareness camps have emerged as an effective strategy for disseminating health information, promoting healthy lifestyles, and providing basic healthcare services to rural populations. Gram Panchayat Chitrakot, located in Bastar District of Chhattisgarh, is predominantly inhabited by tribal communities. The area is characterized by rich biodiversity and abundant medicinal plant resources. Despite these natural advantages, many villagers have limited awareness regarding the scientific use of medicinal plants, preventive healthcare, nutrition, sanitation, and lifestyle management. Traditional beliefs, inadequate health education, and limited access to healthcare services often contribute to the persistence of communicable and non-communicable diseases.

Objectives

1. To study about common health problems prevailing among the rural population.
1. To provide free Ayurvedic health check-ups and medical consultations.
2. To obtain the problems faced by people.

Research Methodology

- Study area: Gram Panchayat Chitrakot, Bastar District, Chhattisgarh.
- Study design: Community-based observational study.
- Study period: 20-28/06/2026.
- Sample size: 50 selected families.
- Camp beneficiaries: 197 villagers.
- Data collection: Structured questionnaire, interviews, health check-ups, medical consultation, and awareness programmes.
- Services provided: Health screening, Ayurvedic consultation, free medicines, yoga and nutrition education, Government AYUSH awareness.

Result and Discussion

The 50 respondents surveyed, 22 (44.00%) were male and 28 (56.00%) were female. Among the male respondents, 12 (54.55%) were suffering from one or more health problems, while 10 (45.45%) had no health problems. Among the female respondents, 8 (28.57%) had health problems, whereas 20 (71.43%) were found to be free from any major health problems. Overall, 20 respondents (40.00%) had health problems and 30 respondents (60.00%) had no health problems.

Table. 1 Distribution of Respondents According to Gender and Health Status

Gender	Health Problem Present	No Health Problem	Total	Percentage (%)
Male	12	10	22	44
Female	8	20	28	56
Total	20	30	50	100

Table 2 Beneficiaries of Free Ayurvedic Health Check-up and Medical Consultation in Gram Panchayat Chitrakot (N = 197)

Particular	Number of Beneficiaries	Percentage (%)
Male	88	44.67
Female	109	55.33
Total Beneficiaries	197	100.00

Table 3 Services Provided During the Camp

Service Provided	Number of Beneficiaries	Percentage (%)
General Health Check-up	197	100

Ayurvedic Medical Consultation	197	100
Blood Pressure Screening	96	48.73
Blood Sugar Screening	42	21.32
Distribution of Free Ayurvedic Medicines	162	82.23
Health Education and Lifestyle Counseling	197	100
Yoga and Preventive Healthcare Guidance	145	73.6

A total of 197 villagers participated in the Ayurvedic Health Awareness Camp organized at Gram Panchayat Chitrakot, Bastar District, Chhattisgarh. Among them, 88 (44.67%) were male and 109 (55.33%) were female. All participants received free Ayurvedic health check-ups and medical consultations from qualified Ayurvedic medical professionals. Blood pressure and blood sugar screening were carried out for participants based on age and clinical indications. Free Ayurvedic medicines were distributed to 162 beneficiaries (82.23%) according to their diagnosed health conditions. Health education sessions covering balanced diet, personal hygiene, yoga, medicinal plants, Dinacharya (daily regimen), and Ritucharya (seasonal regimen) were provided to all participants. The high participation, particularly among women, indicates good community acceptance of Ayurvedic healthcare services. The camp contributed to early identification of common health problems and promoted awareness regarding preventive healthcare and the utilization of Government AYUSH services.

Table 4 Distribution of Common Health Problems Identified among Beneficiaries during the Ayurvedic Health Awareness Camp in Gram Panchayat Chitrakot (N = 197)

S. No.	Health Problem	Number of Beneficiaries	Percentage (%)
1	General Weakness	42	21.32
2	Joint Pain / Arthritis	35	17.77
3	High Blood Pressure (Hypertension)	28	14.21
4	Body Pain	22	11.17
5	Gastric Problems / Acidity	16	8.12
6	Cold and Cough	14	7.11
7	Diabetes	11	5.58
8	Skin Diseases / Allergy	9	4.57
9	Back Pain	7	3.55
10	Eye Problems (Cataract)	5	2.54
11	Anemia	4	2.03
12	White Discharge (Leucorrhoea)	2	1.02
13	Chest Pain	2	1.02
Total		197	100.00

Suggestions to the People

- Villagers should undergo regular health check-ups to detect health problems at an early stage.
- People should adopt a healthy lifestyle by following a balanced diet, maintaining personal hygiene, and practicing regular physical exercise and yoga.
- Ayurvedic principles such as Dinacharya (daily routine) and Ritucharya (seasonal regimen) should be followed to maintain good health and prevent diseases.
- Villagers should utilize the free healthcare services and Government AYUSH schemes available at nearby Ayurvedic hospitals and Health & Wellness Centres. Medicinal plants such as Tulsi, Neem, Aloe vera, Giloy, and Amla should be cultivated in household gardens for common health problems.
- People should avoid tobacco, alcohol, smoking, and other unhealthy habits that increase the risk of chronic diseases.

Conclusion

The Ayurvedic Health Awareness Camp conducted in Gram Panchayat Chitrakot, Bastar District, Chhattisgarh was successful in improving awareness about Ayurveda and preventive healthcare among the rural population. A total of 197 beneficiaries received free health check-ups, medical consultations, and Ayurvedic medicines. The camp also increased awareness about healthy lifestyle practices and Government AYUSH schemes, demonstrating that community-based Ayurvedic health camps are effective in improving rural health and promoting preventive healthcare.

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