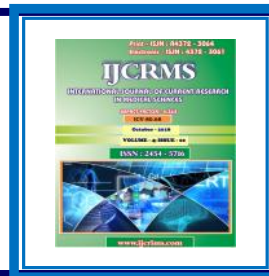




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## Prevalence of “Erikunmam” (Gastritis) among girl’s residing in hostel of Government Siddha Medical College, Palayamkottai.

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### Abstract

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#### Background

Now a day’s globally half of the population, who residing outside home have a common complaint of Gastritis a lifelong insidious. To enumerate the prevalence of gastritis “(ERIKUNMAM)” among girls residing in Hostel of Govt. Siddha Medical College, Palayamkottai. Cross sectional survey has been taken. By this study the prevalence has been calculated and needed life style; Dietary modification should be advised for prevention and adaption.

#### Result

According this study, 25 Participants were found to have “ ERIKUNMAM”

Prevalence ratio of Erikunmam is = 13%.

Among 13 participants 1 person is suffered by Erikunmam.

#### Conclusion

The study was done with the objective to find the prevalence of Erikunmam (Gastritis) and it also shown that the significant relationship between the causes and prevalence of Erikunmam (Gastritis).

**Keywords:** Erikunmam (Gastritis), girls Hostel, Prevalence ratio.

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#### Introduction

The disease “Kunmam” is common in teenagers. Because of improper diet, Skipping food and Life Style Dearangments. It is also more common among those who residing out form homes. Student life is a golden life but also it’s a time of critical grown, because most of them were in the period of adolescents. Now a day’s globally half of the population, who residing outside home

have a common complaint of Gastritis a lifelong insidious. To enumerate the prevalence of gastritis “(ERIKUNMAM)” among girls residing in Hostel of Government Siddha Medical College, Palayamkottai. Cross sectional survey has been taken. By this study the prevalence has been calculated and needed life style, Dietary modification should be advised for prevention and adaption.

### Observation and Result

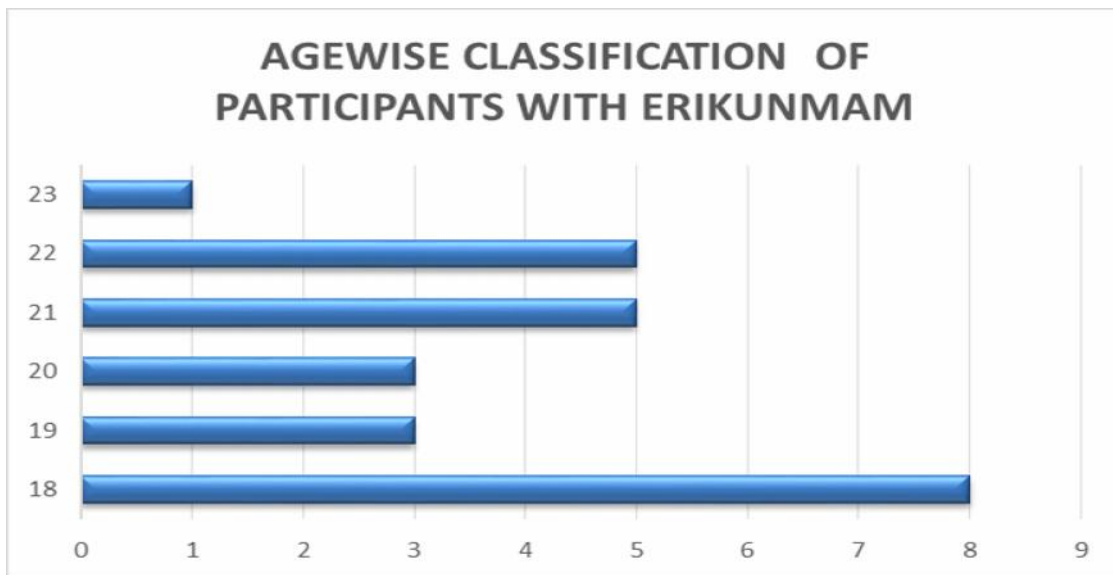
Based on the data collected, data analyzed using MS – EXCEL and prevalence of “ERIKUNMAM” among UG girls was calculated. The questionnaire was also designed

to determine the cause of Erikunmam among these girls which briefly discussed. Frequency distribution and prevalence of Erikunmam was calculated statistically.

### Interpretation of Age

In the age of 18	–	8 Participants.
In the age of 19	–	3 Participants.
In the age of 20	–	3 Participants.
In the age of 21	–	5 Participants.
In the age of 22	–	5 Participants.
In the age of 23	–	1 Participants.
<b>Total</b>	<b>-</b>	<b>25 Participants</b>

<i>Symptoms present</i>	<i>No. of participants</i>
0	82
1	65
2	28
3	17
4	6
5	1
6	0
7	0
8	0
9	1
10	0
11	0
12	0



### Interpretation of Symptoms

Participants without any symptoms -82 participants  
 Participants have 1 Symptom- 65 participants  
 Participants have 2 Symptom -28 participants  
 Participants have 3 Symptom - 17 participants  
 Participants have 4 Symptom -6 participants  
 Participants have 5 Symptom -1 participants.

<i>Symptoms present</i>	<i>No.of participants</i>
3	17
4	6
5	1
6	0
7	0
8	0
9	1
10	0
11	0
TOTAL	25

### Interpretation of Causes

<b>Causes</b>	<b>Frequency</b>
1	0
2	68
3	26
4	35
5	29
6	27
7	12
8	3
9	0
10	0
11	0
More	0

On interpreting the Causes of Erikunmam among 25 participants with Erikunmam.

- Cause of Depression - 13 Participants were affected
- Cause of Sadness & Anger - 15 Participants were affected
- Cause of Spicy Foods - 12 Participants were affected
- Cause of Fast Food - 9 Participants were affected
- Cause of Skip the Food - 8 Participants were affected
- Cause of Excessive intake Of medicines (NSAID) - 4 Participants were affected.

### Discussion

According this study Prevalence ratio of Erikunmam is 13%.

Among 13 participants 1 person is suffered by Erikunmam.

## Conclusion

It is very important to spread awareness about the causes and treatment of Erikunmam (Gastritis) via the education system and the media so that proper treatment with the precise drug is taken to avoid undue sufferings causing absenteeism from work & studies.

### Dietary-regimen:

#### What to eat on a Gastritis Diet.

There are some foods that may help manage gastritis and lesson the symptoms these include.

- 1) High Fibre foods such as Apples, Oat Meals, Broccoli, Carrots and Beans.
- 2) Low Fat Foods such as Fish and Chicken
- 3) Foods with Low Acidity or are more alkaline like Vegetables.
- 4) Drinks that are not carbonated.
- 5) Drinks without Caffeine.

#### Foods to avoid on a gastritis diet

Foods that are high in fat may worsen inflammation in the lining of the Stomach. Some other foods to avoid because they can irritate the Stomach are

- 1) Alcohol.
- 2) Coffee.

- 3) Acidic foods like Tomatoes and Some Fruits.
- 4) Acid contain Fruit Juice like Lemon, Orange.
- 5) Fatty Foods& Milk Products.
- 6) Fried Foods.
- 7) Carbonated Drinks.
- 8) Spicy Foods.
- 9) Allergenic or Symptomatic Foods.

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