Chapter 7 CASE STUDIES

Case studies/Life histories were conducted/colllected on respondents (mothers) belonging to both the groups and subgroups, who seemed to be intelligent, knowledgeable about the norms and practices regarding health care, and articulate. Extracts from the case reports collected are presented below.

For the purpose of case study, data on the Hindu are presented separately for HW and HNW. The common sources of information of HW, HNW and the Muslim are as follows:

(i) Media: Television and radio, and (ii) Others: Parents, relatives, neighbours, local clubs, volunteers of nongovernmental organisations, medical practitioners (private and hospital-based), etc.

In addition to those two sources, the middle class household (M.C.H.) is a source of information for a section of the Hindu women (designated in the present study as HW), which works as maid-servants M.C.H. The receipt of information may be in the form of observation on health care practices by M.C.H. members, or advices from M.C.H. members to them.

Further in the cases described below, some respondents were able express their "reaction" to the information received from the several sources in terms of (1) the importance of the information received, and (2) the feasibility of using it.

For each case, age of the respondent, number of children, and literacy status are given, in that order. The literacy status is coded as follows: NL, nonliterate; BP, below primary; P, primary; S, secondary.

HW

Case 1. 26; 4; NL

M.C.H.: Use of ORS; gurgling with warm water during throat ailment; serving boiled drinking water to children; use of garlic oil for massaging a baby; educating children; saving money in banks, Post Offices, etc. for future; keeping household and surroundings clean to keep away germs; serving less-spicy food to children.

Media: Use of tooth powder, antiseptic creams and ORS.

Others: Immunisation of mother and child; ligation.
Reaction: Need for serving boiled drinking water, massaging babies with garlic oil, etc. are well appreciated, but could not be done due to time and financial constraints.

Case 2. 33; 4; NL
M.C.H.: Timely feeding and bathing children; advice for taking fresh food, whether cooked or raw; immunisation of mother and children; use of vitamins and analgesics; advice during ailments of family members; advice not to administer medicine without consulting a doctor, and not to take cooked food kept overnight, especially during summer.
Media: Use of tooth powder; use of body soap; use of detergent; use of ORS; use of health drinks for children.
Others: Use of loop - a method of family planning; immunisation of mother and child.
Reaction: Need for maintenance of good maternal and child health is well appreciated; could immunise the last two children; failed to provide time for adequate child care; inspite of suitable media exposure, was unable to procure appropriate facilities due to financial constraint.

Case 3. 35; 5; NL
M.C.H.: Use of analgesics; sponging the body with warm water during fever and/or cough and cold; during gastric disorder, consumption of diet like rice mixed with curd and boiled food; not to administer medicines, especially to children, without consulting a doctor; advice for wearing of clean clothes, especially for babies; education for children.
Media: Use of shampoo - once a month; use of ORS.
Others: Ligation.
Reaction: Need for special diet during gastric disorder is well appreciated, but it is not always possible due to financial constraint.

Case 4. 29; 4; NL
M.C.H.: Use of dental powder, use of ORS; advice for taking lightly cooked food during gastric disorder; use of glycerine soap during winter to remove dryness of skin; advice for not taking tea frequently.
Media: Use of body soap; use of antiseptic cream.
Others: Ligation.
Reaction: Nil.

Case 5. 32; 3; NL
M.C.H.: Timely feeding and bathing of children; use of ORS; use of an ayurvedic preparation to reduce cough and cold; use of health drinks; changing of clothes regularly during summer to avoid skin diseases; use of tooth paste; preserving food in refrigerator; use of antacids; washing of hands and feet before handling food, especially before serving children; saving money in banks.
Media: Use of body soap; use of tooth powder.
Others: Nil.
Reaction: Not possible to maintain time (regularity) regarding feeding and bathing children due to time constraint.

Case 6. 34; 3; NL
M.C.H.: Intake of green vegetables and pulses as nutritive diet; use of ORS; advice for washing of clothes of babies with dettol; advice for applying vitamin-rich oil to babies, keeping babies clean all the time, use of body soap especially in case of babies; advice for using glycerine mixed with lime for keeping skin soft and smooth during winter.
Media: Use of tooth paste; use of two categories of detergents - one for cleaning ordinary clothes and the other for cleaning comparatively costly clothes.
Others: Nil.
Reaction: Need for using vitamin-rich oil for children and washing clothes of children with dettol, though well appreciated, could not be practised due to financial constraint.

Case 7. 25; 2; NL
M.C.H.: Observation regarding timely feeding and bathing children, changing of clothes of babies, providing fruits and health drinks to children; idea of immunisation of mothers and children; washing of hands before handling food; paring of nails; covering of food and water; advice for not taking cooked food kept overnight, especially during summer.
Media: Use of tooth powder for dental care; use of antiseptic cream; use of ORS.
Others: Ligation; keeping food and water covered all the time; use of ORS; vaccination after cuts and injuries.

Reaction: Though sometimes fruits are provided to children, health drinks cannot be provided due to financial constraint; washing of hands before handling of food, paring of nails, and vaccination after any cuts and injuries though well appreciated are not always practised.

Case 8. 32; 3; NL
M.C.H.: Administration of tetanus toxoid after cuts and injuries; use of purgative to avoid constipation; advice about giving fresh foods to children, wearing of clean clothes; use of tooth powder; washing of hands before handling foods, consultation with doctor during ailments of children.

Media: Nil.

Others: Use of ORS; use of contraceptive; immunisation of mother and child; covering of food and drinking water; paring of nails and clipping of hairs, especially of children.

Reaction: Need for administration of tetanus toxoid, washing of hands, are well appreciated but not strictly followed; immunisation of mother and child was practised only in case of the last two children.

Case 9. 26; 2; NL
M.C.H.: Advice for not administering allopathic medicine, especially to children, without consulting a doctor, intake of fresh foods; observation regarding use of clean clothes, taking care of children like timely feeding and bathing of children; use of tooth paste, covering of food and drinking water; education for children; saving money in Post Offices.

Media: Immunisation of mother and child; use of body soap and antiseptic cream; use of ORS; education for children.

Others: Ligation. Reaction: Nil.

Case 10. 25; 2; NL
M.C.H.: Use of contraceptive; use of mosquito net at night during sleeping; keeping drinking water covered; serving boiled drinking water to children, especially during monsoon; use of tooth paste, use of soap for cleaning clothes; timely feeding of children;
consultation with doctors before administering medicine to children; keeping households and surroundings clean to keep out germs; saving in banks and Post Offices; education for children.

**Media**: Use of smokeless oven; providing nutritive drinks to children; use of body soap; immunisation of mother and child.

**Others**: Nil.

**Reaction**: Due to high cost of fuel it is not possible to boil drinking water; timely feeding of children is not possible due to time constraint.

**Case 11. 30; 2; NL**

**M.C.H.**: Advice about using of mosquito net to avoid malaria, keeping the household and the surroundings clean, wearing of clean clothes; intake of fresh food and drinking water, use of ORS; not to pare nails with teeth, head hair should be kept clean to avoid cold; saving of money for future; use of analgesics; health drinks for children.

**Media**: Use of antiseptic cream; use of tooth paste; use of detergent soap; immunisation of mother and child.

**Others**: Ligation; immunisation of mother and child; administration of tetanus toxoid during cuts and injuries.

**Reaction**: Need for use of health drinks is well appreciated, but cannot be provided due to financial constraint; tetanus toxoid is not always administered as it is not so important; immunisation of mother and child - only in case of last two issues it was done.

**Case 12. 20; 1; BP**

**M.C.H.**: Use of ORS; serving health drinks to children; use of medicated soap during skin diseases, use of vitamin tablets for developing the resistance of the body; use of analgesic syrup for children; taking dettol water bath when suffering from sores; maintaining a savings account for future; boiling of feeding bottles and nipples; application of vitamin oil on the body of children; serving of boiled vegetables to the children; use of tooth paste; use of detergents and body soap, sponging of body with warm water during fever.

**Media**: Nil.

**Others**: Use of contraceptives, immunisation of mother and child.
Reaction: Need for providing health drinks to children is not possible due to financial constraint; taking dettol water bath is not feasible; taking vitamin tablets is not always possible due to financial constraint.

HNW

Case 1. 22; 3; NL
Media: Use of tooth paste, body soap, and antiseptic cream; use of medicines like analgesics; use of health drinks for children; immunisation of mother and child.
Others: Practice of ligation; use of ORS; intake of boiled and less-spicy food during stomach problems; consultation with doctor before applying medicine, especially to children; use of mosquito net at night during sleeping to avoid malaria; washing of hands before handling of food; immunisation of mother and child.
Reaction: Nil.

Case 2. 21; 2; NL
Media: Use of tooth powder, body soap and antiseptic cream; use of contraceptives; use of analgesics and cough syrups; education for all.
Others: Timely feeding of children; immunisation of mother and child; keeping households and surroundings clean to keep away germs; wearing of clean clothes; paring of nails; washing of hands before handling of foods; use of ORS; sponging of body with warm water during fever; use of body soap.
Reaction: Need for timely feeding of children is well appreciated, but not possible due to time constraint; could immunise the last child; need for maintaining the clothes and households clean all the time though appreciated, but not feasible.

Case 3. 33; 3; NL
Media: Use of glycerine soap during winter; use of antiseptic cream and tooth powder; use of health drinks for children.
Others: Practice of ligation; immunisation of mother and child; use of health tonic, antacid and cough syrups; consultation with doctor during any ailment; covering of food and drinking water containers.

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Reaction: Could provide health drinks occasionally; consultation with doctor during ailment - only in case of major ailments.

Case 4. 23; 3; P
Media: Use of toothpaste, glycerine soap (during winter), detergents and body powder; use of ORS; immunisation of mother and child.
Others: Use of warm garments and restricted use of water when children suffer from cough and cold; keeping households and surroundings clean to keep away germs; regular changing of clothes during summer to avoid skin disease; washing of hands before handling of food; consultation with doctor during ailment of child; immunisation of mother and child; use of contraceptives; education for children.
Reaction: Nil.

Case 5. 26; 3; NL
Media: Use of ORS; use of antiseptic cream.
Others: Use of vitamin oils for massaging babies; washing of clothes of neonates with dettol; sponging of body with warm water during fever; immunisation of mother and child; practice of ligation; use of medicines like cough syrup and antacids; covering of food and drinking water containers; regular washing of drinking water containers; washing of dishes and glasses before serving food or drinks.
Reaction: Need for the use of vitamin oil is well appreciated, but it is expensive; washing of dishes and glasses immediately before serving food though well appreciated is not feasible.

Case 6. 24; 2; P
Media: Nil.
Others: Use of toothpaste, antiseptic creams and body soaps; immunisation of mother and child; use of contraceptives; consultation with doctor during ailment of child; covering of food and drinking water container; paring of nails; washing of hands with soap after easing; use of ORS; intake of less-spicy food during stomach problem; washing of food stuff properly when consumed in uncooked form.
Reaction: Nil.
Case 7. 25; 2; NL
Media: Use of body soap, detergent and antiseptic cream; use of liver tonic.
Others: Use of ORS; use of contraceptives; use of medicines for amoebiasis, cough syrup and analgesics; immunisation of mother and child; administration of tetanus toxoid during cuts and injuries; consumption of fresh green vegetables.
Reaction: Nil.

Case 8. 34; 2; P
Media: Use of tooth paste, cold cream, antiseptic cream and body soap; use of nutritive drinks for children; use of medicines like analgesics and antacids.
Others: Use of ORS; practice of ligation; wearing of clean clothes, especially during summer to avoid skin diseases; immunisation of mother and child; keeping households and the surroundings clean to stop spreading of germs; washing of hands with soap after easing; brushing of teeth regularly and grooming of hairs.
Reaction: Nil.

Case 9. 23; 1; S
Media: Nil.
Others: Use of body soap, tooth powder and antiseptic cream; sponging of body of children with warm water during fever; paring of nails; washing of hands before handling food; intake of fresh food; covering of food and drinking water container; consumption of green vegetables; use of health drinks; regular brushing of teeth; use of ORS; consultation with doctor during child’s ailment; use of mosquito net at night during sleeping to avoid malaria; immunisation of mother and child; practice of ligation; use of analgesics and antacids; regular changing of clothes of children.
Reaction: Need for regular changing of clothes of children is well appreciated, but not feasible.

Case 10. 24; 3; BP
Media: Use of ORS; use of analgesics.
Others: Immunisation of mother and child; use of contraceptives; use of dental powder and body soap; use of ORS; use of antiseptic cream; regular changing of clothes of babies;
use of separate space for cooking; washing of food stuff before cooking or when consumed uncooked; wearing of slippers at home, as the floor is moist.

Reaction : Nil.

MUSLIM

Case 1. 30; 1; NL
Media : Nil.
Others : Use of tooth powder; washing of mouth after intake of food; taking bath with warm water during fever and/or cold; use of ORS and medicines during dysentery; use of health drinks; betel leaf and betel nuts are harmful to health.

Reaction : Need for the use of health drinks is well appreciated, but could be provided to the child only once; appreciates that betel leaf and betel nuts are harmful, but she is not serious about it.

Case 2. 21; 3; NL
Media : Use of detergent; use of tooth powder; use of health drinks.
Others : Use of ORS; use of breast milk for proper growth and development of children; immunisation of mother and child; consultation with doctors during ailments.

Reaction : Need of health drinks is well appreciated, but could not be provided due to financial constraint; adoption of family planning practice is avoided, as it is a taboo; concept of immunisation is not accepted and it has never been done; relies on folk medicine, in case of minor ailments; appreciates that intake of beef may cause intestinal worms.

Case 3. 37; 3; NL
Media : Use of analgesics.
Others : Use of ORS; consultation with doctor during major ailments; immunisation of mother and child; regular intake of egg and fish for better health; education for children is necessary.

Reaction : Rely on folk medicine for minor ailments; immunised the last issue, but at present the child cannot walk properly, and therefore is now afraid of immunisation; minimum education is required for a better future; adoption of family planning practice is
a taboo; need for providing egg and fish regularly is well appreciated, but not possible due to financial constraint.

Case 4. 32; 5; NL
Media: Nil.
Others: Immunisation of mother and child; use of tooth powder or paste; use of detergent and body soap; use of ORS; consultation with doctor during major ailments; rice soaked in water has a nutritive value; beef is a good animal protein.
Reaction: Use of ashes of cowdung cake for dental care is preferred, as tooth powder or paste is costly; use of folk medicine during minor ailments, or of medicine purchased from the medical stores on the advice of the shopkeeper; appreciates that too much intake of beef in summer is harmful to health.

Case 5. 22; 2; NL
Media: Use of contraceptives; use of ORS.
Others: Use of tooth powder; covering of food to keep away flies; immunisation of children; use of body soap; use of ORS; keeping children clean.
Reaction: Understand the problems in rearing up a large number of children, hence planning to use contraceptives; use of ashes of cowdung cake for dental care, as tooth powder is costly.

Case 6. 25; 4; NL
Media: Nil.
Others: Immunisation of mother and children; use of ORS; use of contraceptives and ligation; use of tooth paste; use of antiseptic cream; consultation with the doctor mainly during the ailment of children; covering of food to keep away flies; paring of nails as it looks ugly; education for children is essential.
Reaction: At present planning to use contraceptives without informing the husband; previously used ashes of cowdung cakes for dental care, but now uses tooth powder as advised by the doctor.
Case 7. 30; 6; NL
Media: Nil.
Others: Immunisation of mother and child; ligation; use of ORS; consultation with doctor during major ailments; washing of hands before handling of food to reduce gastric problems; paring of nails to keep away germs from entering into the digestive system.
Reaction: Could immunise the last three issues.

Case 8. 32; 7; NL
Media: Nil.
Others: Use of tooth powder; use of ORS; immunisation of mother and child; serving boiled drinking water to children; consultation with doctor during major ailments of children; intake of fruits to increase the quantity of blood; wearing of clean clothes; education for children.
Reaction: Use of folk medicine during minor ailments; adoption of family planning practice is a taboo; not at all serious about immunisation of mother and child; use of ashes of cowdung cakes for dental care, as tooth powder is costly.

Case 9. 36; 4; NL
Media: Nil.
Others: Consumption of green vegetables for vitamins; consumption of beet and carrot for increasing the quantity of blood; cleaning drinking water container regularly; intestinal worms badly affect health; covering of food and drinking water.
Reaction: Nil.

Case 10. 27; 4; NL
Media: Nil.
Others: Use of analgesics; serving boiled drinking water to babies; use of tooth powder; adoption of family planning practice; use of detergent and body soap; covering of wounds during cuts and injuries to keep away dust; use of health drinks; serving less-spicy food to children; taking bath with warm water during fever and/or cold.
Reaction: Adoption of family planning practice is a taboo; dental care with ashes of cowdung cakes, as tooth powder is costly; paring of nails in appropriate time is not
strictly followed; need for serving boiled drinking water to children is well appreciated, but not possible due to time constraint and high cost of the fuel.