CHAPTER-5

ENVIRONMENTAL SANITATION, SANITARY HABITS AND PERSONAL HYGIENE
Health is a major concern for all human societies. It is affected widely from environmental sanitation, sanitary habits and few aspects of personal hygiene. Number of physical, psychological and social aspects of human life is covered under the domain of environmental sanitation, sanitary habits and personal hygiene. All diseases manifest to certain extinct with interaction of environment, cultural practices and personal hygiene.

Sanitation is the hygienic means of preventing human contact from the hazards of wastes to promote health. Hazards can be physical, microbiological, biological and chemical. Wastes that can cause health problems are human and animal feces, solid wastes, domestic wastewater (swage, urine, sullage, greywater), industrial wastes, and agricultural wastes. Hygiene means of prevention can be by using engineering solutions (e.g. sewerage and wastewater treatment), simple technologies (e.g. latrines, septic tanks), or even by personal hygiene practices (e.g. simple hand washing with soap). The term "sanitation" can be applied to a specific aspect, concept, location, or strategy, such as: Basic sanitation 0 refers to the management of human feces at the household level. This terminology is the indicator used to describe the target of the Millennium Development Goal on sanitation.

Hygiene refers to practices associated with ensuring good health and cleanliness. The scientific term "hygiene" refers to the maintenance of health and healthy living. The term appears in phrases such as personal hygiene, domestic hygiene, dental hygiene, and occupational hygiene and is frequently used in connection with public health. The term "hygiene" is derived from Hygieia, the Greek goddess of health, cleanliness and sanitation. Hygiene is
also a science that deals with the promotion and preservation of health, also called hygienic.

Environmental sanitation is a very important factor affecting the health of a community. Though, it does not cover the whole range of cultural factors affecting the health of that particular community. The environmental conditions directly influence the health of human. A number of physical, psychological and social aspects of human life come under the domain of environmental sanitation. It is very wide term and it is rather difficult to confine its scope to a few environmental problems.

Hygiene means the general care of the body and its individual parts, for example dental hygiene means taking good care of teeth and keeping them clean. The word hygiene is a monument more enduring than brass to hygiea. The daughter of Esculapins, the god of medicine lunacy comes to commemorate on, and that his mind was controlled by the moon (Indian Medical Gazette, 1948).

The practices which required to body cleanliness vary according to seasons. The present description of body cleanliness includes frequency of taking both and place of taking bath.


The objective of the present chapter is to study the environmental sanitation, sanitary habits and personal hygiene among the Hill Korwas of
Sarguja district of Chhattisgarh. The results of the relevant aspects are presented in the following manner:

**Environmental Sanitation**

This section of the chapter deals with some aspects of sanitation, the details are as follows:

**Source of Drinking Water**

It has been observed from past studies that adequate attention on source of drinking water and disposal or waste will automatically check infections and bring down the infant mortality.

Table 5.1, shows the information regarding main source of drinking water, it could be observed from the table that maximum respondents reported main source of drinking water is hand pump and pond (36.00), rather than hand pump, well and pond (20.00), hand pump (16.00), well and pond (12.00), well (08.00). It could be concluded from the table that main source of drinking water among the Hill Konwas is hand pump, well and pond.
Disposal of House Sullage Water

The water used for domestic works, such as washing of utensils, hands and feet etc. is known as house sullage water. Among the Hill Korwas no efficient system of drainage exists to drain out the water. Sometimes, their small water pits, especially during rain breeding place for the flies and flies other insects.

Dwelling

The house of Hill Korwas do not have proper windows and ventilators except doors for lighting and ventilation of air. The poor lighting during night; absence of suitable exit for smoke may cause respiratory disorders and eye problems. The dwelling of cattle is also associated with the residence; it is one of the factors for unhygienic conditions to a certain extent.

Domestic animals are cow, buffalo, ox and dogs. The cows and buffalos are used for milk animals. The cattle and buffalos graze during the daytime outside the houses. Cattle are generally kept inside the houses.

Sanitary Habits

The sanitary habits of Hill Korwas observed during the survey are noted in the following tables:

Table 5.2, shows information regarding type of sanitation around the residence, it could be seen from the table that maximum households reported poor sanitation around the house (68.57), rather than normal sanitation (29.14) and good (02.29). It may be stated that approximately 70.00 per cents of Hill Korwas lived in poor and unhygienic environment.
Table 5.3, exhibits information regarding the place of disposal of garbage, it could be seen from the table that maximum households dispose their garbage around the house (70.86) and Backside by the home (2.82). It may be concluded that most the Hill Korwas dispose garbage around the house, which is not a proper disposition of garbage from the sanitation point of view.

Table 5.4, reveals information regarding cleaning habits of home. it may be observed from the table that maximum households clean their house alternate by (60.00), rather than daily (31.43) and twice a day (04.57). It may be concluded that cleaning habits of their houses are not proper.

Table 5.5, shows information regarding about the cleaning habits of animal dung, it may be observed from the table that maximum households clean the animal dispose alternately (63.71), rather than daily once (34.57) and few also clean it twice a day (01.71). It may be stated that the cleaning habits adopted by the Hill Korwas for the waste disposal and cow dung of domestic animals, are not satisfactory up to a certain extent.

**Personal Hygiene**

Here the attempt has been made to study the personal hygiene, i.e., general body care and cleanliness of individual part of body such as 'dental hygiene' etc. The results related to personal hygiene are presented in the following tables:
Table 5.6, reveals information regarding habit of bathing during different seasons, it may be observed from the table that during summer season Hill Korwas take daily bath (80.57), rather than twice a day (17.43) and alternately (02.00). In rainy season maximum individuals take both daily (68.57) rather than twice a day (19.43) and alternately (12.00). In winter season maximum individuals take both alternately (60.00), rather than daily (38.29), never (01.04) and twice a day (00.57).

It could be concluded from the table that bathing habit of Hill Korwas is somewhat satisfactory.

Table 5.7, shows information regarding use of bathing material, it may be observed from the table that maximum Hill Korwas used only water while taking both (76.57), rather than soap (19.43) and mud (04.00) etc.

Table 5.8, exhibits information regarding habits related to dental care. It could be seen from the table that maximum Hill Korwas used twig of neem (53.71), rather than ash and twinge (13.14), alone water (12.00), paste (09.14), ash (08.00) and charcoal (05.71). It could be concluded from the table that oral hygiene among the Hill Korwas is not satisfactory.

Table 5.9, shows information regarding the cleaning habits of hands after defecation, it could be seen from the table that maximum Hill Korwas clean their hands by using only water (48.57) rather than ash (26.86), soil (19.43) and soap (05.14). It could be concluded from the table that defecation habits are not satisfactory among the Hill Korwas.
Table 5.10, reveals information regarding cleaning habits of clothes, it could be seen from the table that maximum Hill Korwas clean their clothes alternately (95.43), rather than daily (02.57) and some never clean (02.00). It could be concluded from the table that the cleaning habits are also not satisfactory among the Hill Korwas.

Table 5.11, reveals information regarding use of cleaning material for clothes, it could be seen from the table that maximum Hill Korwas clean their clothes by water alone (65.71), rather than by ash (18.29), by soap (16.57) and some clean y surf (07.43). It could be concluded from the table that in general the use of cleaning material for cloths is not satisfactory among the Hill Korwas.

Table 5.12, reveals information regarding cleaning habit of hairs, it may be seen from the table that maximum Hill Korwas clean their hair alternately (89.14) by mud or soap and few cleaned daily (10.86). It could be concluded from the table that the cleaning habits of hair is not satisfactory among the Hill Korwas.
Summing up the results of environmental sanitation sanitary habits and personal hygiene, it may be concluded that:

1. The maximum respondents reported main source of drinking water is hand pump and pond (36.00).

2. The maximum households reported poor sanitation around the house (68.57).

3. The maximum households dispose their garbage around the house (70.86).

4. The maximum households clean their house alternately day (60.00).

5. The maximum households clean the animal dispose alternately day (63.71)

6. During summer season, Hill Korwas take daily bath (80.57).

7. In rainy season, Hill Korwas take daily bath (68.57).

8. In winter season Hill Korwas take alternately bath (60.00).

9. The maximum Hill Korwas used alone water while taking bath (76.57).

10. The maximum Hill Korwas used twinge of neanm (53.71) for dental care.

11. The maximum Hill Korwas clean their hands by using only water (48.57) after defecation.

12. The maximum Hill Korwas clean their clothes alternately (95.43).

13. The maximum Hill Korwas clean their clothes by alone water (65.71).

14. The maximum Hill Korwas clean the hair alternately or occasionally (49.14).
In all, it may be stated that environmental sanitation through inhabitants are not satisfactory among the Hill Korwas. However nature provide well natural environment but practices related to sanitation, sanitary habits and personal hygiene are not up to the mark and need awareness. The findings indicate the importance of information, education and communication with respect to health, environmental sanitation, sanitary habits and personal hygiene. It is suggested to district health authorities; concerning governmental and non-governmental organizations that there is an urgent need to improve the situation through formal and non-formal educational measures etc.; because environmental sanitation, sanitary habits and personal hygiene plays an important role for determining the health status.