

Effect of Dietary Supplementation on Anaemic Schizophrenia Patient Admit In Selected Hospital Raipur (Chhattisgarh)

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ABSTRACT

The present study assessed the efficacy of dietary supplementation in the form of multigrain panjiri in management of anaemia among women anaemic schizophrenia patients of Chhattisgarh. To conduct the study 100 women diagnosed with anaemia in schizophrenia patient selected hospital Raipur, Chhattisgarh were selected as sample. The inclusion criteria for selection of subjects was who classification for anaemia. Cyanmet haemoglobin method was used for estimation of haemoglobin. The experimental group received dietary supplementation in the form of multigrain panjiri for three months while subjects belonging to control group were not supplemented the additional multigrain panjiri. Results reveal that after the completion of study period more percentage of selected women from anaemic schizophrenia patients experimental group had normal haemoglobin levels as compared to their counterpart i.e. women anaemic schizophrenia patients belonging to control group. On the basis of results it was concluded that multigrain panjiri when used as dietary supplement is beneficial in increasing the haemoglobin levels and thereby useful in management of anaemic women schizophrenia patients in tribal women.

KEYWORDS: DIETARY SUPPLEMENTATION, MULTIGRAIN PANJIRI, ANAEMIA, SCHIZOPHRENIA.

INTRODUCTION

The lifetime prevalence of schizophrenia is about 1 percent (**sadock & sadock, 2003**).symptoms generally appear in late adolescence or early adulthood, although they may occur in middle or late adult life (**American psychiatric association APS, 2000**).

Some studies have indicated that symptoms occur earlier in men than in women. The premorbid personality often indicates social maladjustment or schizoid or other personality disturbances (**Ho, Black, & Andersen, 2003**). This premorbid behavior is often a predictor in the pattern of development of schizophrenia.

According to Global Nutrition Report 2017 in India, under nutrition in India is of serious concern especially when half of women of reproductive age in India are suffering from anaemia. This Global Nutrition Report 2017 reported that more than 51 percent women of reproductive age in India are suffering from anaemia while 22 percent are obese. Situation is no different in Chhattisgarh. According to report of National Vector Borne Disease Control Programme about 41.0% women were underweight while 57.6 percent women of reproductive age were anaemic. Anaemia among women of reproductive age is of serious concern because of its detrimental effect on child health. Despite various governments scheme malnourishment in women of reproductive age is still rampant. Hence supplementation in the form of nutritious rich food may be the answer to find an answer to control number of malnourished women in our country. One such supplement may be multigrain panjiri, on age traditional seasonal staple from Punjab region be used as nutritional supplement. Effectiveness of multigrain panjiri in management of iron deficiency anaemia in tribal women of reproductive age group is assessed in the present study.

REVIEW OF LITERATURE

Symptoms of schizophrenia may appear suddenly or develop gradually overtime. Tension, the inability to concentrate, loss of appetite, insomnia, withdrawal or cognitive deficits may precede the first psychotic episode. **Eugene Bleuler (1857-1939)** cited symptoms referred to as Bleuler's 4as, Affective disturbance, Autistic thinking, ambivalence, Associative looseness.

Researcher like Sharda Sidhu et al. (2005), Jawarkar et al. (2015), Bansal et al. (2016), Upadhye et al. (2017) explored the various factors associated with iron deficiency anaemia. Since none of the studies assessed the impact of dietary supplementation in the form of multigrain panjiri in management of anaemia in a women anaemic schizophrenia patients, the present study was planned.

METHODOLOGY

Sample : To conduct the study 100 women anaemic schizophrenia patients were selected as sample. The age range of selected subjects was 19 to 35years. The inclusion criteria for selection of subject was WHO classification for anaemia. Purposive sampling was used for selection of subjects.

Tools : Haemoglobin levels of the samples was estimated by Cyanmet Haemoglobin method.

Design: Pre-post randomized group experimental design was preferred to conduct the study.

Procedure:

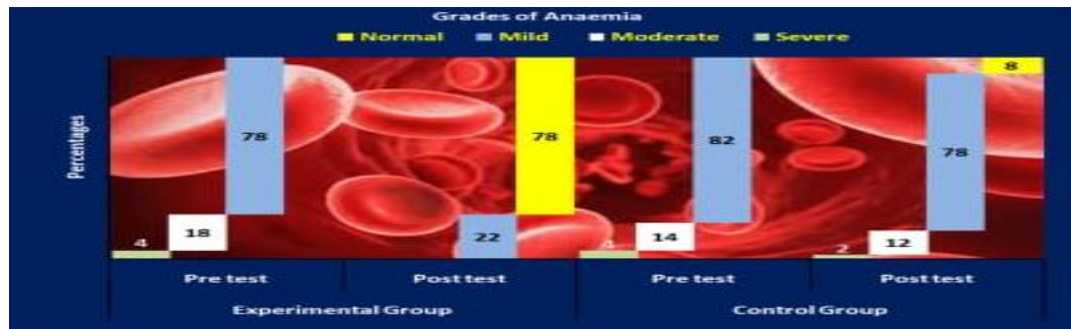
First of all 100 women anaemic schizophrenia patients between 19 to 35years of age from government hospital, Raipur District were selected as per inclusion criteria. The formation of two groups i.e. experimental and control group respectively with equal number of subject was carried out with randomly assigning the subjects in two groups. Subject of experimental group were supplemented with multigrain panjiri. An iron rich nutritious multi grain panjiri was prepared for the purpose of supplementation to the experimental group. 75g(one small katorie) of soya multigrain panjiri was measured on electronic weighing machine and packed for each sample per day. The haemoglobin estimation of subjects was again carried out after the completion of three months study period. On the basis of WHO classification for anaemia, frequency distribution was calculated.

RESULT AND DISCUSSION

In experimental group, pre test statistics showing that 4% subjects had severe anaemia, 18% classified as moderately anaemic while 78% were mildly, anaemic. The post test frequency distribution for experimental group shows that none of the subjects had severe or in moderate anaemia category while 22.0% came under the category of mild anaemic. The post test frequency distribution reveals that 78% women subjects had normal haemoglobin levels.

In control group, pre test Statistic showing that 4% Subjects had severe anaemia. 14% classified as moderately, anaemic while 82% were mild, anaemic. The post test frequency distribution in control group shows that 2% subjects had severe anaemia and 12% were

moderate anaemia while 78% come under the category of mild anaemia. The post test frequency distribution reveals that 8% women subjects had normal haemoglobin levels. Results indicate that supplementation of multigrain panjiri is beneficial in reducing iron deficiency anaemia in women anaemic schizophrenia patients. This fact is verified by changes in anaemia profile of women anaemic schizophrenia patients placed in experimental and control group.



In the present study multigrain panjiri was prepared by wheat flour 10gm; Soya flour 20gm, black til 10gm, ragi 10gm, Jaggery 20gm and ghee 5gm respectively. Soybeans are very rich in nutritive components. Besides the very high protein content, soybeans contain a lot of fibre and are rich in calcium, magnesium and iron. Hence there is no surprise that dietary supplementation in the form of soya multigrain panjiri effectively improved the anaemia profile of women anaemic schizophrenia patients.

CONCLUSION

On the basis of results it may be concluded that dietary supplementation in the form of multigrain panjiri can be added in management of anaemia in women anaemic schizophrenia patients along with other measures.

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