

## Research Article

### NEUROLOGICAL DISEASES: GENERAL HEALTH AND LIFESTYLE, COMPARATIVE STUDY : USA INDIAN COMMUNITY AND INDIAN PUBLIC

\* Dr. Karan J. Yagnik

Research Trainee Mayo clinic (MN) USA

Received 10<sup>th</sup> August 2020; Accepted 16<sup>th</sup> September 2020; Published online 12<sup>th</sup> October 2020

#### ABSTRACT

A healthy lifestyle keeps not only fit but at reduces risk for disease. Good food, daily exercise, good sleep and stress free mind keeps doctor away. Though these look so simple but it is not the case. To find out General health and lifestyle of the Indian public, in comparison with Indian community is staying in USA, We conduct such a survey. There are so many survey available in USA Literature. Unhealthy diets, lack of physical activity, smoking, alcoholism are major effective factors. We also concern about primary and frequently observed symptoms so we can co-relate with health and lifestyle.

**Keywords:** Healthy lifestyle, stress free mind, General health, Indian community, academic and research purpose.

#### INTRODUCTION

India began with a glorious tradition of public health. "Ayogya" means "holistic well-being" which is integration of health science and religious faith. Now a days, India falls at near bottom for healthcare quality 135/187 countries. This shows there is lots of room for improvements. On other hand USA healthcare system is one of the best in the world. Pollution, poverty, Lifestyle non hygienicity, non health awareness socio-political condition, education, ineffective health care and administration are major reasons for such disaster. According to survey conducted by Harvard medical school, Five area were chosen (1) Healthy diet(2) Healthy physical activity level (3) Healthy body weight (4) smoking (5) Moderate alcohol intake. We included all these with other parameters. In Indian condition other than smoking and alcoholism, there are so many other parameters to be taken into count. GOQ ii India fit report 2020 states 62% Indian fall under either high risk or borderline on the high-risk. Most important things adults in the 19-30y age group have the unhealthiest habits and lifestyle lads author make survey and compare that with advanced country.

#### MATERIALS AND METHODS

The survey was conducted by distributing questionnaires [Table-2] Two adults groups [1] Indian community in USA [2] General public in India These two groups subdivided in for Age groups. First part of form, contain basic information contact, station, gender, weight, height, Locality etc. Second part contains details about participant lifestyle and General health. All questions are compulsory. We have promised participants that information collected will be kept confidential and are just for academic and Research purpose.

#### IMPORTANT POINTS:

1. In terms of lifestyle and health India is third world country- According to WHO report, Indian highest number of diabetics' patients.
2. World's 60%cardiovascular patients are in India.

3. Stress related diseases like hypertension, coronary heart diseases, asthma, cancer, blood pressure, stroke are much higher in Urban Areas.
4. Low and middle- income country like India receive patients late usually when they are critically ill.
5. Lack of trust in the existing health facilities and inability to pay for treatment are major factor which are led to alternative health care provider or non-qualified doctor to treat patients.
6. Because of all above point, 2394 patients per 1 lac of population suffer from various forms of neurological diseases in India.
7. The NITI Aayog (National Institute for transforming India) seeks to bring reforms in India public health system like outsourcing primary healthcare to private doctor. It will cover wide area and all medical branches.

#### Limitation of study

1. This is opinion base survey; it may vary from person to person.
2. All opinions are post operative condition. Surgery was performed way back. It is all about patient's memories.
3. This study was restricted to limited contacts are available at USA. Sample size is also small.
4. All that are staying at USA, we have treated as an American participants.

#### Ethical approval

This is data collected at individual level. They are not connected to any institute or group. It is individual level contact so no need for any ethical approval.

#### RESULTS

1. 67% (Frequently) 84% (Sometimes) of the India participants are using fast food. Though this is related with economic growth. This contain higher level of sugar, Trans and saturated fats, sometimes non permitted integrants. It caused non- communicable diseases there is almost 112% rise in blood cancer because of this habit.
2. Indian tea and coffee contain milk and higher level of sugar and boiling integrant for long time results in dangerous integrant, During such integrant frequently causes NCD and allergic reactions.

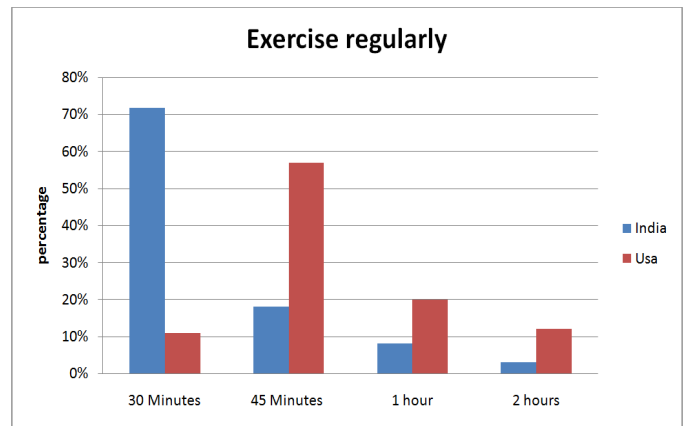
**Table I. Responses**

Age group of participants	INDIA		USA	
	Male	Female	Male	Female
15-30 Y	28	22	11	08
31-40 Y	11	18	02	0
41-60 Y	43	31	03	02
60- above	11	13	03	02

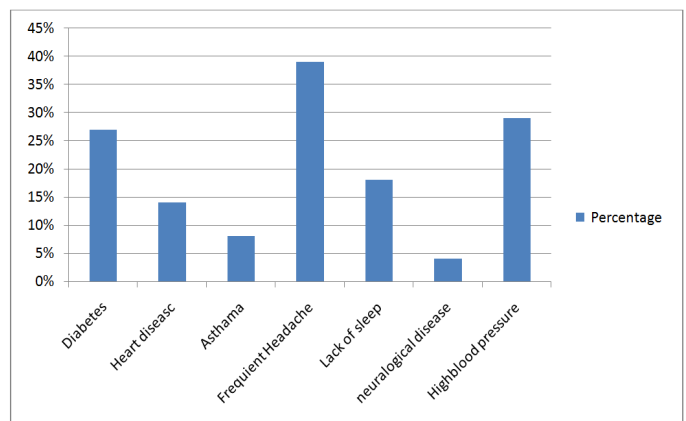
**Table II. Questionnaire for General Health and Lifestyle**

No.	Questions	Options
1	Do you prefer fast foods?	Yes frequently Yes sometimes No
2	Which one you prefer?	Tea Coffee Milk Nothing
3	Your lifestyle?	Sedentary Moderate Heavy work
4	Do you exercise regularly?	30 minutes 45 minutes 1 Hour 2 Hour
5	Do you take vegetables and fruits regularly?	Yes frequently Yes Rarely No
6	Do you smoke?	Yes No
7	Do you consume alcohol?	Yes No
8	Are you uncomfortable with milk product?	Yes No
9	Did you face any allergic reaction?	Yes No
10	Any health issue if any, you many select multiple?	Diabetes Heart Disease Asthama No issue Frequent Headache Lack of sleep Neurological Disease High blood pressure
11	Do you use herbal medicine?	Yes No
12	Do you use herbal medicine?	Yes I have studied as a part of my curriculum. No
13	Do you have Dementia (unmad) or panic (Gabharat)?	Yes No
14	Do you have a crawling uncomfortable restless feeling in your legs when you lay down or rest?	Yes No
15	Does it go way it you move your feet or get up and walk?	Yes No
16	Do you have swollen glands in neck or easy bleeding recurrent?	Yes No

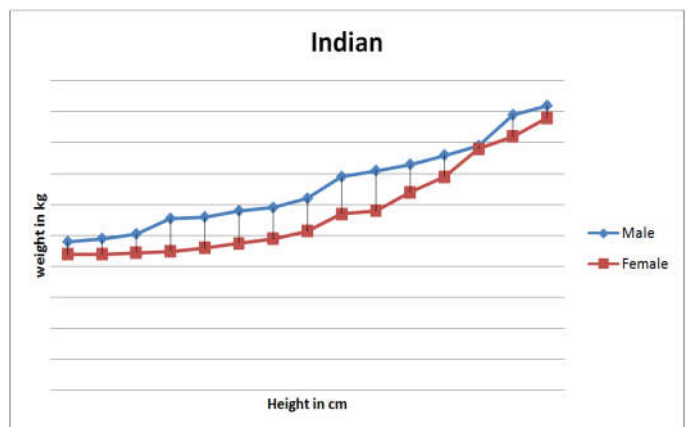
- Smoking and heavy drinking can seriously damage the liver, stomach, heart, and brain and nervous system, 10g to 15g / day pure alcohol is not harmful. Our server results of age group 15-30 are smoking which may be much higher because many of them don't confess.
- Less than 2% participants reported uncomfot with milk or milk produce.
- More than 22% participants of USA reported allergic reactions. 8% of Indian participants reported allergy reactions.
- 32.8 % participant of USA reported, they are taking Herbal Drug. Out of which 22.2% reported they have no knowledge of herbal drugs.
- Almost 6.8% participant reported dementia or panic which is very high compare to participant from USA.
- Only 2.8 % participant have reported crawling, uncomfortable and restless feeling in your legd.
- Only 3 participants reported swollen Glands which is negligible.



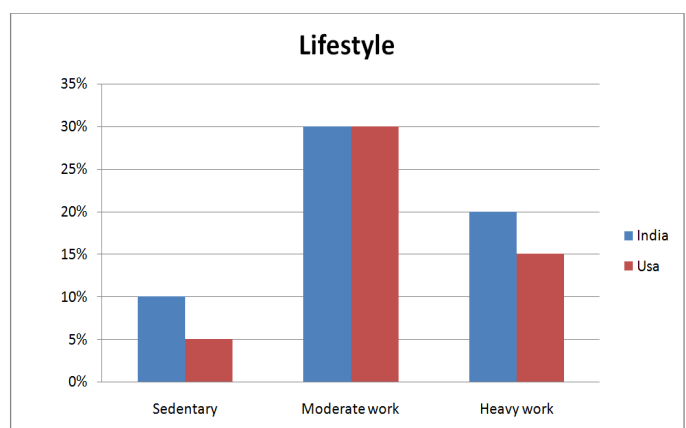
**Graph 1.**



**Graph 2. Disease reported**



**Graph 3.**



**Graph 4.**

## DISCUSSION

The most common neurological disorder in general public is headache. Most of the people in India won't consider this as a neurological symptom, Diabetes and high blood pressure are responsible for neurological disorders India. More than 50% of Participants have reported Diabetes or high blood pressure. Newly joined residents should have such data to treat their patients. Availability of primary healthcare facilities is still a challenge in India. Therefore all individuals must be aware about first symptom of disease. Many diseases diagnosed in early stage, they are curable. Also India accounts for 40% of unsafe patient practices, than it is up to individuals to have health lifestyle. 23% women, 21% men and 4% children are overweight in India. One of the reasons behind it, is over consumption of food with high and saturated fat, carbohydrates and sugar. Young generation love to eat that which tastes better. The most common complaint is sleep (27.8%) and participants (11%) in Indian participants. This is also agreed with ref '8' s observations.

## REFERENCES

1. Nobhajit Roy, Monty U Khajanchi, 2015. The Lancet Global Health. A hospital too far access to surgical facilities in India.
2. Burden of Disease in India .National Commission on Macro economics and Health
3. Deccan chronicle report 12 Aug 2018.
4. Monique Tello contributor Harvard Health Publishing, Harvard medical school. Healthy lifestyle 5 keys to a longer life.
5. Siby P. Shah and et al. Cigarette smoke and adverse health effects: An overview of research trends and future needs. International journal of Angiology: official publication of the international college of Angiology Inc. 2007 Autumn : 16(3): 77-83
6. Smoking and Tobacco use: Health effect. Centers for disease control and prevention USA Govt.
7. Healthcare in India :Current state and key imperatives: Review of National health policy 2015 KPMG cutting through complexity.
8. Raghunandan Nadig, Uday S. Namapally, Gosala Raja K. Sarma Thomas mather Out patient burden of neurological disorders : A prospective evolution of 1500 patients. Neurology of India 2019 Vol. 67, issue : 3.
9. Nilish Nikish A review of Indian healthcare sector Jan 2017 SSRN Electronic Journal.
10. Tahira Noor Khan Lifestyle related diseases on the rise in India, Report2 Feb, 2020 Entrepreneur India.

\*\*\*\*\*