

INDIGENOUS/AYURVEDIC MEDICINE IN RURAL AND URBAN AREAS OF TRINIDAD AND TOBAGO.

Charlene Kamini Pattoo

Project Supervisor- Dr. Govind Seepersad and Dr. Majeed Mohommed.

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Background: Ayurveda is a Sanskrit term which means the science of life. Ayurvedic medicine and treatments take a holistic, whole-body approach to health and wellness, focusing on the physical, mental and emotional aspects of a person. Ayurvedic remedies rely heavily on phytotherapy, massage, yoga and diet when treating a variety illnesses and conditions.

Objectives: To determine if Indigenous/Ayurvedic medicine is more cost effective and beneficial than our present conventional system.

Design : The data collection method used in this study was the quantitative methodology. The research instruments used for data collection are an open questionnaire which simply consists of a list of pre-set questions and a structured interview. This was done through a process of “Convenient Sampling.” A rural village called Biche from the North Eastern Regional district and an urban town called Arima from the North West Regional District. Data was collected during the month of March-April 2011. A sample of sixty (60) residents who were over the age of sixteen (16) participated through a process of “Convenient Sampling.” The sample unit entails the use of thirty (30) residents from Biche as well as thirty (30) residents from Arima.

Results: 100% of the rural population and 83% of the urban population uses indigenous/Ayurvedic medicine. 80% of the rural population have Jharayed before and 50% of the urban population have jharayed before. Figure 4.14 it can be clearly seen that in the rural areas the use of herbs in treating ailments like cough, this have been very cost effective

compared Figure 4.16 which shows the price of conventional treatment which are in fact more expensive. Figure 4.51 and 4.52 illustrate the list of herbs used by the rural and urban population.

Conclusion Many people are not satisfied with the present conventional medicine system. Indigenous/Ayurvedic medicine is more cost effective and beneficial than our present conventional system and is widely used through out Trinidad and Tobago. Zebapique, fever grass, ginger, and turmeric all these provide numerous health benefits and are safe to use.