Sample survey of intestinal helminthiasis in the valley of Surkhet.

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1. In Ward No. 5, 6, 7, 8 & 9 of Birendra Nagar (Previously known as Katkuwa Village Panchayat);—

1:1. Location :—

Ward Nos. 5, 6, 7, 8 & 9 of Birendra Nagar form the North-western part of Surkhet Valley. Before their assimilation in Birendra Nagar, they used to form the Katkuwa village panchayat. The main market-place and government-offices thrive there since the year 2024 B. S. Total population of this locality, ie, Katkuwa village panchayat, according to the census held in 2028 B. S. is 3362. Its land-scape is both plain and hilly.

1:2. Sample Survey :—

A one-sample microscope examination of stool of the patients coming from Katkuwa V. P. (which, now, is ward Nos. 5, 6, 7, 8 & 9 of Birendra Nagar) to the Out-patient Department of Surkhet Hospital was done in the 6th month of the year 2033 B. S. Samples from 205 patients were examined.

1:3. Collection and Examination of Samples :—

One-sample-of-stool-a-person were collected in a clean & empty injection-vials. Centrifuging of specimens were done. Stool-slides were prepared with normal saline in the Out-patient Departmen laboratory. Cover-slips were applied & microscopic examinations done.

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1:4. Results :-

Agegroup (in yrs.)	Total Population	No. of Specimens examined	Helminth Positive specimens(+)	Helminth Negative specimens(-)	A.L. Ova	A.D. Ova	A.T. Ova
0-5	Total Population	37	12	25	7	3	3
6-14	of Katkuwa V. Panchayat, acco- rding to 2028	29	20	9	6	11	4
15-50	B.S. Census was 3362.	131	87	44	25	60	14
51-over		8	2	6	0	2	0
TOTAL		205	121	84	38	76	21
IN PERCENTAGE			59.1	40.9	18.5	37	10

⊗ A. L.=A. lumbricoides, A. D.=A. duodenale, T. T.=T. trichura O. V.=vermicularis.
 ⊗ Some specimens were positive in more than one ova of helminths.

2. In Kisangang Village of Ward No. 7 of Uttarganga Village Panchayat :-

2:1. Location :-

Uttarganga village panchayat forms the South-eastern part of the valley of Surkhet and Kisangang is a small village in the ward no. 7 of this village panchayat. There are 13 houses with 25 families in this village and the Total population is 117. Of that 77.8% are of Tharu community. They live in thatched huts and drink water from one common natural spring. They go into near-by jungles or rivulets for defaecation. All of them are peasants.

2:2. Sample-Survey :-

A one-sample-microscopic-examination-of-stool of 74 persons of different age-groups were done in the 4th month of the year 2034 B. S. Haemoglobin estimation of these persons were also done with Sahil's Haemoglobinometer.

2:3. Collection and Examination :-

One-sample-of-stool-a-person were collected in clean empty injection-vials. Blood-samples for haemoglobin estimation were taken from each of them. Centrifuging of stool-samples were not done. Stool-slides were prepared with normal-saline, coverslips were applied and microscopic examinations done. Haemoglobin estimations were done by Shhli's Haemoglobinometer.

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2.4. Results :-

Age group (in yrs)	Total popu- lation	No. of Specimens examined	Helminth positive (+) Specimens	Helminth negative (-) Specimens	A.L. ova	A.D. ova	T.T. ova	S. ster larvae	H. nana ova	Hb. In gms. PER 100 ml.
0-5	25	16	11	5	9	2	5	0	1	9.18
6-14	27	16	15	1	15	4	5	1	3	10.9
15-50	60	37	32	5	28	13	11	1	1	11.1
51-over	5	4	2	2	2	0	0	0	0	12.37
Total--	117	73	60	13	54	19	21	2	5	10.8
		% 100	82.2	17.8	74	26	28.7	2.7	6.8	72.9

⌘ A. L. = *Ascarip lumbricoides*

⌘ T. T. = *Trichuris trichura*

⌘ H. nana = *Hymenolepis nana*

⌘ Some specimens were positive in more than one ova of helminths.

⌘ A. D. = *Ankylostoma duodenale*

⌘ S. ster = *Strongyloid stercoralis*.

3: Problem-Identification :-

(Problem-identification is based on data collected in the sample-surveys as well as clinical experience and informations gathered through examination and management of more than 40,000 patients in the Surkhet District Hospital, Birendranagar within a period of 2 years.)

- 3:1. Among the patients visiting the out-patient-department of the hospital, patients of anaemia, malnutrition and intestinal helminthiasis are in majority, Presence of a Vicious-Circle can be felt in the wide per-valence of these diseases:-

4: Recommendation :-

- 4:1. For eradication of Intestinal helminthiasis and improvement in the Nutrition-level, supply of drugs and exotic nutritions-food will be of temporary benefit. Emphasis should be given in imparting Health-education to the people regarding local-nutritions- food and

their preparation, environment sanitation, personal hygiene and immunisation programmes.

- 4:2. Present system of imparting mass-health-education through the village Health workers and radio-broad-casts is insufficient and time-consuming. Some improvement should be made in these systems, eg, establishing radio-centres in villages; recruiting more number of V.H. Ws. in village-panchayats and refreshing their health-knowledge and job-efficiency; and developing a carrier-ladder for V. H. Ws, etc.
- 4:3. An audio-visual system for imparting mass-health education should be developed, eg, cinema-In should be routinely exhibited in many places of the district.
- 4:4. Treatment-based intestinal helminthiasis Eradication campaign should be launched in the district.
- 4:5. A general survey of intestinal helminthiasis, anaemias, malnutrition and food-habit of the people should be launched in the Far-western Development Region.

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