

EFFICACY OF RUTA 1M IN MUSCULOSKELETAL DISORDERS IN FEMALE GARMENT FACTORY WORKERS

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INTRODUCTION

Garment factories are the largest manufacturing sector in India, accounting for around 25% of India's output and 40% of total export. Karnataka is a major apparel sourcing destination for the global market. Women form a majority (80%) of the workforce in the industry. Improvement of occupational safety and health standards for women in the garment factories are very much essential since occupational diseases especially Musculoskeletal diseases are significant among them.

OBJECTIVES:

1. To assess the extent of work-related musculoskeletal health problems experienced by female garment factory workers.
2. To identify the efficacy of RUTA 1M for the same.

REVIEW OF LITERATURE

(MSDs) are a group of painful disorders. Musculoskeletal disorders of muscles, tendons, and nerves are related to working in a garment factory worker. Work activities which are frequent and repetitive, or activities with awkward postures cause these disorders which may be painful during work or at rest. Almost all work requires the use of the arms and hands, knee joint, low backache, eye injuries etc. Therefore, most MSD affect the hands, wrists, elbows, neck, back and shoulders. Work using the legs can also lead to MSD of the legs, hips, ankles, and feet. Some back problems also result from repetitive activities.

MSDs are very difficult to define within traditional disease classifications. These disorders have received many names, such as:

- Repetitive motion injuries.
- Repetitive strain injuries.
- Cumulative trauma disorders.
- Occupational cervicobrachial disorders.
- Overuse syndrome.
- Regional musculoskeletal disorders.
- Soft tissue disorders.

MSDs include three types of injuries:

- Muscle injury.
- Tendon injury.
- Nerve injury.

MATERIALS AND METHODS:

Sample details: Women working in garment factories from Mallathalli to Sumanahalli [subject to permission]. 100 patients were screened to ensure enrollment of 30 patients in the trial.

INCLUSION CRITERIA:

Age 30-40 years females working in sewing & packaging sections.

Women above 40 years, those who are working in clerical, quality control sections

Musculoskeletal disorders ranging from discomfort, minor aches and pains of neck, back, shoulders, hands, wrist, ankles, eyes.

EXCLUSION CRITERIA:

More serious medical conditions like Osteoarthritis, carpal tunnel syndrome, Red flag pathology – recent trauma likely to be associated with significant injury; acute, red, hot, swollen joint.

RESPIRATORY & SKIN COMPLAINTS.

METHODOLOGY: A simple random sample of 30 female garment factory workers from Mallathalli to Sumanahalli factories namely Dhanya fashions, Pragathi fashions, Aahalli garments were selected after screening. Socio-demographic and occupational health data were collected via interviewer-administered survey, self-administered questionnaire or oral questionnaire & investigations.

Each patient was treated for 2 weeks with RUTA 1M and placebo. They were attended once in a week. At each time the pain reduction was assessed with the help of relevant tools.

The screening forms were designed based on the standard ART tool which was modified according to our study after consultation with experts. The task score was computed based on various risk factors like arm movements, repetition, force [ignoring the sides affected], head & neck posture, back posture, arm posture, wrist posture, hand/finger grip, breaks etc.

RESULTS:

At the end of the study it was noted that RUTA 1M gave best improvement in the complaints of headache & eye strain, followed by neck, shoulder, and hand & wrist pain: slight improvement in knee pain and low back pain.

CONCLUSION:

Overall study showed us that RUTA is more efficacious in treating headache and eye pain, hand and wrist pain than in low back pain and knee pain.