

Snehadhara in Kerala

Introduction

Snehadhara is an initiative by the Government of Kerala. The initiative employs ayurvedic practices and techniques for palliative care to patients suffering from long-term illnesses who require home visits.

Implementation

Snehadhara started as a project of a block panchayat in Idukki in 2016. It was further decided to allocate funds for this initiative in three districts. Snehadhara was initiated in three districts of the state, namely Thrissur, Thiruvananthapuram and Kasargod. The palliative policy of Kerala recognizes and encourages the role of other systems of medicine such as AYUSH in palliative care.

A trained nurse and a multipurpose staff were appointed, and a rented taxi vehicle was provided. The activities are carried out with association and support from LSGIs. With the help of ASHA workers, Local Self Government Institutions (LSGIs), and social workers the beneficiaries of each Panchayat were identified. The medical team visits bedridden patients at their doorstep.

Results of the practice

As reported by National AYUSH Mission, Kerala the total number of people benefitted from this initiative as on February 2020 is 9,803.

Conclusion

Ayurvedic practices and techniques may be beneficial for palliative care to patients suffering from long term illnesses and those who require home visits.

Palliative care aims to improve the quality of life of the patient and reduce the suffering of the family and friends of the patient. It aids in alleviating the suffering incurred due to underlying disease conditions or the side effects of ongoing treatments etc.