

# The Disease-awareness and the Transformation of Body View in the Mountainous Region of Modern Nepal

## The Case of Type 2 Diabetes

Year: 2014

Fieldwork Region: Nepal

Yuka Nakamura

Key Words: Non-communicable disease, chronic disease, Disease-awareness, Body view, Community health

### Research Background

In Nepal, there are various issues in the medical field, such as exodus of doctors, concentration of doctors in the main city and shortage of doctors in rural areas. In addition, the incidence of diseases also changes. In Nepal, people have infectious diseases and injuries; however, the incidence of chronic diseases and Non-communicable disease is also increasing. People understand these diseases based on both knowledge from medical science and regional background and culture. The medical sector will need to understand diseases from not only medical side but also socio-cultural side to effectual care.

### Research Purpose

The aim of this research is to elucidate the disease-awareness and body view affected by both modern



medicine and regions background through to elucidate type 2 diabetes, which is increasing now in Nepal. This study aims to answer 3 research questions: 1. What symptoms will happen in the patients of diabetes? 2. What is the cause of having diabetes? 3. How do the patients of diabetes take care of their disease in the community?

**Signboard of Diabetes Care Centre in Kathmandu**

### Field Research and Outcomes

Data analyzed here were collected through a field survey in southern west for 10 days in September 2015. I interviewed type 2 diabetic patients, their family and local residents, and observed health service done by community center of Kirtipur hospital.

The results of the field research revealed that all survey respondents know disease name; *chini rog*, *suger rog*,



**Kirtipur City**



*madhumeh*. Many of them didn't distinguish type 1 and type 2. They had various methods against diabetes, for example dietary care, excise, meditating and acupuncture. Many of them explained that diabetes is increasing because of economic development with democratization, transformation of livelihoods and *Tension* ( this is like neurosis in old definition in western medicine).

### **Periodic Medical Check-up of blood presser**

#### **Implications and Impacts on Future Research**

This research has enhanced public disease-awareness of type 2 diabetes. On future research, I pay attention how medical health care providers recognize type 2 diabetes and treatment. Further research has enhanced socio-cultural situation, which influence medical situation, for example history and spend of medical equipments and medical testing techniques, and health education through media and education in school. In addition, I need to analyze some factor which people indicate as reason to increase diabetes in details. I aim to study disease-awareness and body view related to socio-cultural factor in Nepal and South Asia not only from micro and static point of view but also from a dynamic point of view.