

Consciousness about Gastritis amidst University Disciples

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Abstract

The objective of the present study was to awaken the consciousness about gastritis amidst university disciples. This study was intended to evaluate the percentage of different questions about gastritis. The questions were about its causation, its prevalence and transmittance and about treatment of the gastritis. For this project, a questionnaire was designed and various questions were asked from 100 students of Bahauddin Zakariya University regarding this disease. With the help of these studies, it was deduced that Gastritis is a common disease that differ in its forms. Gastritis was mainly caused by bacteria. Very few reckoned it genetically transferred. It was also noted that it can be cured by simple medication but it can be severe if not treated.

Keywords: Gastritis, H Pylori

Introduction

The term of Gastritis was first used by a physician of Germany, Georg Ernst Stahl, in 1728. Gastritis is caustic burning sensation, provocation and intensification of gastric lining. It may be awful (acute) or prolonged (chronic). In the gastric lining, presence of bacteria named as Helicobacter pylori, may lead to ulcers sometimes cancer if not treated. The symptoms of gastritis differ amidst the individuals commonly involves nausea, abdominal pain, vomiting, abdominal bloating, hiccups and appetite loss. Alcohol, spicy, fatty and fried foods are recommended to leave during disease. To make diagnosis of this disease, upper endoscopy, blood tests or stool tests are done.

To cure the disease, antacids and other drugs are recommended. The acidity of stomach is neutralized by using antacids. In UK, gastritis is mostly caused by viruses or when the infected person prepares food for others. Water pollution is also a common cause especially in those countries where health care is poor. The best way to avoid bleeding and gastrointestinal treatment is to take action on hygiene measures.

Materials and Methods

A questionnaire was designed in which different questions were asked about the disease.

Project

In the first part, the questions were asked about the causation of the disease whether it is bacterial, viral, fungal, metabolic or genetic. Moreover, the views were taken about its ratio and transference. It was also asked whether is there any need to do medication or any surgery or it can be treated without any treatment.

Table 1: Shows the causation of the Gastritis

Is Gastritis a	YES	NO
1. Disease by the virus	60	40
2. Disease by bacteria	73	27
3. Disease caused by fungi	40	60
4. Genetic disease	17	87
5. Metabolic disease	15	85

Table 2: Presents the ratio of Gastritis

Ever affected by Gastritis	YES	NO
1. You	13	87
2. Your family member	83	18
3. Your relative	87	13
4. Your neighbor	44	58
5. Your friend	13	87

Table 3: Evaluates the transference of Gastritis

Is Gastritis transmit	YES	NO
1. by blood transfer or by contact	62	38
2. by parents	84	16

Table 4: Presents the views of students about the treatment of Gastritis

Cure for gastritis may be	YES	NO
1. Medication	87	13
2. Surgery	66	44
3. does not require any treatment	30	70

Statistical Analysis

Statistical analysis was carried out by using MS Excel.

Results and Discussions

The results were concluded that gastritis is mainly caused by bacteria and it is rare that it could be genetic or fungal. Further, it was seen that it is not a rare disease but it is present in its different forms. It may be slow or severe. About 87% said that it can be cured by simple medication while 13% said that it needs no medication. 70% of people said that it does not require any special treatment. From these studies, we also inferred that gastritis is a very common disease. Preceding researches also showed that by avoiding contaminated food stuffs, it could be preclude. Table 5 explains the brief causation of gastritis [1-10].

Table 5: Consciousness about Gastritis: views of Biology students

Q. What are your views about the causation of Gastritis?	Yes	No
1. Is gastritis a disease by VIRUS?	60.00%	40.00%
2. Is BACTERIA the cause of Gastritis?	73.00%	27.00%
3. Is this caused by FUNGI?	40.00%	60.00%
4. Is it's a GENETIC disease?	17.00%	87.00%
5. Is this a METABOLIC disease?	15.00%	85.00%
Q. Have you ever seen people subjected to gastritis?		
6. Do YOU have any signs of gastritis?	13.00%	87.00%
7. Is any of your family members affected by Gastritis? or	83.00%	18.00%
8. Any of your relative?	87.00%	13.00%
9. From your neighbors?	44.00%	58.00%
10. Any of your friends?	13.00%	87.00%
Q. What are your perspectives about its transmittance?		
11. Is it spread through interaction or insertion of blood?	62.00%	38.00%
12. Is it transferred from parents to offspring?	84.00%	16.00%
Q. By which mean should Gastritis be treated?		
13. Can simple medications be used?	87.00%	13.00%
14. Any surgery will be needed?	66.00%	44.00%
15. Does it not require any treatment?	30.00%	70.00%

Conclusion

With the help of these studies, it was deducted that Gastritis is a common disease that differ in its forms. Gastritis was mainly caused by bacteria. Very few reckoned it genetically transferred. It was also noted that it can be cured by simple medication but it can be severe if not treated. While statistics of previous researches also showed that 50% of the population of world is infected with H. Pylori.

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