

In fact, today, when the sciences dealing with leadership and morality have been reduced to the perusal of periodicals and half a dozen manuals on correspondence courses taking up years to complete, the lessons of Singhasan Battisi remain pertinent on all accounts. This work invites the reader to delve deep into that useful book, to discover yourself and gather inspiration from the timeless wisdom that was given out to the humanity in the bygone era.

Reclaiming the Heritage of Singhasan Battisi

The legacy of Singhasan Battisi is that whenever we think of it, we, at the same time, are reminded of the immortal power of storytelling, but equally of strong content left in those ancient texts which can change our lives. When we research and value this magical manuscript, its wisdom offered to us by our ancestors; its message finds its way to enlightenment for many future generations.

This text, therefore, concludes that Singhasan Battisi is at once a record of the resigned acceptance with which ancient texts managers seem imbued and also a grim reminder that not all ancient texts are timeless pearls of wisdom.

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Effectiveness of Dietary Intervention Versus Amla Chawanprash on Anemia Among B.Sc. Nursing Students in Selected Nursing Colleges of Indore: A Comparative Study

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Abstract:

Anemia is one of the most common nutritional deficiencies affecting various social and socio-economic statuses. The prevalence of anemia among six groups as per the National Family Health Survey 5 (2019-21), is 25% in men (15-49 years) and 57% in women (15-49 years) 31% in adolescent boys (15-19 yrs.), 59% in adolescent girls, 52% in pregnant women (15-49 years) and 67% in children (6-59 months). The prevalence of anemia was 52.5% in Madhya Pradesh. The main aim of this study was to compare the effectiveness of dietary intervention versus Amla Chawanprash on anemia among adolescent girls in Nursing colleges of Indore. An experimental research design was used with a quantitative research approach to identify the prevalence of anemia among adolescent girls. The 30 adolescent girls with mild anemia were selected by purposive sampling technique. The study samples were divided through randomization into two experimental groups using a lottery method. Participants of both experimental groups were administered with dietary intervention and amala chawanprash along with routine hostel meals for 20 days respectively and follow-up was obtained after 15 days of therapy through venous blood sample. In the protocol of study, the experimental group of dietary intervention was provided with 100 gms of raw beetroot salad along with lemon juice for lunch and 50gms of chikki in the evening. The other experimental group was given 10 gms of amala chawanprash twice a day after lunch and dinner. The reliability of instruments that is venous blood sample was obtained by test retest and finding of Karl Pearson coefficient $r = 1.34$ shows that the tool is highly reliable. The study results revealed the t-value of the experimental groups were 2.791 and 1.008 that is less than the tabulated t-value of 2.15, which shows statistically non-significance. But the individual scoring proves the change in hemoglobin level. However, both the dietary intervention and amala chawanprash are equally effective, with a mean difference of 0.4 and 0.3 respectively. Result of the study revealed that there is change in the level of hemoglobin in both dietary intervention and the

amala chawanprash group. The statistical results of the study also suggest the long-term implementation of the nutrition therapy for more effective results as the duration of therapy was restricted to 20 days. Thus, dietary intervention and amala chawanprash, the natural cost-effective nutritive administration, can be used among B.Sc. Nursing students with anemia. Result of the study revealed that there is change in the level of hemoglobin in both dietary intervention and amala chawanprash group.

Key words- Effectiveness, Dietary intervention, Amla chawanprash, Anemia

Introduction: Anaemia, a manifestation of under-nutrition and poor dietary intake due to socioeconomical constraints and lack of awareness is a serious public health problem among pregnant and adolescents' women. **In Madhya Pradesh**, the initiative of **Anaemia Mukh Bharat (2018)**, in its intervention intensified increasing the intake of iron rich food through diet diversity, quantity, frequency and fortified food with focus on harnessing locally available resources.¹

Community Health Nurse has a major role in identifying the prevalence of anaemia mainly among the under-five children's, adolescents, and middle age women. Most important is to investigate the intake of iron rich diet among the people, by which anaemia can be prevented in the community. The report of **(Millennium Development Goals, 2020)** presents that, anaemia not only affects the present health status, but also has deleterious effects in the future.² As per the data revealed in **UNICEF (2015)** health report, in India 55% of women and 70% of children and adolescents suffer from anaemia.³ Based on the various reports, this study is selected to provide natural nutritive supplement and assess the effectiveness of dietary intervention containing the natural iron rich supplements including beetroot, jaggery, groundnut and vitamin C along with routine hostel meals in improving the level of Haemoglobin among girls with Anaemia.

Mary A Swapna et al. (2022), a pre-experimental study was conducted to assess the effectiveness of beetroot juice with jaggery on haemoglobin level among the adolescent girls in selected nursing colleges of Bangalore, Karnataka. The study objectives were to assess the pre-test and post test score of haemoglobin level among adolescence girls in both experimental and control group. The research design used was one group pre-test and post-test experimental and control group. Adolescent girls with who are studying in global college of nursing students. Non probability purposive sampling technique was used to select the 60 adolescent girls with frank anaemia

and border line anaemia (30 in experimental group and 30 in control group). Using structured questionnaire, the information was collected. Tall Quist method was used for checking haemoglobin. Regarding effectiveness of beetroot juice with jaggery, the overall mean score of experimental groups in the pre-test was 11.90 and 14.06 in the post test with enhancement of 2.16 and it was significant at $P < 0.001\%$ level and the overall mean score of control group in the pre-test was 11.73 and 11.55 in the post with mild enhancement of 0.18 and it was non-significant at $P < 0.001\%$ level. There is no significant association at 5% level ($P > 0.05$) both in experimental group and control group. The study concluded that the haemoglobin levels of the adolescent girls have been improved in experimental group then the control group after administering the beetroot juice with jaggery hence the beetroot juice and jaggery is effective on increasing haemoglobin levels.⁴

Objectives of the Study:

1. To assess the prevalence of anaemia among B.Sc. Nursing students in selected nursing colleges of Indore.
2. To find out the degree of anaemia among B.Sc. Nursing students before and after administration of dietary intervention and amla chawanprash.
3. To determine the effectiveness of dietary intervention and amla chawanprash on the degree of anaemia among B.Sc. Nursing students.
4. To compare the effectiveness between dietary intervention and amla chawanprash on degree of anaemia among B.Sc. Nursing students.

Hypothesis:

H1: There is significant change in degree of anaemia after administration of dietary intervention and amla chawanprash at the level of $P \leq 0.05$

Methodology:

Research Approach- A quantitative research approach with two group pre-test and post-test was considered as an appropriate approach by the investigator.

Research Design- To be precise the research design selected in this study, is an experimental research design (two-group pre-test-post-test design). In this design, subjects were selected by purposive sampling and intervened by random sampling through lottery method for both the experimental groups i.e., dietary intervention and amla chawanprash. Both groups are pre-tested, and randomly allocated group were administered with the treatment.

Population-B.Sc. Nursing students with anaemia of selected nursing colleges of Indore.

Sample-The sample comprises of 30 B. Sc. Nursing students with moderate anaemia.

Sample Size-In this research study the sample of 30 students were divided into two experimental groups, out of which 15 samples were assigned to the dietary intervention therapy and 15 samples were assigned to the amla chawanprash therapy through lottery method.

Sample technique-Purposive sampling technique was used to access the anaemic students.

Setting-The researcher selected B.Sc. Nursing students who were having anaemia, with haemoglobin reference range from 7gm/dl to 11.9 gm/dl. The total strength of the college was 226, out of which initially 46 students were screened for anaemia and 30 samples meeting inclusion criteria were selected from the setting for the study.

Development of research tool:

The tool consists of three sections-
Socio-demographic variable.

Haemoglobin Measurement Rating Scale.

Nutritive Administration Protocol for Dietary Intervention and Amla Chawanprash.

Section A: Socio demographic variable

This section consisted of a questionnaire to collect baseline data which comprised of 18 items. It consists of socio-demographic variables such as age in years, religion, weight in kg, height in centimeters, body mass index, type of family ,monthly income of the family ,education, dietary pattern, eating habits, intake history of iron rich fruits, routine hostel meals with Vegetables , menstrual history, frequency of menstrual cycle ,number of days of menstrual flow, measure of menstrual stream, use of sanitary napkins /day, history of worm infestation, gastrointestinal disorders, thalassemia, sickle cell anaemia disorder.

Section B: Haemoglobin measurement rating scale

Clinical appraisal for estimating the degree of anaemia among young females pre and post intervention duration by using venous haemoglobin blood test method.

Scoring category according to WHO (World Health Organization, 2011)⁵

Level of Haemoglobin	Category
7 – 9.9 gm%	Anaemia (Moderate)
10-11.9 gm%	Anaemia (Mild)
≥12 gm%	Normal Haemoglobin

Section C: Nutritive administration protocol for dietary intervention and amla chawanprash

Administration protocol in the study is a guideline of therapeutic nutritive administration of freshly prepared

supplements. Nutritive intervention therapy was applied to both experimental groups, dietary intervention to one experimental group and amla chawanprash to another experimental group. This section is comprised of 2 parts-

• **Part I-Dietary Intervention**

• **Part II- Amla Chawanprash**

Part I-Dietary Intervention-The dietary intervention consists the combination of supplements i.e., raw beet-root salad, lemon juice, groundnut with jaggery-chikki, and routine hostel meals (Nutritive thali) that was administered to one experimental group.

Duration of therapy-Once in a day for 20 days.

Table showing the values of nutritive supplements of dietary intervention contains the combination of four supplements as mentioned below-

Nutritive supplements	Quantity	Nutritive value	Time of consumption of dietary intervention
Nutritive thali	One plate (2 chapatis, 1 bowl of rice, 1 bowl of dal and 1 bowl of sabji)	2 Chapati-160 cal 1 bowl of rice-206 cal 1 bowl of dal-106 cal 1 bowl of sabji-150 cal	Lunch
Raw Beet-root Salad	1 bowl (100 gms of beet-root)	Iron -0.8mg Sodium-78mg Potassium -325 mg Carbohydrate 10gms	Lunch
L e m o n Juice	1 glass (100 ml of water with 5 ml of lemon juice)	Vitamin C -64% Potassium -103 mg Iron -0.1mg Carbohydrate -7g	After Lunch
Groundnut with Jaggery (Chikki)	1 piece (25gms of groundnut and 25gms of jaggery)	Iron -0.6mg Potassium -84mg Sodium-222mg Calcium-14 mg	E v e n i n g snack at 6pm

Part II- Amla Chawanprash-The amla chawanprash therapy consists the supplement of amla chawanprash administered to one experimental group.

Duration of therapy- Administered 2tsp twice after lunch and dinner for 20 days.

Nutritive supplements	Quantity	Nutritive value	Time of consumption of dietary intervention
Amla chawanprash (mixture of amla and jaggery with flavoured masala powder)	2 t s p (10gms)	Protein 150 mg Carbohydrate 7.5gm Iron 2.1 mg	2tsp after lunch and dinner

Reliability of the tool:

The reliability of the tool was assessed by using Karl Pearson’s test-retest method for venous blood test and it was found to be $r = 1.3$, which indicates tool was highly reliable.

Data collection procedure:-The data collection for the main study done from 17th August 2023 to 05th September 2023 in St. Francis College of Nursing, Indore. Ethical consideration was fulfilled by taking written permission from the administrative authority of the St. Francis College of Nursing, Indore and by taking informed consent from the participants and their parents. After obtaining the permission from concerned authority the investigators selected B.Sc. Nursing students for data analysis. Prevalence of anemia was assessed in 46 students with the history of anemia out of which 30 students with mild category included in research study. Further the 30 samples were divided into two experimental groups through random sampling by lottery method. The selected group was introduced with nutritive administration therapy for 20 days. The sample comprised of 15 samples for dietary intervention and 15 samples for amla chawanprash respectively. The therapy was introduced for 20 days of duration. After 10 days of therapy on 15th September 2023 post-test was done. There were no drop outs from the study.

Session details:-Introductory session was conducted for an hour with the students and the purpose and details of the study were explained to them followed by signature on the informed consent. Parents concern was also taken. Students were oriented with details of this session. Students were explained about how the intervention works. Efforts were made to establish the rapport with the students.

The screening was done by collecting the socio- demographic data of the students followed by assessing the level of haemoglobin level of the students. The time taken for filling the socio-demographic questionnaire was 15 minutes and we had taken students for venous haemoglobin blood test one day prior before starting the intervention. The students were divided into two groups by the lottery sampling method. One group was administered with dietary intervention (raw beetroot with jagery - lemon juice) and the other group was administered with amla chawanprash.

The intervention was started on 17th august 2023. The dietary intervention group was administered with 100 gms of raw beetroot along with lemon juice along with nutritive thali during the lunch time and at 6 pm they were given 50gms of chikki. And the other group was administered with 2 teaspoons of amla chawanprash after

the lunch and dinner. This therapy was continued for 20 days and was ended on 5th September 2023.

The post-test was taken on 15th September 2023(after 10 days of intervention)

Result:

Section I: Prevalence of anaemia among B.Sc. Nursing students

In this study the prevalence rate of anaemia among 46 B.Sc. Nursing students by venous haemoglobin blood test and from those students ,30 samples fulfill the inclusion criteria of the study and majority of samples 30 (100%) came under the mild degree of anaemia i.e., 10-11.9 gm/dl.

Section II: Degree of anaemia among B.Sc. Nursing students before and after administration of dietary intervention and amla chawanprash

Table 1: Percentage distribution of participants according to degree of anemia among B.Sc. Nursing students before and after administration of dietary intervention
n=15

Degree of anaemia	Before administration of dietary intervention		After administration of dietary intervention	
	Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
Normal	0	0%	8	53.4%
Moderate	0	0%	0	0%
Mild	15	100%	7	46.6

Table 1 illustrates the degree of anemia. It was found that before administration of therapy majority (100%) were under mild category of anemia and after administration of dietary intervention majority (53.4%) were improved with the hemoglobin level under the category of normal degree of anaemia.

Table 2: Percentage distribution of participants according to degree of anemia among B.Sc. Nursing students before and after administration of amla

Degree of anaemia	Before administration of amla chawanprash		After administration of amla chawanprash	
	Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
Normal	0	0%	5	33.4%
Moderate	0	0%	0	0%
Mild	15	100%	10	66.6%

n=15

Table 2 depicts the percentage of degree of anaemia. Data showed that (66.6%) had maintained mild degree of anaemia and (33.4%) improved from mild degree of anemia to normal degree.

Section III -Effectiveness of dietary intervention and amla chawanprash on the degree of anaemia among B.Sc. Nursing students

Table 3: Mean, SD, t-value and p-value of pre-test and post-test effectiveness score of dietary intervention on the degree of anaemia n=15

Effectiveness of dietary intervention on the degree of anaemia									
Variable	Pre-test		Post-test		Mean difference	t-Paired value (calculated)	t-table value	p-value	Level of significance
	Mean	SD	Mean	SD					
Level of Hemoglobin	11.3	0.469	11.7	0.589	0.4	2.791	2.15	0.05	Significant

*Significant at level $P < 0.05$

Table 3 indicates the comparison between pre-test mean score (11.3+0.46) and post-test mean score (11.7+0.58) with mean difference of 0.4, the $t = 2.79$ of 15 subjects which showed statistically significant ($p < 0.05$). Hence, it showed that dietary intervention is having significant effectiveness on the degree of anaemia.

Table 4 : Mean, SD, t-value and p-value of pre-test and post-test effectiveness score of amla chawanprash on the degree of anaemia n=15

Effectiveness of amla chawanprash on the degree of anaemia									
Variable	Pre test		Post test		Mean Difference	t-Paired value (calculated)	t-table value	p-value	Level of significance
	Mean	SD	Mean	SD					
Level of Hemoglobin	11.2	0.325	11.5	0.384	0.3	1.008	2.15	0.05	NS

*Significant at level $P < 0.05$, NS= not significant

Table 4 shows the mean value, standard deviation, and t-value. The data revealed that pre-test mean score (11.2+0.32) and post-test mean score (11.5+ 0.38) with mean difference of 0.3, the $t = 1.008$ of 15 subjects which showed statistically not significant ($p < 0.05$). Although statistically the date is not significant but the mean difference shows the change in individual score of degree of anaemia

Section IV: To compare the effectiveness between dietary intervention and amla chawanprash on degree of anaemia among B.Sc. Nursing students.

The study results revealed that the t-value of the dietary intervention groups was 2.791 that is more than the tabulated t-value 2.15, that proves dietary intervention is effective as compared to amla chawanprash. And, the pre-test mean score (11.2+0.32) and post-test mean score (11.5+ 0.38) with mean difference of 0.3 of amla chawanprash therapy shows the difference in individual score.

The study was aimed to assess the effectiveness of dietary intervention and amla chawanprash and it revealed that dietary intervention is more effective than amla chawanprash. Although statistical data is not proven significant but in both the therapies change in individual score is observed. Researcher felt that for more effective result the nutritive therapy should be administered for long duration. Thus, this research is proven to be used, especially for low economic group as it is cost effective and prepared of easily accessible natural supplements.

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किन्नरों की सामाजिक परंपराएँ एवं आधुनिक जीवन

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डॉ. समय लाल प्रजापति

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भारतीय समाजिक परम्परा में किन्नरों का प्रथम साक्ष्य पुराणों से ही मिलता है सर्वप्रथम साक्ष्य के रूप में हम शिव के अर्धनारीश्वर रूप को देख सकते हैं। शिव व शक्ति का सम्मिलित रूप अर्धनारीश्वर है। यहाँ शिव पुरुष तथा शक्ति स्त्री के साथ ही साथ शिव पुरुष तथा शक्ति प्रकृति अथवा मन का प्रतिनिधित्व करते हैं। दोनों के ही सहयोग से सृष्टि का निर्माण एवं प्रारंभ होने की कथाएँ प्रचलित हैं। किन्नर समुदाय भी स्वयं को अर्धनारीश्वर के सृष्टि निर्माता के रूप में रखता है।

इसके अतिरिक्त भगवान शिव के पुरुष और स्त्री दोनों के संयुक्त रूप को लेकर अनेक कथाएँ प्रचलित हैं जिनके अनुसार शिव ब्रह्मा द्वारा सृष्टि के निर्माण में सहायता मांगने पर अपने आधे शरीर को नारी का शरीर बनाया तथा उससे संतान उत्पन्न कर सृष्टि के क्रम को आगे बढ़ाने में अपने योगदान दिया। दूसरी अन्य कथा के अनुसार जब शिव द्वारा गंगा को अपनी जटाओं में धारण किया गया तब पार्वती के नाराज होने पर शिव ने उन्हें अपने वाम अंग में धारण किया। "जब शिव की संगिनी पार्वती ने गंगा मैया को शिव के शीश पर देखा तो वे आग-बबला हो उठी पार्वती को शांत करने के लिए शिव ने उन्हें अपने अलिंगन में ले लिया और तब तक नहीं छोड़ा जब तक कि वे उनमें विलीन होकर उनके शरीर का आधा हिस्सा नहीं बन गई।"¹

"अनंत पुराणों में छिपा है सनातन सत्य,

इसे पूर्णतः किसने देखा है।

वरुण के है नयन हजार

इंद्र के सौ

आपके मेरे केवल दो"

पुराण विश्व का प्राचीनतम ज्ञानकोश है, जिनमें मनुष्य की उत्पत्ति से लगाकर वर्तमान तथा भविष्य तक के सत्य छुपे हुए हैं, परन्तु इसे पूर्णतया कोई ना तो देख पाया है ना समझ पाया। पुराणों के ज्ञान को अपने हजार नेत्रों के बावजूद वरुण तथा सौ नेत्रों के बावजूद इंद्र भी पूर्णतया न समझ पाये तो व्यक्ति अर्थात् सामान्य मनुष्य के पास तो केवल दो नेत्र हैं, इसलिए पुराणों में निहित ज्ञान को पूरी तरह से समझ पाना मानव के लिए संभव नहीं है। फिर भी मनुष्य हमेशा से प्रयत्नशील रहा है कि वह अपने उपयोगी ज्ञान को खोज निकाले। पौराणिक साहित्य तत्कालीन समाज में घटित होने वाली सच्ची घटनाओं पर आधारित कहानियाँ हैं जो व्यक्तियों के विश्वासों पर गहरा प्रभाव छोड़ती है।

इसी हिन्द पौराणिक साहित्यों में भी लगातार किन्नरों के संदर्भ मिलते रहते हैं। इन कथाओं में ऐसे संदर्भ हैं, " जो पुरुषत्व एवं स्त्रीत्व की धारणा व विचारों पर प्रश्न चिह्न खड़ा करते हैं तथा ऐसे प्राणियों की जानकारी देते हैं जिनमें न तो पूर्णतः स्त्री तत्व है न ही पूर्ण पुरुष तत्व है। इनके अतिरिक्त ऐसे प्राणियों जिनमें दोनों का अंश बराबर मात्रा में होने की जानकारी मिलती है, इनके अतिरिक्त पुराणों में विभिन्न स्थानों पर अनेक ऐसी कहानियाँ देखने को मिलती हैं जिनमें महिलाएँ पुरुष बन गई तथा पुरुष महिलाओं के रूप में रूपांतरित हो गए।"²