# Healing Systems and Practices: An Anthropological Study of Chhatara VDC in Bajura District, Nepal

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**Background**

In Nepal, most of the medical doctors prefer to work in urban areas where they get more opportunities. Traditional healing practices play a strong role in maintaining psychological and physical well being of the majority of rural people who do not have access of satisfactory modern health services.

**Methods**

Out of 528 households, 15 percent (i.e. 80 households) were selected by using proportional stratified random sampling Procedure. Data was collected from the selected household head using questionnaires. Data were tabulated in a chart to prepare analytical tables under different headings and sub-headings. Interpretation was made on the basis of percentage, causes count and comparing with other variables.

**Results**

Majority of people (60%) had positive attitude on traditional healing practices. In their opinion, it was cheap, locally available and regular service, that’s why they went to the traditional healing practitioners for their treatment. The study also revealed that significant numbers of people (45%) were not satisfied with modern health care only 22.5 percent people were highly satisfied.

**Conclusions**

The training program should be conducted by the government to traditional healing practitioners to be well trained in some aspects of modern approaches of health care. The professional health workers should be encouraged to give the regular service to the people

**Keywords:** modern health care; traditional healing practices; traditional healing practitioners.