

Case Study: From Anemic to Healthy

Name: M.Valliammal

Location: Vadakku Puliampatti village, M.N.Nallur block, Tirunelveli district

Living in the one of the remotest pockets of rural Tirunelveli, Valliammal (aged 35) looked older for her age. She lives with her husband Muthupandian and two sons in Vadakku Puliampatti village. Both the husband and wife, earn their livelihood working as agriculture coolies and other wage labour, while the two boys are study in the local government school.

SIVA Trust has been intensively working in this area and started working on health-based interventions, particularly for women and adolescent girls. It was during this time, that Ms.Murugeswari, Health Worker at SIVA Trust met Valliammal.

"I was collecting details of ANC/ PNC mothers, as part of our Health project and learnt about that she was sick!" said

Murugeswari. When she met, Valliammal was not able to move and was lying on here bed due to her health condition. This also meant she was losing income otherwise earned from daily wages.

"I must have gotten scared at some place," Valliammal recalls her response to Murugeswari when enquired. She presumed that her health condition was due to some superstitious belief and ignored the bodily complications she was affected with. *"She (Murugeswari) advised me to go for medical checkup,"* she added.

At the PHC, she underwent blood test, BP test, weight and sugar test and was also counseled not to have any superstitious belief and fear. It was found that her blood count was less; her Hb level was only 7.2, indicating she was severely anemic. As per doctor's advice, she started taking treatment for the same and she also started taking nutritious meals, as per the advice of the Health Worker. Thanks to SIVA Trust's immediate health intervention, Valliammal is now a healthy and contributing member to her family.

