

## Posture related problems in modern and ancient kitchen

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■ **ABSTRACT** : The kitchen is the heart of the home because food has such an important role to play in our lives. However, to achieve this, one has to spend a significant amount of time in kitchen, which may potentially affect the health of the person, most likely the women working in kitchen. The study initiated with concerns and questions that exist for health and safety of woman working in different types of kitchen. The kitchen has given much importance because health, comfort and happiness of the family depend on cleanliness, and food prepared there. The focused comparative assessment of the various aspects of ancient and modern kitchen will help in delineating the advantages and disadvantages that are parts of this kitchen. Furthermore, identification of these advantage and disadvantages will be helpful to offer valid and reliable suggestion/solutions to the existing health related problems faced by the women working in this kitchen. In view of the inconvenient height of platforms in the ancient and modern type kitchen, majority of study participants reported that the major body related problems (backache, pain in arm, headache etc.) were related to the posture. A substantial number of women reported that the wooden soot emanating during the cooking activities does create inconvenience in ancient types kitchen.

■ **KEY WORDS** : Posture, Modern and ancient kitchen

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