

**Health Problems Faced by Women through House Dust Mites
(HDM) and its Management through Herbal
Plant Product Component**

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ABSTRACT Women are the pivot of family. They do all domestic and social tasks for the family, as well as work full time. In fulfilling all these responsibilities, working women do not get proper time for household cleaning like non-working women. This improper cleaning practices with suitable environmental conditions leads to house dust mites in home. The present paper aims to study the harmful effects of house dust mites on women and its management through herbal product components. House dust mites are tiny microorganisms that cannot be seen with naked eyes. They hides in the household settled dust and create various allergic diseases in human beings. In the study, house dust mites were observed in the four different areas of house of different locations in Udaipur district. Most of the house dust mites were found in the living area. Findings highlighted that working women were more affected through house dust mites than non-working women. The common complications that faced by the women were asthma, skin rashes, wheezing, coughing, fatigue, headache etc. So, in the present investigation an attempt has been made to get rid from these harmful house dust mites. Non- conventional plant product components of various local herbs were developed that are non- toxic and environment friendly. From these local herbs *Sahjan*, *Satyanashi* and *Castor* were found most effective in controlling house dust mites.