

## STUDY OF HEALTH ASPECTS AND PROBLEMS IN TRIBAL AREA OF INDIA

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### ABSTRACT:

*Tribal peoples are divided into various aspects in India. Dividation of tribalpeoples takes place on geographical area, their biological aspects, their living nature etc. They live in naturally isolated and forest hilly areas. Tribal community contribute 9% of total population of India. India has the second largest tribal population in the world. Because of the lack of education and proper health awareness, these people faces the various health issues. Generally intestinal disease, pneumonia, cholera, diarrhea, dysentery, malaria, black water fever, snake and scorpion bite are common in the tribal area.*



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**KEYWORDS :** Health, Tribal area, disease, health awareness etc.

### INTRODUCTION:

India is the largest populated country in the world and considered as one of the densely populated country. Indian communities are generally divided into three region as – Urban region, rural region and tribal region. Urban region community is considered as developed community. They have very good living standard, high quality education and shows consciousness about their health as well as common community problems. But reverse conditions are seen in the tribal community. They faces the lack of good education, poor living standard, enable to maintain hygienic condition and different health problems etc. Rural community found in between Urban and tribal community.

Health and health related problems are major issues especially in tribal area. Health is an important aspect of the well-being of all community. WHO define the health is defined as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Health also defined in terms of the body which is free from any type of diseases, symptoms, signs or problems. This definition of health has emphasized illness rather focusing specifically on individual well-being.

The health of tribal community is always a major problem in India. The health in tribal area is mainly affected by widespread poverty, illiteracy, malnutrition, unhygienic living condition,

unsafe drinking water and poor health condition. In India tribal community differ in various biological and socio-economic aspects from each other such as culture, language, tradition, social and economic aspects. The majority of tribal population found in remote area like forest and hilly area. They differ from civilians in various aspects especially in health and educational developmental progress.

Tribes are known for living in isolation from mainstream society as well as from among themselves. They have their own beliefs, cultural, social and health traditional practices. The social and economic life of tribal groups revolves around the various activities. Each tribes has its own characteristics socio-economic life culture. The socio-economic parameter plays a vital role in health condition of tribal groups.

The widespread superstition in India lead to loss of personal as well different aspect of people especially in tribal area. Tribal area peoples are very sensitive about their superstition which is major concern in tribal group health. India is the land of diversity and different social practices which yields superstitions in the tribal society. Tribal community believe on four types of superstition. These are – Protective spirits who always protect them, sympathetic spirits who are worshipped at the community and family level regularly otherwise they may bring disease and death, the evil spirits who control smallpox, abortion, fever, body pain etc and ancestral spirits in which the spirits who always protect them.

The lack of proper health care facility leads to the health care index of tribal groups is below than urban and rural areas. Tribal people live in remote rural hilly, forested areas where most of the medical facilities not implemented properly. Illiteracy, trying physical environments, malnutrition, inadequate access to potable water and lack of personal hygiene and sanitation make them more vulnerable to disease. Other reasons are the lack of awareness among these peoples needed to protect their health, their distance from medical aid centres, lack of proper road and transportations are measure issues.

#### **STUDY OF SOME COMMON DISEASES FOUND IN TRIBAL COMMUNITY:**

**1. Nutritional Deficiencies:** Malnutrition such as low birth weight, under-nutrition of children, anaemia or vitamin deficiencies are the most common deficiencies found in tribals. Due to lack of balanced diet nutritional deficiencies are very common in India especially in tribal area. The average intake of all nutrients are lower than international standard. Because of lack of consumption of balanced diet causes loss of nutrients from the body cause micronutrient deficiency in the body. Tribal people often consume diet that are low in iron, iodine, vitamin-A, vitamin -B, vitamin-C etc. These micronutrients plays vital role in physical growth and overall development of the body and mind. Thus due to lack of such micronutrients tribal people are likely to suffer from anemia, goitre, night-blindness etc. It is also observed that deficiency of iodine during pregnancy has been linked

with intra-uterine brain damage and possible foetal wastage.

As according to NNMB tribal survey, the following vitamin deficiency observed in tribal area - Vitamin A near about 83 %, iron 59 %, riboflavin 62 %, total fat 47%, protein consumption is near about 52% etc. The tribal women and child health is great concern in the world. The nutritional and health issues of tribal women and children can be addressed by giving them iron and folic supplements.

**2. Upper respiratory tract infection:** Asthma is one of the most commonly found disease in tribal community. ICMR study report shows that upper respiratory tract infection is second to anaemia that affected the tribals of Orissa and similar observation was seen among the tribals of Madhya Pradesh. The respiratory disease are most common in children and women of tribal community.

**3. Malaria:** Malaria is commonly found disease in tribal community. About 46% of total malaria cases found in tribal area and 48% death occur in Indian tribal area. It is found to be the widest spread disease among the tribal groups of India. Malaria is also found to be endemic in many of the tribal regions.

**4. Typhoid:** Typhoid is bacterial disease caused by Salmonella serotype Typhi. Typhoid fever is a global health disease in tribal community. This bacteria spread through contaminated food and water. The main reason of typhoid in spread over tribal groups is unhygienic condition. The organisms are acquired via ingestion of food or water, contaminated human excreta from infected persons.

**5. Cholera:** Another communicable bacterial disease found in tribal group is cholera. It is an acute diarrhoeal disease caused by bacterium *Vibrio cholerae*. The majority infections are mild. It has potential to spread fast and may cause death.

**6. Tuberculosis:** Tuberculosis is remain a worldwide public health problem till date. It is India's big health problem. On an average five lakhs of death reported by this disease and similar number of persons get cured. This disease more likely found poor nutrition, overcrowding, and low socio-economic status containing groups.

**7. Anaemia:** This disease causes lack of enough healthy red blood cells to carry adequate oxygen to your body tissues. The symptoms of anemia are – body doesn't make enough red blood cells, causes more quickly bleeding, body destroys red blood cells. Anemia may be iron deficiency or vitamin deficiency. Anemia is also the common disease found in tribal area of India.

**8. Snake Bite:** In last two decades nearly more than one million people are died in India due to snake bite. About 97% snake bite generally found in rural and tribal area. These death occurs due to unavailability of adequate amount of antidote, lack of Trained hand to handle snake bite people and also lack of primary health centres in rural and tribal area.



### CONCLUSION :

The health of tribal community is always a serious concern in India. Indian tribal community is totally unaware about indian current education and medical facilities along with other facility which increase their lifestyle. There are number of factors which encounter to maintain good health in tribal area. They are not familiar about modern health practices because of their socio-economic background, illiteracy, malnutrition, sanitary living condition, safe drinking water and poor health condition. Most of the tribal community have their own traditional culture. And they also use these traditional method to solve their health issues whether disease is mild or acute.

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