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Trible people in India: A review

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Abstract

Trible people in India are called Adivasi. India total Trible population was 8.6 per-cent. As per the 2011 census, the Scheduled Tribe (ST) population of Rajasthan State 13.5 per-cent of the total ST population of India. Trible population of Rajasthan in Bhil, Meena, Damor, Garasia, Kathodi, Dhanka, Nayaka, Sehria or Sahariya and Koli etc. Udaipur is one of district of Rajasthan in India. There are 11 Tehsils, 2,479 villages and 17 towns in Udaipur district. There are 80.17per-cent of population lives in Urban area and 19.83per-cent lives in Rural area. There are 6.14per-cent Scheduled Caste (SC) and 49.71per-cent Scheduled Tribe (ST) of total population in Udaipur district. The lifestyle of the tribal people in India varies from state to state or region to region. Every Indian tribe has a unique culture comprising of many different things. Tribal families are usually nuclear families, consisting of a man, his wife, and his single children. Consumption pattern of Trible people is markedly different from that the non-tribal people. Consumption of cereal was higher and pulses, leafy vegetables, other vegetables, root and tubers, fat and oils consumption was lower than the recommended dietary allowances.

Keywords: Population, consumption pattern, scheduled caste, scheduled tribe

Introduction

Tribal people in India are called *Adivasi*. The tribes in India form an important part of the total population. According to Rivers, (1986) A tribe is a social group of simple kind, the members of which speaks a common dialect and act together in such common purpose as warfare. It represents an element in Indian society which is integrated with the culture mosaic of our civilisation. The tribal population of India constitutes nearly 8 per-cent of the total population. Tribal people constitute 8.6 per-cent of India's total population, about 104 million people according to the 2011 census (68 million people according to the 1991 census). This is the largest population of the tribal people in the world. The Scheduled Tribes are notified in 30 States/UTs and the number of individual ethnic groups, etc. notified as Scheduled Tribes is 705. The tribal population of the country, as per 2011 census, is 10.43 crore, constituting 8.6per-cent of the total population. 89.97per-cent of them live in rural areas and 10.03per-cent in urban areas. The decadal population growth of the trials from Census 2001 to 2011 has been 23.66per-cent against the 17.69per-cent of the entire population. The sex ratio for the overall population is 940 females per 1000 males and that of Scheduled Tribes 990 females per thousand males. Broadly the STs inhabit two distinct geographical area the Central India and the North- Eastern Area. More than half of the Scheduled Tribe population is concentrated in Central India, i.e., Madhya Pradesh (14.69per-cent), Chhattisgarh (7.5per-cent), Jharkhand (8.29per-cent), Andhra Pradesh (5.75per-cent), Maharashtra (10.08per-cent), Orissa (9.25per-cent), Gujarat (8.55per-cent) and Rajasthan (8.86per-cent). As per the 2011 census, the Scheduled Tribe (ST) population of Rajasthan State 13.5 per-cent of the total ST population of India. It holds 12th position among all States and UTs in respect of the percentage share of ST population to total population. The ST population has registered a growth rate of 29.6 per cent during 1991-2001 which is 1.2 per-cent higher than the growth of the total population. The Scheduled Tribes are overwhelmingly rural as 94.6 per-cent of them inhabit in rural areas whereas 76.6 per-cent of the total population of the state live in villages. District wise distribution of tribal population shows that they have their highest concentration in Banswara district (72.3 per-cent), followed by 65.1 per-cent and 47.9 per-cent in Dungarpur and Udaipur districts respectively. Nagaur (0.2 per-cent) preceded by Bikaner (0.4 per-cent) has the lowest share of tribal population in the total population.

Joshi, & Raghav, P. K. (2019) ^[3] showed that the highest concentration of this population is mainly in districts like: Udaipur, Bhilwara, Dungepur, Banswara, Chittorgarh, Pratapgarh, Rajsamand. As per the 2011 census, the scheduled Tribe population of Rajasthan state is 9,238,534. Out of twelve tribes scheduled for the State, it constitutes 93 per cent while Garasia, Damor, Dhanka and saharia together form 6.60 per cent of the total ST population. Six tribes, Bhil, Meena, Naikda, Kathodi, Patelia, Kokna and Koli Dhor along with the generic tribes constitute the remaining 0.3 per cent of the total tribal population.

Udaipur is one of district of Rajasthan in India. There are 11 Tehsils, 2,479 villages and 17 towns in Udaipur district.

As per the Census India 2011, Udaipur district has 6,23,531 households, population of 30,68,420 of which 15,66,801 are males and 15,01,619 are females. The population of children between age 0-6 is 5,08,550 which is 16.57per-cent of total population. Out of total population, 80.17per-cent of population lives in Urban area and 19.83per-cent lives in Rural area. There are 6.14percent Scheduled Caste (SC) and 49.71per-cent Scheduled Tribe (ST) of total population in Udaipur district.

Life style of Tribble people

The lifestyle of the tribal people in India varies from state to state or region to region. Every Indian tribe has a unique culture comprising of many different things. Tribal families are usually nuclear families, consisting of a man, his wife, and his single children. Even when the tribes had an extent of cost-effective autonomy, there were certain things such as salt, some types of grain, pieces of cloth, metallic objects etc. for which they had to depend upon their neighbours. In lean seasons, they moved to multi-caste villages to acquire jobs as agricultural laborers. Tribal women were often seen and are still seen in the caste villages of Rajasthan selling toys for children; earlier they exchanged goods in return for clothes and cups of grain, but in the present existence they generally take money. Similarly, the men are seen selling medicines which are of both faunal and floral origin, honey along with the comb, and charms of amulets and talismans. Consistently, in caste villages, individuals from tribal villages are called totreat illnesses that are supposed to have a supernatural cause. There are many supernatural specialists in tribal areas, as a result of which the local term used for a magical curer may be used for the whole tribal community. For example, the terms baiga and panda, which are also the names of a tribe from Chhattisgarh and Madhya Pradesh, both mean priests, and the members of this community are supposed to be the best shamans and spirit-mediums in their regions. In rural Rajasthan, it is said that every tribal household has a bhopa which is a supernatural expert. The general belief is that tribespersons obtain the awareness of magico-religious cures because they dwell in the forests and hills, who reside closer to the nature than any other groups. Hills and forests are considered to be the habitats of divine powers and spirits that get involved in human situations and concerns, thus it is thought that those dwelling in such regions can master the knowledge required to pacify the territory of the supernatural or bring it under power (Srivastava, 2010) ^[6].

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Food consumption pattern

According to Joshi and Singh (2013) ^[2] the Bhils commonly known as the desert dwellers are the largest tribal group in the Aravali belt of Rajasthan. This is the third largest tribal group of Indian sub-continent. The tribal populations are at risk of under nutrition because of their dependence on primitive agricultural practices, and uncertainty of food supply. The interviewed through 24-hour recall method of diet survey to assess the food and nutrient intakes of all the individuals who had partaken the meals on that day combined with food frequency questionnaire. Diet of Bhils was found grossly inadequate in pulses, other vegetables, fats & oils and fruits, whereas gap between the mean intake and the RDA value for nutrients was found high except protein, carbohydrate, ascorbic acid and zinc. Preeti *et al.* (2016) studied that a Tribal woman plays multiple roles in a family, primarily as mothers and housekeepers and also equally important roles as wage earners and agricultural producers. Tribal people are amongst the poorest population and experiencing extreme levels of health deprivation. Tribal follows very distinct dietary pattern and mainly rely upon locally available crops. Tribal women in India are at a great disadvantage due to illiteracy and ignorance. To check the nutritional status of tribal farm women, BMI was measured and dietary assessment was done using food frequency method. It was observed that tribal farm women were coming from poor socio-economic background, most of them were illiterate, their income was less and nutritional status was poor. Their average height, weight and BMI was lower than reference Indian women. Their food consumption pattern was not appropriate and frequency of consuming nutritious foods. According to Meghwal (2013) ^[4] showed that the Kathodi tribes was Food intake of the families was affected by seasonal variations like the consumption of maize and green vegetables was higher during the period of data collection i.e. November to February. Monthly expenditure on food stuffs were found more in Jhadol panchayat samiti. Consumption of cereals are high in Kathodi diet and maize and wheat are their staple food. Intake of pulses, roots and tubers, other vegetables, fruits and fats and oils consumption was lower than Recommended Dietary Intake (RDI) in both panchayat samities. The mean intake of protein, energy, iron, and zinc was adequate whereas intake of calcium, carotene, ascorbic acid was lower than Recommended Dietary Allowances (RDA). Kathodis use processing methods for different food items. Kathodis were using traditional processing techniques, for ripening of fruits without the use of any chemicals Roots and tubers are major part of their diet. Modi (Puraria tuberosa) is processed to clean and remove hair while jungle kanda (Dioscorea bulbosa) is detoxified before use. Pumpkin

and ladies fingers are sliced and sun dried. Locally available fish is processed by sun drying, with or without salt and by roasting. Mahua liquor was also prepared by traditional processing method of mahua flower or fruits using fermentation, distillation and condensation. Diet of Kathodis was found inadequate in most of the nutrients except protein, fat, energy, iron, and zinc. Simple and conventional food processing practices are used by Kathodis which, helps to prepare and preserve food items not just for scarcity and daily routine but also for livelihood. Joshi and Raghav (2019) ^[3] reported a Tribes are still shrouded in mystery. Almost half of the worlds tribal population reside in India. The highest concentration of tribal population is mainly in districts like: Udaipur, Bhilwara, Dungerpur, Banswara, Chittorgarh, Pratapgarh, and Rajsamanin Rajasthan. The tribal populations are 'at risk' of under dietary practices due to their over-reliance on primitive agricultural practices and uncertainty of food supply. Regarding nutrient intake of tribes was energy calcium, iron, β -carotene and folate were found grossly inadequate in tribes in Rajasthan. Bhils showed the lowest BMI compared to other tribes.

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Conclusion

The salient findings of the compiled reviews reveal that the socioeconomic and nutritional pattern of the tribes is not up to the standard of living. Consumption of the tribal people was inadequate like beta-carotene, protein, vitamin B, iron, calcium, and others minerals. Nutritional knowledge of the tribes was inefficient and there is a need for an extensive intervention to enhance their nutritional knowledge. Nutrition education plays an important role in enhancing nutritional status of an individual or community with respect to food, health and nutrition and strong them to adopt desirable food habits.

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