

Diet and its impact on health of Kolam tribe women of Yavatmal district--a study (Special Reference-Ralegaon and Kalamb Talukas)

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Summary -

When the researcher collected information about the subject through various research methods to study the diet of women in Kolam tribe and what effect that diet has on their health, the diet that the women of Kolam tribe in both Ralegaon and Kalamb talukas eat and their quality of life and living conditions are very poor and A large number of health problems among these women appeared to be of poor quality they have to suffer from many diseases today in large numbers among women Ignorance Poverty Illiteracy Superstition Lack of hygiene Lack of food rich in vitamins Due to which they are found to have many diseases Starvation due to lack of vitamins is increasing in a large number of women of the Kolam tribe These Kolam women go to the forest after doing housework Woods gather herbs so they don't have to pay attention to their children Sewage, toilets, fuel, food security, clean water, these kolam women are seen to be living in the absence of a large amount of addiction is seen among the kolam women, due to improper diet, many diseases are associated with the women. Kolam women do not understand the language They stay far away from women in civilized society. As they do not get nutritious and vitamin-rich food in their diet, they are found to be suffering from many diseases. The government should provide a large number of good facilities. If possible, the government, social service organizations (NGO), political leaders and tribal leaders should work to ensure that the women of the Kolam tribe will always live in poverty and with various diseases.

Introduction -

Constitution of India should enable men and women to live a good life No one shall interfere with the right of human being to live a good life The Constitution of India has not only provided some important fundamental rights to every man and woman to lead a good quality life but also to protect those rights. Article 14 provides equality to men and women of every religion as an important right under the control of the judiciary. You know that the governance system and the judiciary are working

Today we can see that there are people of different religions, castes, sects and different classes living in India. Although the Indian Constitution has given equal opportunities to men and women of every caste and tribe, even though it has been more than 75 years since the independence of India, the tribal tribes of India are still living backward lives. Today tribal tribes live in various constituent states of India and their livelihood depends on the environment of the region One such tribal tribe called Kolam, which is found in making a living, is declared as a very backward tribe by the Government of India and Maharashtra. It is seen that their fears and conditions are mainly poverty, ignorance, superstition, illiteracy, and today, Kolam in Yavatmal district is the same as their fifth worship. Like other tribes, it is seen that the tribe is living in the forest at the foot of the hill in the valleys and jungles. It is seen that Sena is living by building mud and mud houses, but the women of this tribe are living a very hard life. is necessary.

Choice of subject -

In human development, it is seen that the way of life of human being is of special importance, it is not limited only to one caste and tribe, but it is important for the entire human race. Our India mainly has three levels of society, one rural community, two urban communities and three tribal communities. These are seen to be different in the 1977 world of Atma Ata In the Health Council, it was announced that everyone will have good

health by the year 2016. The Government of India has taken this declaration and made all efforts to ensure health for all comes.

Research Methodology –

In order to study the effect of the diet of Kolam tribe women on their health in Yavatmal district, the researcher has obtained information on the basis of primary sources and secondary sources. Compiled complete information on which herbs are used by Kolam women for health. Second sources means periodicals, newspapers, magazines, various acts of the government and various websites.

Sample selection-

For the study of the present topic, the women of the Kolam tribe in the two talukas of Ralegaon and Kalamb, a tribal-dominated taluka of Yavatmal district, have been studied. Fifty women from ten kolam podas in Ralegaon taluka and fifty women from ten kolam podas in Kalam taluka have been selected for the study according to the sample selection method. On the basis of the data collected, discussion and analysis of the subject has been done

Objects –

The researcher has determined the following objectives for the study of the presented topic

- 1) To know the economic status of women in Kolam tribe.
- 2) To know the health problems of women in Kolam tribe.
- 3) To know about their living conditions, diet, lifestyle and quality of life.
- 4) To know the effects of the diet of fox women on their health.

Assumptions/Hypothesis -

For the study of the present topic, the researcher has determined the following hypotheses

- 1) Economic status of women in Kolam tribe is seen to be very poor.
- 2) Diet of Kolam tribe women appears to be of very poor quality.
- 3) Inferior quality of diet is seen to affect their health to a large extent.
- 4) Women of Kolam tribe are seen suffering from many diseases.

Analysis of Topic -

“Arogyaam dhansampada”, as per this Sanskrit saying, it is very important for every human being to have good health, this health has a very close relationship with food, the health of all people or animals, animals and birds depends on their diet. In Ayurveda, both aspects of food and health are complementary to each other Based on diet, the study of women in Kolam tribe found that women in this tribe are living with various health related problems. They seem to face various health problems every day. Because of their inadequate means of income, every Kolam family is seen living a life of 18 world poverty.

The researcher collected information by personally visiting these Kolam women and it was found that two to three women in every ten Kolam families were found lying at home with fever, cough, cold, rheumatism, jaundice, diarrhea, malaria, skin disease, etc. The surprising thing about Alla Ara was that the researcher noticed that every woman also likes her children and her husband They don't eat without being given food many times due to insufficient cooking they are thought to be sleeping even fasting. They were found eating stale bread and vegetables. Illnesses must have been ingrained in the Kolam tribe of women today.

Overall, the nutritional and health status of women in the Kolam tribe has been observed to be very poor and appalling.

The researcher has analyzed the topic using the above research method.

Conclusion -

The following conclusions have been drawn from the information obtained by the researcher through various research methods through direct and indirect visits to Kolam women in Ralegaon and Kalamb talukas.

- 1) Economic condition of women in Kolam tribe of Yavatmal district seems to be very poor.
- 2) Kolam women still seem unwilling to depart from their traditions.
- 3) Large number of these Kolam women were found to be suffering from various diseases.
- 4) Lack of abundant and vitamin rich food is seen in their daily meals.
- 5) Health related facilities were not provided by the government in their villages.
- 6) These Kolam women completely neglect their health because of eighteen world poverty.
- 7) The women of this tribe were seen to be far away from basic human needs.
- 8) Contaminated water was found to be the main cause of ill health.
- 9) Govt. seems to be largely indifferent to Kolam women.
- 10) It is seen that these women are completely ignorant about the scheme of the government.

Recommendations -

Based on the findings that have been mentioned at the end of the study of the presented topic, the following recommendations are recommended to the government and social service organizations as a researcher to implement the plans and measures for the women of the Kolam tribe.

- 1) The government should distribute quality and vitamin rich food grains in government shops at Kolam Poda.
- 2) Voluntary organizations of Yavatmal district should conduct various programs to make women of Kolam Poda aware about the government scheme, for example holding meetings, meetings, training, awareness programs, etc.
- 3) Govt. should implement various programs to improve health for Kolam women.
- 4) Govt. officials and employees should visit Kolam Pouda twice a month to know the problems and take various measures.
- 5) A reformed society needs to make special efforts for the women of the Kolam tribe.
- 6) The government should provide health and communication facilities to Kolam settlements.
- 7) Government as well as voluntary organizations should arrange how to get clean water to the women and their families in Kolam settlements.

Reference Books -

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- 7) Prof. P.K. Kulkarni Health and Society Diamond Publication Pune.