

**A Study on Health Status of Tharu Tribe of LakhimpurKheri District, U.P.**

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**ABSTRACT**

This present study is a result of fieldwork conducted in the 2 villages i.e., Sonha and Sunda of Palia block of Lakhimpur Kheri District among Tharu tribe by using purposive sampling. Tharu tribe people are very simple people living in Tarai belt on the border of India and Nepal. In Uttar Pradesh the most populous tribe is Tharu tribe. **According to the 2001 Census** the District of U.P. where large population of Tharu tribe is found is LakhimpurKheri i.e., 37949. Tharus are recognised as ST by the Government of India. The objective of the study is to know the health status of the Tharu tribe people. During the study it was found that health status of Tharu tribe people was not good. Most of the women were suffering from anaemia and malnutrition. Among men most of the men were suffering from bone disease. This result shows that there is a lack of awareness about healthy lifestyle and lack of knowledge about nutritious food. One more reason behind their poor health was their poor economic condition. The large population of Tharu tribe were Agriculturist and they mainly grow rice, wheat and sugarcane. Tharus mostly eat rice. They were inadequate to take nutritious substances like vitamins, minerals etc. Most of the Tharu people prefer ethno medicine when they get sick because their economic condition is not so good. They also face health issues due to lack of awareness about hygiene. During pregnancy women don't take any type of healthy food, vaccination and medicines because their financial condition does not allow them. They once go to hospital and i.e. during delivery time. During this study it was also found that increase in population is playing decisive role in providing universal access to reproductive health. During this study it was also found that large population of men were addictive of alcohol. This was also one of the reasons behind their poor health. This result provides important information to Government and other agencies to control the

health problems faced by Tharu tribe people of Palia block of Lakhimpur Kheri, U.P. For controlling these problems Government and other agencies should start evening classes for the Tharu tribe people in whom they should be taught about health and hygiene with basic education. The Government should also arrange a health camp and provide free check-up and medicines. There is also an urgent need to supply drinking water through pipe to avoid the spread of diseases like cholera, Jaundice, Typhoid. Government should also provide means of communication through which Tharu people can be aware about nutrition and hygiene. Government should also provide employment for Tharu women so that they can contribute in their family and can also look after their necessities. This study will not only help to improve the health status of Tharu tribe people but also other people of another tribe of the world because all tribal are suffering from the same situation. Health is also very important for the development of Nation as it has been said **Health is Wealth**.

**Keywords:** *Economic conditions, Health, Lakhimpur Kheri, Nutritious food, Tharu tribe.*

## INTRODUCTION

Health is considered as the important factor for the development of country. According to United Nations Development Programme (UNDP) of Human Development Index (HDI) and World Health Organisation development of Nation depend upon three factors i.e., health, education and economic condition of a person. The objective of health for all is put in the words of the **Director General of W.H.O. "Health for all"** does not mean that in the year 2000 A.D. doctors and nurses will cure all the patients in the world or there will be no disabled. "Health for all" means that Health begins at home, in school and workplace. India is the only country where different tribes can be found. Mostly they are living in western and eastern part of the country. Now days Government of India had launched different types of programmes and schemes for their development.

### **Health Status of Tharu Tribe**

The health status of Tharu tribe of Lakhimpur Kheri District is poor. It is due to malnutrition. The health problems found among Tharus depends upon their socio-economic condition, their culture and ecological factors. Mostly they try to prevent or cure their sickness with the help of ojha, jhar-fook or ethno medicines. It was found in the study that after all this jhar-

food and ethno medicines if their patients were not treated then they go to hospitals. Most of the women of Tharu tribe go to hospital once i.e., during delivery. Therefore their socio-economic conditions and their culture does not allow them to utilize the modern medical care facilities.

## **Economic Status**

The main occupation of Tharu tribe is Agriculture and their main production is rice, wheat and sugarcane. The secondary occupation of Tharu tribe is daily wage labour.

## **Food habit**

Most of the Tharu people in the study area were vegetarian. They mostly used to eat pulses, rice and vegetables. Some of them were non-vegetarian who used to eat fish, chicken and mutton occasionally.

## **Research Methodology**

The present study was conducted in 2 small villages i.e. Sonha and Sunda villages of Tharu tribe of Lakhimpur Kheri District of Palia block of U.P by using Purposive Sampling. The study was based on both primary and secondary method. Both quantitative as well as qualitative data have been used in this study. Descriptive design has been used in the present study. The data was collected from respondents with a well prepared schedule covering the various independent and dependent variables of the study by keeping in view the various defined objectives of the present study. In this study participant and non-participant observation have been used. Secondary data was collected from block office and previous literatures. Mobile phone was used to capture the views of respondents and photographs related to present study.

## **Results and Discussion**

### **Table 1: Distribution of respondents on the basis of their Occupation**

| S.No. | Occupation of respondents | Frequency | Percentage |
|-------|---------------------------|-----------|------------|
| 1.    | Agriculture               | 32        | 53.33      |
| 2.    | Labour                    | 17        | 28.33      |
| 3.    | Government job            | 06        | 10         |
| 4.    | Other                     | 05        | 8.33       |
|       | <b>Total</b>              | <b>60</b> | <b>100</b> |

The above table shows that 53.33 per cent respondents were Agriculturist, 28.33 per cent respondents were labourer, 10 per cent respondents were doing government jobs and remaining 8.33 were engaged in other work. Similar findings were observed by **Rao (2014)** on tribal population of Vizianagaram district of Andra Pradesh.

**Table 2: Distribution of respondents on the basis of their Education**

| S.No. | Educational status of respondents | Frequency | Percentage |
|-------|-----------------------------------|-----------|------------|
| 1.    | Post-Graduation                   | 02        | 3.33       |
| 2.    | Graduation                        | 04        | 6.66       |
| 3.    | Intermediate                      | 11        | 18.33      |
| 4.    | High School                       | 15        | 25         |
| 5.    | Literate                          | 19        | 31.66      |
| 6.    | Illiterate                        | 09        | 15         |
|       | <b>Total</b>                      | <b>60</b> | <b>100</b> |

The above table reveals that majority of respondents i.e. 31.66 per cent were literate, 3.33 per cent respondents were post graduate, 6.66 per cent respondents were graduate, 18.33 respondents were intermediate passed, 25 per cent respondents were high school passed and rest 15 per cent respondents were illiterate. A similar finding was observed by **Kumari et al. (2018)** on Tharu tribe of Bahraich district of Uttar Pradesh.

**Table 3: Distribution of respondents on the basis of their Family type**

| S.No. | Family type of respondents | Frequency | Percentage |
|-------|----------------------------|-----------|------------|
| 1.    | Nuclear family             | 34        | 56.66      |
| 2.    | Joint family               | 26        | 43.33      |
|       | <b>Total</b>               | <b>60</b> | <b>100</b> |

The above table shows that 56.66 per cent of respondents lived in a Nuclear family and 43.33 per cent live in Joint family. Similar finding were observed by **Komuha(2014)** on Mao Naga farmers in Senapati district of Manipur.

**Table 4: Distribution of respondents on the basis of their Food habit**

| S.No. | Food habit of respondents | Frequency | Percentage |
|-------|---------------------------|-----------|------------|
| 1.    | Vegetarian                | 41        | 68.33      |
| 2.    | Non-Vegetarian            | 19        | 31.66      |
|       | <b>Total</b>              | <b>60</b> | <b>100</b> |

The above table shows that 68.33 per cent respondents were vegetarian and 31.66 per cent respondents were Non-vegetarian. Similar finding were observed by **Saran(1983)** of village Massan, Khamb, Dudhwa of LakhimpurKheri district.

**Table 5: Distribution of respondents on the basis of their age during marriage**

| S.No. | Age during Marriage | Frequency | Percentage |
|-------|---------------------|-----------|------------|
| 1.    | Females (18-21)     | 30        | 50         |
| 2.    | Males (21-24)       | 30        | 50         |
|       | <b>Total</b>        | <b>60</b> | <b>100</b> |

The above table shows that 50 per cent female respondents were married at 18-21 years of age and 50 per cent male respondents were married at 21-24 years of age. Similar finding were observed by **Banoet al.(2018)** on Baiga tribe of Sonbhadra district.

**Table 6: Types of Hospitals where respondents go for treatment**

| S.No. | Types of Hospitals   | Frequency | Percentage |
|-------|----------------------|-----------|------------|
| 1.    | Government Hospitals | 57        | 95         |
| 2.    | Private Hospitals    | 03        | 05         |
|       | <b>Total</b>         | <b>60</b> | <b>100</b> |

The above table shows that majority of respondents i.e. 95 per cent respondents go to Government hospital for their treatment and 5 per cent respondents go to private hospitals. Similar finding was observed by **Rajpoot *et al.* (2016)** on Tharu tribe of Uttarakhand.

**Table 7: Distribution of respondents on the basis of Diseases**

| S.NO. | Types of Disease | Frequency | Percentage |
|-------|------------------|-----------|------------|
| 1.    | Anaemia          | 35        | 58.33      |
| 2.    | Bone disease     | 18        | 30.00      |
| 3.    | Tuberculosis     | 04        | 6.66       |
| 4.    | Jaundice         | 03        | 5.00       |
|       | <b>Total</b>     | <b>60</b> | <b>100</b> |

The above table shows that 58.33 per cent respondents were suffering from Anaemia, 30 per cent respondents were suffering from Bone disease, 04 per cent respondents were suffering from Tuberculosis and remaining 03 per cent were suffering from Jaundice. Similar finding were observed by **Rajpoot *et al.* (2016)** on Tharu tribe.

### **Conclusion**

From the above study it is concluded that people of Tharu tribe were very simple people. Their Socio-economic condition was not so good. Their main occupation was Agriculture. Most of the Tharu tribe women were suffering from Anaemia and men were suffering from bone disease. The main reason behind their poor health was marriage in young age, illiteracy, poverty, lack of awareness regarding nutrition and hygiene.

For the better health of Tharu people Government and other helping agencies should take some major steps like Women and Child development programmes should be implemented. The government should also provide some useful schemes for families below poverty line. These steps will be very helpful not only in their socio-economic development but also in improving their health status.

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