

A STUDY ON THE EFFECT OF INDIVIDUAL AND BACKGROUND VARIABLES ON HEALTH STATUS OF SAURIA PAHARIA TRIBE OF BIHAR

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ABSTRACT

The widespread poverty, illiteracy, malnutrition, absence of safe drinking water and sanitary living conditions, poor maternal and child health services and ineffective coverage of national health and nutritional services have been traced out in several studies as possible contributing factors to dismal health conditions prevailing among the tribal population in India. In this article, the authors have made a study comprising individual and background variables like age, sex, education, income etc. having importance in determining the health status of the Sauria Paharia tribe of Bihar, India.

KEYWORDS: Paharia, Sauria Paharia, Tribe, Individual and Background Variable, Age, Education, Income, Occupation, Diseases, Health.

A Tribe is a social group, usually with a definite area of living, dialect, cultural homogeneity and unifying social organizations. It may include several sub-groups as sibs or villages. A tribe ordinarily has a leader and may have common ancestor and patron deity. The families or small communities making up the tribe are linked together through social, religious, family or blood relation. (Winick: 1957) In the present study the tribe has been used in this perspective. The Paharia is a tribe living in mountains and wooden pathways of Kahalgaon block of Bhagalpur district, Bihar. They are very poor and have ill health. The health problems of Paharia community are influenced by interplay of various factors including social, economic and political. These include extreme poverty, widespread illiteracy, and their superstitious, Beliefs, customs, practices related to health and diseases which are imbedded in their culture. Their complete ignorance of developmental programmes and lack of political awareness make their condition from bad to worst. All these limitations contribute too many serious ailments such as exploitation by money lenders, government representatives and even by their own priests called Ojha in several ways.

The Paharia tribe lives in deplorable condition because of their isolation, remoteness, illiteracy, poverty

and deforestation. The Paharia tribe is divided into three segments, each differing from another. These three segments are: 1. Sauria Paharia- living in Kahalgaon block of Bhagalpur District, Bihar and Rajmahal hills of Sahebganj District, Jharkhand. 2. Mal Paharia living in Amrapara Block of Pakur, District, Jharkhand and 3. Kumarbhag Paharia living in Amrapara Block of Pakur, District of Jharkhand.

THE SAURIA PAHARIA:

The Sauria Paharias are concentrated in Rajmahal Hills of Sahabganj district which is now a part of Jharkhand State after the bifurcation of Bihar. Most of the studies have been conducted on the Sauria Paharias of Rajmahal Hills (Bhattacharya). But a good number of these tribal groups are living in Kahalgaon of Bhagalpur district, Bihar on whom no significant study has been made so far. There is only one percent of tribal population in the total population of Bihar on whom studies have been neglected so far. Against this background it was decided to make an empirical study of the Sauria Paharia belonging to Kahalgaon, Bihar. Although the Saurias living either Jharkhand or Bihar resemble almost the same features, this community is better placed in Jharkhand due to care given

to them by government agencies where as the Saurias of Bihar are victims of apathy.

The Sauria call themselves Maler meaning man. Usually the Maler have their villages and hamlets in the high forested hills, especially on isolated peaks which are normally flat, For decades their population has remained rather constant. The Maler is warden (shifting cultivation) hill cultivators. They use for cultivation hill slopes which are often strewn with huge granite blocks and loose weighty boulders and rocks. They clear these slopes by cutting the shrubs, leaving them for some time to dry and finally by burning them. They grow millets namely Bajra, maize, pulses, vegetables etc. apart from cultivation. They are also engaged in fishing during the summer season. Some are also engaged as labourers, and Mahua liquor selling.

Though the Sauria lives in the jungle, they are not keen hunters. But they are gatherers. They collect timber, firewood, grass for thatching houses, bamboos and various seasonal edible or otherwise useful fruits, flowers, creepers and leaves which grow in abundance in their jungle either in weekly markets or to itinerant traders visiting them at their hamlets mostly on horseback. The Maler has no clan. They have, however awareness of lineage among them. The main religious ceremonies of the tribe centre round the offering of harvested crops. Viz. maize, beans and fruits, in certain areas Sauria villages organize Kali puja. Christian missionaries have converted a very small section of the tribe.

Since all these Sauria Paharia tribes are farmers, their festivals and several of their social rituals too revolve around the harvesting and its related activities for the sake of good harvest, they worship the spirits in order to appease them so that they could not bring about destruction any further. The Sauria Paharia tribes are followers of animism and some follows Hinduism as the main religion.. They believe in witchcraft and evil spirits. They sacrifice fowls and animals to appease spirits. Several sacred centres are situated in and around their residing states. They celebrate different festivals like- Ghaghra puja, Bandana, Neman etc. All the members of the community celebrate these festivals with great pleasure and clad in beautiful clothes, they enjoy the tribal songs and dances in the community. In every village the chief leader is chosen who is popularly known as the 'Mukhia' who gathers revenue of the land from the

villagers. However, it is also to be noted that there is no permanent religious head amongst the Sauria Paharia tribes. The Sauria Paharia tribes have ardent faith in clan system, better known as 'Gotra' Most of these Sauria Paharia tribes converse with each other in the language of 'Malatri' or 'Malto' which has got a close resemblance with the language of the Oran tribes. Malto language is of Dravidian language group. In Some areas there are few Sauria Paharia tribes who converse in indigenous local languages.

In their local dialect the Sauria Paharia tribes are known as 'Maler'. The Sauria Paharia tribes have plethora of songs, dances, religious rituals and social customs etc. As far as the functions of the Sauria Paharia tribes, the eldest son of the family naturally becomes the legal heir of the property of his father after his demise. In the marriage, divorce is permissible and also re-marriages are predominant amongst majority of this Sauria Paharia tribal community.

The suffrage of Sauria Paharias is more critical due to their population decline, exploitation by moneylenders, traders, government representatives and their own Priests (Ojha). These tribes are practically unaffected by the developmental processes of the country. These socio-cultural, economic and political factors are mainly behind their most deplorable health conditions manifested in the forms of malnutrition, under nutrition, sexually transmitted diseases, malaria, kala-azar, tuberculosis, glandular T B, sickle cell anemia, iron deficiencies, angular stomatitis, polio, Night blindness, diarrhoea disorders, intestinal parasitism, water borne diseases, leprosy, skin infections, etc. which are widely spread among the members of this tribe.

The most important factor contributing to these ailments is total negligence by National and State health services besides lack of awareness among these tribal people. It has been observed that due to unhygienic living conditions, lack of safe drinking water, Micronutrient deficiency, addiction of biri and mahua wines, absence of toilets etc. are directly affecting the health of Paharia tribes badly and they are bound to suffer from fatal diseases.

OBJECTIVES OF THE STUDY

The basic objective of this study is to know health status of saria Paharia tribe and the socio-cultural and

economic factors influencing the present healthy. Besides this main objective, there are following objectives to carry out this research:

- 1) To know the socio,cultural and economic characteristics of Sauria Paharia.
- 2) To find out the individual and background characteristics of this tribe.
- 3) To know the basic habits of this tribe affecting their health.
- 4) To know the availability of water & its quality contributing to ill health of this tribal community.
- 5) To explore the prevalent diseases among the Sauria Paharia belonging to different age groups and sex groups.
- 6) To know he methods of treatment and the main obstacles in getting correct treatment.
- 7) To ascertain the success and failures of different health related welfare programmes.

RESEARCH HYPOTHESES

On the basis of some previous studies on Sauria Paharia tribe and Researcher's own experience during pilot study the following hypotheses have been formulated:

- 1) The Sauria Paharia is socially backward, economically poor and is superstitious.
- 2) They do not have the access to safe drinking water and proper food.
- 3) Their habits in general and alcoholism in particular play vital role in the determination of the health.
- 4) Majority of this tribal group suffers from health problems and are inflicted with serious ailments.
- 5) For the treatment of their diseases this tribe still depends on their traditional methods of jhar-phunk and folk-medicines.
- 6) All the welfare measures of the government are virtually on paper, the health centres are of no use and the entire system responsible for providing welfare is ridden with corruption, apathy and total negligence.

RESEARCH METHODOLOGY

The present study has been carried out on the methods appropriate for empirical research.

UNIVERSE, SAMPLING AND THE SAMPLE

The universe of the present study is the Sauria Paharia tribe living in Kahalgaon block and Pirpaity block

of Bhagalpur District, Bihar, India. From this universe 200 respondents were selected as a sample through convenient method of non probability sampling. While drawing the sample proper care was taken to select representative sample completely free from any prejudice as much as possible.

TOOLS OF DATA COLLECTION AND COLLECTION OF DATA

The data was collected primarily with the help of interview-schedule and observation as a tool of data collection was used to support the data collected through interview-schedule. The respondents were contacted individually in morning and evening hours. Their living, life pattern, ceremonial occasions and all relevant facts were keenly observed and noted down.

ANALYSIS & INTERPRETATION OF DATA AND THEIR FINDINGS

The collected data were statistically analysed for empirical results, logically interpreted and conclusions were drawn after representing them in tabular forms. At first level, the data regarding individual and background characteristics were statistically tabulated according to their characteristics and were represented in different tables and were treated as independent variables. At the second level these data were cross tabulated against the dependent variables. After their analysis and interpretations, the conclusions were drawn as per the objectives of present study. The data regarding age, sex, education, occupation and income as shown below in different tables were treated as independent variables and represent the individual and background characteristics of the sample.

AGE

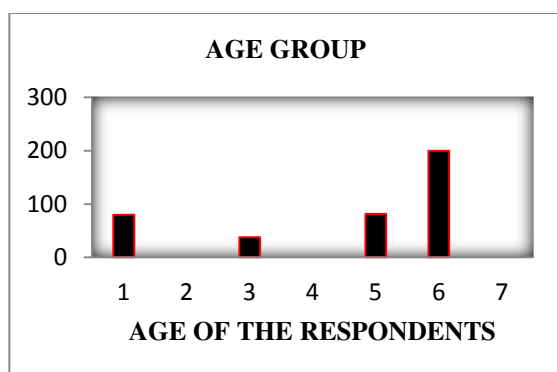
Age of individual denotes ascribed status associated with the particular person has been taken as independent. It has been taken as an important independent variable influencing several dependent variables. In the present study the age of all 200 respondents was distributed in different class intervals each comprising of 05 years of age, for example 20-25 years, 25-30 years, 30-35 years and so on.

In order to divide the age groups in to three categories of lower age group, middle age group and higher age group, p_{33} and p_{66} were obtained. The following table no. 01 reflects the distribution of the respondents in each group.

TABLE NO.: 01
AGE OF THE RESPONDENTS

| AGE GROUP | NO. OF RESPONDENTS | (%) |
|-------------------------------------|--------------------|-----|
| 20-30 YEARS (Lower age group) | 80 | 40 |
| 31-41 YEARS (Middle age group) | 38 | 19 |
| 42 YEARS & ABOVE (Higher age) | 82 | 41 |
| TOTAL | 200 | 100 |

$P_{33} = 29.16$ | $P_{66} = 40.04$, $\bar{X} = 35.7$ years



From the above table no. 01 it becomes obvious that in the present sample majority 82(41%) is constituted by the respondents associated with higher age group followed closely by the respondents of lower age group 80(40%). The average age of respondents is 36 years. This suggest that majority of the respondents belong to productive age group.

SEX

Sex of the respondents is also important ascribed status determine through biological characteristics. Sex is important in Socio- Anthropological research because it directly influence the gender role. In the present work the sexual distribution in family was known. The findings show that out of 1139 total number of the family members belonging to 200 respondents, 58.73% are males and the rest 41.26 % are females denoting a significant gender gap in the population.

TABLE NO.: 02

SEX OF THE FAMILY MEMBERS

| No of Respondents | No of Family member | Male members | Female members |
|-------------------|---------------------|-----------------|-----------------|
| 200 | 1139 | 669 (58.73%) | 470 (41.26%) |

TABLE NO.:03
EDUCATIONAL BACKGROUND OF THE RESPONDENTS' FAMILY MEMBERS

| SAURIA PAHARIA | | | |
|----------------|-----------------------------|-----------------------------|-------------------------------|
| EDUCATION | MALE | FEMALE | TOTAL |
| ILLITERATE | 564 (84.30%) | 375 (79.78%) | 939 (82.44%) |
| LITERATE | 60 (8.96%) | 45 (9.57%) | 105 (9.21%) |
| PRIMARY | 15 (2.24%) | 10 (2.12%) | 25 (2.19%) |
| MIDDLE | 20 (2.98%) | 25 (5.31%) | 45 (3.95%) |
| MATRIC | 10 (1.49%) | 15 (3.19%) | 25 (2.19%) |
| TOTAL | 669 (100%) | 470 (100%) | 1139 (100%) |

The data regarding educational background of the respondents and their family members reveal that a huge majority 82.44% of the respondents and their family members are illiterate followed by 9.21% as literate. The percentage of those educated up to primary, middle and matriculation levels are respectively 2.19, 3.95 and 2.19. One most significant finding is that females' achievements at educational attainment are better than males despite the entire data denoting very poor educational achievements.

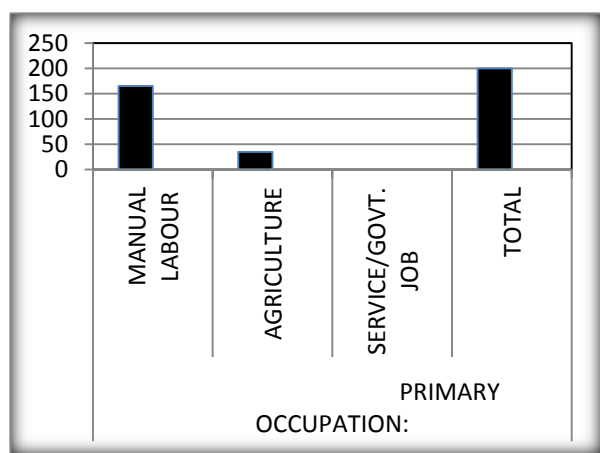
OCCUPATION

Occupation is any form of paid employment in which an individual works in a regular way (Giddens; 2001). It is an important dimension of social standing, since one's job affects income, wealth, power and prestige, As pointed by Rosaetal (1975) the variety of occupations in a society is tremendous. They can be classified, however in a few categories, using certain criteria; the difficulty of

work- that is, the talent or training needed to acquire the skills used in the job. By these standards occupations may be categorized as unskilled, semiskilled, skilled, clerical, managerial and professional. In the present research work occupation is denoted as any category of work as mentioned above which provides income and subsistence to a person. In the present research work the respondents occupation has been divided in to two categories i.e. their primary occupation and their secondary occupation, during the pilot study it was observed that many persons in the tribal group were engaged in secondary works for earning more while engaging themselves in their primary occupation. In the present study it was found that manual labour and agriculture were mainly the primary occupations of the Paharias living in Bihar states. The main secondary occupation were as distillation and selling of Mahua liquor (wine prepared from Mahua flower which is a local crop found in jungle in abundance) and as petty shopkeepers selling chakhana. The government jobs are taken in high esteem by this tribal group but they are unable to even imagine that they too could get these jobs. The data also reveal this fact that none of the Sauria is engaged in government jobs mainly due to illiteracy and lack of awareness. The following table no. 04(a.) & (b.) illustrates the occupations of the respondents both as primary and secondary levels.

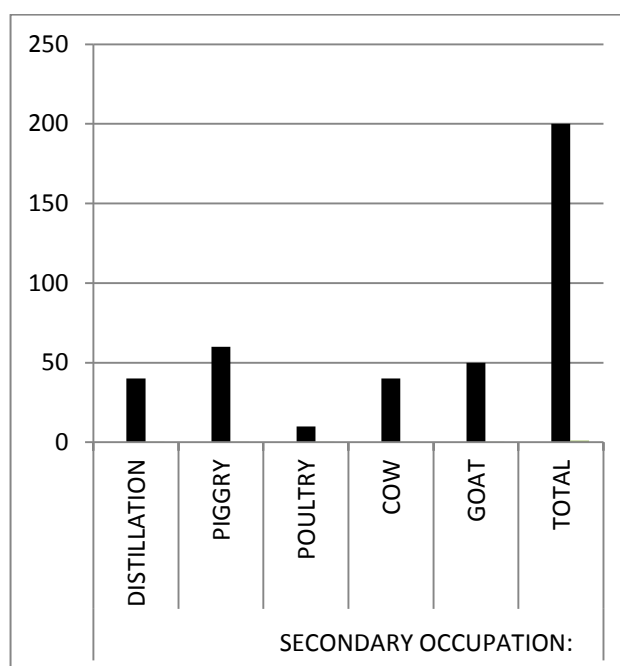
**TABLE NO.: 04(a.)
PRIMARY OCCUPATION:**

| MANUAL LABOUR | AGRICULTURE | SERVICE/GOV'T. JOB | TOTAL |
|----------------|---------------|--------------------|---------------|
| 165 (82.5%) | 35 (17.5%) | - | 200 (100%) |



**TABLE NO.:04 (b.)
SECONDARY OCCUPATION:**

| DISTILLATION SELLING OF MAHUA LIQOUR/ SELLING OF | PIGGRY | POULTRY | COW | GOAT | TOTAL |
|--------------------------------------------------|-------------|-------------|-------------|-------------|---------------|
| 40 (20%) | 60 (30%) | 10 (05%) | 40 (20%) | 50 (25%) | 200 (100%) |



From the above table no. 04(a.) it becomes clear that majority of the respondents 82.5% are daily wage earners and only 17.5% are associated with agriculture primarily. Here it is important to mention that those primarily engaged as labour are not doing any agricultural work but they are forced to depend on daily wage earning without which they could not survive.

So far as their secondary occupation is concerned it is also of great importance for them in order to supplement their income. Piggery (30%), goat rearing (25%), keeping cattels (20%), poultry (05%), and distillation selling of mahua liquor / selling of chakhna with liquor (20%). Many Paharias have been found to keep pigeons also. Its meat is not only liked by them but it is used by them for the cure of

some ailments and also on some religions and occasions. A few Paharias also domesticate dogs and have great attachment with them.

TABLE NO.:05

INCOME OF THE RESPONDENTS

| INCOME OF RESPONDENTS | SAURIA PAHARIA | TOTAL |
|----------------------------|----------------|-------|
| LOWER (Rs. 2000-3900) | 112 | 56% |
| MIDDLE (Rs. 4000-5600) | 82 | 41% |
| HIGHER (Rs. 5601 to above) | 06 | 03% |
| TOTAL | 200 | 100% |

X = Rs. 4080/-

The Sauria Paharias economic status is worst. More than half 56% of respondents of Sauria Paharia belong to lower income group (earning less than (Rs. 4000 a month) followed by 41% associated with middle income group earning up to Rs.5600 per month) and only 3% as higher income group earning above Rs.5601-Rs.8000 per month Rs. respectively. earn up to Rs. 4000/- only followed by 41% having income between Rs. 4000-6000, 2% between Rs. 6000-8000 and just 1% between Rs. 8000-10000 per month respectively none of the Sauria Paharias is earning more than Rs. 10000 per month. On an average the income of the respondents is Rs.4080.00 per month. One vital fact here is that majority of the respondents are in below poverty line category.

STATUS OF HEALTH:

The data collected in regard to the health status of Sauria Paharia indicate that a huge majority of all adults belonging to both sexes resemble poor health condition as they suffer from different diseases.

The following Table no. 06 reflects the health status of this tribal group by including the number of family members of each respondent.

TABLE NO.:06
CONDITION OF HEALTH:

| | |
|---------------------------|-------------------|
| Very bad condition | 450(39.50%) |
| Bad condition | 326(28.62%) |
| Average condition | 296(25.72%) |
| Good condition | 67(5.88%) |
| Total | 1139(100%) |

It is evident from the above data that approximately 69% of the sauria Paharias are of poor health due to some diseases which are most common among them.

The data regarding extent and spread of various diseases in this tribal group suggest that this population is most commonly suffering from abdominal disease, skin problem including leprosy, malaria, jaundice, glandular tuberculosis, anemia, kala-a-azar, etc. From the following Table no.07 the infliction from various diseases can be observed.

TABLE NO.:07
DISEASE IN FAMILY:

| DISEASES | SAURIA PAHARIAS FAMILY MEMBERS' |
|------------------------------------|---------------------------------------|
| ABDOMEN DISEASE & GASTRITIS | 282 (33.71%) |
| JAUNDICE | 67(5.88) |
| TB | 20(1.75%) |
| GLANDULAR TB | 25 (2.19%) |
| LICEHOREA | 10 (.87%) |
| ANAEMIA | 40 (3.51%) |
| ASTHAMA | 23(2.01%) |
| MALARIYA | 70(6.14%) |
| TYPHOID | 24 (2.10%) |
| KALA-A-AZAR | 57(5%) |
| JOINT PAIN | 80 (7.02%) |
| SKIN DISEASE | 70(6.14%) |
| LEPROSY | 8 (0.70%) |
| TOTAL NO. OF FAMILY MEMBERS | 1139 (100) 776 (68.12%) |



SOME IMAGES SHOWING PROBLEM AND DISEASE OF SAURIA PAHARIA TRIBE



(03) Polluted water of Well & Hand pump



(1)Paharia village (2.) Paharia families





(04) Mahua flower & preparations of Mahua liquor

(05)PAHARIA FAMILIES INFLICTED VARIOUS DISEASES:



Fig.: Inflicted by glandular TB



Fig: Anaemic mother & children inflicted with malnutrition

SCARCITY OF SAFE WATER

The entire area inhabited by Saurias suffers from huge scarcity of water. This community has to depend on rain water for about 3-4 months and for the rest of year they depend on some polluted streams of water, polluted water of wells which remain dry for a longer period of time. There is negligible availability of hand pumps which also become dry during summer. On the whole, this tribe has to depend on whatever type of water available at any place without taking care that the water is safe or not otherwise their very survival will at stake. The same water is used for drinking, bathing and all other works where water is required. The water available is highly polluted with bacterial germs and is generally milky and also brown. The use of this water causes acute abdominal diseases, jaundice, typhoid and a lot of water borne diseases.

FUEL

It is important to note that majority of Saurias use cowdung cakes, woods and leaves collected from the jungles. The smokes filled with harmful gases cause immense harm to the family members of this tribe especially to the female members. This has resulted in to severe lungs problems, eye problems and skin diseases. From the following table no. the fuel use can be observed.

TABLE NO.:08

FUEL USED FOR COOKING

| FUEL | SAURIA PAHARIA |
|--------------|------------------|
| WOOD | 70(35%) |
| COW DUNG | 100(50%) |
| FOREST LEAF | 27(13.5%) |
| COAL | 03(1.5%) |
| TOTAL | 200(100%) |

TOILET AND RELATED HABITS

It has been found that none of the family of this tribe has any personal toilet. Even government has not provided any public toilet for them. The men, women and children defecate in the open field or in jungles. After defecation most of them wash their hands with ash or soils. They are little aware about healthy practice of washing their hands. The cost of soaps also prevents them from doing so. As a result almost all of the family members of sauria Paharia suffer from some kind of abdominal

diseases. Not only this rather many persons are bitten by snakes. Scorpions and some poisonous insects while defecating in jungles. It has also been reported that sometimes lumpen elements molest young women in the jungles.

GENETIC DISORDERS

Genetic disorders specially sickle cell diseases have been found to occur in high frequency in this tribal group. Some skin diseases like eczema and leucoderma were also observed as genetic disorders.

FOODING AND MALNUTRITION

Being very poor majority of this tribal group rarely gets full meal at least two times. Only 74.18% of the Saurias have opportunity to take lunch by skipping breakfast. Among those family members who are provided breakfast (5.26%), most of them are children. In the evening 6.14% mostly pregnant women and children are given snacks. It becomes hard for majority of Saurias to afford dinner. Only 14.39% of them are fortunate enough to take dinner. Rest of them sleep with empty stomach.

The impact of taking insufficient food has adverse effect on the health of this tribal group. As a result a huge number of the members of Sauria tribe are inflicted with tuberculosis, anaemia, glandular tuberculosis, malnutrition, under nutrition, undergrowth, etc .Nutritional anaemia is a major problem for women and it is particularly serious in view of the fact that these women have heavy work load. Anaemia lowers resistance to fatigue, affects working capacity under conditions of stress and increases susceptibility to other diseases.

TABLE NO.:09
Food Intake in a day

| BREAKFAST | LUNCH | EVENING BREAKFAST | DINNER |
|-------------|---------------|-------------------|---------------|
| 60 5.26% | 845 74.18% | 70 6.14% | 164 14.39% |

TYPES OF FOOD

From the data as shown in the following table no. 10 it becomes clear that 85% of the Saurias are non-vegetarians although a significant percentage 15% of them are vegetarians. During data collection it was observed that this community eats any type of non- vegetarian items such as chickens, hares, pigeons, fowls, goat meat and most

fondly pork. The excessive use of porks cause tape worms and many other abdominal as well skin diseases. It has also been found that those who are vegetarians are greatly influenced by Hindu religion and rituals.

**TABLE NO.:10
FOOD HABITS**

| VEGETARIAN | NON-VEGETARIAN | TOTAL |
|-------------|----------------|---------------|
| 30 (15%) | 170 (85%) | 200 (100%) |

INTOXICATION:

Most of the Sauria paharias are addicted of various intoxications affecting their health badly. A majority of both male and female members are addicted to Mahua liquor leading to various evil effects. A sauria male can be seen drinking liquor for the whole day without taking proper meals, Most of the time they remain in inebriated condition. The heavy drinking damages their liver, kidney and digestive system. Most importantly this habit leads to infertility among them and many become incapable of fulfilling marital obligations. Majority among this community take heavy loans from money lenders (mahajans) and are never able to pay the high interest and pay back the loan. The mahajans take benefit of their high indebtedness by not only grabbing whatever land or property they have but also sexually exploiting their female members. Since women of this tribal group are also addicted to mahua wine and in state of trance they are easily lured by others and exploited. It has also been noted that most frequently the women voluntary opt for this after being frustrated from their husbands.

The various festivals and ceremonies free mixing and liquor drinking are socially and culturally allowed in which many women become prey both to their community and outsiders and are infected with serious venereal diseases and suffer from many reproductive health problems. The habit of taking alcohol during pregnancy has been found to be usual in Sauria women and almost all of them are observed to continue their regular activities including hard labour during pregnancy. Besides wine, the majority are victims of intemperance as they are addicted to various forms tobacco, etc. In the following table no.11, the state of their intoxication can be observed:

TABLE NO.:11

ADDICTION TO VARIOUS INTOXICANTS:

| MALE | | FEMALE | |
|-------------------------|---------------|------------------------|---------------|
| Mahua liquor, | 81(40.5%) | Mahua liquor, | 69(34.5%) |
| Toddy, | 50(25%) | Toddy, | 48(24%) |
| Desi liquor, | 10(05%) | Desi liquor, | 12(06%) |
| Tobacco leaf (Khaini), | 31(15.5%) | Tobacco leaf (Khaini | 25(12.5%) |
| Smoking (mostly Beedi) | 20(10%) | Smoking (mostly Beedi) | 36(18%) |
| Hooka, | 05(2.5%) | Hooka, | 10(05%) |
| Ganja | 03(1.5%) | Ganja | |
| Total | 200 (100%) | Total | 200 (100%) |

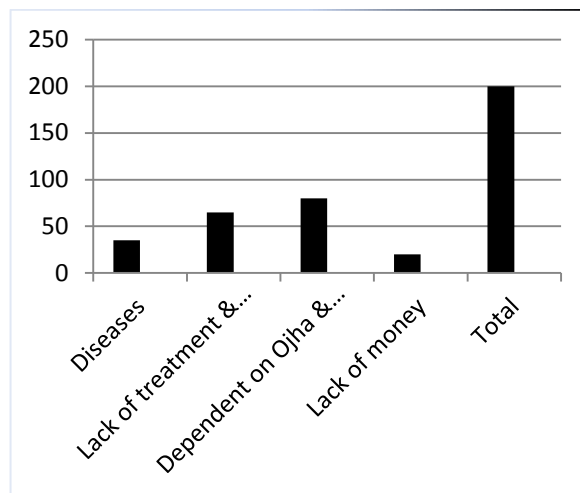
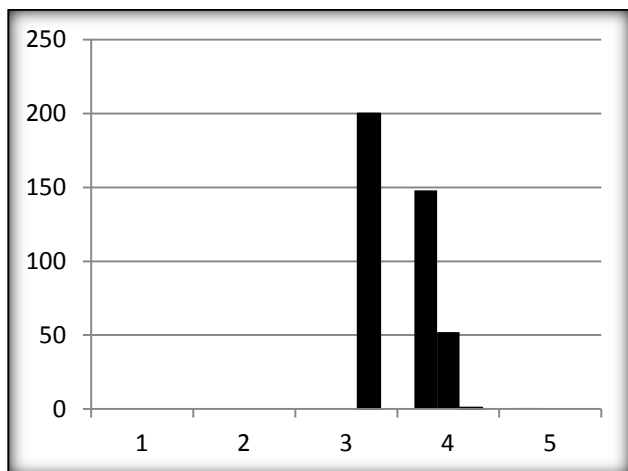
METHODS OF TREATMENT

The methods of treatment are also important factor for the ill health and high death rate among Saurias. A large number of this community does not take benefits of Government health centres. They depend on elders and village health practitioners/medicine men who are called Ojha Guni in local language. Culturally they are most revered in the community and people have faith on them. These Ojhas do not have any knowledge of modern medicinal system. They depend on ethno medicine for the treatment of jaundice, snakebites, asthma, abdominal diseases, tuberculosis and many other diseases. Most often the patients are told that some evil spirits have caught them and only by doing some magical practices, the patients can be cured. In the course of treatment many people die prema

TABLE NO.:12

METHODS OF TREATMENT

| TRADITIONAL | MODERN | TOTAL |
|--------------|-------------|---------------|
| 148 (74%) | 52 (26%) | 200 (100%) |



**TABLE NO.:13
THE DISEASES AMONG CHILDREN AND TREATMENT**

Child birth:

| GOV. HOSPITAL | PRI. HOSPITAL | RESIDENCE | TOTAL |
|---------------|---------------|--------------|---------------|
| 05 (10%) | 0 | 195 (95%) | 200 (100%) |

DISEASES OF THE CHILDREN (01-05 YRS.)

| Diseases | ANEMIC | LOW WEIGHTAT BIRTH | SKIN DISEASES |
|-----------|-------------|--------------------|---------------|
| | 70% | 22% | 08% |
| Treatment | TRADITIONAL | | MODERN |
| | 85% | | 15% |

DEATH STATUS AND MAIN REASONS

| DISEASES | LACK OF TREATMENT & AWARENESS | DEPENDENCE ON HEALTH PRACTIONERS (OJHA) & FOLK MEDECINE | POVERTY | TOTAL |
|---------------|-------------------------------|---------------------------------------------------------|-------------|---------------|
| 35 (17.5%) | 65 (32.5%) | 80 (40%) | 20 (10%) | 200 (100%) |

From the tables no. 13 as shown above it becomes clear that majority of delivery take place at homes indicating lack of awareness of government hospitals or unavailability of these hospitals, great unawareness of reproductive health facilities and non availability of facilities provided by the government resulting into high child and maternal mortality rate among this tribe. It is also obvious that main reasons of deaths in this community are wrong treatment by medicine men, poverty and lack of proper treatment. It has also been observed that too much dependence on folk medicines also causes serious damage. This community uses following folk medicines for the treatment of the diseases as noted below:

Abdomen disease: Tulsi plant leafs or lemon juices are very useful medicine to cure stomach ache and some abdomen disease.

Jaundice: The disease of Jaundice is cured by taking the syrup of Bel fruits & the syrup of Bel leaves, Sisam leaves and loaf sugar is prepared and served to the patients.

Anaemia: prepare a medicine from the nutritious roots, barks, leaves, fruits and seeds. These are powdered and cooked in loaf sugar and taken regularly for a month with honey and mahua liquor.

Pneumonia: The oil of mahua is rubbed on chest of the child after regular intervals. Tulsi plants leaves cooked in ghee with loaf sugar and Golki(black pepper), Jeera are also very useful in this disease.

Diabetes: The disease of sugar is controlled by using the leaf powder Gurmar, juice of chiraita, chewing leaves of

neem, sisam, bel etc. The powder of the seed of Jamun or bark of Jamun is also very useful in curing the disease.

Headache, Bodyache and Delivery: The oil of mahua is made hot and applied over the body to get relief from the pain and also served some mahua liquor for the cure of body ache.

Mahua oil is applied on waist and legs where as mahua liquor is applied over the secret organ. The women suffering from the delivery pain is also served mahua liquor.

Skin disease/Scabies or Itching: The oil of neem and karanj is very beneficial for curing scabies or Itching and some skin diseases. The toddy of neem is also helpful when taken regularly for two weeks.

CONCLUSIONS

It has been observed that the nutritional status , dietary intakes and health facilities of Sauria Paharia are very poor. People were found more vulnerable to various diseases caused by lack of safe drinking water and proper sanitation, liquor addiction, lack of cleanliness, lack of nutritional diet and living in unhygienic condition, absence of health education. Socio,cultural and economic factors also affect the state of their health. The findings of this study which suggest that Sauria Paharia tribe is socially backward, poverty stricken and superstitious, lack access to safe drinking water and nutritional food and that this tribe is highly alcoholic and is inflicted with serious ailments , support the hypotheses of this study.

SUGGESTIONS

- Introduction of regular Social awareness programme and health education programmes.
- Govt. primary health checkups centers should be opened near the Paharia village with permanently placed doctors and nurses for 07 x 24 hours.
- Regular medical camps should be held for Paharia for treatment and developing awareness.
- The DDT and bleaching powder should be spread every week.
- Deep boring for safe drinking water must be done.

- Self help Groups should be formed for family economic support.
- Regular and continuous process for stock taking of the problems must be made by the concerned authority such as block level authorities, Panchayat level authorities and district level authorities.

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