

**COMMON DIETARY PATTERN AMONG LAMANI
TRIBE : A CASE STUDY OF BELLARY DISTRICT IN
KARNATAKA**

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Introduction:

The dietary pattern was studied by probing into their meal pattern by 24 hours recall method. A minimum of one day was taken. The food eaten on the previous day and a maximum of 3 days the day before yesterday, yesterday and today. In the morning what they were planning to cook that particular day was enquired. Based on the amount of food cooked by them for the whole family together, i.e. a single house hold. A household was taken as the number of family members living together or dependents. Guests to the family were not considered. Nutritive values of consumed food items were calculated from the nutritive values prescribed for each food items by FAO. An average of daily consumption unit of each household was determined from the calorie need of its constituent members from the table of recommended daily allowances by ICMR. The adult members calorie and other nutrient intake was calculated on the basis of their working pattern whether they were sedentary, moderate or heavy. The state of pregnancy and lactation (is case of women) was also considered for estimation of calories need.

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Methodology

Fieldwork has been carried out in Bellary District. I use both primary and secondary methods of data collection. Primary data collection involved such methods as personnel interviews. Questionnaire and also through participant observation secondary method of data collection involved reference of books, journals reports, encyclopedia, dictionaries etc. Through participant observational method I will be able to collect a plethora of literature pertaining to health and hygienic activities study among Lamani tribe of Bellary district.

Table: 1

Distribution of Lamani household Samples in the different percentage levels of Consumption of nutrients in their daily Dietary.

District of Bellary						
Bellary Taluk						
Percentage	Calories	Proteins	Calcium	Iron	Carotene	Thiamine
0-25	2	2	38	4	95	3
25 -1,50	36	13	10	5	3	5
50-1,75	43	28	22	13	1	9
75-1,100	13	32	15	24	0	11
Above 100	6	25	15	54	1	72
Hospet Taluk						
Percentage	Calories	Proteins	Calcium	Iron	Carotene	Thiamine
0-25	0	1	4	0	34	2
25 -1,50	5	7	15	6	3	6
50-1,75	28	20	11	10	2	10
75-1,100	9	27	12	16	8	15
Above 100	37	24	37	47	32	46
Siruguppa Taluk						

Percentage	Calories	Proteins	Calcium	Iron	Carotene	Thiamine
0-25	0	0	1	2	5	1
25 -1,50	2	2	3	1	2	0
50-1,75	5	3	2	1	5	3
75-1,100	3	4	1	8	1	6
Above 100	8	9	11	6	5	8

Sandur Taluk

Percentage	Calories	Proteins	Calcium	Iron	Carotene	Thiamine
0-25	0	1	7	3	8	2
25 -1,50	8	7	10	7	1	5
50-1,75	1	13	10	6	2	10
75-1,100	5	16	10	15	6	10
Above 100	39	16	16	22	36	26

Hagaribommanahalli Taluk

Percentage	Calories	Proteins	Calcium	Iron	Carotene	Thiamine
0-25	2	0	1	2	12	0
25 -1,50	1	3	12	1	0	1
50-1,75	6	9	8	3	2	7
75-1,100	7	6	1	11	2	9
Above 100	25	23	19	24	25	24

Kudalgi Taluk

Percentage	Calories	Proteins	Calcium	Iron	Carotene	Thiamine
0-25	1	0	0	0	4	1
25 -1,50	0	0	0	0	0	0
50-1,75	3	0	0	0	0	0
75-1,100	0	2	0	0	0	1
Above 100	0	2	4	4	0	2

Hadagali Taluk						
Percentage	Calories	Proteins	Calcium	Iron	Carotene	Thiamine
0-25	1	4	4	4	4	2
25 -1,50	1	6	20	3	2	4
50-1,75	4	4	9	5	1	4
75-1,100	2	5	1	9	0	19
Above 100	32	21	6	19	33	11

The above table shows the distribution of household samples in the different percentage levels of consumption of nutrients in their daily dietary intake as against the daily requirement recommended. Thus the calorie gap shows the nutritional status as 0 to 25 percent poor status, 25 to 50 percent average, 50 to 75 percent good and 75 to 100 percent nutritionally well off and above 100 percent very well off in their nutritional status.

Among Bellary Taluk Lamanis, majority 43 of them, were found to be meeting 50 to 75 percent of their calorie requirements and only 2 in the poor status 0 to 25. The protein requirements was also found to be nutritionally met with almost an equal distribution in 50 to 75 percent, 75 to 100 percent and above 100 percent (28, 32 and 25) and only 2 were found in the 0 to 25 percent group. But the calcium and carotene requirements were not nutritionally met, as most (38 and 95) of them were found in the 0 to 25 percent, so calcium and vitamin A deficiency diseases are found to be prevalent among the Lamanis. The iron and thiamine requirements were met by more than half (95, 54 and 72) in the above percent level.

By the analysis of above results majority of the samples households have been found to have deficiency in the intake of calcium and carotene. This leads to the prevalence of Keratomalacia among infants and per-school age group, of ten associated with protein calorie malnutrition; while bitot's spots and conjunctiva xerosis are more common among school going children calcium deficiency associated with vitamin D deficiency causes rickets in children, ostcomalacia in adults. Important growth of bones, teeth are due to the calcium deficiency which is one of the factors associated with it.

Among Hospet Taluk Lamanis, the proteins (27 and 24), calcium (12 and 37), Iron (16 and 47) and thiamine (15 and 46) requirements are found to be met majority of them in the 75 to 100 percent and above 100 percent levels of percent. Only carotenes (34) were found to be below 0 to 25 percent levels. So vitamin A deficiency is prevalent among the Lamanis of Hospet Taluk.

The Siraguppa taluk Lamanis showed the same trend with the proteins, calcium, iron and thiamine meeting the requirements in the 75 percent to 100 percent levels and above 100 percent levels. Only carotene (5) was found to be deficient in the requirement. In the 0 to 25 percent level. So vitamin A deficiency was prevalent among Siraguppa taluk Lamanis. The same trend Lamanis having their diets deficient in containing calcium (7), iron (3), carotene(8) in meeting only 0 to 25 percent of their requirement.

Among Hagaribommanahalli taluk Lamanis Siraguppa taluk Lamanis and Sandur taluk Lamanis all the households found to be taking diets, which was deficient in carotene and calcium leading to deficiency diseases in the same. The Hagaribommanahalli taluk Lamanis was found to take a diet deficient in carotene (12) in 0 to 25 percent level and in calcium (12) 25 to 50 percent level of requirements. Majority of the sample house holds of proteins were found to meet the requirements of proteins, iron and thiamine in the above 100 percent levels kudligi taluk Lamanis (94) were found to be deficient in carotene meeting only 0-25 percent of the requirements.

Conclusion

Based on the above analysis on Distribution of Lamani household Samples in the different percentage levels of Consumption of nutrients in their daily Dietary can be conclusion that are quite unaware of adverse effect then food system causes on human health. Men and women of all age group, pregnant women, children, youngster, oldmen, sickone are all found consuming the same food. Due to lack of awareness, they fall sick and may become anemic. On the contrary they trace it to their ancestors for most of the disease and offer sacrifice hen or a goat for remedy. Children in the settlement generally eat more Ammli (White tamarind) and gole (Jaggery) due to which indigestion takes place naturally and fall ill. It is believed that massaging the body on a regular basis leads to energy and growth up to the age of one year.

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