SCHEDULES RELATED ONLY TO FEMALES

When the survey was conducted on the Tharu villages among girl's and women's whether they know the sanitary pads, they all said that during menstruation period they use the cotton clothes which they throw after thrice used up. They wash it properly and throw it in the field or on piles of rubbish along side the village path. There is no restriction during menstruating period. But they have a belief that if any of the menstruating women will touch a banana tree then that tree will not grow and neither will it give banana. Rest there is no restriction. Women are allowed to enter in any part of the residential building.

Traditions and Beliefs & Practices pertaining to health and sickness:

Belief in evil spirits is very much prevalent in Tharus. But these people don't accept easily that they believe in evil spirits. From detail survey among these I came to know that among the Tharus there is a universal belief in evil spirit, which according to them can be propriated by offerings and scared off by exorcism. A spirit may be identified with any supernatural being, good or bad. In this contest Tharus worship and appease only those supernatural powers, which can do harm to them. From my survey
I found some traditional believes and practices of Tharus about health, disease and treatment which are given below :-

(i) **Superstitious**

Those superstitious which are found among Tharus related to health and sickness are :-

(a) A superstition is connected with the barking of dogs, which according to them, occur when souls of free spirits - especially malevolent spirits are coming down to earth. As such a spirit is much feared and is supposed to harm whatever it sees, they opt to remain in their dwellings when dogs are barking facing the sky.

(b) There is a superstition concerning pregnancy among Tharus. During the confinement period an expectant mother has to observe certain restrictions so that the child in her womb is not trapped.

(c) Another custom is the massaging of a pregnant woman's breast. The notion behind this seems to be that a woman does not possess healthy breast milk without the application of this treatment.
TABOOS

Among Tharus taboos related to health and sickness is not found during my survey. Except for one disease i.e. Leprosy. When a person who has this disease Tharu people built a separate house for these people away from the village. They ex-communicate the patient with the type of disease from the village.

The reason of segregation is not only the infection which might pollute other member of the family in the village.