CHAPTER X

CONCLUSION AND SUGGESTIONS
Indian subcontinent is a land of unity in diversities. There are different races and tribes. Several language and dialects are spoken by the people in different provinces and in other areas of the provinces of the nation. There are different modes of living and dresses also. Even then they have something common among them. Their culture and love for the land stand above all other thing showing the unity of the country. There are many areas where tribals live in this country. They reside mostly in hilly and forest areas and have not seen the light of modern civilization and are without the knowledge of scientific inventions of today. They need the greatest care to be taken and sincere attention to be paid to them.

I have been allotted the area of western Satpura region of Madhya Pradesh for my research by my guide. This area includes three districts namely - Betul, Khandwa and Khargone. The population of this area mainly consists of the three tribes of the tribals called the Bhilalas and Korkoos. They have their own traditions, culture and
dilects. They are ignorant of the modern ways of life and, therefore, suffer in many ways. Though they live mostly on agriculture, they are still using primitive ways and means. They don't get sufficient food containing protein, nutrients, minerals and salts necessary for a healthy life. It has been felt that a thorough study of these tribals will bring their pitiable condition to the knowledge the Government and the social workers so that efforts may be made for their uplift and improvement. In the 18 villages surveyed by me about 90% population is of these tribals. The study are comprizes of 942 sq km. Total population of area according to 1981 census is 19,34,966 persons. The most of the tribals mainly depend upon forests for their resources of daily life. Their dietary habits, therefore, are chiefly based upon the forest produce. Recently a change has taken place in their food consumption, ecosystem and food problem. The object of my study has been to study the ecosystem and environmental conditions. It has also been the idea to study their food habits and the short comings in it so that proper suggestions can be given for the improvement of their health and to make their life worth living.

In the south of the study region there is Maharashtra state. In the north-west is bordered by Jhabua, Dhar and Indore and in the east stands Chhindwada
district. The study region is narrow towards west but it is broad towards east. The main rivers watering the region are the Narmada, Tapti and Taba. The main mountain ranges in the area and the Vindhyas and the Satpura ranges. The main rivers in this area flow towards west and fall into the Arabian Sea. The climate of the region is hot and rainfalls in July and August chiefly. The summers, specially April and May are very dry and hot. In winter it does not become very cold like the northern plain of India. The average rainfall of the region is about 117 cm. Only in the Khargone district there is black cotton soil which is fertile but needs sufficient rain. In the rest of the area there is mixed soil which is not fertile and needs much labour and water for agricultural activities. On the slopes of the mountains there are teak, Salai forests which are rich in timber.

The tirkals live mostly in small but their houses are at some distance from one an other. In their dilet they call it 'Pallya'. They have the chief of every village and religious rites are performed by the 'Ojha' of the village. The houses mostly made and mud have thatchet roof on them. The ventilation is not proper in their houses and surrounding have in sanitary conditions. They even today have the traditional food of 'Pej' and 'Rawadi'. The method of preparation these foods is also traditional.
They put on very clothes. They are mirthful people and love their festival very much and they provide them with occasions to enjoy life with music and dance. They also enjoy going to weekly markets with the whole family and enjoy the ready made food available there. It being a hilly region the means of transport are few. Bullock-carts are the main means of transport for them. The railways and roads are very few in the area.

The study area is covered by forest and is hilly in the most parts. The uneven land remains uncultivated. Only about 25 per cent of the total area is available for agriculture. The main summer crops are jowar, maize, cotton and rice. The winter crops are wheat, gram, tuar, linseed and mustard. The irrigation facilities are not wide spread. Wells and tanks are the main sources of irrigation. The monsoon rain is also unevenly distributed. Hence the product per acre is not very high. The highest rainfall is recorded in Betul district and it, therefore, produces, rice, wheat and juicy fruits. In Khargone cotton is the main cash crop. Besides it bananas are also grown in very good quantity there and are supplied through out the north India. Some are exported to other countries. Khandwa district mainly produces jowar and maize. Some leafy and other vegetable like pumpkin, ladyfinger and brinzala are also produced for local use. They have to
face the problem of marketing their produce. They generally carry their produce in their bullock carts to the nearby market. There they sell their produce to the wholesalers who exploit them very much taking undue advantage of their ignorance about the rates of commodities in the markets. The implements used by them in agriculture are the primitive ones like wooden plough drawn by their bulls. The use of machines in agriculture is very little.

For good health the study of the dietary habits and tradition are important. The tribals of the study area eat their food thrice a day. In the morning they take their breakfast which generally the left out of the night meals. They keep it in water at night and take it in the morning as breakfast. This is called 'Basi' in their dialect. Rice is usually preserved like that. In the noon they take 'Pej' and 'Chatani' generally. They take their dinner in the evening after the work of the day is over. In their dinner they take leafy vegetables, Chapatis (Oabcajes) some times 'Gurkhatta' (Boiled rice with jaggery) is also taken. The male member enjoy the lion's share but the female folk and the children are not so fed. Hunting of wild beasts being banned they do not get meat to eat daily. On special occasions they get flesh food from their pet animals only. Milk also is a
luxury to them because of poverty. In short we can say that their food is not rich. Fruits from the jungle they get in very little quantity as forest products have nationalised by the M.P. government. To forget their misery they take country liquor made from Mahua.

Food is taken by man to give him fresh energy for work and to repair the wornout tissues. Thus the food intake must have sufficient quantity of protein, minerals, salts and vitamins in it. The food taken by tribals lacks in proper nutrition. Their food is traditional and they have no knowledge of balanced diet for good health and able to generate enough energy for their kaily hardwork.

On account of malnutrition the following diseases are found commonly among the old and young persons of the tribals. Lack of sufficient protein in the daily diets of the tribal causes hair disease, moonface, skin diseases, odema, marasmus and kwashiorkor. In sufficient quantity of vitamin 'A' causes night-blindness, conjuctival xerosis, bitots spots, etc. Vitamin B complex insufficiency causes Beri-beri, pellagra, anaemia and rickets are other diseases caused by it. These diseases are common among children and females.

Malnutrition is mainly responsible for the health hazards among the tribals of the study region. This is greatest drawback and a serious problem. It hampers
physical and mental growth of the child and when grows up into man or woman, the lack of energy and strength of work is found to missing. The will to work is also found to be missing to a great extent in such persons. It has fill by the leaders and medicalmen that it is a great to nation as the working is reduced.

Environment has an impact on the physical and mental conditions of man. The tribals no doubt live in forests and enjoy the beauty of nature. It has been observed by me that they, being ignorant of the importance, pollute the environment with their primitive and ignorant ways of their daily life. Water drainage is generally missing and the standing water breeds mosquitoes causing malaria to them. The refuge of the houses piled near their houses gives birth to many insects curing several diseases. The pet animals are kept in the room where sleep. The houses without windows and ventilators are also harmful to health. Their blind faiths, fear of thieves and old traditions are also responsible their dirty surrounding. The dirty surroundings are mainly responsible for many diseases and ill health.

The hard work done for a long time with the tribal in the area of study and close observation of their difficult and miserable life has compelled me to think how
their condition can be improved. The ways and means of improving their lot has also been deeply thought. As a result of that I have thought of giving a few suggestion for the same. They are being given here point-wise.

The rapid deforestation has put the tribals in a precarious position became do not sufficient fuel for cooking their food and timber for making their agricultural implements and houses. It is, therefore, suggested that Government should allow them to have enough fuel and timber either free of cost or for a nominal cost looking to their poor means of income. They should be allowed to collect the forest produce and the same be purchased by the government. This keep them busy and add to their income. They can also employed by the Forest Department for this purpose. The official should be sympathetic towards them.

For the improvement in the environment much remains to be done. They should be told with affection about the hygienic conditions. They be gently pursuaded to build their houses well vatoled so that they may get enough light fresh air. For this the model houses at low cost be constructed. They should be made to know that there should be proper drainage for the water used by them and the surrounding be kept clean to keep the diseases away from because prevention is better than cure.
The tribals are mostly farmers. They are ignorant of the new methods of cropping, new machines and pesticides. They mostly depend on rainwater for their agriculture and monsoon is always uncertain. The use of machines in farming has got to be made for more crops and fertilizers and pesticides are to be used to save the crops from insects and pests. The agriculture department should visit their field and tell them in their own language what they should do to get more crops. The soil should be examined and the crop which can grow well in that soil should be taught. It would be better if the department sets an example before them by cultivating a piece of land themselves. It is said that examples are better than precepts. The Government has got to set an example before them. Improved seeds and agricultural machines should be provided to them at a special low rate. The officials will have to make sincere efforts for it. The produce may also be purchased by cooperative society or the Govt. to same them from the dishonest traders. In addition to it the Government should plant fruit trees or the forest in their courtyards and villages. Some trees of medicinal use can also be planted e.g. Harra, Bahera, Amla, lemon trees. Their produce should be purchased by the government.

The roads joining the tribal villages with the market should be constructed. The means of trans should
also be improved so that they carry their produce easily and quickly to be market. It will also make it easy to buy things of daily use from the market.

The tribals should gently be persuaded to start keeping certain animals of their use. They should be taught to keep hens, boars, and cattle. The government should give them cows, buffalos, hens, boars at a low price. Milk, eggs and pork should be immediately bought by government or its agencies at a reasonable price from them and send to the markets. This will add to the income of the poor tribals and will also bring enough profit to the government. Fisheries can also be easily started in tanks and stop dams by them with the help of the cooperative societies.

Education is the light that drives off the darkness of ignorance. There are very few schools in the tribal areas. The children have to walk a long distance from their village to the schools. There should be new school opened and they should not more than two miles away from their villages. The courses of subjects taught at present in the schools are of very little use for the tribals. They should be taught those things which are useful for them in their daily life. It should be for work not for degree and service. Adult education centres should also be started in every village where the
dedicated teachers should not only teach the reading and writing but teach them about health and hygiene also. The classes of the adults be taken in the evening when they have taken their evening meals after their work of the day.

Food is the primary need of every living body. Work needs energy which is supplied by food. It differs from man to man depending on his work and availability of food stuff. The tribal people have to work daily on their farms and in the forest. They need rich but balanced diet to supply them with energy for work and to keep them free from illness. But it is very little quantity as forest products have nationalised by the M.P. Government. To forget their misery they take country liquor made from Mahua.

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Malnutrition is mainly responsible for the health hazards among the tribals of the study region. This has been found by me at the time of field survey that their food is very poor in protein, nutrition, minerals and vitamins. Fat contents are also very little. The central and provincial Government should take special care in this respect cheap but nutrition food must be supplied to them. The health workers should tell them about the nutritional value of very food item and how they can balance their daily diet from the available food items. This can be performed through micro-nutritional programme.

Health is said to be the wealth of a person. The health of the tribal people has been found satisfactory by me. Women and children have generally been see suffering from ill health. As a result of that fall an easy prey to several diseases. Their health is a matter of great anxiety of the nation. Mahila Bal Vikas Programme is to
be carried on a large scale. The officials and health workers should visit every village at least once a month. They should teach them how they can remain healthy and keep the diseases away. The doctors should teach one person from every village about the health hazards. There should be hospitals within the easy reach of every village. It should not be more than five kilometers away from the village. For this new hospitals will have to be started. The doctors posted there should be really sincere to their profession and sympathetic to the people. It will be better if the doctors would be from the same tribe.

The diseases spoil the health of the people and the Government has started an immunization programme for prevention of the diseases. It has been observed by me that the tribal villages are mostly neglected by the health workers and the work in general is on the papers. A great care should be taken the high officials that innoculation programme is really and sincerely followed and that no person remains without it. For the children polio drops and other preventive injection are given at the time fit for their use. The expectant mothers should be properly looked after and given necessary injections at the proper time. Chicking of this be done from time to time and negligent health workers be punished so that other may do their duty sincerely. Before the outbreak of
reason epidemics inoculation programme should taken up extensively such cholera inoculation before the beginning of rainy season.

The Government of India has started the supplementary food and nutrition programme for the poor people, specially for women and children from the poor category of the society. During my work in the tribal areas I have observed that useless rotten Dalia is distributed among the tribals. This instead of supplementing their daily food for good health makes them sick. Sometimes I have seen the tribal children eating state bread supplied to them by the Anjan Badi workers. Thus practice should be stopped. It should also be checked that full supply of it should be made to them. The food items supplied to them should be fresh and good and in the prescribed quantity. Much of it is sold in the market. It should be dealt with very strictly. The scheme should actually be translated into action and should not be show on the papers only.