SUMMARY

There is a close relationship between "Eating Habit and Health." Health is an important factor of welfare. Eating habit of people depending upon food consumption pattern is one of the deciding elements of all round development of a nation. No nation can neglect the welfare of its tribal population irrespective of its low percentage. A welfare state, especially in a democratic set up, has to pay due attention to the upliftment of tribals. During the formulation of various plans by the government authorities in India, proper place has been provided for the projects pertaining to the development of tribals. The present study is related with the food consumption pattern and analysis of rare foods eaten by Kamars, a primitive tribe, concentrated in a part of Raipur district of Chhattisgarh region in Madhya Pradesh.

Food and health are very closely related, in fact, they are interdependent. People are by and by becoming health conscious. They are paying attention towards the consumption of various food items and the nutrient intake upon which depends their efficiency of work and productivity.

A comprehensive nutritional status survey of Kamar tribe has been undertaken, which reflects the relationship between the intake of food and the health status of Kamar tribe. The components of the survey undertaken for the study are: the population and family size of the tribe, housing condition, food and water facility, kitchen and food preparation practices, sewage, facility, food and drinking habits, dietary intake affecting the level of nutrients, and socio-economic data such as occupation, family income, availability of food, transport facility, educational facilities and their use by the tribe.
The various studies conducted from time to time by different persons and institutions show that the tribals living in different parts of India, under different socio-economic conditions, have varying degree of nutrition and health status. Most of the tribal population still depend on primitive agricultural methods, therefore, they have to face uncertainty and scarcity of food supply causing under-nourishment and poor health. They are compelled to supplement their food requirements by the forest products. Lacking educational facilities and prevailing certain traditional beliefs and customs worsen the condition of tribals. In the present study the scattered Kamar tribe people were surveyed for their food consumption pattern by socio-economic and dietary survey methods. The rare foods consumed by them were analysed by chemical analysis method. The prominent findings of the study are summarised below.

The INTRODUCTORY chapter describes the physical structure of Kamars, their origin, the topography of Kamar area, flora and fauna of the area, etc. Most of the Kamar population live in dense forest applying primitive agricultural practices. Uncertainty and scarcity of food supply compel them to supplement their food by forest products like green leaves, fruits, roots/tubers and by hunting and fishing. To ameliorate the condition of the Kamars, Gariyaband Kamar Development Agency provides various types of facilities.

The second chapter of MATERIALS AND METHODS deals with the collection of samples and their analysis. The simple random sampling method was applied for collection of data concerning Kamar population. Socio-economic details were collected by using "Schedule for Assessment of Socio-economic Status of Family, NIN, Hyderabad." The food consumption pattern was assessed by oral questionnaire (24 hours recall for three consecutive days), during different seasons of the year. Food
intake was measured by NIN standard cups. The consumption unit was calculated by the NIN prescribed formula. The food composition of the dietaries was computed on the basis of standard tables, ICMR (1990). The food analysis was done by chemical analysis methods.

In the third chapter - SOCIAL LIFE AND ECONOMICAL RESOURCES, the standard of living of the Kamar tribe has been described. The average family size of the Kamars comes to 4.73. 98.95 per cent of the Kamar families live in "Kutcha" (mud thatched) houses without ventilation. Only 13.64 per cent of houses had a separate kitchen facility. The housing and sanitary conditions were not satisfactory. 89.03 per cent of illiteracy shows the lack of educational facilities. After agriculture, their main occupations are hunting, fishing, food collection from the forest and bamboo craft. Out of 286 surveyed families, 138 families had an average monthly income of Rs. 51-100 and only two families had an income of Rs. 301-350.

The fourth chapter on FOOD CONSUMPTION PATTERN describes their food and drinking habits and cooking practices. Their main food items are madia, rice, khesari dal, forest greens (charota bhaji, amti bhaji, goihajibhi bhaji, etc.), roots and tubers (Karu kand, Keu kand, peeth kand, marda and shembhar kand, etc.), and forest fruits (mahuwa, char, tendu, tamarind). Normally, they consume roots, tubers and vegetables after boiling them. They consume madia and rice in liquid form which is called "Pej". They become addicted to alcohol and tobacco right from their childhood. They take only mahuwa wine prepared by themselves.

FOOD INTAKE in the fifth chapter, which deals with the average food intake and the seasonal variation of food intake. The mean food intake of cereals and pulses by Kamar males is more than RDA, that is,
101.56 per cent and 110.92 percent respectively. The mean intake of milk, fats, oils, sugar/jaggery and fruits by both adult males and females was very little. The percentage of milk intake by males and females was the lowest, that is, 1.56 per cent and 2.70 per cent respectively.

It was observed that in winter season food intake was higher than any other season, because of easy availability of various food items. Green leafy vegetables are available in abundance during rainy season. The average food intake in winter season by male and female were 667.44 grams and 508.59 grams respectively, while in rainy season, it was 360.16 grams and 313.91 grams respectively.

The sixth chapter on NUTRIENT INTAKE depicts that the total intake of nutrients by Kamar tribe was lower than the Recommended Daily Allowances. Only the carbohydrate (80 percent) intake was in sufficient quantity because the cereal intake was the highest. The deficiency of protein (66.4 per cent), fat (17.2 per cent), calcium (24.1 per cent), vitamin A (17.5 per cent) and vitamin C (25.8 per cent) was commonly observed.

The seventh chapter FOOD ANALYSIS OF RARE FOODS describes the various items of rare foods eaten by Kamar tribe. It also deals about the chemical analysis of these rare foods. Karu kand, Keu kand, Peeth kand, Marda kand, Dasmur kand, Gondli kand, Amti bhaji and Madia are the rare food items. Only millet is produced in the fields and the rest food items of tubers and leaf have got natural growth in the forest area. These tubers and leaf are collected from the forest during September to November. These food items were chemically analysed for their nutrient composition, for example, Protein, Fat, Carbohydrates, Calcium, Iron, Magnesium, Zinc, Copper. Total Ash, Crude Fibre, Ascorbic acid and moisture. Madia
contains Protein (8.76 g) and Fat (9.05 g) in large quantity. "Ami Bhaji" - a leafy vegetable contains 18.18 mg. Ascorbic acid which is higher than any other analyzed food. Calcium and Magnesium are present in highest quantity, for example, 3300 mg. and 1000 mg. respectively. In Marda Kand. In Keu Kand, the quantity of Iron is the highest (18.0 mg).

It may be concluded that there is a seasonal variation in food consumption pattern of Kamar tribe. For survival they have to depend much on forest products because of uncertainty and scarcity of agricultural products. Milk, fruits and fresh vegetables are seldom consumed by them. The quantities of nutrient intake regarding protein, fats, micro-nutrients and vitamins show deficient nutrient status of the people.