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Ethno-vetenary food consumption of tribes of Orchha block in Narayanpur district of Baster Division of Chhattisgarh

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Abstract

In depth study was conducted on 30 families of two selected villages of Block Orchha of Narayanpur district to observe the food, food consumption pattern of tribes, their various ways of obtaining food including the associated habits, beliefs and notions. The local key peoples such as teachers, leaders, sarpanch and doctors were also interviewed to seek supportive information.

Key Words- Ethno-vetenary, lightening beetles, fire flies

Introduction

Among the tribal groups, it is perhaps necessary to understand each tribe because their living style is different from each other and the general population too and further they live in dense jungles and near to nature. Pingle (1972) reported that food consumption of Kolas, Maria, Gonds of Central Province depends largly upon their socioeconomic conditions. It is obvious that food problems and habits of different tribes are bound to be different from those living in urban and rural areas. Mahadevan (1962) reported that the deep rooted ethenic and cultural practice influence the choice of food of rural and urban people. Food is a pre-requisite not only for attaining good health but also for maintaining adequate growth and body equilibrium. However, the food habits are greatly influenced by thoughts, beliefs, notions, traditions and taboos of the society. Apart from these socio-cultural barriers, the religion, education and economic factor do alter the food behaviors (habits). The ethno-vetenary studied was carried out in different parts of India by various workers as tribal have deep belief in their native folklore medicine for remedies and they rely exclusively on their own treatment.

Keeping all these things in view the present study was conducted with following objectives-

- To ascertain all the fooding and meditational animals in tribes life.
- To determine the specific roles of all the animals so that their documentation and tabulation become easier.

Materials and Methods

The present data has been collected from the Orchha Block of Narayanpur district. Two villages were selected purposively in such a way from the block that one village Mhaka was near to the mission hospitals having the health facilities in the vicinity and was also near to the urban areas. The village Akabera, a remote one devoid of basic health facility and was not easily approachable Tripathi & Sharma. (2013). In these two villages, the families of tribes were only residing. After this, 30 households/ families from each village were selected in such a way that it may represent the entire village. Information concerning how do they manage during difficult days and what type of food they consume during illnesses, pregnancy and lactation etc. were sought data for the study was gathered from March 2007 to February 2009. In addition, the key people of each village such as Baiga, (local healer), sarpanch and teacher etc. were interviewed to obtain supportive information.

Results and discussion

Ethno Vetenary (Animals used in dietary pattern)

Narayanpur has varieties of insects used in traditional medicines such as Red velvet mite (*Trombidium grandissssimum*), Pod Borer (*Heliothisarmigera*), Green Leaf Hopper (*Nephotettix nigropictus, N. virescens*), Bed Bug (*Cimex lectularius*), Lightening Beetles or Fire Flies. The local traditional practitioners use these in the treatment of different diseases. *L. rohita* and *Clarias batrachus* fishes were also used for medicinal purposes (Table 1). People of rural India are still dependent on traditional medicines for their health care and treatment of diseases (Bhasin & Bhasin 1994, Babu 1998).

Table 1 Medicinal use of food particles by tribes of Narayanpur District, Chhattisgarh

English Name	Zoological Name	Common Name	Animal parts	Medicinal use	Method of preparation
Bivalves	*Mactra sp*.	Seepi	Ash of shell fine dust of shell	Weakness, Eye problem	Ash of shell is taken for weakness. Mixed with honey, applied on the eye lid
Crab	*Cancer pararus*	Kekada	Whole body	Cough, asthma, T. B.	Cooked and taken as meat for curing general debility in case of asthma and tuberculosis
Labeo	*Labeo rohita*	Machali	Cervical vertebrae	Against protein deficiency in general debility	Fish curry
Clarias	*Clarias batrachus*	Mangur	Complete fish	For general debility, especially in Tuberculosis	Fish curry
Goat	*Capra indicus*	Bakri	Bones of Legs Milk	After long illness to cure weakness to enhance memory	Soup of leg's bone used to cure weakness. Fresh milk
Honey bee	*Apis indica*	Madhum akhi	Honey	Eye & several other diseases	Used directly as eye drops in different concentration to cure eye diseases; and also as mixture or solvent in several medicinal preparations
Pigeon	*Columba livia*	Kabutar	Fresh blood, meat, Feather	Paralysis and general debility	The fresh blood is massaged externally to treat paralysis. Soup of meat and feather is useful in paralysis and general debility
Prawn	*Macrobrachium malcolmsonii*	Jhinga machhali	Whole body	Tuberculosis	Fish curry
Snail	*Pila sp*.	Sankh	Meat Ash of shell	Weakness Curing eye disease	Meat under the shell is cooked Shell is burnt to form ash

Table Contd.

Cockroch		cockroch	whole	food	Soup of leg's bone used to cure weakness. Fresh milk
Rat		Moose	whole	Eye, several other diseases	Used directly as eye drops in different concentration to cure eye diseases; and also as mixture or solvent in several medicinal preparations
Swan		Hans	Fresh blood, meat, Feather	Paralysis and general debility	The fresh blood is massaged externally to treat paralysis. Soup of meat and feather is useful in paralysis and general debility
Red velvet mite	*Trombidium grandissssimum*,	Laali			Mislanious
Ant		Cheeti	Whole	Provides formic acid	As chatni in daily use

More than 40% of the tribal populations of the two villages were primarily involved in agriculture about 60% of the population were engaged in occupation other than those of agriculture, cultivator or as agriculture labor. Traditional medicine includes a holistic knowledge and practices, to promote total well being (Behura 2003). They were completely dependent upon the rain water for irrigation. Tripathi & Sharma (2013) stated that the Ox, bullocks, popular birds and goats were reared to enhance their income. This information indicated the number of mouths to feed. After obtaining the above preliminary information, the detailed information from both male and female members of the families were sought pertaining to the food consumption pattern, associated habits, beliefs and taboos vis-a vis to their socio cultural pattern.

Conclusion

So we can see how important all these animals are in tribes of Narayanpur in table-1 seepis are helpful to maintain weakness, in table-1 as we see crabs are commonly used in asthama diseases, further it's obvious by seeing table -1 that ants are very much useful in fooding and providing formic acids. On the basis of present study, it was suggested that the evaluation of medical efficacy of these Ethno-vetenary (Animals used in dietary pattern) is very important and warrants documenting such oral traditional knowledge that persists among tribal communities. Besides local healers author is thankful of the students of the Ram Krishna Mission School and other Missionary were consulted.

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