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Health and Hygienic among Sudgad Siddru of Danu Nagar in Dharwad District of Karnataka

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ABSTRACT

Sudgad Siddru group naturally their interpersonal relationship is strong. Academic and health point of view it has thought and based on empirical research the information has been collected to know the factors behind participating in health and hygienic activities and also a comparative study has been made.

KEYWORDS: Activities, Important, House, Occupation and Profession.

Introduction

Anthropology as the science of man can help in the management of health and hygiene mainly in four areas by way of (a) providing information on the concept of health, hygiene, medicine, cure and so on to the health managers and planners; (b) policy formulation with regard to health and hygiene; (c) Action modalities; and finally, (d) Monitoring and evaluation of specific programmes from a holistic cultural-ecological perspective in terms of short term and long term impact assessment.

All cultures have their own concept of health, hygiene, disease and cure. A few societies do not recognize the relation of hygiene to health as others do. The understanding of causation and cure and the methods that are adopted to effect a cure also differ. The information on concepts of diseases and methods of cure also differ. The information on concepts of diseases and methods of cure will be of great help to health workers since the system of medicine differs from culture to culture. If a few have modern curative methods, many others are guided by folk practices based on indigenous methods of treatment. All these methods operate in specific cultural and social matrix and as such, as students of society and culture, anthropologists would be of considerable aid to managers of health and hygiene by way of providing background information on this aspect of study.

Methodology

Field work is a general descriptive term for the collection of data. It is more technically known to the researchers. The interviewing or observing of people to learn their languages, folklore, and social structures constitutes field work. Hence the Article has helped me to do an authentic and sincere study on Ecological condition of Danu Nagar.

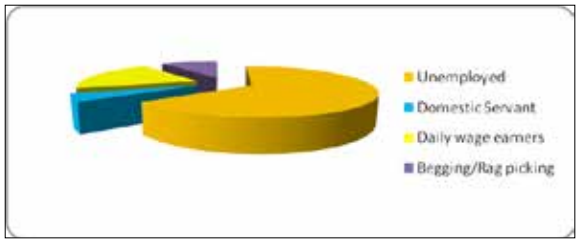
In my Article I have used a range of anthropological tools and techniques in collecting data. The holistic approach and the insiders view was kept in mind. Methods like census, informal interviews, observation, questionnaire was used. I went house to house to ask the information. Later the key informants were interviewed and observations were selected according to the convenience. Collective discussions, analysis of personal documents were used.

Surrounding of the House

The surroundings of the houses play a very important role in the life of sudgads. They do not keep their surroundings clean nor do they take trouble to clean the gutters that is beside their houses. The firewood collected is kept at one side; then the old vessels, clothes are hung on the other side, then the fire to cook the food will be at the corner etc. these people do not know the importance of cleanliness and though it affects their health and good atmosphere yet they feel comfortable to live in such a condition.

Table-1
Occupation of Earning Members of Family

Sl. No	Level of Occupation	No.of respondents	Percentage
1.	Unemployed	170	65
2.	Domestic Servant	10	5
3.	Daily wage earners	100	20
4.	Begging/Rag picking	20	10
	Total	300	100



The earlier profession of Sudgads was dressing like a sadhu or a beggar sanyasi. But now they have given up this profession. Now the main profession of the people here is, going in for the daily wages. They are ready for any kind of work. Some are working as masons, carpenters, constructing workers, welding, garages etc. some have taken to collecting old papers, repairing the pots. Youth and especially girls and children go on begging and colleting rags. Girls and women also go to collect firewood for the daily uses in kitchen. All these jobs are highly risky and people's health is affected. Children who go about begging and rag picking are becoming the victims of sun burn, dehydration etc. they are also abused and chased by people so all this is affecting their life. Sometimes the whole family migrates to different cities in search of job and there they live under the trees or some shade. As shown in the above table the unemployed constitute 65% some men and women work in the houses as domestic servants and these constitute about 5% then come the daily wage earners who number 20% in all. Then we have 10% going for begging and rag picking.

Economy

Although the Sudgads economy has not grown over the last few decades; yet they are self sufficient people. More or less all Sudgads have equality in income. But some have improved their standard of living while others have remained in the same state of poverty. On an average man earn Rs. 50 to 100per day. Women also earn Rs. 50 to 70. they do not believe in hard work. They work one day and remain absent for work for two days etc. when they migrate to other cities they bring lot of money and spend lavishly in eating and drinking and finish the money within a month.

Food habits and Nutrition

Sudgads eat both vegetarian non vegetarian food. Since they live in a slum they are forced to eat less quality food which is left over in the market at the end of the day. They do not see whether it is rotten or with worms. All they want is to fill their stomach. They make rotti, chapatti (occasionally) or upama for breakfast. For lunch they take rice and curry and during the night they eat solid food with rotti and vegetables. They also intake curds and milk products occasionally. Since they do not domesticate any milk giving animal, and do not have money to buy milk they are used to drinking black tea.

Children are very much loved and cared. The mothers carry their infants wherever they go. Either for begging or for work. They breast-feed the child from time to time and take care of the child during sicknesses. They consult the local doctor during sicknesses and also visit government hospitals. But there are cases when they were not admitted in the hospital and abused while on treatment. They cannot afford to buy fruits and nutritious food for the children but some mothers do take risk for the sake of their children by working extra hours.

Health and hygiene

Sudgad siddru are usually considered as strong and healthy people, though they live in the most vulnerable manner, which is prone to diseases and sicknesses. Given their hard life they are accustomed to any kind of food and environment. They have their own norms to observe when they fall ill. They have different ways of curing the sick. They go to the local doctor who comes to Danu Nagar every day between 8 p.m. to 10p.m. in the night. They also have some home made medicines for children as well as for the elders. They also seek gods help on the sick person. Last year chikungunya was very prevalent among these people.

Due to luck of sanitation facilities and ignorance of slum dwellers about health and hygiene, the people living here are more prone to certain health disorders like skin diseases, TB, dehydration, gastritis, cholera, malaria, dengue, leprosy etc. Consequently, the maternal mortality and infant mortality rates are also found. It is also believed that women at work places have sexual intercourses and may have been carrying HIV virus.

The number of children with malnutrition is also very much visible. Though there is water facility in the corner of the lane, yet the children do not take bath everyday, some take bath once in a week some once in a fortnight and some do not take at all. Their dirty dress and body gives bad odder to the passers by. The parents also do the same and they are not bothered about their children once they are able to walk.

Personal cleanliness

The most important condition of health growth and development is cleanliness. Maintenance of cleanliness with regard to food we eat, the air we breathe, and the water that we drink is essential for good health. But the people of Danu Nagar specially the sudgads do not give much attention to the personal cleanliness. It is because of their lack of awareness regarding good health.

With regard to food, they do not observe any rules of hygiene. They do not calculate the food with regards to the vitamins that it contains etc. What they want is a stomach full meal. While eating food the sudgads and especially the children do not feel the need to clean their hands. Parents themselves do not wash hands so the children also do the same. Normally the food is eaten outside the house, except in summer, where there will be countless flies which constantly move and sit on the faces of children and the food. This may lead to bringing diseases like diarrheas, dysentery and cholera.

Sudgads do not give importance to the cleanliness of the body. A clear skin is less likely to be diseased than that of a dirty one. This is not at all done by washing body with the use of the soap. Parents including children do not take bath for a week or so except a few exceptions here and there.

Since children are not interested in taking bath get dry skin as well as lice in the head. Women are not inclined towards taking head bath. Sudgads rarely ware good and clean clothes. They ware a particular pare until it is full torn and disowned. Their clothes are always smelly and dirty. We cannot distinguish the washed clothes from that of uncleaned clothes, when it comes to the children. Since Sudgads are economically backward they are also not in a position to buy new clothes for themselves and their children. The face, mouth, teeth and tongue is not cleaned every day. Clean mouth, face is a sign of good health, but the sudgads do not give much attention towards this. They use charcoal powder or tobacco powder to clean their teeth. Parents do not insist on the children to children to clean their teeth every day. They also do not cut and clean their finger nails, the nails of the children will be always dirty. Elders and children do not take hair cut regularly, once in a year or so they shave their head, women cut their hair short.

Majority of the women do not give importance to the minute details in the house regarding their health and hygiene. They have lot of humidity in the house so bed bugs are seen and felt by the visitors.

Conclusion

Sudgad children, even at school do not come with clean dress. There were many instances where the children of sudgads were sent home to ware clean clothes but they never returned to school back on that day. Teachers in the school say the sudgad children do not change their school uniform even after the school. They play in the same dress; they sleep with the same dress and come on the next day with the same dress. Other children hesitate to sit beside them because they smell badly.

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