Research Paper Sociology

Food, Health and Nutrition among Gabit Community in Karwar Taluka of Karnataka

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ABSTRACT

India is a unique nation in the world with different communities, groups are scattered through out the region. Gabit are one of the important major communities in Karwar taluka of Karnataka. Gabit are a fishermen community and fishing is an important occupation where the millions of people are depending for their livelihood. Researcher tried her best to explain about origin, food habits, health etc. in this research article.

Keywords : Gabit, Food System, Health, Nutrition

Introduction

To study about community is important for Sociologist. Community people they have their common descent, territory, culture, food habits, occupation etc. India is 9th largest country in the world and second most populated country in the world after China. According to the Indian Census Report 1.2 billion people are living in the different parts of the world. After the China India has the second largest populous nation in the world.

Community people are scattered throughout the Indian Territory. Different types of the community people are living in our state. Each community is distant from the other community in ethnic affinity and social practices. Gabit community is important fishing community in Karwar taluka of Uttar Kannada district in Karnataka. It has its own characteristics, life style, food habits, nutrition and health condition.

Objectives of the Study

For each and every activity there are some aims, purposes and objectives. This study critically examine the few objectives are as follows.

1. To study Food Habits among Gabit.
2. To analyse the health status among Gabit.
3. To highlight the few changes in traditional food patterns.

Methodology

The present study has been conducted in the village of Majali which is situated in Karwar taluka of Karnataka state. Majority of Gabit community people engaged in fishing Occupation. According to 2001 census approximately 5000 people scattered in Karwar taluka. They are different from other communities Harikranta. Bandhari, Ambiga, Gauli etc.

Objectives

The aims and objectives of this paper are as follows.

1) To study the food pattern among Gabit Community.

One of the important objectives is to study the food habits of this community. The Gabits usually take two meals one in the afternoon lunch and one in the dinner. They are non vegetarian. However, they do not eat pork and beef; they eat only fish, meat of wild pig and goat. They prepare their own morning breakfast such as chapatti, dosa, pressed rice, roti etc. Tea is popular beverage, men take alcoholic drinks occasionally. During the days of their goddess deity these people use to have vegetarian but most of the time they are having non vegetarian. According to them, fish contains more proteins and it is necessary requirement for them. They also prepare special dishes during the social ceremonies and festivals.

2) . To analyses the health status among them.

Human resources are most precious endowment and health care intrinsic to, the well being of the people. Health status is a crucial variable which influences and also determines the average expectation of life, number of persons in the productive age bracket, production, productivity, earning capacity and family welfare. Health is one of the important development indicators.

The health condition among the Gabit people is good enough. They are free from diseases. This community aware of modern medicines to cure their disease if any health problems are suffer. They are not that much aware of indigenous medicine. This community use fish, chicken goat meat as main source of protein. During the days of any ceremonies, they eat fish which contains more calories and vitamin and makes them strong and active. Through this they can take efficiently part in the production activities and help to improve their income. If their health is fit, they can go for fishing and bring fish, sell it and also bring income to their family. This income they can spend for their routine necessity and also improve their lifestyle.

One of the primary health concerns is water availability for them. Clean water is required for bath, preparing food, washing clothes etc for avoiding the spread of disease but this community they are not facing any problem of water they are havingnwater facilities which keep them healthy. In total the health status among them is quiet good and the food habits which they are followed makes them physically fit.

3. To highlight the few changes in traditional food patterns.

One more objective of this study is to highlight the changes in the traditional food. In olden days these people had only fish as well as other vegetables. But due to recent changes differences can seen in the food pattern. Now a days they are eating meat of wild pig and goat. It is one of the great changes their food pattern.

Gabits and their Health
Table

	Yes	No	Total
Indigenous	2	23	25
Visiting Health Care	25	--	25
Doctor's Medicine	25	--	25
Non veg food	25	--	25
Non Veg more protein	25	--	25

Food habits	
Veg	
Fish	12
Beef	--
Veg and non veg	13

From above study it comes to know that, the traditional food of Gabit community is rice and fish. Since from olden days they had followed it. If the people are becoming ill they never use indigenous medicine, it is only among those people who have knowledge about the plants and most of the cases this method are used by the olden people. Because they are much familiar with this and those days health care facilities were not available. So they use indigenous medicine.

Findings

From this study food, health and nutrition of Gabit community, it comes to know that they are one of the fishing communities which settled in Karwar taluka and near coastal lines and also it comes to know that the food style among this is highly non vegetarian and they maintain good health status. Because fish and meat, chicken it contains more nutritious and help them to become physically fit and avoid the health problems.

Majority of this people they are not facing diseases but many few of them suffered as cold, fever and other diseases due to seasonal and climatically changes. The old people they sometime suffer from body pain due to their age. The women in this community they were busy in their activities and they take their food properly and make them away from any hurdles.

Water is an important source for everyone to prepare food, drinking etc, without which the life of human beings which is difficult. All houses they are using the water of bore well. They constructed their own house near the coastal area. They don't have the sanitary facility, all people are not aware of the toilet system. It is constructed in some houses. In this area there is improper sanitary system.

Traditional occupation of Gabit is fishing and they don't want to change their occupation because it helps them to improve their income and lead happy life. Elderly male person is the head of the family. Men they take alcohol beverage because they busy in their work and it gives them relaxation.

Conclusion

From above study it comes to know that Gabit health status is good. They are active in their work. They use both indigenous and modern medicare. They are aware of family planning. They have taken assistant under the IRDP and many of them are the member of self help group. It is one of the important point in this they are not much aware of sanitary system. But they should give privilege to improve their system because from this they may face any health problem. In fact at present there is no such incidence. They maintain the good health status; it's because of their food and increases their life expectancy.

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