



A CASE STUDY OF TRIBAL PREGANANT ANEMIC WOMEN IN MELGHAT AREA

DR. SANGITA A. JAWANJAL

Associate Professor, Smt. RadhabaiSarda, Arts, Commerce & Science Collage, Anjangaon Surji, Dist. Amravaati (MS). 444 705.



INTRODUCTION:

Melghat is a scheduled area of Maharashtra state and the main residents of this area are Korkue- a Scheduled Tribal Community. In the Melghat area, nearly 75 percent of the population is tribal who are mainly engaged in rain-fed agriculture. But in rain-fed agriculture, there is limited scope to provide year-round employment. Hence, most of the tribal population seasonally migrate outside Melghat for labor work. Migration somewhat helps in earning their daily meals which resulted in creating many problems including insufficient nutrition. Children & women suffer majorly due to Anemia and other health issues. Hence, in Melghat malnutrition & anemia is a crucial problem.

The present case study was undertaken to focus on the following objectives.

OBJECTIVES:

1. To aware tribal female population regarding cause of anemia and its remedies.
2. To suggest innovation in tribal traditional diet.

REVIEW OF LITERATURE:

Tribal women's diet contains very low amount of iron, which may not meet their body iron requirement. The increased need for iron for pregnant women on one hand and the difficulty to meet the iron requirement, on the other hand, make pregnant women more prone to iron deficiency anemia. An eleven country study found more than 40% of women in Asian countries including India were anemic. While another study concluded the percent prevalence of anemia in 25-40 years age. This iron deficiency in female can seriously affect their health (WHO 2006) i.e. this deficiency have a debilitating effect on growth, development of women.

To combat the anemia in tribal female population, Many National Programs were started. In this view in the present case study, an attempt has been made to improve their traditional diet to encourage the use of drum stick leaves & pod for supplementary food for pregnant women.

Following are the items which have a proportionate amount of nutrimental content as shown below:

Ingredients (in mg)	Drumstick leaves	Drumstick pod	Sesbania Flower (Hadga)	Green Leafy Vegetables	Orange	Lemon Juice	Bengal gram	Spinach
Calcium	440	30	1130	295.80	26	-	202	73
Protein	6700	2500	8400	3800	700	-	17100	2000
Ascorbic acid	220	120	169	65.97	64	63	3	28
Carotene	6.78	0.11	0.054	4.3903	0.015	0.015	0.189	5.58
Iron	0.85	0.18	83.9	11.90	0.32	2.2	4.6	1.14

It was decided to assess the impact of dietary supplementation on anemic pregnant women and improve the iron status of tribal pregnant women.

SUPPLEMENTARY FOOD:

Method:

The present case study was carried out in the tribal area. There were four pregnant women in the age of 20-30 years old belonging to a joint family. The family was included in below the poverty line level. One of them was selected for the said case study. A socioeconomic and dietary information was carried out with the help of interviews scheduled. All the information related to religion, monthly income, family type, dietary habit, etc. was collected. A clinical trial was implemented for a volunteered pregnant women for dietary supplementation of drum stick leaves and pod. Dietary supplementation i.e. drum stick leaf's powder use for laddu, drum stick pod use in Dal, Veg. curry, Drum stick leaf's paratha, etc. were used in daily meals from the third month of pregnancy up to a month of delivery. Hb level of selected sample was analyzed before and after supplementation with the help of pathologists.

I have worked on this case study to minimize the nutritional anemia problem with the collaboration of local tribal organization namely as Melghat GramonnatiBahuuddeshiyaSangha. While working on the same issue, a tribal pregnant woman namely Mrs. JamunaRatilKasdekar, ofKarda, Tal. Dharni, Dist. Amravati attended diet counseling. She accepted to utilize remedies suggested by us to overcome anemia and its adverse effects. She followed instructions to consume Drum Stick leaves & pod in the daily meal as supplementary food. During the third month of pregnancy, her HB level was 6g/dL, which became 12 g/dL at the time of delivery. She delivered a chubby baby weighing 3.5 kg and the surprising thing was that her delivery was normal while she worked at her father's farm. From this case study, it was found that tribal women must do counseling, guidance regarding anemia & nutrition which is essential especially to tribal girls & women. In this case study, a counseling performed was the most important role.

RESULT & DISCUSSION:

The lady which was selected for case study was of 21 years old. Women had the qualification of passing 12th standard and ANM course, she belonged to a nuclear family. She was working in an agriculture field having no fixed source of income. All nutrients were inadequate in the diet an observation of the case study shows that inadequate income sources make it difficult and impossible to get nutritious food items which is a daily requirement for a healthy body. Tribal rural families cultivated leafy vegetables which were rich sources of iron and vitamins. One of them is a drum sticks& pods, but they sell it to earn their living. Therefore, the intake of non-existing quantity of leafy vegetables by these women was one of the most responsible factors of higher incidence of iron deficiency anemia. As a result, after supplementation of drum stick leaves and pod in daily meal revealed that the lady was having acceptable Hb status and was in normal condition.

The present case study suggest that anemia might be one manifestation of overall dietary inadequacy and consequent of undernutrition. Since it is possible that dietary supplementation can be helpful to improve the Hb level of tribal women. It was also found that dietary supplementation of iron has the advantage of producing rapid improvement in the iron status of pregnant women and effective for increasing the Hb level of the study sample. Therefore supplementation of daily dietary meal counseling is very necessary for tribal areas for their better health and nutritional status.

Finally, it may be said that to change the dietary pattern of tribal pregnant women it is very important to start drum stick leaves and pods, Sesbania flowers iron supplementation for the girl before the adolescent period resulting in restoring iron demands for the present as well as future.

Effective guidance, counseling & information creates a positive attitude towards the utilization of innovative ideas in tribal areas. From this case study, it is seen that the use of drum stick leaves & pods, Sesbania flowers are an effective remedy to increase hemoglobin, iron, and vitamins in the pregnancy period.

CONCLUSION AND RECOMMENDATION:

The following conclusion and recommendation can be made in light of the result of the present case study.

- The nutritional status of tribal women is very low, hence health status should improve with the help of nutrition education.
- Seasonal migration is a basic cause of the anemia condition of girls & women as well as malnutrition in children.
- Drum stick leaves & pod, Sesbania flowers use in daily meal for iron has the advantages of producing rapid improvement in iron status of the girls and women's.
- Awareness, counseling & guidance about nutritional education is proved effective to cure anemia.
- There is a need to improve female literacy and encourage them to informal education.
- Knowledge about the use of locally available foods like drum stick leaves & pods, Sesbania flowers in daily life should be given by counseling.

SUGGESTION:

- Awareness, counseling & guidance camps should be organized each month at the village level.
- Drum stick, Sesbania plant plantation should be promoted on a large scale at every village in the yard garden (Paras bag), at farms.
- Drum stick leaves & pods, Sesbania flowers should be utilized in routine daily meals as an example: roti, vegetable curry, paratha, laddus, drum stick leaves powder with milk, etc.

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