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Nutritional Status of the Murias of Bastar Madhya Pradesh, India

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KEY WORDS Muria Tribe. Nutritonal Status. Anthropometry.

ABSTRACT The present study is an attempt to assess nutritonal status of the Muria population, study is based on 100 unrelated individuals (50 adult males and 50 adult females) from Karli village of Dante- wada Tehesil, The Pignet index shows that 70% of Muria males are weak to poor state of physiqu. Brokas index value indicates that 50% of males and 30% of females are undernourished. Body mass index indicates 48% of males and 48% of females are in cronic energy deficiency.

INTRODUCTION

Tribals are inhabited in divergent physical, biological socio-cultural and economic environments, often lacking modern health care facilities. Health is an important aspect of development. The nutritional status is considered to be the measure of health. Malnutrition has emerged as a major health problem of many tribal groups (Rao et al., 1986; Basu et al., 1989) In view of this and the National Health Care Policy (NHP) studies onuntritional status have assumed exteme importance. It is customary for the planners and policy makers to understand the food and nutritional status of tribal population in orde. to evaluate effective measures for the well being of these primitive populations. Informations on these line among Bastar tribals are lacking, therefore the present study is aimed to assess the nutritional status of Muria tribals of Bastar.

MATERIAL AND METHODS

The word "Muria" means aboriginal (Elwin, 1991) and they are subgroup of Gond and may have been derived from the word "Mur" meaning "root". Murias are well built. Coarse black hair and belong to Proto–Austroloid group.

A total of 50 Muria adult males and 50 females aged 20-45 years were randomly selected from Karli village. Weight (in kg), height, arm circumference and chest girth (in cm) were recorded after Singh and Bhasin (1989). From these measurements Weight/Height index (Roy et al., 1982) Pigent index (Ivanovsky, 1923) and Brokas index (Visweswara Rao, 1995) were calculated.

RESULTS AND DISCUSSION

The average (Table 1) height of the Murias male and female are 158.8 cm and 150.6 cm and Body weight are 47 kg and 41.96 kg, respectively. The upper arm circumference is found to be 22.31 cm in males and 22.38 cm in females. The mean chest girth among males is 76.38 cm only. The mean Pigent index value of adult males is found to be 32.48. The mean weight/height (W/H) index of males and females are found to be

Table 1 : Mean anthropometric measurements among the Murias

Measurements	*Males*		*Females*	
	Mean	*SD*	*Mean*	*SD*
Height (cm)	158.86	53.83	150.68	49.02
Weight (kg)	47.00	4.58	41.96	3.88
Arm circumference (cm)	22.31	4.61	22.38	13.00
Chest Girth (cm)	76.38	26.85		
Pigent Index	32.48	5.51		
Weight/Height index	29.51	2.48	27.07	2.59

Table 2 : Distribution of Weight/Height index in adult male and female Murias

Index	*Males*		*Females*	
	No.	*%*	*No.*	*%*
X -22.0	0	0	0	0
22.1 -25.0	2	4	10	20
25.1 -28.0	11	22	18	36
28.1 -31.0	25	50	18	36
31.9 -34.0	9	18	3	6
34.1 - X	3	6	1	2

28.3 and 26.1, respectively. Roy et al. (1982) are of the opinion, that W/H index values below 30 is an indication of undernutrition. It is evident form the present study that 76% of males and 92% of females are found to be undernourished. Ivanonsky (1923) opined that Pigent index value above 30 is an indication of weak physipue. It is evident from (Table 3) that 70% of Muria, males shows very weak to poor state of physique. According to Brokas index value (Table 4) about 50% of Muria males and 30% of females are under nourished. Body mass index (Table 5) indicates that 48% of males and 48% of females are in cronic energy defeciency grades.

Table 3 : Distribution of Pigent index value among the adult Muria males

Class		*No.*	*Per cent*
Very sturdy	(X-10)	-	-
Sturdy	(10 to 15)	-	-
Good	(16 to 20)	-	-
Average	(21 to 25)	5	10
Weak	(26 to 30)	10	20
Very weak	(31 to 35)	18	36
Poor	(36–X)	17	34

Table 4 : Distribution of Brokas index values among the adult male and female Murias

Class	*Males*	*%*	*Females*	*%*
10-20% above ideal weight-midely over weight	-	-	-	-
20-30% above ideal weight-over weight	-	-	2	4
30-40% Above ideal weight-obese	-	-	-	-
40-96% Above ideal weight -severely obese	-	-	-	-
80-120% of the ideal weight-normal	25	50	33	66
20-30% Lower than ideal weight-undernourished	20	40	12	24
30-40% Lower than ideal weight-severely under-nourished	5	10	3	6

The present findings indicate that majority of Muria tribals are found to be malnourished and effective nutritional trials or programme may be advocated for well being of these primitive tribals.

Table 5 : Distribution of body mass index in adult male and female Murias

Class	*Males*		*Females*	
	No.	*%*	*No.*	*%*
<16 CED III	2	4	4	8
16-17 CED II	7	14	10	20
17-18.5 CED I	15	30	10	20
18.5-20 Normal 20-25	26	52	26	52
25-30 Obesity I	-	-	-	-
>-30 Obesity II	-	-	-	-

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