

Biology of the People of Jammu and Kashmir:
I. The Growth Patterns and Physiological Variables of Various
Population Groups of the State

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ABSTRACT The present paper deals with the growth patterns and physiological variable among various population groups of Jammu and Kashmir state, India. The study includes population groups from all the three main divisions of the state. They are Dogra Brahmans, Dogra Rajputs, Dogra Scheduled Castes and Gujjars from the Jammu region. From the Kashmir valley, Kashmiri Muslim adults were studied whilst the population groups from Ladakh include Bodhs, Baltis and Tibetans refugees. The subjects (N= 2,043) were studied for a set of 23 anthropometric and 3 physiological variables. The results of the study show that various Dogra groups have better growth rates and higher values of physiological variables as compared to their peers. In general it has been observed that the physical growth status of various population groups is proxy indicator of their economic prosperity and nutritional intakes. As reported elsewhere in the literature, high altitude population groups of Ladakh region show higher values of various chest measurements and lung functions owing to hypoxia.