

Age at Menarche in Two Caste Groups (Lingayath and Adikarnatakas) Groups of Mysore District: Some Preliminary Observation

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KEYWORDS Menarche. Belief. Diet. Rituals. Taboos. Dysmenorrhoea

ABSTRACT The aim of this study was to find the mean age at menarche in two different caste groups. i.e. Lingayath and Adikarnatakas. This study was to assess the level of knowledge regarding rituals, taboos, food pattern, social restrictions, health problems and nutrition observed during the menstrual period. The sample for the research comprised of 200 Lingayath girls and 200 Adikarnataka girls in the age group of 11-18 years from Mysore district. The results reveal that the mean age at menarche among the Adikarnatakas girls is 13.64.