



DOCUMENTATION OF DIETARY HABITS AND CULTURAL PRACTICES FOLLOWED DURING POSTNATAL PERIOD BY THE TRIBAL COMMUNITY OF KANI IN TIRUNELVELI DISTRICT

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ABSTRACT :

BACKGROUND – Postnatal period is crucial phase for children health, emotional and social development. In those period dietary practices of mothers play a huge role in development. In kani tribes they follow some dietary and cultural habits after child birth and through the developmental stages. The tribals of karaiyar forests are kanikars popularly known as kani. They are jungle tribes. Kanis have been living inside the forests. They love and worship forests, live in forest areas in groups. In olden days they were living by eating roots, tubers, wild honey, wild animals and birds. The traditional practices and knowledge passes down through centuries may be seen in the dietary habits and cultural practices related to postnatal care. AIM &

OBJECTIVE-To document the data regarding dietary habits and cultural practices followed during postnatal period in the tribal community of Kani.To compile the information about dietary habits and cultural practices followed during postnatal period by the tribal community of kani.To provide an updated overview of the practices followed in the selected group (Kani tribal community)

METHOD/DESIGN – Study type-Descriptive cross sectional.Study place-The study will be conducted in Karaiyar Thirunelveli district.

RESULTS -In kani tribes they follow some dietary and cultural habits after child birth and through the developmental stages.The traditional practices and knowledge passes down through centuries may be seen in the dietary habits and cultural practices related to postnatal care.

CONCLUSION- Documentation study involving dietary customs and cultural practices were not effectively documented in earlier studies, So this documentation study would be helpful for the upcoming research scholars to know about this kind of traditional practices and will be helpful in further research process in this field of interest.

KEYWORDS – Postnatal care, kani tribe,cultural practices, dietary habits.

INTRODUCTION

Postnatal period is crucial phase for children health, emotional and social development. In those period dietary practices of mothers play a huge role in development. In kani tribes they follow some dietary and cultural habits after child birth and through the developmental stages.

The tribals of karaiyar forests are kanikars popularly known as kaani. They are jungle tribes.Kanis have been living inside the forests. They love and worship forests, live in forest areas in groups. In olden days they were living by eating roots, tubers, wild honey, wild animals and birds. The traditional practices and knowledge passes down through centuries may be seen in the dietary habits and cultural practices related to postnatal care.

AIM:

To document the data regarding dietary habits and cultural practices followed during postnatal period of mother and children in the tribal community of Kaani.

OBJECTIVE:

To compile the information about dietary habits and cultural practices followed during postnatal period by the tribal community of kaani

To provide an updated overview of the practices followed in the selected group (Kaani tribal community).

MATERIALS AND METHODS

STUDY TYPE

Descriptive cross sectional

STUDY PLACE

The study will be conducted in karaiysr Tirunelveli district

SAMPLE SIZE

10 Persons

STUDY PERIOD

3Months

SAMPLE METHOD

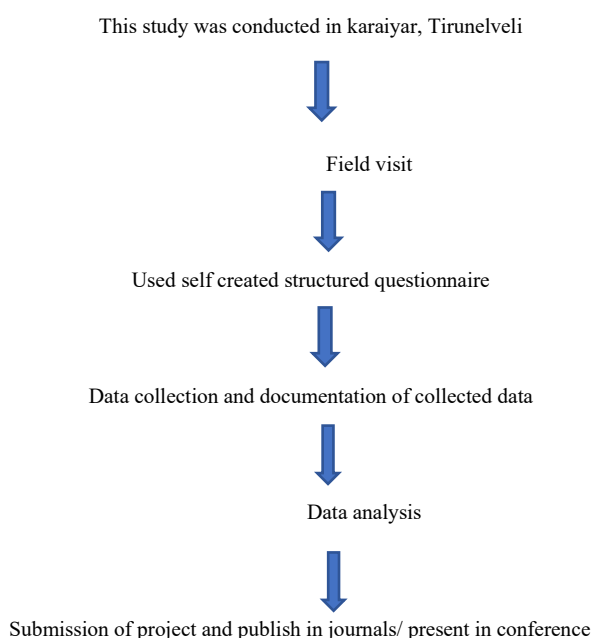
Convenience sampling

INCLUSION CRITERIA

Women who gave birth

Women who are willing to participate

METHODOLOGY



DATA COLLECTION

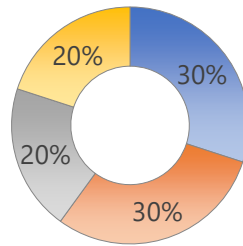
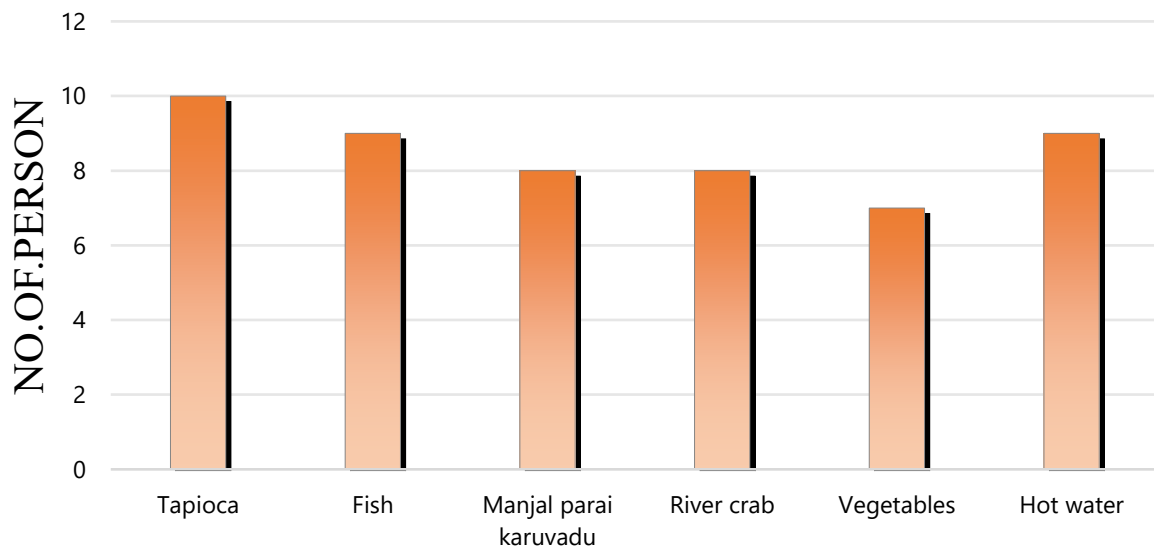
CHILD WORMS	Manathakkali charu and Kombu Manjal Mixture
COLD	Kuppaimeni charu and Neelathulasi charu
FEVER	Kiriyathu (Nilavembu) kashayam
PRECAUTION	Uravu marunthu (urai mathirai)
ORNAMENTS	"vellai paasi" (white thread), "kakku paasi," or "paal paasi" , Vasambu valaiyal
COSMETICS	gum from the vengai tree- bindi satti kari" or "sirattai kari - kan mai

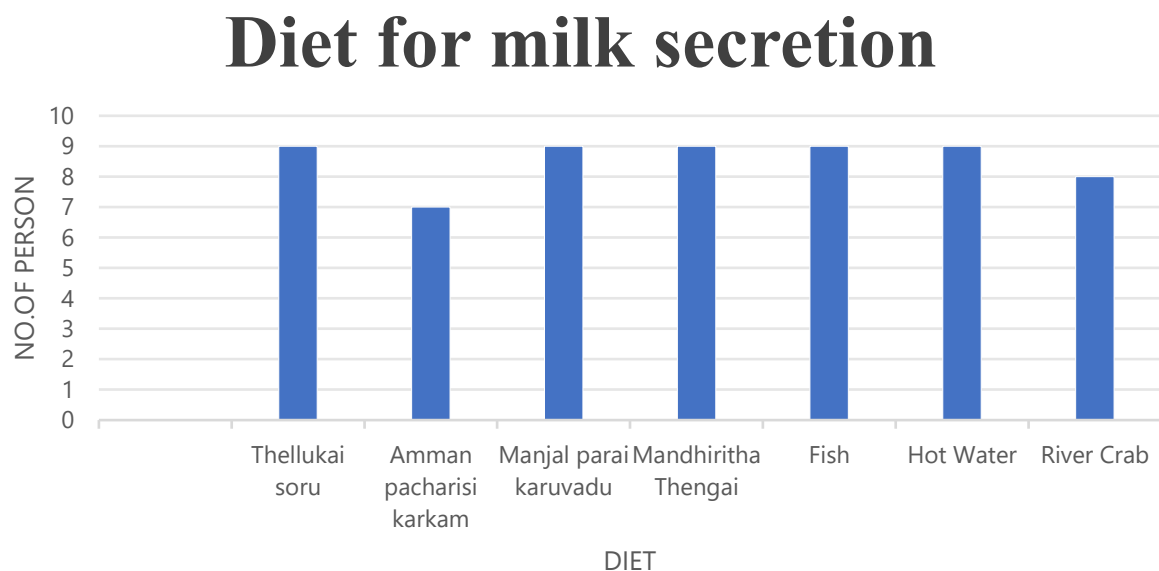
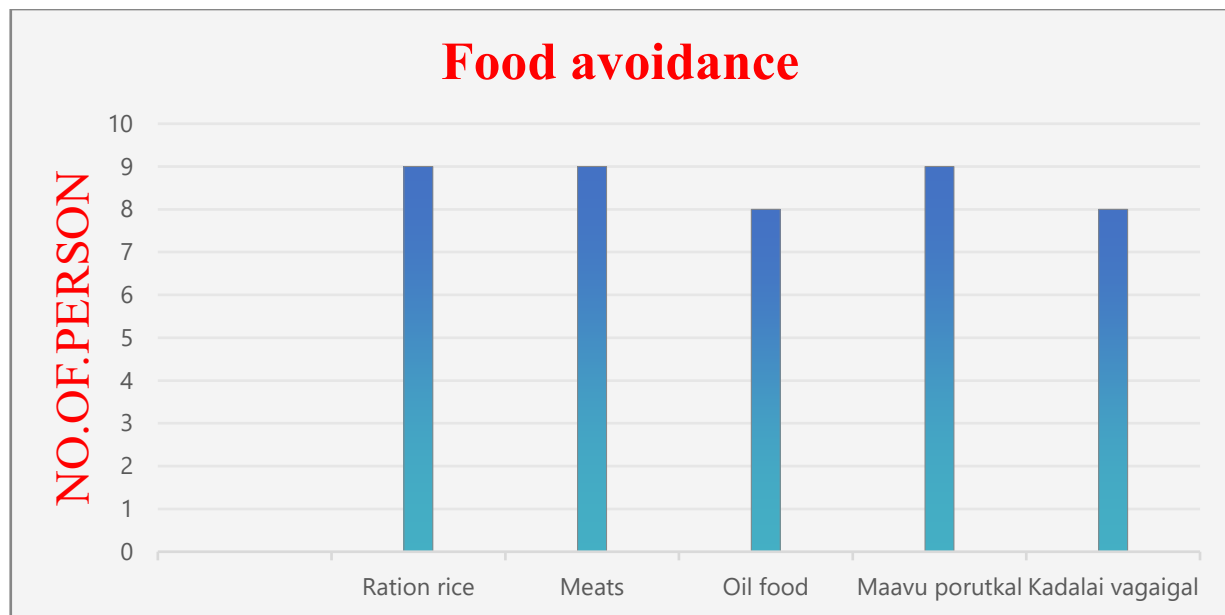
BATHING POWDER

turmeric

RESULT**Study participants
according to the age**

> 50 40-50 30-40 <30

**Commonly followed diet**



DISCUSSION

- This study provided an overview of the recording of dietary traditions and cultural practices followed during the postnatal period in the Karaiyar-Kani tribes. It also gave insight into the cultural practices and traditional follow-up that continue to this day for the wellbeing of children over several generations.
- The majority of births occur in hospitals these days. This is a result of legal requirements and the requirement for a birth certificate. The current generation therefore favors visiting hospitals. But up until roughly ten years ago, most deliveries took place at home with a midwife's assistance.
- In the postnatal period, Kani women typically follow a strict diet for the first 20 days after delivery, which is believed to aid in recovery.
- During the 20-day postnatal period, Kani women consume a diet rich in fish, river crab, dried yellow trevally, tapioca root, and a variety of vegetables. They also drink plenty of hot water to aid recovery. In contrast, they avoid meat, oily foods, ration rice, and gram flour.

During the 20-day postnatal period, Kani women use a traditional medicine called *pirasava marunthu* to help regain uterine strength. They also consume *inji decoction* (ginger decoction) to boost blood circulation and aid in healing stomach ulcers.

- In the Kaani tribe, it is a typical habit for moms to thoroughly clean themselves with hot water before commencing the first nursing. In Kaani tribes, mothers typically feed their babies 4 to 5 times a day until the children are between 2 to 4 years old.
- In the Kaani tribes, it appears that all 10 participants were advised to consume specific foods—such as thellukai soru, manjal paarai karuvadu thokku (yellow trevally), hot water, river crab, and fish—to enhance milk secretion. 5 members used "ammaan pacharisi karkam" to improve lactation. all of them consuming seven pieces of mystical coconuts, blessed by elders, for enhance milk production.
- Among 10 participants, Tapioca as the primary weaning food is common in their cultures. Kugai kizhangu and sweet potato being secondary options but all the three are used by the kani people in weaning period..among 10 participants, each individual used one of three sweeteners sugar, rock candy, or jaggery liquid before the first feeding.
they use turmeric powder as a bathing powder for both boy and girl babies until they are three months old.
- All 10 participants practiced an oil bath for their babies starting the day after birth, using only coconut oil
among 10 participants, 8 practice medicine for child worms. Specifically, 6 members use manathakkali juice. while 2 use a mixture of kombu manjal (turmeric) and chunnambu.
- Among 10 participants, 7 of them used Neelathulasi juice for cold in children,
3 of them used Kuppaimeni juice for cold.
For fever 9 of them used Nilavembu (Kiriyathu) kashayam. And all of them used Urai mathirai for precaution.
Among 10 participants, 7 of them Wearing "vellai paasi" (white thread), "kakku paasi," or "paal paasi" (often referred to as protective threads) is a traditional belief in their cultures for reducing regurgitation in infants.
Out of 10 participants, 7 of them The Kani tribes traditionally use the gum from the vengai tree (also known as the pongamia tree) to create a red bindi for children
8 of them use satti kari" or "sirattai kari," are often mixed with coconut oil and used as "kan mai" (eye cosmetics)
4 members use charred aamanaku seeds (also known as "bitter bean" seeds) to create a fire. They capture the flame with a coconut top, then collect the resulting charcoal. This charcoal is mixed with coconut oil to make "kan mai,"

CONCLUSION

The purpose of this documentation project is to investigate the food habits and cultural traditions that the Kani tribes follow during the postnatal period. According to the study's informants, families practiced a variety of rituals and held particular views about raising children. Documentation study involving dietary customs and cultural practices were not effectively documented in earlier studies, So this documentation study would be helpful for the upcoming research scholars to know about this kind of traditional practices. The postnatal period is a critical time. Taking into account the cultural values and beliefs of the traditional practices, the study was successful in identifying the cultural practices and their meanings, which offer upcoming researchers a traditional practicing knowledge.

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