

HEALTH STATUS OF CHANGPA NOMADS OF CHANGTHANG REGION LADAKH

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ABSTRACT

The investigation was aimed at studying the health status of changpa nomads of ladakh region of Jammu and Kashmir State. The finding of the study, revealed the birth control methods all of the women respondents have never used any contraceptives, due to lack of awareness and it is also noted that, in Changthang most people still prefer home delivery with the result both mother and child are prone to severe infections and have a very low chance of survival. Nomadic women often have multiple pregnancies within a small time period which leads to anemia in women and premature deliveries and childbirth often takes place in unhygienic conditions and many more things like poor diet, harsh climatic, lack of awareness about facilities available. Women said that they move camp to remote location, it become very difficult to visit health centre for delivery and in such case mother has delivered the child in the Rebo (tent) and this is the major impact on women and child health, during their migratory life. Finding of the study also revealed that, women and children during migration all of the respondents from all the villages suffer from general diseases like fever, cold, cough, blood pressure, headache, deficiency diseases, etc. Most of Changpa women were suffering from anemia and children suffer from deficiency of vitamins, while migration and worst impact on their health, as Ladakh is characterized by poor vegetative cover and low plant production especially remote areas like Changthang, with the result their diet is deficient in various important nutrients, which often leads to anemia & other deficiency diseases.

KEYWORDS: Nomads, Changpa, Changthang, Health, Women