

Brok-Pa of Ladakh: A Case of Adaptation to Habitat

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KEYWORDS Ecology. Habitat. Adaptation. Brok-pa. Ladakh. Culture. Economy

ABSTRACT This paper chiefly aims at analyzing the structure and process of adaptation by the natives of a high altitude village to the cold environment. The data is based on the information collected through a fieldwork carried out in the Berna village of Leh district of Ladakh division, which is situated 3,000 meters above sea level. The motives are Dards, believed survivors of the pure Aryan race, known as Brok-pa (High-lander). The area is characterised by extremely low precipitation, intense and prolonged sunshine and cold winters. The food people eat, their clothing, their houses and the way they interact socially is affected by the ecological conditions prevailing in the area. The economy of the people rests around agriculture and animal husbandry. The analysis of adaptation process to adverse ecological condition has been supplemented with a brief ethnographic profile of the people.