

## **Normality of Ageing: A Cross-cultural Perspective**

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**ABSTRACT** The present study was aimed at studying the pattern of age-changes in the migrant Punjabi and Sindhi women and compare them with the local Maharashtrian women having a different genetic makeup and lifestyle. The data comprised of 307 women of Pune belonging to Punjabi, Sindhi and Maharashtrian Brahmin Communities from middle class families. In all 24 anthropometric measurements were taken including the blood pressure, pulse and grip strength. The total loss in height in six decades in the local Maharashtrian women was about two and half times of that of the migrant women. Overweight status of the migrants in their corresponding control group and in the subsequent decades was maintained in all age sets. In spite of the first increase and subsequent decrease pattern in both the groups studied, the decrease was much slower in the migrants. Same was true of the four girths and two skinfold thicknesses studied. Weight increase and general obesity among the Punjabi and Sindhi women appeared to be due to habitual excessive food intake, consumption of richer, fried and frequent non-vegetarian food, compounded by a sedentary life style. On the other hand, lesser consumption of calcium rich food such as milk and milk products by the local Maharashtrian Brahmin women may be responsible for a rapid reduction in bone mass indicated by a sharp decrease in linear measurements such as stature and sitting height.