

Status of Anaemia in Tribal Women of Banswara District, Rajasthan

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ABSTRACT Anaemia is a basic health problem of tribal women in developing and developed countries with major consequence for women health which is characterized by low level of haemoglobin in blood. The main objective of this study was to find out the haemoglobin status of tribal women in 18-25 years of age. For this survey was done from 4 November to 22 November, 2013 in Janameri, Tejpur and Kher Dabra villages of Banswara district of southern Rajasthan. Haemoglobin percentage of women was calculated according to Sahali's method. In this study the overall prevalence of anaemia was found to be 90 percent out of which 3.33 percent, 53.33 percent and 33.33 percent women have severe, moderate and mild anaemic status respectively. Only 10 percent women are non-anaemic. The main diet of non-anaemic women are green leafy vegetables (spinach, fenugreek leaves, *Bathua* leaves, radish leaves, mustard leaves, mint, etc.), and whole pulses which are rich in iron and guava and amla are rich in ascorbic acid.