

Health and Hygiene among the Tribals - A Case of Gonds

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ABSTRACT Health and Ill-health are the two aspects of human life. There are several reasons of ill-health, one of them being unhygienic conditions. The hygienic is observed at personal and community level. To regain the health conditions, one takes medicines of different types. But this does not minimize the importance of cleanliness and hygiene which, if not observed perfectly, could be responsible for various types of diseases even epidemic. Though government has taken several steps and made several programmes for the welfare of the tribal at macro as well as micro level, but these attempts can only become successful if the local participation of community at personal level is promoted. Also, the village Panchayat, which, is the body of the local people, selected by them has an important role to play in this regard. Similar points are raised, discussed and few recommendations are made in the present study of a branch of the well-known tribe of Madhya Pradesh, the Gonds.