

## TRADITIONAL MEDICINAL PRACTICES AMONG TRIBES IN KARNATAKA

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### ABSTRACT

Karnataka is a state of diverse culture, languages, faith and the socio-economic scenario anthropological heritage. Within the state, mirrors the scenario prevalent in the country itself. Located in the southern part of India. Karnataka State is the 42, 48,987 tribal people 50,870 belong to the primitive group. Although these people represent only 6.95 % of the population of the State there are as many as 50 different tribes notified by the Government of India. Living in Karnataka. Literature that is available to assess the state of health of these tribes of the region remains scanty. Interesting to note that most of these tribes who had been original natives of the forests of the Western Ghats have been privy to an enormous amount of knowledge about various medicinal plants and their use in traditional or folklore medicine practices have been the subject matter of various scientific studies. This article is an attempt to various tribes of the State of Karnataka on the health of these ethnic groups, and the information obtained about the traditional health practices from these people.

**KEYWORDS:** Karnataka, Health, Tribe, Folklore Medicine, Ethnic People.

### I. INTRODUCTION

The State of province was created on Halloween, 1956, with the passage of the States shake-up Act. Originally called the State of Mysore, it had been renamed as province in 1973 with metropolis (now Bengaluru) the biggest town within the State as its capital. province is boxed by the Arabian sea and also the Lakshadweep Sea to the West, state to the North-West, geographical area to the North, Telangana to the North-East, state to the East, state to the South-East, and Kerala to the South-West. With a part of one, 91,976 sq. kilometers (74,122 sq miles), or 5.83 per cent of the whole geographic area of Republic of India, it's the seventh largest State by size. It ranks eighth in terms of the amount of inhabitants that stands at sixty one,130,704 in keeping with the 2011 census. TheState contains thirty districts.

Kannada is that the most generally spoken and official language of the State. aside from Kanna digas, province is that the home to Tuluvas, Kodavas and Konkanis in conjunction with minor populations of Tibetan Buddhists. though there area unit different ethnic tribes, the regular Tribe population contains a number of the higher better-known tribes just like the Soligas, Yeravas, Todas and Siddhis and constitutes half-dozen.95 per cent of the whole population of province.

Currently there area unit fifty regular Tribes (ST) in province notified in keeping with the Constitution (Scheduled Tribes) Order (Amendment) Act 2003. The names of those tribes, in conjunction with their population within the State and districts largely tenanted by them area unit listed within the Table. As several as fourteen of those tribes area unit either solely found in province or area unit predominant inhabitants of the State.

List Of Scheduled Tribes Of Karnataka Along With Their Population And Most Inhabited Districts.

Sl No	Tribe Name	State population	Major district inhabited
01	Adiyan	758	Bengaluru urban, Mysore
02	Barda	266	Bengaluru urban, Belagum
03	Bavacha, Bamcha	960	Ramanagar

04	Bhil, Bhil Garsia, Dholi Bhil, Dungari Bhil, Dungari Garsia, Mewasi Bhil, Rawal Bhil, Tadavi Bhil, Bhagila, Bhilala, Pawra, Vasava, Vasave.	6204	Uttara Kannda, Belagum, Dharwad, Mysore, Scattered In most remaning district
05	Chenchu, Chenchwar	954	Yadagiri, Kolar
06	Chodhar	117	Bengalure urban, Bellari, Uttar kannada, Scattered In most remaning district
07	Dubla, Talavai, Halapati	264	Davangere, Belagum, Koppal
08	Gamit, Gamata, Gavit, Mavchi, Padavi, Valvi	516	Koppal, Scattered In others district
09	Gond, Naikopd, Rajagond	158243	Bidar, Gulbarga, Uttar kannada, Scattered In most remaning district
10	Gowdalu	8617	Chikkamangalure, Bengaluru urban, Scattered In most remaning district
11	Hakkipikki, Harnshikari	11892	Mysore, Shivmogga, Ramanagar, Chikkaballpur , Scattered In many other district
12	Hasalaru	24466	Chikkamangalure, Shivmogga, Hasan, Davangere
13	Irular	703	Shivmogga, Ramanagar, Bengaluru urban
14	Iruliga	10259	Ramanagar, Bengaluru urban
15	Jenu kuruba	36076	Mysore, Kodagu, Chamarajnagar, Scattered In all others district
16	Kadu kuruba	11953	Yadgiri, Mysore, Bengaluru urban
17	Kammara	949	Chamarajnagar, Dakshin Kannada
18	Kaniyan, Kanyan	413	Chamarajnagar
19	Kathodi, Katkari, Dhor kathodi, Dhor, Katkari, Son Kathodi, Son katkari	274	Belagum, Yadagiri

20	Kattunayakan	168	Davangere, Bengaluru urban
21	Kokna, Kokni, Kukna	32	Kodagu
22	Koli Dhor, Tokare Koli, Kolcha, Kolgha	112190	Bidar, Yadagiri, Gulbarga, Vijaya pur
23	Konda Kapus	7438	Bengaluru urban, Bellari, Hasan, Chikkamangulure
24	Korga	14794	Udapi Dakshina kannada, Haveri
25	Kota	121	Kodagu, Bengaluru urban
26	Koya, Bhine koya, Rajkoya	365	Bidar
27	Kudiya, Melakudi	2169	Kodagu
28	Kuruba	3111	Kodagu
29	Kurumans	347	Bengaluru urban, Ramanagar
30	Maha malasar	36	Bidar
31	Malaikudi	9236	Dakshina kannada, Udapi, Chikkamangulure

The tribes of province Members of the Adiyani tribe sleep in Mysore and districts bordering Kerala and speak Kanarese. Solely 758 in variety and are agricultural labourers. they continue to be poor and have an occasional acquisition rate. Marriages among cousins area unit common. There area unit a couple of members (266) of the Barda tribe of Gujarat and geographical area found within the State, within the northern districts. They speak Barda language that is comparable to Mahratti and Gujarati. they're agricultural labourers, and area unit largely endogamous. The Bavacha/Bamcha area unit Hindu tribes WHO speak the Bavchi idiom. 960 in variety and are largely inhabitants of Ramanagar district.

Bhils area unit adivasis of Central Indian origin. The Bhil tribes area unit divided into variety of endogamous territorial divisions, that successively have variety of clans and lineages. Most Bhils currently speak the language of the region they reside in. Originally hunters and troopers, they're largely agricultural staff with searching and gathering remaining a major subsidiary occupation. The Bhil population in province is half-dozen, 204 and area unit scattered in most districts of the State, a lot of thus in Uttara Kanarese and Belgaum districts.

The Chenchus area unit AN aboriginal tribe WHO speaks the Chenchu or Chenchwar language, a branch of Telugu, and livelargely within the forests of state. concerning 954 of them inhabit bordering districts of province like Yadgir and Kolar. The Chenchus area unit one in the entire first primitive social group teams that area unit still smitten by forests and don't cultivate land however look for a living. Some but, live symbiotically with non-tribal communities and plenty of collect forest product purchasable to non-tribal folks.

The Chodharas area unit a gaggle of concerning 117 folks living in province among the twenty one odd members most of whom inhabit Gujarat and geographical area. they're associated with the Rajputs and speak Chodri. Most of the Chodhari folks work as little farmers growing cotton, vegetables, and rice.

The Dublas, a number of whom also are known as Talavia or Halpati, area unit Hindu tribes originating from the Rajputs in Gujarat and geographical area. Dubla society consists of many endogamous sub-divisions with

agriculture as primary occupation. {They area unit|they're} conjointly only a few in variety (264) and are largely scattered in distribution over the State.

The Gamit tribe (also called Gamit, Gavit, Mavchi and Pandvi) folks speak in Gamit. {they area unit|they're} concerning 516 of them WHO are currently inhabitants of province, largely found in Koppal and scattered over many different districts.

The Gond tribe is that the largest of Dravidian folks of central Republic of India, contact numerous States as well as the North-Western districts of province. They are the second largest social {group} group found within the State. South-Central Dravidian language is expounded to Telugu and different Dravidian languages. Gowdalu area unit eight, 617 in variety in keeping with the 2011 Census knowledge, and speak Gowdalu language. They're largely found in Chikmangalur and Bengaluru Urban districts within the State.

The Hakki-Pikki cluster|kinship group|kindred|tribe|social group} could be a semi-nomadic group and that they live close to Bidadi in province. Their population within the State is eleven,892 as per 2011 Census. The tribe has obsessed searching as their occupation however several area unit currently showing a lot of interest in agriculture and floral decoration. The Hasalaru area unit Hindu tribes of province. they're twenty four,466 in variety and speak Tulu and focused in many districts as well as Chikkamangaluru, Shimoga, Udupi, and Davangere. In province, folks happiness to Irular tribe area unit concerning 700 in variety. {they area unit|they're} a lot of conspicuous within the Nilgiri Hills of neighbor state and Kerala and are listed beneath the Primitive Tribe cluster. They're Hindus and speak South Dravidian that is expounded to the Dravidian languages Tamil and Kanarese. These folks area unit descendants of gypsies living in caves with searching and gathering as their ancestral occupation. They afterward learnt the art of cultivation. folks from constant kin group inside the Irular tribe don't get married. Their acquisition rate is incredibly low at thirty six.27 per cent. The Iruliga also are primarily tribes of province with a complete population of concerning ten,259, largely living in Ramanagar and Bengaluru Urban districts. They're Hindus and whereas Kanarese is their principal language, a couple of different languages also are spoken.

The population of Jenu Kurubas is thirty six,076 in Mysore principally living within the districts of Mysore, Kodagu, and Chamarajanagar. a number of are found outside the State principally within the border forests of state and state. conjointly better-known by the names 'Then Kurumba' or 'Kattu Naikar', square measure|they're} members of the primitive cluster} group and are currently principally occupied as daily labourers for landlords in plantations within the region. They need a closely knit community and infrequently mingle with alternative neighbor social group communities. The acquirement rate is forty seven.66 per cent.

The Kadu Kurubas area unit the initial inhabitants of the forests of Nagarahole and Kakanakote within the Western Ghats of Mysore. Kadu Kurubas area unit concerning eleven,953 in variety, principally living in Mysore, Kodagu, Chamarajanagar, and districts of Karanataka and also the remaining within the forests of state. They're primarily Hindus, speaking Kanarese language. The Kammara sleep in Dakshina Kanarese district and Kollegal taluk of Chamarajnagar district of Mysore. They speak native language and area unit 949 in variety and also the majority of those tribe area units scattered in state, Odisha, and Chattisgarh. they're blacksmiths, carpenters and conjointly concerned in cultivation. The Kaniyan may be a tribe from Kerala found principally in Kollegal taluk of Chamarajanagar district of the State. solely 413 in variety reside within the district. These folks speak native language though the bulk of those tribes speak South Dravidian. The members of this tribe area unit principally Hindus. Among the approximate three,200,000 members of the Katkari and Marathi-Konkani speaking Kathodi or Katkari tribe, solely a number of (275) live scattered within the State of Mysore. The Kathodi area unit recognized because the primitive cluster} group by the govt of Republic of India within the State of Gujarat.

About 168 members of Kattunayakan tribe that total around seventy,1000 principally inhabiting state, Kerala and Pondicherry,area unit scattered in varied districts of Mysore. This tribe is considered a primitive tribe in Kerala. A particularly little variety (32) of the Kokna tribe area unit scattered over districts of Mysore. They're principally Hindu by faith. Their primary language is Kukna maybe derived from Konkani. Mysore State has the third largest share (1,12,190) of the Koli Dhor tribe. they're scattered within the North and North-West components of the State together with Bidar, Yadgir, Gulbarga and Bijapur. About 7,438 members of the Konda Kapu tribe sleep in the districts of Mysore, principally adjacent state.

The Koraga tribe is among the 2 primitive and most backward tribes declared by the govt of Republic of India. this is often not just one of the foremost notable tribes of Mysore, however conjointly one in all the primitive cluster} group. This tribe is scattered over several districts of the State, notably in Udipi and Dakshina Kanarese. They're conjointly found in Haveri and in little numbers in Shimoga, Uttara Kanarese and Kodagu districts. Their variety is fourteen 794 as per the 2011 Census. Koragas pay most of their financial gain on alcohol, that is consumed by all ages, and conjointly delight in smoking beedi and manduction betel pepper. They live in the main on rice and meats like pork and beef, though they're progressively conjointly victimisation manufacture like pulses and vegetables. Diet is poor and deficiency disease is common in youngsters. Education level is low.

The Kota tribe may be a little cluster of ethnic folks endemic to the Nilgiri Hills of state and area unit recognized as primitive cluster} group. they're concerning 1500 in variety, of that concerning 121 area unit in Mysore State. They need been subject to smart quantity of social science, linguistic and genetic analysis. In Mysore State, notably within the Bidar district, there area unit solely concerning 365 members of the Koya tribe that may be a terribly massive tribe in neighbour state. The Kudiya tribe in the main happiness to the State of Mysore, and 2,169 of people of this tribe sleep in the State, principally in Kodagu district. The Kuruba inhabit the thickly wooded slopes and foothills of the Nilgiri upland in Kodagu district of Mysore and state States.

The Kuruman tribe of Mysore is described by solely 347 people of this group UN agency area unit principally set in state and Kerala. They speak southern Kanarese language. Dhegiha Malasarmay be a terribly little cluster of ethnic tribe living in Annamalai Hills in south Republic of India. Mysore has concerning thirty six of those where as state and Kerala house most of them. Malaikudi is additionally a Mysore group with concerning nine, 236 folks happiness to the current tribe inhabiting the Sahyadri hill ranges of Dakshin Kanarese, Udipi and Chikmagalur districts of Mysore. The Malaikudi tribe speak a non-standard speech of the Dravidian language, Tulu. Tulu and Kanarese area units spoken by them for contact. The Malasar tribe has concerning 9100 ethnic folks within the States of state and Kerala, of whom concerning eighty four inhabit Chikmagalur district of Mysore. They speak a combination of the Malayam and Tamil languages.

The Malayekandi tribe has conjointly been listed on an individual basis as Malaikudi and Maleru. There area unit approximate a pair of, 116000 folks of those tribes in Mysore. with the exception of Chikmagalur district, these tribes area unit scattered over Koppal, Raichur and Gulbarga districts. The Maleru tribe is concerning 440 in variety and is sort of exclusive to Mysore State. They principally inhabit Chikmagalur, Shimoga, Davangere, Dakshin Kanada, Udipi, Hassan, and Kodagu districts. The Mahratta of Kodagu and Marati of Dakshina Kanarese area unit teams that have social group standing solely in these districts of Mysore. Per the 2011 census, there area unit three,396 Mahratta folks in Kodagu district whereas there area unit eighty two,447 Marati folks in Dakshin Kanarese. These communities speak Sanskritic language among themselves and in Tulu and Kanarese with others. They're commonly vegetarians.

In Mysore, there square measure 2 communities with the name Meda; one amongst these is restricted to the district of Kodagu. They speak Kodagu, a Dravidian language. In different components of Mysore, there's another community of basket-makers called Meadar of Meda. The Meda community is sort of completely gift in Mysore with a population of regarding forty four,160 scattered throughout all the districts. Nayaka, tribe

because the name implies 'a leader' is usually non-vegetarian. Nayaka, popularly legendary by Palegar, Beda, Valmiki, and Ramoshi Parivara square measure found everywhere the State however they're focused within the Chitradurga, Shimoga, Bellary and Tumkur districts. Their population is thirty two,96,354. The Paliyan, or Palaiyar or Pazhaiyar are area unit a gaggle of over ten,000 Adivasi Dravidian folks living within the south Western Ghats mountaneous rain forests in south Bharat, particularly in state and Kerala. They belong to the primitive social {group} group. Regarding 226 of them inhabit the southern tip of the State of Mysore particularly in Kodagu district. Most of the people of this tribe square measure traders of forest product, food cultivators and beekeepers. regarding 495 folks of the Paniyan tribe reside in Mysore principally within the southern districts Kodagu, Dakshin South Dravidian and Mysore. The Pardhis square measure migrant folks, scattered over a large space of central Bharat within the States of Andhra Pradesh, Madhya Pradesh, Gujarat, geographic area and Mysore. In Mysore, their population is regarding ten,746 and square measure largely found within the districts of Dharwad, Bagalkot, Gadag, Bijapur and Gulbarga. Their language, Pardhi, is one amongst the Bhil languages. Among the western Indian Patelia tribe, solely fifty seven inhabit Mysore, most of them in Bidar district alone. The Rathwas derived their name from the word 'rathbistar', which suggests soul of a forest or mountainous region. they're a moderately giant tribe however only a couple of (45 individuals) inhabit Mysore State. Solely some square measure situated in Bengaluru Urban and Bidar districts. They're endogamous, and include variety of exogamous clans. They're at the present largely tiny and medium sized farmers.

The Soliga/Sholiga and Sholigaru/Soligaru tribes inhabit the Biligirirangan (BR) Hills and associated ranges in southern Mysore, largely within the Chamarajanagar and Erode districts of state. Several are focused in and round the BR Hills in Yelandur and Kollegal taluks of Chamarajanagar District. They use the title Gowda, which suggests a headman. In Mysore, they're principally distributed within the mountainous components of Mysore district, Ramanagar, and Mandya. This space is roofed with forests, and experiences low humidness and serious rain. They're usually vegetarians, and eat principally tubers.

Toda tribe is one amongst the foremost ancient and peculiar tribes of Nilgiri Hills of state. There square measure solely some (157) of them in Mysore within the district of Udupi. The Todas have their own language and own close customs and rules. The Varlis/Warlis area unit Adivasis, living in mountainous also as coastal areas of Maharashtra-Gujarat border and encompassing areas. There square measure solely fifty eight of them in Mysore, largely in Kodagu and Koppal districts.

Vitolia is a particularly tiny cluster of twenty three folks living scattered over several districts as well as Koppal, Belgaum, and Bengaluru. They're believed to be descendents from the Gambit tribe and were thought to be untouchables. Vitolia is enclosed the primitive social {group} group by the govt. of Gujarat wherever they're found most. Some might need migrated to Mysore from south Gujarat and geographic area earlier. Their skill rate is forty three.8 per cent. Some centuries past the Yerava/Ravula was a thriving, agriculture and forest-based tribe, in Wayanad and Kodagu districts of Kerala and Mysore, severally. The population as per 2011 census<sup>2</sup> is thirty,359 in Mysore and located largely in Kodagu and Mysore districts.

The Siddis tribe of Mysore is Associate in Nursing grouping. There's a fifty,000 robust Siddi population across Bharat, of that regarding ten,477 square measure located around Yellapur, Haliyal, Ankola, Joida, Mundgod and Sirsi taluks of Uttara South Dravidian district and in Khanapur of Belgaum district and Kalghatgi of Dharwad district. Ethnomedicinal practices Similar to the ethnic diversity of the State, the normal health practices in Mysore is additionally distributed with the dynamical cultures, various ecological conditions, geography, climate and vegetation. Every district within the State has its own and distinctive ancient health practices, that depends principally on the culture of the social group community and accessibility of the resources in terms of crude medication, most of that come back from the made multifariousness of the Western Ghats region. The analysis works on ethnomedicine in Mysore has been

largely restricted to documentation of healthful plants from specific geographical/tribal areas, for specific diseases or on specific tribes. analysis studies with relevancy traditional/tribal/folklore healthful practices specific to a region, taluka or district embrace reports from each social group and non-tribal communities. In many such efforts, the ethnomedicinal practices from varied districts like Tumkur, Bengaluru, Chikmagalur, Kodagu, Mysore, Raichur, Bidar, Gadag and Belgaum are documented. Documentations of ancient healthful practices have conjointly been created specific to talukas and locations as in coastal Mysore, Bhadravati, Sringeri, Sagar and Kukke Subramanya. The documentation of ancient practices for disease-specific conditions consists of knowledge intermixed with each social group and non-tribal communities for the region. the main efforts in these lines square measure for jaundice, snake bites, medical specialty disorders and generative care skin diseases, oral health, bone fractures, wounds and for protozoal infection. The studies administered on specific tribes square measure solely variety of {some|many} in number, several of that aren't complete. The ethnomedicinal practices from following tribes are documented:

**Jenu Kuruba:** The less known ethnomedicinal uses of plants according by Jenu Kuruba tribe of Mysore district was documented by Kshirsagar and Singh. The report provided the scientific and native names, geographical distribution at intervals the district, family, preparation, uses and therefore the strategies of administration of twenty five healthful plants historically employed in Mysore, however less known to different regions. Another study documented the normal healthful data of the tribe from Kodagu (Coorg) district. The was done through structured questionnaires in consultations with the social group practitioners and patients that have resulted within the documentation of twenty healthful plant species for treatment/cure of twenty one various types of ailments. The study underlines the potential of the ethnobotanical data during this tribe and therefore the would like for the more documentation and analysis wants during this direction. Khare vokkaliga: Khare-Vokkaliga is one among the tiny ethnic communities inhabiting Uttara Kannada district of state. Achar et al conducted the studies on their ethnomedicinal aspects and documented usage of fifty seven plant species for the treatment of thirty-nine ailments. Among these, twenty species area unit getting used to treat six infectious diseases and forty four species for thirty three non-infectious diseases.

**Siddis:** Bhandary et al according ninety eight preparations utilized by them for treatment of varied ailments. These preparations were created out of sixty nine species of plants.

**Soliga:** The documentation of ethnobotanical plants utilized by the Soligas has been created. The authors according the utility of fifty seven species of plants by the tribe for treating numerous ailments. Later, the approach to life, culture, rituals and ancient health practices of Soliga tribe in ChamaraJanagar district were printed. It had been noted that Soligas maintained endless and intimate interaction with the forest, explanation most of their basic necessities from the forests. because of their intimacy with the character, the Soligas have a holistic outlook on life and their autochthonous data is additionally holistic in nature.

**Kunabi:** The ethnomedicobotany of the Kunabi tribe was documented by Harsha et al. They documented forty five species of plants for the treatment of twenty four ailments. Among the according plants, six species were used for treatment of allergies and skin diseases, 5 for sores and inflammations and 4 every for fever, cuts, wounds and tract infections.

**Gowlies:** Bhandary et al according the plants utilized by the normal practitioners of the Gowli tribe of Uttara Kannada district in state. They documented the utilization of forty one species of plants within the healthful practices of the tribe. The small print on elements used, methodology of preparations, dose and period of treatment along side the biology details of the plants are provided within the report.

In Gulbarga, Rajasab and Isaq recorded fifty one species of common plants utilized by Lambanis for his or her care. The utility of thirty plant species for medical care conditions among the ethnic teams like Halakki, Kadu kuruba and Lambani in Bidar district has additionally been according. the normal usage of twenty five

species of legumes, together with their use in health aspects, has been documented among ethnic fishermen teams like Best, Bovi, Gangamathasta, Mogaveera and Karvi from twelve locations in 3 sites of western coast of state. Hiremath and Taranath according fifteen plants with twelve preparations as ancient herbal therapy for snake bites among the tribes like Lambanis, Hakki-pikki, Jenu Kurubas and Iruligas from Chitradurga district. Throughout the documentation of the plants for the treatment of herpes, Bhandary and Chandrashekar, according thirty four formulations for its treatment with fifty seven species of plants, particularly those utilized by Koraga, Malekudiya and Hallakki Vokkaliga tribes from Uttara Kannada district of the State. Recently, Bhat et al according 102 species of plants accustomed treat skin diseases from Uttara Kannada district, documented from numerous communities together with tribes like Hallakki vokkaliga, Siddi, Kunbi and Gowli.

In spite of of these studies and reports, there exists an oversized gap in complete documentation of the ethnomedicinal data and observe of tribes of state. the dear data of the Brobdingnagian ethnic population on the healing herbs of the region is quick geological process and is in immediate would like of systematic, scientific, thoroughgoing and uniform documentation which might be afterwards valid through analysis and clinical analysis or through reverse medical specialty approach serving the larger purpose of translating mental object into observe of health care.

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