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Certificate

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TO STUDY THE MIGRATION ROUTE OF CHANGPA NOMADS OF LADAKH

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ABSTRACT

The investigation was aimed at, studying the different migration route of Changpa Nomads of Ladakh. The study was conducted in Changthang region of Nyoma block, of Leh district of J&K state. During summers, nomadic family member or hired shepherds take their livestock (sheep, goat, horse, and yaks), to Spangchen pasture land for grazing area. In autumn, they move to Zara camps and when spring comes, they all move towards Yagyang. Kharnak receive heavy snowfall, during winters and pastures are totally covered with blankets of snow, due to which they migrate towards Dadh, Tsamartsay, as snowfall is less in these areas. Korzok nomadic family members move around the Tso Moriri Lake, in the early month of June in summers and at the end of summer season i.e., ending August they migrate to Korzok Phu, where they spend maximum one month. In the autumn season, they migrate towards Paldo, Tatsang Tso basin, and north to Korzok village, where they would stay one and a half month. During summer season the Angkung nomadic family migrates to Zukthe valley, where they enjoy lush green pasture & snowmelt stream water and they would stay there for around 3-4 months. In spring and autumn season, they migrate to Angkung and nearby areas, where they spend around two months. At the start of winter, they start migrating to Tamayara valley, where they spend entire winter season on the rangeland. Samad village, consisting of 40 households spend their summer grazing area in Skyangchuthang, in the west side of Tso-Kar basin. In spring season, they move to Norchen, Nyorchung for pasture land. At the end of summer, they move towards Ronchen, Ronchung, Chubsang, Zomolong, Togra and Zirgul, where they find good pasture rangeland and other natural basic amenities.

KEY WORDS: Changthang, Changpa, Migration, Nomads

INTRODUCTION

Changthang is a unique part of Ladakh, which has harsh climatic dryness (with very low rainfall), whose temperature varies from hot to extreme cold. The area is known as a Cold Himalayan Desert and has very low thermal and hydric indexes. July and August, are the hottest and January is the coldest month of the region. The minimum and maximum temperature fluctuates between -40°C to 40°C and rainfall is meager. The average relative humidity varies between 13-90%, with the highest humidity corresponding to the lowest temperature. The snowfall in the area is very scant and when it does occur, it is dry and powdery. Wind velocity in the area is very high and the fallen snow gets accumulated in the gorges, which remain until the summers. During summers, melting of this snow causes regeneration of various grasses, in the region (Sheikh F D.et.al 2008). Changthang region is geographically located in the eastern part of Ladakh, the easternmost part of the state of Jammu & Kashmir. The average altitude of the

Health ailments and their cure using indigenous flora and fauna in district Budgam of Jammu and Kashmir

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Abstract

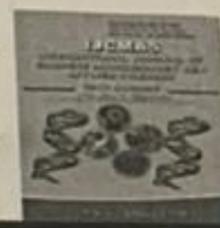
Indigenous Traditional Knowledge is the knowledge that a community possesses for its daily survival with respect to health, food, shelter, agriculture and livestock among many other things. It is rather the survival manual of a community that is handed down from one generation to the other through word of mouth. The current paper presents the key findings of a study in the State of Jammu and Kashmir, District Budgam aimed at documenting the current health practices for common ailments followed by people therein. The study was undertaken in three blocks of the district Budgam (four villages from each block) using semi-structured interview schedule and Focussed Group Discussion. The study revealed that people depend on local flora and fauna for dealing with day to day health problems. Common ailments like, cough, cold, burns, oral hygiene, skin problems, stomach, intestinal problems, eyes and nose problems among many others are taken care of at the grassroots. One of the plants used in health care practices has been reported for the first time. There is a need to document this system as they are passed down through word of mouth and have a risk of getting lost. A decline in these systems would not only end the traditional practices of a defined community but also break its nexus with its history. Such a study can bring forth uses of indigenous flora and fauna that can be beneficial for the entire human race and pave way for enhanced research as well.

Keywords: Indigenous Knowledge, Health Care Practice, Budgam, Jammu and Kashmir

Introduction

Ever since man walked earth he has been interacting with nature for his survival for food, clothing and shelter. Continuous experimentation with nature led him to experiment and identify useful herbs and weeds which he used for his own benefit and then passed this information to the next

generation. This set of information that is native to a particular community with respect to vital aspects of survival has culminated into what came to be known as Indigenous Knowledge. The indigenous knowledge (IK) or the Traditional Knowledge (TK) is the term that refers to the knowledge systems rooted in the



Original Research Article

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Traditional Food and Health Practices during Post-Partum Period: A Study among Tribal Women of Fakir Gujri, District Srinagar, Jammu and Kashmir

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ABSTRACT

Ever since man came into being he has been using certain basic techniques for survival with respect to health, hygiene, food, clothing, shelter, agriculture and allied activities. These traditional methods or techniques are called as Indigenous Traditional Knowledge (ITK) of a particular community and present a wide range of information in various aspects of life. Over the last two decades a lot of information has been generated globally with respect to ITK in all walks of life. The current paper deals with traditional food and health practices during post-partum period – a critical women health issue. The study was undertaken in three blocks of the District using semi-structured interview schedule and Group Discussion. It details the ITK in pregnancy and lactation that are currently practiced by women of Fakir Gujri, a tribal area in District Srinagar, the summer capital of the State of Jammu and Kashmir. The study was conducted using semi-structured interview schedule and Group Discussion. The current paper details out the simple at-home herbal measures that are put to use by the tribal women folk to treat the discomforts of pregnancy, aid healing and bring about therapeutic effects to the body. The chapter highlights the age-old practice of the ceremonial bath taken after the baby is delivered. The water used for bathing is a decoction of herbal plants called "Losse Ghasse" that are believed to have therapeutic properties. Living in times that are a digital era influenced strongly by the advances of science and technology, there was 100% reportage of practicing these ITK by the tribal women of Fakir Gujri.

Keywords

Indigenous Knowledge, Pregnancy and Lactation, Post-Partum, Lossa Ghasse, Jammu and Kashmir

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Introduction

Among the various stages of development in the lives of females, pregnancy and lactation is probably the most vulnerable stage. It marks motherhood as a demanding and

challenging task not only for the baby, but for her own self as well. It is a critical period with unique nutritional demands of the foetus to be met for optimal physical and cognitive development. Therefore it calls for extra care in terms of health and food practices during