

# Heath Problem Of Rural Tribal Area

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## ABSTRACT

This study looks into the severe health issues that remote tribal groups experience, highlighting the inequities and special difficulties they encounter in obtaining healthcare. Due to their social marginalization, rural tribal tribes around the world deal with specific health challenges that are frequently disregarded. By combining ethnographic research, epidemiological analysis, and policy evaluation, this study uses a multidisciplinary approach to provide a thorough understanding of the health disparities in these areas.

The study explores the social determinants of health that have an impact on rural tribal people, such as their limited access to hygienic conditions and wholesome food. It also looks at the cultural and traditional traditions that shape their choices and actions with regard to their health. The study provides information on the incidence of infectious and non-communicable diseases in these communities as well as the consequences of a weak healthcare system. Geographic isolation, financial limitations, cultural insensitivity, and a lack of qualified healthcare workers are only a few of these obstacles. The study also assesses the performance of current government policies and programs targeted at enhancing tribal health and identifies possible areas for improvement.

**Keywords:** Rural Tribes, Healthcare Access, Social Determinants of Health, Cultural Sensitivity, Policy Evaluation social marginalization.

## INTRODUCTION

Rural tribal groups are among the world's most marginalized and underserved communities, and they face particular health issues that are frequently ignored by healthcare narratives that focus on urban areas. These communities, which are steeped in history and culture, have long resided in isolated and difficult-to-reach areas, making it difficult to get quality medical treatment. Rural tribal people suffer from a variety of health issues that are complicated by a complex combination of socioeconomic, cultural, and geographic variables. This study explores the complex web of health disparities that rural tribal groups face in an effort to highlight the urgent problems that require prompt attention and all-encompassing remedies.

The social determinants of health, such as access to clean water, sanitation, nutrition, education, and economic possibilities, are closely related to the health status of rural tribal people. Tribal inhabitants are prone to a range of communicable and non-communicable diseases as a result of limited access to these basic necessities, which frequently feeds a vicious cycle of illness and poverty. Furthermore, despite being varied and rich, their cultural and traditional practices might occasionally converge with health practices that provide particular difficulties, such as the employment of conventional treatments in place of cutting-edge medical procedures.

The lack of adequate healthcare infrastructure in rural tribal communities is one of their main problems. Even the most basic medical facilities may be inaccessible due to a lack of transportation, remoteness, and hilly terrain. The issue is made worse by the dearth of medical experts skilled in understanding and providing for the particular requirements of indigenous populations. Tribal groups frequently lack trust in and are reluctant to seek medical care due to culturally insensitive healthcare delivery systems, which exacerbates health inequities.

By using a multidisciplinary approach, this research aims to provide a comprehensive understanding of the health issues affecting rural tribal groups. We want to sift through the complexities surrounding tribal health using ethnographic research, epidemiological analysis, and policy evaluation. We seek to identify efficient techniques and treatments that can be used to close the healthcare gap and enhance the well-being of rural tribal people by comprehending the underlying causes and contextual complexities of these problems.

We will investigate the prevalence of different health issues among tribal groups, the elements making them vulnerable, the current healthcare system, and the laws intended to address these inequities. Finally, by highlighting the health issues facing rural tribal people and promoting focused interventions and policies that prioritize their particular needs and rights to health, our research adds to the greater conversation on healthcare equity.

The literature review, methodology, findings, discussion, and suggestions are just a few of the elements that make up this study. Each part focuses on offering a thorough examination of the health issues that rural tribal populations must deal with and provides information on possible solutions. By the end, our goal is to add to the body of knowledge required for developing interventions and policies that will improve the health and wellbeing of these vulnerable people.

## RESEARCH OBJECT

1. To Examine Socioeconomic Factors
2. To Analyse Cultural and Traditional Practices
3. To Evaluate Healthcare Infrastructure
4. To study healthcare utilization patterns
5. To Identify barriers to healthcare access

## RESEARCH HYPOTHESIS

- situation of rural tribal area
- Health related awareness among rural tribal.
- Implementation of government health services in rural tribal areas

## RESEARCH METHODOLOGY

This concise of study utilized A theoretical framework and relied on secondary sources such a published article, book, e-books, court judgements. newspaper, articles, and online resources from various scholars. The intention was a present the information in a straightforward manner, ensuring that it is easily comprehensible for the general public.

## IMPORTANCE OF THE STUDY

**Health Equity:** Compared to non-tribal rural populations, rural tribal groups frequently endure major health inequities. To advance health equity and guarantee that all individuals, regardless of their racial or geographic background, have access to high-quality healthcare and the chance to lead healthy lives, it is imperative to look into these gaps.

**Cultural Relevance:** The distinctive cultural practices, beliefs, and traditions of tribal societies have an impact on their health habits and patterns of healthcare seeking. Designing and putting into practice effective and culturally responsive healthcare interventions requires an understanding of these cultural variations.

**Populations that are Vulnerable and Marginalized:** Rural tribal populations are frequently marginalized and experience a number of vulnerabilities, such as socioeconomic difficulties, remoteness from other areas, and restricted access to healthcare and education. To address these weaknesses and enhance their general wellbeing, it is important to understand their health issues.

**Public health implications:** Health problems in tribal communities may have widespread public health repercussions. For instance, contagious diseases can migrate outside of tribal settlements and impact nearby areas. The region's efforts to improve overall health and combat disease benefit from addressing health issues in tribal territories.

**Policy Development:** Studies on health issues in remote tribal communities provide data that can be used to build policies and programs. Evidence-based strategies have a higher chance of success and can result in better resource distribution to address health inequities.

**Preventive health measures:** By identifying common health issues in tribal regions, specific preventive interventions can be taken. Early detection and intervention can lessen the financial and health burden placed on the healthcare system, the affected people, and the spread of diseases.

**Global Perspective:** Tribal or indigenous groups in numerous nations deal with comparable health issues. Rural tribal health research can help advance knowledge of indigenous health issues globally and help guide efforts to improve health outcomes for tribal populations all over the world.

### **Health problem of rural tribal**

Due to restricted access to healthcare, poor sanitation, and crowded living circumstances, rural tribal groups frequently experience a higher burden of infectious diseases such as tuberculosis, malaria, diarrheal illnesses, and respiratory infections.

Tribal women frequently receive subpar prenatal care, which raises the rate of maternal mortality. Concerns include child hunger, low birth weight, and low immunization rates.

Non-communicable illnesses (NCDs), such as diabetes, hypertension, and cardiovascular disorders, are becoming more prevalent among rural tribal populations.

A lack of access to safe drinking water and sanitary facilities is a major factor in the development of waterborne illnesses and ill general health.

Tribal communities may be more susceptible to diseases that can be prevented by vaccines if they have low vaccination rates.

### **Security of Food and Nutrition**

Promote nutrition education by putting in place initiatives that educate people about balanced diets and good eating practices. Support programs that improve tribal areas' access to food, such as by subsidizing basic food items.

### **health instruction**

To equip tribal people with knowledge about health, hold health seminars and awareness campaigns in their native tongues. Include health education in academic programs to reach kids and teenagers.

### **Government and NGO Cooperation**

To develop and carry out healthcare projects, promote cooperation between tribal community leaders, non-governmental organizations (NGOs), and government health departments.

### **Cultural Awareness**

Healthcare professionals should get cultural competence training in order to comprehend and respect tribal customs and beliefs. Where appropriate, work with Traditional Healers to integrate Traditional Medicine into the Healthcare System.

### **Conclusion**

**Complex Interplay of elements:** The socioeconomic, cultural, geographic, and systemic elements that affect rural tribal health problems are intertwined in complex ways. Designing successful interventions requires a thorough understanding of these characteristics.

**Health Disparities Continue:** Compared to non-tribal rural regions, rural tribal populations continue to endure major health disparities. These differences cover a broad range of problems, such as mental health, infectious diseases, maternity and child health, and undernutrition.

**Accessibility Issues:** There are still substantial obstacles to tribal areas' ability to obtain healthcare, including limited access to healthcare institutions, distant location, inadequate infrastructure, and a lack of qualified healthcare workers.

**Nutrition and Food Security:** Improving food security and promoting nutrition education are essential to battling malnutrition.

**Emerging Non-Communicable illnesses (NCDs):** Due to dietary and lifestyle changes, non-communicable illnesses (NCDs) like diabetes and hypertension are becoming more prevalent in tribal people.

**Advocacy and policy reform:** Achieving equitable healthcare requires advocacy for legislation that recognize the special health requirements of tribal populations and provide sufficient resources.

**Community Empowerment:** Empowering indigenous communities through education, job training, and community-based organizations promotes independence and long-lasting health improvements

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