

FOOD AS NATURAL MEDICINE: LIFESTYLE, KNOWLEDGE, AND HEALTHCARE PRACTICES OF INDIAN SCHEDULED TRIBES

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ABSTRACT

*If the humans' intake of food as medicine will keep their bodies healthy, emotionally balanced, and socially wealthy The illness can be kept at a distance to help people find out a way for contributing their might in many spheres of life. Research shows that dietary habits influence disease risk, though certain foods may activate chronic health conditions, others offer strong medicinal and caring qualities. This idea has motivated many scholars to throw light on initiating their arguments on whether food is medicine. On the other hand, diet alone cannot replace medicine in all situations. However, a number of diseases can be prevented, treated, or even cured by nutritional and lifestyle changes. Many nutrients in food encourage health and protect the human body from diseases and eating whole, nutritious foods is important because their unique materials work steadily to create an effect to deliver the best. Good nutrition and what you put into your body is the foundation for good health. Food is Medicine is a term that was originally invented by Hippocrates, the father of Western medicine; it was his belief that eating nourishing food is the basis for good health. Hippocrates said almost 2500 years ago leave your drugs in the chemist's pot if you can heal the patient with food. Centuries ago the earliest known physicians and health practitioners across the world informed the benefits of using food as medicine to heal the body and now based on inquiry it is clearly apparent that food plays a foremost role in health and how you feel on a day-to-day basis. Hippocrates believed that illness stemmed from inadequate nutrition and bad eating habits and that if people were to learn well-eating habits then best health would be restored. Long ago, medicines were commonly used, wise tribal elders would seek out healing herbs, and plants for their community, and food would be applied hard to bring about healing. Gradually through the years, man has moved away from the healing power of nature and towards prescribing packaged artificial drugs, and medicines to contract diseases. The reality is that because we have shifted away from natural remedies and many of us rely on a diet of processed, greasy, and food with sugariness the penalties are that rates of obesity and disease have increased significantly. In this context, this paper highlights the tribes' food culture which prevents a number of diseases, keeps them healthy, and is always ready to deliver their labour. They are in a position to follow conventional healthcare practices based on plants and magical-religious practices. Among the tribal community **Food as natural medicine**, is a slogan that is experienced day-to-day and it helps them to live a long life. Their strong belief is eating healthy food which is easily accessible for keeping the allopathy medicine at a long distance which is the secret to their longevity of life. The tribes in India have learned to live in the most natural environmental condition they live in localities that are vastly rich in biodiversity.*

KEYWORDS: Longevity of Life, Long Distance, Dietary Habits, Natural Environment, Rich Biodiversity, Magical-Religious, Allopath, Caring Qualities, Healing Power, Rich Knowledge

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