

CHAPTER-V

Summary and conclusion

From the discussion on ‘folk beliefs and rituals associated with womanhood among Karbi community of Dimoria block’ it can be seen that folk beliefs and rituals play a vital role in portraying the traditions, the way of life of a community. Folk beliefs are not grounded by scientific fact. But in some folk beliefs and practices there can be a scientific view if it is analysed thoroughly. It is considered to be as truth by many cultured group which is prevailing from generation to generation. Karbi people of studied area also practice many kinds of traditional folk beliefs. Some existing traditional folk beliefs give some ideas of traditional knowledge system, moral lesson, advices which are not avoidable for daily activities in social life and these make every person of the village leading the life in a systematic way. People may use to say these are a kind of superstitious beliefs, but all folk beliefs cannot be regarded as superstition, some beliefs may make a men alert, conscious from the possible accidental events.

The study was divided into five chapters, in the first chapters an introduction has been given about the background to the choice of the topic of research which contains aims and objectives of the study, scope of the study, methods and methodology and review of literature. Second chapters provides brief outline of Karbi community resides in Demoria block of Kamrup district, their religion, environment, marriage system, economy, occupation, family structure, festivals of Karbi etc. Third chapter describes the prevalent folk beliefs and ritual practice of Karbi community of Demoria region which includes beliefs and rituals related to birth and death and marriage, religious beliefs and rituals, rituals of purification and some other existing folk beliefs. Fourth chapter the entire topic of investigation and observation has been presented in fourth chapter which is folk beliefs and rituals associated

with womanhood containing the rituals and beliefs related to puberty rites, menstruation marriage, and pregnancy, food beliefs during pregnancy and menstruation, participation in religious rituals.

Like so many community the necessity and importance of the role being played by the Karbi women in this traditional life since time immemorial. Therefore it must be observed and analysed with attention. In doing so it will be easier for us to bring alive the real picture of the society in the past and present. The study aims at identification of folk beliefs and to analyse them scientifically. It examines belief practices regarding puberty rites, pregnancy, food beliefs, marriage rituals, participation in religious events etc. regarding puberty and menstruation cycle rites there are some strict restrictions such as during that period they are not allowed in the kitchen, temple (*than*) and paddy field. But according to them these restrictions are made for the well being of the girl or the women, because those beliefs may restrain her for doing heavy work. Their traditional practices of food habits includes lots of leafy vegetables, fish and meats, use of oil is very less. So noticeably it can be said that they carries nutritious diet from time immemorial. The food beliefs concerning menstruation has lots of scientific value, for example consumption of *poita vaat* keeps stomach cool and reduces the abdominal pain as it has good sources of iron, potassium and calcium (Bhattacharya, 2011). Regarding the food practices during pregnancy the result confirms that folk beliefs of food do not interfere with foetus development.

Most of the Karbi people of Dimoria region are dependent upon cultivation and every member of village participate in their traditional process of cultivation (*aarkur*) irrespective of gender.

There are some ill practices also by not allowing widow and the childless wives in an auspicious occasion like marriage is still prevalent in their society because they believe their bad luck may pass to the newlyweds. Though the birth of a girl child in Karbi society not so

unwanted, still the urge for a boy child is always strong. In some of the religious ceremony of feasting and worshipping, women are debarred from active participation. Still the Karbi women enjoy respectable status and recognitions portrayed in their oral narratives, which in reality was the inevitable outcome of the recognition and acceptance of the duality of the biological and elemental forces- their co-existence and compatibility, awareness and adoration that moulded their folk wisdom and worldview.

Though many folk beliefs are gradually losing their hold on the minds of educated populace, they continue to dominate the lives of the majority of the rural and illiterate population.