



Maasai Eating Styles to Control Diseases

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Introduction:

The Maasai (sometimes spelled "Masai" or "Masaai") are a Nilotic ethnic group of semi-nomadic people inhabiting Kenya and Tanzania. They are among the best known local populations due to their residence near the game parks.

Maasai are pastoralist they tend to shift from one area to another searching for green pasture for their cattles. Traditional Maasai lifestyles centres around their cattle which constitute their primary source of food and measure of a man's wealth is in terms of cattle and children.

This research project will explore the eating styles of Maasai tribe and analyzing the nutrients contents of their food that lead to the uniqueness of their health status. Recent studies found that Maasai found **no evidence whatever of heart disease**, abnormalities or malfunction, this ascribed to the amazing fitness of Morans, which was evaluated as "Olympic standard". Many had **not a single tooth attacked by dental caries** nor a single malformed dental arch.



Method:

Different methods have been used in conducting this research project, several questions (questioners) have been asked to different individuals including the Maasai themselves in their BOMAS and useful information has recruited as it can be shown in the result section.

Also different BOMAS in Maasai land in SADANI NATIONAL PARKS have been visited and face to face interaction have been made and useful information has been taken. Maasai Food samples have been taken and analyzed in ST.CHRISTINA LABORATORY and the results were made as it can be seen.

In analyzing the food samples we expect that if there are presence of proteins ,fats and sugar the samples will tune to:protein-purple colorations, fat-white emulsion,sugar-brick red precipitate



Bomas of Maasai people in Saadan National parks



Traditional dancing shown by Masaai

Results:

During the visits of several Maasai BOMAS in the SADAN NATION PACK the total amount of 20 Maasai peoples interviewed 10 males and 10 females aged 6-10 years,15-25 years and 30-70 years in different BOMAS and the result was as follows:

The typical diet they take every day was milk and meat but also they clarify that there are specific food that they take during specific time: Yohana OLE Nangoro aged 30 claim that they used to take a fresh blood from their cattles during the time fighting with other Maasai Warriors said that Blood help them to increase the strength during fighting. But mostly they prefer a mixture of meat, blood, and fat (munono), which is thought to give great strength.

Also Leye ole Sendeka aged 28 claim that they used to feed they kids a lot of milk since morning to evening and they prefer breast feeding but not obvious, for the whole day the milk drunk is both curdled milk and fresh milk .The cousin of Leye claim that there specific parts of cattles that can be eaten by different members of the BOMAS example the neck of a goat is eaten by the elders, ribs are eaten by women, the hind legs are eaten by young men, the young boys eat the chest part and this division is to ensure every member of the BOMA gets a share of the cattle.

One of the Elder of BOMAS claim that they do not eat FISH,CHICKEN, SALT he continue claim that in their entire life he did not eat FISH, CHICKEN and SALT .Also claim that both fresh and curdled milk, are drunk, and animal blood is drunk at special times—after giving birth, after .6 circumcision and excision. or while recovering from an accident. It may be tapped warm from the throat of a cow, or drunk in coagulated form. It can also be mixed with fresh or soured milk, or drunk with therapeutic bark soups (motori).



Local Medicine from Tree Bark

Conclusions:

From experiment conducted on the analysis of Maasai food the results shows that the Maasai food contain a lot of proteins, sugar, salt and fats together with therapic contents that give the amazing strength of Maasai and reduce much of the health risks in Masai trible .

The practices of mixing their food stuffs i.e fresh milk ,fresh blood and honey lead the food to have a least the proportional balance hence reduce health risks .Example from blood, Masaai obtain salt ,tree back contain specific chemical that reduce the fats contents,honey and milk they obtain sugar, also fats from milk and meat.

Proteins and Fats is the Basic food that build the body muscle ,salts also is the basic ingredients that strength the bones and also the tree backs contain ingredients that help to cure diseases .But this research project suggest that if the Maasai food is eaten in a correct proportional it will help to reduce health risks .

Their eating style has been of great help to their health development because the overall of food they consume contains protein that builds their bodies, low amount of fats which can be easily utilized by the body, salt that is obtained from cattles blood which is an important ingredient in the human diet also sugar is obtained from honey.

The Maasai people are mostly affected by few diseases such as malaria, fever to young boys, coughing, flu and sometimes diarrhea but lack enough this have their own natural medicine such as SOKONOI which cleansen people especial pregnant women,KILORITI which strengthen bones of legs and backbones of sick elder people and LOISUKI which help in treating Malaria Typhod ,Fever and also Blood pressure.