

ANTHROPOLOGICAL PERSPECTIVE OF FOOD AND REPRODUCTIVE HEALTH : A REVIEW**

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The present day superstructure of beliefs and religious ideologies found in human societies is built on a foundation of hundreds and thousands of years of hunting and gathering economy followed by simple cultivation. Cultural features pertaining to sexuality, pregnancy and childbirth are among the most extensive but conservative in all societies. In this review, indigenous perception and traditional practice of food preference and food avoidance manifesting the different modes of sustenance at every stage of human life especially in connection with sexuality and reproductive health, contraception and conception, pregnant and lactating mother and child health are discussed with special reference to the Hindu as well as Islam concepts prevailing in rural areas of West Bengal and some parts of Bangladesh.
