**Secret behind the long life time period of people of**

**Gilgit-Baltistan**



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ABSTRACT

This is a natural process that people living in cities are not much physically stronger, then the people who live in villages and lifespan of people belong to cities is also short. I have observed the same phenomenon in our country also, so I decided to reveal the secret behind the long-life span of people of Gilgit-Baltistan. I spent time with some aged people of the area, whose ages were more than hundred years and come up with some interesting results, like behind their long lifespan there are so many factors are involved, for example their nutrition, physical exercise and environment are playing vital role.

INTRODUCTION

* 1. Background:

Jamshad khan dukhi is a well known author and poet of Gilgit Baltistan. He wrote a book named as “gilgit-baltistan Kay log”, where he has briefly described that why people of gilgit-baltistan have the life span of hundred years or more then hundred years. From many reasons he has placed the fresh environment on the top. He explains that gilgit baltistan is an area where you get opportunity to have a closer look at nature. With every single breathe people in gilgit baltistan inhale fresh air without any mixture, so obviously they are going to have a long life time.

Secondly, I was reading about gilgit-baltistan on a blog named as “shugal”, where there were people of gilgit baltistan, specially people of hunza themselves have revealed the secret behind long lifespan. They have a strong believe in their diet and they said ‘you are what you eat’ is the secret behind it. Rather than living to eat, they eat to live. They have two meals a day; a rich breakfast in the morning followed by dinner after sunset. Moreover, they only eat natural food products such as fruits, vegetables, grains, milk, and cheese. There are no chemicals or additives in their meals.

* 1. Thesis Statement:

In 20th century the average life time of an individual human being is 60 years. It would be strange if we spot some people whose lifespan is even more then hundred years, in this century. We definitely would like to know the reasons behind it. So after reading this research paper we will know that why people of gilgit baltistan have such a long life time.

* 1. Research questions

1. What are the basic reasons for such a long lifespan of people of gilgit baltistan?
2. Are there any side effects of being living for more than hundred years?
3. Are the people of gilgit baltistan remaining healthy after crossing a specific age limit?
4. What kind of diet they use to keep themselves healthy?
5. Do they have any respect from the society in which they are living?
   1. Research objectives:
   2. To know the secret, why people of gilgit baltistan have long lifespan.
   3. To know the good and bad aspects for being living for more than hundred years.
   4. To know that the people of that particular area, remain healthy after getting too much old.
   5. To know about the diet they use to keep themselves energetic even after the age of hundred years.
   6. To know about their status in the society, how younger people treat them and how they treat their younger ones.
   7. Significance of the study:

Life of human being can be divided into three different periods. First one is the period of childhood in which an individual is not fully mature. The problems of this world are strange to them and they spend this period of life like kings. Second period is a period of young hood. This is the worst period of an individual, he get introduced to the problems of this world. He has to struggle to make his own and his family’s future bright. The third period is the period old hood which is a stress free period. His children have already grown up and everything is going well in his life. This is period where an individual spend the remaining days of his life with his family and enjoy.

Unfortunately people now days didn’t the last period of life, because they say goodbye to this world in the age of 50 or 60. They don’t get opportunity to spend their life with their families. If we will reveal the secret of those people whose lifespan is more than 100 years, people can apply this secret in their lives and have a healthy life even after 100 years, and they can get an opportunity to spend some best moments with their family.

Secondly, experience matters a lot while taking any decision. It means that a man with ninety years can take well decision then a man whose age is fifty. So if we have people full of experience, they can take well decisions in any field of life.

* 1. Delimitation of study:

Despite the fact that people of gilgit-baltistan has a very long lifespan, there are a lot of people who are disable. There may be some natural diseases because of which a lot of children born in gilgit baltistan disable or may be some other reason, but those reasons are still unknown to the world.

LITERATURE REVIEW

Scientists, thinkers, and so many people who are related to health studies have searched about the topic, that why people of gilgit baltistan have such a long life span.

Jamshad khan dukhi a famous poet and author of gilgit baltistan wrote in his book named as (gilgit baltistan Kay log) about the long lifespan of people of gilgit baltistan. He explains that people of gilgit baltistan have long lives because of the environment in which they are living. Gilgit baltistan is an area where traffic and industries are almost zero, so the air they breathe is totally fresh and clean because of which people of gilgit baltistan have long lifespan. He further explains that people of gilgit baltistan always stay happy, they enjoy their life. People cooperate with each other on every occasions so their happiness and cooperation with each other may be one of the reasons for their long lifespan.

Associate Professor, Department of Political Science & International Relations Bahauddin Zakariya University Omar Farooq Zain wrote about long lifespan of people of gilgit baltistan in his article published in Pakistan journal of social sciences on 1st September, 2017. He gave many reasons for the long lifespan of people of gilgit baltistan, like he said that the physical exercise is the main reason for the long life. Gilgit baltistan is a mountainous area where people have to climb a small mountain to bring something from shop. People in cities prefer vehicles to travel a very small distances while I gilgit baltistan people like to walk, they walk even kilometers and they enjoy walking. When they cover long distances by foot they become safe from so many life threatening diseases and they always remain healthy even in the age of hundred years.

An article published in 2006 named as life on the top of roof by a foreign writer J M Walter, where he has explained the secret behind the long lifespan of people of gilgit baltistan. According to him the diet and nutrition use by people of gilgit baltistan is responsible for their long lifespan. People in gilgit baltistan use a very pure nutrition.

There is no mixture in their nutrition; people in cities prefer to eat spicy food as a result they suffer in so many stomach diseases while in gilgit baltistan people don’t eat spicy. The food of gilgit baltistan is less spicy and more powerful. They don’t eat oily food; rather they prefer to eat the butter. They prefer to eat more fruits like apricot, cherry etc. they don’t use that oil manufactured in factories, while they use the oil they themselves prepared from the seeds of sun flower. So people in gilgit baltistan use the pure food made by themselves due to which they remain healthy after crossing an age limit.

There is a blog named as “MY GILGIT”, where people write about the culture, food, festivals and people of gilgit. On that blog there was an article about the long lifespan of people of gilgit baltistan. There were many reasons behind this but one of the most important reason is the type of daily work they do is plays a vital role for it. Almost everyone in gilgit baltistan has his own fields where he has to work. So after a pure food they work really hard in a fresh air that’s why people of gilgit baltistan have a consistent good health. The work they do is a type of a physical exercise, so when they work they become healthier and fit.

HOW YOUNG PEOPLE BEHAVE WITH OLD AGE PEOPLE IN GILGIT-BALTISTAN:

What happen with an individual when he gets older? Generally old people are mistreated. There are so many reasons for that, like when they get older they become dependent on younger ones so young people didn’t take care of old people. We know that old people always suffer in health problems, and their children get tired of visiting hospital again and again. Some people keep their older ones in co-housing where they pay different people to take care of their parents. Mainly we can this scenario in cities where there is so busy life; people don’t care of their older ones while in gilgit baltistan scenario is totally different. People take care of their older parents and grandparents. Even people leave all their important works and keep a well care of their older ones. They provide them with a healthy food. People always take care of the health of older ones. They take them to hospital even on a small health problem. In houses the older people take important decisions, not only in homes in outdoor activities on village level the last decision which is acceptable for everyone is the decision taken by the oldest person. In whole gilgit baltistan you will never see a single co-housing. Every old man is in his own house and he is happy with his family. So in gilgit baltistan the behavior of young people with old people is appreciable. In front of people of gilgit baltistan the most important thing is to take care of their old parents and grandparents.

CONCLUSION

We have seen so many factors responsible for the long lifespan of people of gilgit baltistan, like their nutrition, environment, physical exercise they do and the most important is their happy life style. Anyone can have a long life if he takes care of his health, if he takes healthy food and keep doing a little bit of daily exercise and most importantly always stay happy and stay healthy, good luck for the remaining days of our lives.

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