



# Endogamy

**Source:** [BL](#)

A study highlights how **endogamy** has contributed to **population-specific genetic diseases and variations in drug metabolism** in India.

- **Key Findings of the Study:** Indian communities show higher prevalence of genetic disorders due to inbreeding (breeding of individuals that are closely related genetically).
  - For example, high incidence of **ankylosing spondylitis** (type of arthritis) found in the Reddy community of Andhra Pradesh.
- **Endogamy:** The practice of marrying **within a specific ethnic, cultural, social, religious, or tribal group** to preserve identity, wealth, and traditions, unlike **exogamy**, which involves marrying outside one's social group.
- **Negative Impacts of Endogamy:**
  - **Limited Gene Pool:** Reduced genetic diversity in endogamous groups limits adaptability to changing environmental conditions.
  - **Social Consequences:** Leads to restrictive societal practices such as [honor killings](#) and **rigid caste-based hierarchies**.

Read more: [Consanguinity](#)

PDF Reference URL: <https://www.drishtiias.com/printpdf/endogamy>