Nepalese are known by castes. A caste is an elaborate and complex social system that combines elements of occupation, endogamy, culture, social class, tribe affiliation and political power. Discrimination based on caste, as perceived by UNICEF, is prevalent mainly in parts of Asia (India, Sri Lanka, Bangladesh, Nepal, Japan) and Africa.

Amongst themselves essentially for their identity. It affects their family life, food, dress, occupations and culture. Basically, it determines their way of life. On the whole, caste system has an important role in social stratification in Nepal. There are many castes in Nepal amongst various communities mainly in the hills, valleys and the plains. The communities living in the high mountains do not follow the caste system. They are the Tibetan migrants.

People from Tibet those migrate to North of Nepal. and they practice communal ownership.

The caste system which is the basis of feudalistic Feudalism was a set of political and military customs in medieval Europe that flourished between the ninth and fifteenth centuries. see more economic structure with the system of individual ownership system did not exist prior to the arrival of Indians and their culture in Nepal. The Nepalese caste system is an impact and influence of the ancient and orthodox Indian caste system. The ethnic Nepalese indigenous do not have caste system even today because they practice Buddhism.

Buddhism
Buddhism is a religion and philosophy encompassing a variety of traditions, beliefs and practices, largely based on teachings attributed to Siddhartha Gautama, commonly known as the Buddha ("the awakened one"). Buddha was borned in Lumbini, Southern part of Nepal. Only the Indian migrants who practice Hinduism.

Hinduism
Hinduism is the predominant and indigenous religious tradition of South Asia. Hinduism is often referred to as Sanatana Dharma (a Sanskrit phrase meaning "the eternal law") by its adherents. Hinduism is formed of diverse traditions and has no single founder. follow this system.

The caste system is divided into four folds which are Brahman (priests and scholars), Kshatriya (warriors), Vaisya (merchants and traders), and Sudra.
The Caste System in Nepal is a hierarchical social structure that has been deeply ingrained in the nation's culture and history. This system stems from the Hindu religious beliefs and has historically divided people into different castes, each with its own social status and responsibilities.

**Castes and Social Status:**
- **Brahmins:** At the highest level, Brahmins are believed to be derived from the gods and are associated with spiritual and intellectual duties. They maintain the religious traditions and rituals.
- **Kshatriya:** This caste, consisting of the warriors and rulers, is considered next in the hierarchy as they were responsible for maintaining order and defending the society.
- **Vaisyas:** Comprising merchants and traders, Vaisyas hold the middle position due to their role in commerce and administration.
- **Sudras:** At the bottom, Sudras were considered the lowest caste, often从事 manual labor and agricultural work.

**Caste Restrictions:**
- **Purity and Pollution:** Caste membership affects access to various resources and opportunities. For instance, if a lower caste individual enters the homes of higher castes, they are considered ritually impure and require cleansing. They are also excluded from consuming food or drinking water from the homes of higher castes.
- **Interactions:** Interactions between castes are restricted, especially between upper and lower castes, to prevent pollution. This includes marriage, which is rarely allowed across caste lines to maintain purity standards.

**Changes with Time:**
- **Legal Prohibitions:** The Caste System has been challenged by the Nepal constitution, which prohibits caste-based discrimination. The practice of untouchability has been declared illegal, and caste-based discrimination in public places and government services is now punishable.
- **Social Mobility:** With education and employment opportunities becoming more accessible, the younger generation is increasingly breaking away from traditional caste roles and entering into various professions regardless of their caste background. However, discrimination and social barriers persist in rural areas.

In conclusion, the Caste System in Nepal reflects both tradition and struggle. While it has been legally challenged and has evolved over time, it continues to influence daily life and social interactions, highlighting the complexity of addressing deeply rooted social hierarchies.