Traditions of Food for Health Management in Uttara Kannada

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The human race has been experimenting with food ever since the species came on the Earth. Today, if we survey traditional food of any given natural area, it is likely that every locality has its own kinds and combinations of food plants and animals. Although filling hungry stomach is a major concern everywhere, as the choice increases, the species used for food, the parts used, the processing methods, all have health maintenance and improvement as main concern. This poster presents briefly a 'Food for Health' profile as prevalent to this day in Uttara Kannada district of Karnataka coast.

Adequate dietary treatment only is the major solution for many health problems like weakness, obesity, eyesight, anemia, fever, and so on and for increasing body's resistance to diseases. This is also appropriate time to review our traditional foods in terms of their role as immunity booster, especially as we are face to face with deadly diseases, notably like Covid-19, as the virus is sweeping through the world, including in India. The global patterns of Covid-19 infections show that it is not malnutrition that invites Covid virus, as the percentage of deaths of the affected people are much higher in the most well-fed countries like USA, Italy, England, Spain etc., than in India, which has a greater share of global poverty, whereas the Covid-19 caused deathrate currently stands at 1.4-15% only, at least currently, as the affected people recover in higher or bad taste plants also in his food for his health, which could not give the taste the mouth. Traditional food in Indian villages, has many ingredients from diverse species, to prevent/cure diseases and to give strength and immunity.

The ingredients used for flavouring, seasoning, or taste giving themselves are mostly medicinal plant or their parts. The dishes, for combination with staple foods, of cereals and millets are broadly classified under types locally labelled as hasi, tambuli, gojju, paladya, pudi, sukke, chutney, huli, kudilu, saaru etc which go well with regular cereals and millets. Details regarding some of the numerous kinds of health foods are presented here.

Lemon grass Tambuli

(Cymbopogon citratus, Stapf)

Grind 6 pieces of lemon grass, 2 inch ginger,

1 cup grated coconut with 1 cup buttermilk add 1 spoon salt and have it with hot rice or drink good for cold, headache, fever.

Touch-me-not (Mimosa pudica) leaves Tambuli,

-Sensitive plant or Touch-me-not

Grind 8 to 10 tender leaf clusters with half spoon cumin seeds, 1 cup poppy seeds (khas-khas) & 1 cup grated coconut; add tamarind juice & salt & sauteed in oil with mustard seeds, little asafoetida, red chilli, & curry leaves. Use with hot rice for urinary disorders & piles.

Katne (Rasam)

1 cup coriander, ½ cup pepper(25 seeds) ¼ cup black cumin (kalajeera) together powdered, boiled in 3 liters of water & reduced to 1.5 liters; add salt to taste. While consuming heat rasam, by adding for every cup of rasam 1 spoon of jaggrey, 1 spoon lemon juice & drink hot. For delivered women, 3 time per day; for others 1 -2 cup according to age. Considered good for winter & rainy season.

Flowers Tambuli

Fry cumin seeds, pepper, red or white *Hibiscus* flower or drumstick (*Moringa*) flowers with ghee; grind with coconut add butter milk, salt, jaggery; sautee with mustered seeds, asfoetida, red chilli

& curry leaves; have it with hot rice or drink as such as cure for diarrhoea, dysentery and bile problems

Savira-sambar leaves Tambuli

Karpoora valli or Doddapathre (Kannad (Plectranthus amboinicus (Lour.) Spren is source of main ingredient. Fry 8 leaves of the plant with 1 spoon cumin & 5 black pepper seeds in ghee; add 1 cup grated coconut, grind together; add 1 cup buttermilk, salt to taste &

1 spoon jaggrey & use with hot rice or drink as such to relieve cold & cough.

Fresh Ginger Tambuli

(Kan: Shunti); Sci. name: Sci. name: Zingiber officinale Roscoe
Grind 2 inches of fresh ginger with a cup of grated coconut; add a cup of buttermilk, sautee with sesar consume with rice. Ginger is

bloated stomach; nausea & vomiting; joint pains are relieved as ginger reduces swelling. Ginger works against fever & considered among herbal preventives for Covid-19



Haade-balli Tambuli

(Cyclea peltata Hook. f. & Thoms). Fry Cylcea peltata fruits fried in ghee or oil; add half spoon cumin seeds & grind with 1 cup grated coconut, then add 1cup butter milk,

enough salt & sauteed in oil, with mustard seeds, asafoetida, red chilli & curry leaves & consumed

for worms, diarrhoea & dysentery

Green Gram Kichadi

Boil overnight soaked green gram with drumstick leaves have it without salt or Jaggery upto three days for bilious problems

Arrowroot flour porridge



Arrowroot Maranta arundinacea flour gruel with salt or sugar is easily digestible and cool, an ideal food for diarrhoea/dysentery patients.

Hibiscus flower-rice Dosa

Grind fistful of Hibiscus leaves with 3 cups of & dosas made for cooling bofy. Once in a month repeat is believed to be good for

Sanduvatadaballi Dosa
(Cissus
quadrangularis)



Grind 2 cup soaked rice, half spoon cuin seed with 5 inch sanduvatada balli prepare dosa and given for sandu vaata patains (Joint pain).

Grams decoction

Grind fried Sesamum or Green gram or Black gram with coconut and jaggery and have it in summer for body cooling.

Fresh Turmeric Gojju

Kan: Arishina (Curcuma longa L.)

Fry 2 inch raw turmeric root with 1/2spoon cumin, 5 -6 pepper seeds in1spoon oil or ghee then add 1 small gooseberry-size tamarind, ½ spoon black gram dal, 1/2spoon coriander seeds, 2 cup grated coconut and grind to somewhat thick consistency; add salt to taste and boil with 2 spoon jaggrey. It is good combination with with rice to eat; can be stored for 3 days without spoiling. It is good for body immunity.











