

# Medicinal Value of Ancient Tamilnadu Authentic Food- A Detail Study

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**Abstract:** - Authentic ancient Tamil food contains a wealth of erudition on health sciences. Ancient Tamil peoples beliefs "Unavemarundhu" which means "Lets cooking be thy medicine and medicine be thy food". At changed stages of a life, the constitution of creature corpse changes and requires exceptional ingestion routine to sustain typical physiological functions. As indicated by these diverse changes Tamil ancestors had poles apart foods that were beneficial and nutritionally dense. This review article introduces the curative significance of antiquated Tamil foods and evidenced through Tamil literature review. This article expand discusses about various land of ancient Tamil Nadu with and their medical respect food customs.

**Key words:** Unavemarundhu, Curative significance, Physiological functional foods. Tamil literature review.

## I. INTRODUCTION

At extraordinary levels of lifestyles, the constitution of the human frame modifications and it calls for specific ingesting habits to maintain normal physiological features. As indicated with the aid of those numerous stages, our ancestors had unique meals that were wholesome and nutritionally dense. [1]

The traditional authentic food, organized with close-by fixings and direct cooking procedures are known to have incredible dietary advantage. Regardless they have been neglected and are known to outline negligible idea of our step by step utilization. Along these lines it is basic to get prologue to these fundamental yet supporting and strong sustenance's. The all around valuable of sustenance usage is for the nutritive regard. Therefore with extended access to contrasting sustenance things it is imperative to perceive the enhancements of the sustenance we use likewise, keep up a reasonable eating routine.

Traditional nourishment is foods that were expended from the beginning of time before the modernization and industrialization of the sustenance supply. These foods are not just free from added substances, synthetics and a significant number of the things we find in sustenance today, yet they were particularly feeding.(2).The meals subculture and traditions of Tamil Nadu has been formed by means of its long history, unique Geography, and substantially motivated by way of the different rulers, vacationers and associates .food is an important part of Tamil culture, playing a position in normal existence in addition to in festivals.(3)

## II. LITERATURE EVIDENCE OF ETHNIC HEALTHY FOOD HABITS

Sangam era culture had a recognizable delicacies, a particular set of cooking traditions. The six tastes of Tamils are 1. Sweet 2. Pungent (mirchi) 3.Bitter 4. Salt. 5.Sour. and 6.. Astringent.Over the years Sangam generation gastronomy has substantially advanced and that they have used function spices and the mixture of flavours particular to Sangam period. The Sangam generation culinary had precise flavors, the tangy twist and the plethora of vegetables had been used of their recipes. The gastronomy of Sangam Tamil cuisine changed into dominated by rice, lentils, tamarind, coconut and curry leaves. Rice became the fundamental staple meals of maximum of the Sangam Tamil human beings.(4)

Historic Tamil delicacies is the cooking between 3BC – 15BC, the Tamil sangam works like Perupanchupadai, Chirupanchupadai, Purananuru, Tholkapiyam, Kurunthogai, Pathichupathu and so forth., extensively defined the meals and meals habits of the ancient people. Sangam literatures actually defined the foods that have been served in the laymen residence and also the Kings palace in the ones days. historic instances the South India become divided by Chera, chola and pandya kingdoms. The elements what we're using now for our cooking changed into no longer to be had on the ones days cooking practice. The meals tradition had been converted as consistent with the land in which they had been dwelled. in line with the Chirupanchupadai, a Tamil paintings, Raja Annam is the higher pleasant rice, this rice is used to bartering the goods.

Sangam literature stated the course clever serving of meals. The exercise of ingesting food in path smart passed to eu countries through our practices (phrases on Kurunthogai). In Sangam days, meat and alcoholic drinks like "Somabhanam" served to the courtyard poets. those days, there were no restrictions to taste the meat and alcoholic drinks. Kuzhambu / Kalavai, Salna / Stew, Sambhar, Medu Vada, Dosa and many others., had been present in olden days in one-of-a-kind shape and taste which were cooked with to be had items. In king's residence there had been 160 styles of dishes served for a single meal, 82 chefs worked in the king's kitchen. In Maharaja's kitchen, the collections of secret recipes were so expensive to the reliable kitchen. The recipes drafted on kings head chefs mystery code. Histories noticed that the kitchen of

Maharaja's changed into well-known for its notable and difficult recipes.

Onion, Tomatoes, green cold, garlic, cloves, refined oil, sugar and so forth had been now not available in Sangam age. Nowadays we can't imagine the cooking without the above stated ingredients and sweets without sugar. Peppercorns, coriander seeds, Black **Jaggery**, tender coconut, Honey, ginger, Turmeric, Tamarind, Mustard seeds, ghee are the elements used on early days. In 15 & 16th century, many ingredients had been added for the cooking through change. After the advent of groundnut oil in Vijayanagara dynasty that produced greater deep fried ingredients. Temples play the energetic role for the evolution of meals. thru the awaken of Bhakthi moves there had been the first-rate changes inside the Tamilian food customs.

#### *Purananuru And Pathichupathu*

Even the well-known Biriyani had its beginning in South India, not from everywhere. according to Tamil works Pathichupathu and Purananuru which massively describes the meals and fermentation technique finished in historic days. This Tamil works says that the warriors / infantrymen had been feeded with "Oonthuvaishil" or "Oonsoru" (Oon method meat) via the King earlier than they have been going to warfront and also the biriyani were served to soldiers on every occasion there have been victories at struggle.(5)

#### *Tirukkural*

In Sangam age, Tirukkural, composed via Tiruvalluvar, the maximum celebrated Tamil poet-saint, is taken into consideration as unparallel, frequent scripture. It comprises of 1330 aphorisms in couplets organized in 133 chapters underneath three heads -- virtue, Wealth and Love. Tiruvalluvar's couplets on medicinal drug ( 95th chapter) are rather aphoristic: "no medication is essential for him who eats after assuring (himself) that what he has (already) eaten has been digested." "Marunteṅa vēṅṭāvām yākkaikku aruntiyatu arṛatu pōṛi unṇi"

(Tirukkural 942: Poet Tiruvalluvar)

No need of drugs to heal your frame's pain, If, what you ate before digested well, you eat once more.(6)

#### *Nattrinai*

The food and cooking techniques of the Sangam are present in the Nattrinai. They are the nature of the living conditions of their food population. It depends on the material and economic conditions. The food items of the Sangam period were good for health. And they were good at cooking and eating food. Most of the time they dried up food, grilled, roasted, shoots, oiled, and soaking. Note that there is a song in the song that the cheese cooks the fat of the ghee to the guests at night.

Elli vanta nal icai viruntirku

kiḷar kiḷai arivai ney tuḷantu

aṭṭa viḷar ūṇ am pukai eṛinta

nerri ciṛunuṅ pal viyar poritta

kuṛu nāṭaik kūṭṭam vēṅṭuvōre" nārriṇai 41(5,10) "

Fruits such as figs, lobster bubble fruit, and nutmeg are the most abundant fruit.(7)

### III. NUTRITIONAL VALUE OF AUTHENTIC TAMILNADU FOOD

#### *1. Koozhu*

Koozhu is a very conventional and old recipe of tamilan's that's specifically organized throughout aadi masam pageant which is well known considering that a while at some stage in Aadi masa (Tamil month) from July to August. This month is taken into consideration to be auspicious for the religious sports of Amman as she is stated to be more effective throughout this month. For the duration of this month Koozhu is organized and supplied to Mari Amman (another shape of goddess Durga and Kali known as as Amman in Tamil) at some stage in pooja in Tamil Nadu and local Tamil human beings in India. Koozhu is additionally known as Kevaraghu Koozhu or Keppai or Ragi Koozhu which is ready with millets. In English it's far known as Porridge of finger millet.

Koozhu is called as negative guy's meals as it is able to be organized easily as there is no need of many substances it's only a mixture of two curd and cooked rage and an onion to taste, which are effortlessly less expensive to any person. This kosher is being on the streets of Chennai in Tamil Nadu. Humans opt for Koozhu than soda as it's far healthy while compared to soda or any different cool drink.(8)

#### *Benefits*

There are lots of nutrients in the koozhu. It contains 15% protein and high fiber, vitamin E, vitamin B complex, niacin, thiamine, riboflavin. It also contains essential amino acids such as methionine and lysidine, mineral richness such as iron, magnesium, phosphorus and potassium. Many people suffer from sunburn during summer. If it is the best drink for the lubricant to lubricate this body, it is a koozhu. If one day eating a Koozhu every day, the temperature of the body is maintained uniformly. It also gives instant energy to the body.

There is iron in ragikoozhu. This is a key source of the necessary for the production of blood cells. If a ragikoozhu drinks a drink every day, it will repair blood flow. It can help reduce the amount of triglycerides in the body. This can prevent the density of the blood and prevent blood clotting and reduce the risk of stroke and coronary heart disease's.

Vitamins in ragi koozhu will help break up carbohydrates and fats. This reduces the amount of homocysteine in the blood

and prevents cholesterol in the body. The cholesterol stops in the blood vessels of the niacin in the cage and increases the levels of good cholesterol in the blood. Tryptophan, an amino acid in ragikoozhu, helps to reduce the appetite and maintain body weight. And it is slowly digestible and will prevent you from getting hungry for a long time. Most fiber in the ragi koozhu will prevent excessive eating. Fiber and phyto nutrients in the cage reduce the risk of bowel cancer. The phytonutrient, called lignan, is replaced with mammal lignon in the intestine and provides protection from breast cancer (9)

### 2. Kozhukattai:

Kozhu kattai is a completely divine recipe that is specifically cooked by using Tamil people during ganesh chaturthi, as it's miles supplied to Lord Ganesh especially. Ganesh Chaturthi can never be complete without the ubiquitous kolukattais. The dish comes in various shapes and tastes these days – from the regular traditional varieties to the exciting ones with different stuffing. “It is said that the practice of making Kolukattai and steam cooking came to our country from East Asia through trade merchants in the olden days,” says Chef Raj Mohan. “In a way, the dumplings are the Kolukkattais of East Asia.” Apart from being a tasty snack, Kolukattai is also healthy as it packs the goodness of coconut, dal, jaggery and rice in its little potli. Kolukattais have also taken a ‘diet’ avatar as they are made from oats.(10)

#### Benefits

- It's a totally light food it could be taken in breakfast or night snacks.
- It's miles helpful in decreasing cholesterol within the body and weight reduction.
- It is also a terrific appetizer.(11)

### 3. Appam

Appam is a very old and conventional recipe of South India especially in Tamil Nadu, Kerala and Sri Lanka. It's far a little special recipe that is cooked at the appam pan simplest which is particularly made to cook dinner appams on it.

#### Benefits

Appam has low calories in it so it helps in preserving weight problems away and maintains suitable health. Reduces the chances of heart stroke because it lowers cholesterol and fat deposits from the body. In olden days Toddy or kallu the neighbourhood palm wine was used inside the fermentation of Appam which gives a bounce kind of taste and it is right for health. It has right vitamins and proteins in it. (11)

### 4. Ullunthakanji / Ulluntha Kali

Ullunthakanji which is likewise known as hot porridge of urad and jaggery. It's a conventional Tamil Nadu dish. it's far taken as breakfast served hot.

#### Benefits:

This dish is very good for health specifically for ladies of all age. It enormously advantages bones particularly for lower back bones and strengthens it. It ought to be eaten with warm sesame oil as aspect dish that is helpful in lowering ldl cholesterol from body.(12)

### 5. Puttu

In Tamil language, Puttu means breaking up, Bit (breaking up), it is said that the name comes from eating. This is also the right cause. ot only this, Paranjyothi sage is mentioned in the book 'Thiruvilaiyadal Purana' in reference to Lord Shiva. "Pittikku mannu sumandhar"

Puttu is also a conventional sweet recipe of Tamil Nadu. It's famous in both Tamil Nadu region as well as Kerala. exclusive forms of Puttu may be organized with special sorts of Flours like Rice Flour, Wheat Flour, Millets or Ragi powder, and many others... however specifically Rice flour. Puttu that is called as Arisi mavu Puttu is eaten by using most of them. It tastes suitable with Ghee or warm sesame oil.

#### Benefits

Suitable for those who want to reduce the Weight. In our tradition is the habit of Curripotum young girls by using puttu. It gives you the strength to bear pain during menstrual periods; our ancestors knew that hip bones would be strong. Avoid coconut.

Eating and doing this in small quantities will have a lot of benefits. For example, if you eat it in a samai rice, the blood circulation is correct; Stomach problems, constipation The number of life cells will rise. Food pudding that does not make side effects. High blood pressure and diabetes are good for eating rice made from rice millet.(13)

### 6. Kazzhi(Kali)

Kazzhi is traditional Tamilian food made up of Rice with ragi or Ulundu(urd dal)

#### Benefits

Fiber is highin Ulundukazzhi. Excreting the toxins that are in the intestine by eating Ullundu..The most severe diarrhea, known as Gynecologist, is an eating disorder that stops the stomach and adds strength to the body. Constipation problem solves. The waste salts in the kidneys can be dangerous to health, as they become stoned. Kidneys activity increases once a week old is eaten. Prevent the stones from forming in the kidneys. The kidneys can be amplified and the excrement of the body will be exhausted. The function of the veins for the proper movement and function of the body is vital.Nervous disorders, hysteria, cirrhoebrenia, and memory losses are associated with diseases associated with the daily intake of the ullundu kazzhi.

Due to the use of drugs and the hottest environments, some men suffer from infertility. Ulundu kazzhi is the best natural food for men with this impact. Eating four times a week is a sterile bit of men, eliminating libido deficiencies. Pregnant women carrying the fetus in the stomach should feed more and more food for them and their growing baby in the stomach. Iron absorption of iron in the body increases the immune system and increases the immune system. Women who have a baby are more likely to breastfeed and eat breast milk

The cause of the body's strength is the muscles. The body needs to be muscular and stronger in order to do things difficult. The muscles become stronger for those who eat and drink twice a day. The body is very thin and the need to eat compulsory.(14)

#### 7. Palan Choru(Pazhya Choru)

The preparation of palan choru is simple with its predominant factor being left over rice. Soak rice in a single day in a vessel with some cups of water. It promotes the increase of healthful bacteria. Next day morning, it is ready to eat with addition of spices, chillies, small onions, curd or buttermilk etc. The combination of soaked rice with those components is referred to as palan choru. you can still drink the tired out water one by one or along with the rice.

This traditional dish is loaded with a rich deliver of nutrition B6 and B12. It promotes the growth of healthful bacteria within the gut and maintains most of the common diseases at bay. Palan choru were frequently eaten up by means of individuals who do a whole lot of manual work. This food offers quite a few strength, maintains the frame fresh for the duration of the day. The microbes, shaped at some stage in fermentation of rice, strengthen the digestive device with clean digestion and remedy from constipation.

It changed into due to negligence that, such wholesome meals were forgotten. This does not require cash making ingredients and consequently it become not marketed as a lot because the corporate merchandise. Similarly to those, palan choru changed into labelled as a terrible labour's food and hence the urbanized world not noted it.(15)

#### 8. Fermented Foods

##### IDLI

Idli is a fermented food of India which is prepared through steaming a fermented blackgram (*Phaseolus mungo* L.) and rice (*Oryza sativa* L.) batter. It makes an essential contribution to the food plan as a supply of protein, calories and vitamins, in particular B-complicated vitamins, compared to the uncooked unfermented substances. it is able to be produced regionally and used as a dietary complement in growing countries to deal with people affected by protein calorie malnutrition and kwashiorkor. Different legumes together with soybeans and splendid Northern beans can be substituted

for black gram in coaching of a idli. further studies is needed regarding the growth of methionine content all through idli fermentation, by means of which pathway methionine is synthesized, and identification and isolation of microorganisms responsible for methionine production or synthesis.(16)

##### Dosa

Dosa is some other fermented dish like idli especially found in the south Indian region. it's miles a incredibly seasoned pancake, carries rice and black gram as primary substances. to improve the nutritional nice of dosa, finger millet and horse gram can be used as number one ingredients . at some point of fermentation, the extent of the batter doubles and as fermentation time increases, the protein content material of batter increases

*Probiotics*– Eating fermented foods and drinking fermented drinks like Kefir and Kombucha will introduce beneficial bacteria into your digestive system and help the balance of bacteria in your digestive system. Probiotics have also been shown to help slow or reverse some diseases, improve bowel health, aid digestion, and improve immunity!

*Absorb Food Better*– Having the proper balance of gut bacteria and enough digestive enzymes helps you absorb more of the nutrients in the foods you eat. Pair this with your healthy real food diet, and you will absorb many more nutrients from the foods you eat. You won't need as many supplements and vitamins, and you'll be absorbing more of the live nutrients in your foods.

*Preserves Food Easily*– . Lacto-fermentation allows you to store these foods for longer periods of time without losing the nutrients like you would with traditional canning.(17)

##### Traditional Lands of Tamilnadu

The atmosphere as delineated within the Sangam literature is known as 'Thinai'. The phrase 'Thinai' way the exceptional geographical region and the conduct of the inhabitants in those regions. Within the Tolkappiyam we find a direct connection with the 4-fold physiographic divisions of the land and climate and those are called the Kaurai ulagam (the forests), the Maivarai ulagam (the hills), the Tiruppunal ulagam (the plains or fields) and the Perumaal ulagam (the littoral or sandy areas). here the word 'ulagam' (international) implies that every vicinity was a separate unit by means of itself and tremendously one of a kind from one another. The local variation should had been so top notch that they have to had been 'global in themselves'. We note inside the equal work in addition five-fold ecological divisions (Ainthinai) or regions or five varieties of tracts or terrains. They are (1) Kuri-ji (hills and environs), (2) Mullai (forests or pastoral woodlands), (3) Marutham (water courses or plains studded with wet fields and status vegetation), (4) Neytal (littoral or



sandy coastal tract) and (5)Palai (arid or dry or wilderness tract).

The remaining area,Palai, is recognized no longer as a separate physio graphic or ecological region however as kingdom of aridity with scrub plant life and generally warm climate. This form of dry tracts might be an extension of the Mullai or Kuri-ji place in some unique instances. The Maduraikka-ji refers to such a tract as 'Kuri-jiपालai, and in the identical text only we notice the descriptions of the 5 tracts. The Perumpanatruppai idyll has additionally distinctive account of these five thinai. We might also notice right here out of hobby that the Pandyan country had all the five kinds of areas, at the same time as the Cheras had most effective the Kuri-ji, and the Chola, only the Marutham tracts.

Pointing to a tale inside the Thiruvilayadal Puranam, woven around the easy recipe of Puttu, Su. Venkatesan, says that Tamil literature initiatives food as a socio-cultural element. Couplets within the Sirupanatrupadai say that humans of the Marudham panorama ate white rice with a thick pasty curry manufactured from crab flesh and ridge gourd. It information styles of white rice, meat, spinach, veggies, puffed rice, pulses, cereals, legumes and pickles as staple within the weight loss plan.

The Porunaratrupadai describes how the Kurinji people of Chola us of a ate tubers and honey. The literary paintings of Malaipadukadam facts a kozhambu manufactured from jackfruit seeds, uncooked mangoes and tamarind extract that changed into eaten with bamboo rice and buttermilk. Perumpanatrupadai records a recipe wherein Varagu rice, lentils, tamarind pulp and huge bean seeds have been cooked together. A song from Purananuru states that meat became marinated in curd earlier than cooking. The sorts of Paalsoru and Puliyodharai discover a point out in Agananuru, which also describes a searching episode wherein watchmen guarding millet fields within the Mullai location hunted wild boars and cooked the beef in direct fire.

"The Sangam literature refers to cooking strategies like vakkuthal (direct fire cooking) that differed among regions. Direct fireplace cooking was widespread within the Kurinji and Mullai landscapes while, frying and sun-drying were common inside the Palai and Neithal wallet. It become within the barren region regions that maintaining techniques like pickling had been followed," says Osai Chezhiyan, who's doing a thesis on historic Tamil food. "within the agricultural belt of Marutham, humans predominantly boiled and steamed which later developed into tricky cooking techniques."Chezhiyan says that food of the common man within the Sangam Age ranged from everyday to bizarre. "While millets like varagu, thinai and samai have been staple, there had been additionally delicacies that had been made on special occasions. Agananuru denotes a recipe of tender

pomegranate seeds sautéed in ghee that was a sort of dietary supplement for vegetarians," he says.

#### IV. CONCLUSION

Nutrition, nourishment, or aliment, is the supply of materials - food - required by organisms and cells to stay alive. Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health. Ancient Tamil nadu authentic foods contain enormous nutritional values. This article reveals evidence through Tamil literature's about various cooking methods, ingredients available and food habits based on the classification of lands in ancient Tamil Nadu. Authentic Tamil Nadu foods are simple, delicious and naturally healthy foods. Creation of awareness about ethnic foods and its benefits of consumption are essential amongst current generations in Tamil Nadu.

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