

STAPLE FOOD IN VARIOUS STATES OF INDIA

¹Shilpa Shankarrao Walkikar, ²Sangeeta Mishra

1 HOD & Asst Prof Swasthavritta Dept. A & U Tibbia College & Hospital, Karolbagh, New Delhi-110005

2 Asst Prof Samhita Siddhant Dept. A & U Tibbia College & Hospital, Karolbagh, New Delhi-110005

Corresponding Author: drshilpawalkikar@gmail.com

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ABSTRACT

People who live in particular parts of India eat a variety of staple food crops. However, due to its size, access to water, ideal climatic conditions, and technology availability, India is predicted to overtake all other nations as the world's top producer and consumer of grains in the next decades. Market availability and final consumption are ultimately determined by regional and cultural preferences and the need for stability during storage and shipping. More than half of the population of the country depends on rice, which is grown in more than 110,000 different kinds. This paper is designed to rule out different types of staple food grown in different regions of India. Also, the qualities of region-wise staple food and discuss its significance according to climatic conditions of different regions of India.

Keywords: Staple food, *Desh Satmya*, *Kaal Satmya*, Wheat, Rice, Millets.

INTRODUCTION

The food eaten regularly as the dominant part of the diet or in the highest quantity in the diet is called Staple food. It provided the major portion of the energy and nutrition needs of the person. Staple food varies from place to place but is typically inexpensive or readily available foods that supply one or more of the three macro-nutrients i.e., Carbohydrates, fats, and

proteins needed for survival and health. The staple food of a specific society may be eaten every day or in every meal. The staple food provides us with the necessary nutrition for growth and development and is usually stored for a long period without decay. The food becomes a staple in a region, if it is grown in abundance, has nutritious values, and is good for

health. There is a direct relation between the health and diet of the inhabitants of any geographical region with the naturally found foods, crops, and vegetables in that region. If a person consumes food that is not locally produced but contains more nutrients, the person doesn't get benefited from the food as much as the benefits from locally produced food. Locally available foods are best suitable for its local inhabitants. The present review highlighted the significance of staple food grown in various regions of India. It is well-known fact from actual practices that the intake of proper diets and drinks is the only means of survival. Thus, diets virtually constitute an important part of life in living beings. The correlation of diets and drinks with life can be very well inferred from actual experience in life. Those who take proper diet & drinks live a long life and those not doing so die a premature death. Proper maintenance of the power of digestion also depends upon the intake of a proper diet.^[1] The various ayurvedic literature also mentioned that the food grown in a particular region is always beneficial for the people living in that region called *Deshsatmya*. Due to the diversity of soil, climate, and rainfall that exist in different parts of the country, an amazing variety of foodstuffs or crops are grown in India for human consumption. *Acharyas* have described the qualities and effects of different foodstuffs, which are available and widely used, in detail.

REGIONAL-WISE CATEGORIES OF INDIA

The author divides the regions of India into five regions per their diversified practices in food production & food consumption for the purpose of this paper.

1. Northeastern India
2. Eastern India
3. Western India
4. Southern India
5. Northern India

NORTHEASTERN INDIA

Staple Crop: Rice

Staple Food: Rice

ARUNACHAL PRADESH: Rice, Apong (Rice Beer) with bamboo shoots, Thukpa, Momos, Pika Pila, Lukter, Pehak, Marua, Chura Sabji

NAGALAND: Rice, Pork, Chicken, Dog, Insects & Worms, Smoked Pork Stew, Vegetables & chili Sauces.

MEGHALAYA: Pukhleln-Sweet Dish- Powdered rice, sweetened with jaggery, & Jadoh, Doh-khlieh, NakhamBitchi, Pumaloi, Doh-Neiiiong, Tungrymbai, Pudoh, Minil Songa, Sakin Gata, Kyat

ASSAM: Masor Tenga – Tomato & Outenga (elephant ear) with lemon, Tangy Fish Curry, Duck Meat, Pigeon Meat, Silkworm, Khaat

MIZORAM: Panch Phoran Tarka, Vawksa Rep, Bamboo Shoot Fry, Zu (Special Tea)

SIKKIM: Sha Phaley – Bread stuffed with ground beef and cabbage made into semicircles which are then deep fried, Phagshapa, Gundruk

TRIPURA: Mui Borok- traditionally cooked fish, Berma – Fish cooked without oil- salty & spicy enhance taste buds, Chuwarak – Ingredients – Mami Rice, Pineapple, Jackfruit with infamous scotch & champagne

MANIPUR: Noodles, Momos, Thukpa, Chamthong, Eromba, Morok Metpa

EASTERN INDIA

Staple Crop: Rice

Staple Food: Rice

BIHAR: Litti Chokha, sattu, parantha, aloo, vegetables, mutton, chicken.

BENGAL: Machcher Jhol, Fish, Prawns, Crabs, Lobsters, leafy vegetables.

ODISHA: Dalma, vegetables, seafood

WESTERN INDIA

Staple Crop: Wheat & Maize

Staple Food: Chapati

GUJRAT&RAJASTHAN: Undheu, Corn, Lentils, Gram Flour, Dry Red Chilies, Buttermilk, Yogurt, Nuts, Sugars

MADHYA PRADESH: Vegetables, curd, chutneys, poha, jalebi.

MAHARASHTRA: *Jawar*, Wheat, Rice, Lentils, Peanuts, *Bajra*, Vegetables, Coconut

GOA: Rice, Fish, Pork, Crabs, Lobsters, Prawns

SOUTHERN INDIA

Staple Crop: Rice & millets

Staple Food: Rice & millet

ANDHRA PRADESH & TELANGANA: Idli, Dosa, Vada, Sambar, Rasam, Phulsu, Payasam, Lentils, Spices, Green Chilies, Tamarind, Fresh Coconut, Curd, Non-Veg like fish & other seafood.

KARNATAKA: Bajra, Ragi, Bisibelebhaat (hot lentil rice), Appam, Jolada roti, Akki roti, Ragi mudde, Upittu, Medu vada, seafood in non-veg.

KERALA: Idli, vada, dosa, sambar, Lentils, Tapioca, coconut, Banana, seafood.

TAMILNADU: Idli, vada, dosa, sambar, Lentils, Rasam, Payasam, sea food.

NORTHERN INDIA

Staple Crop: Wheat

Staple Food: *Rotis* with *sabzi* or *curry*.

PUNJAB: Maize roti, Sarson ka Saag, Parathas, Butter, Rajma, Kadhi, Paneer, Vegetables, Lassi, Kulcha, and Naan. The greater part of North Indian individuals has inclined toward a Vegetarian Diet.

UTTAR PRADESH: Pudi, Kachaudi, Samosa, Pakoda, Vegetables, Rabri, Non-veg.

UTTARAKHAND: Maize, *Kodo*, Kidney Beans, Black Gram, Rajma, Clarified Butter, Forest Vegetables.

HIMACHAL PRADESH: Curd, Dry fruits, lentils, maize, *Kodo*, beans.

JAMMU & KASHMIR: Vegetables, Non-veg i.e., sheep, lamb, etc. Nowadays, Great Andaman & Nicobar tribes like java and sentinels also consume wheat & rice as an adaptation to ecology.

DISCUSSION

The majority of people in the northeast are of Mongolian descent. They are all farmers and agriculturalists. Rice is the main staple because it is cultivated and easily accessible in the Northeast. It is wholesome and suitable for these people's digestive systems. Even though wheat is good when ingested regularly in the form of bread and other products, it is not as beneficial as rice. The north-eastern region's traditional meals are closely related to its socio-cultural, ecological, and spiritual life and health.

Eastern India produces a lot of grains, green vegetables, and fruits due to its favourable growing climate. The comparatively limited variety of vegetables that are accessible in Rajasthan and Gujarat are preserved as pickles and chutneys because of the hot, dry temperatures there. Goa is a significant trading port and a former Portuguese colony; therefore, it is famous for its cattle, pork, and vinegar, all of which have Portuguese influences. Goa offers an abundance of fresh fish & seafood because it is recognized for its active trading port and lush green coastline. Local fishes like Vindaloo and Xacuti bear witness to the fact that it was a Portuguese colony up until the 1960s. Cosmopolitan Maharashtra is divided into coastal and dry regions, hence the food varies appropriately. Because they are readily available, peanuts and coconuts are significant ingredients. Wheat is progressively replacing the coarse grains like barley, millet, and sorghum that were once consumed in Western India. Due to the semi-arid conditions in Telangana and Karnataka, chapatis made of millet are the most common staple food. Ex. *Ragi*. Rice is typically used as a side dish with the majority of the treats. The six tastes of food are typically categorized as follows: sweet, sour, salty, bitter, pungent, and astringent. There is a historic culinary idea in Tamilian cuisine that every main meal should have all six tastes. Including a bit of each flavour balances the palate and stomach reduces cravings, and delivers balanced nourishment. The Indian subcontinent has historically been divided into two sections based on whether rice or wheat was the primary nutritional staple of the inhabitants. In the South and East, rice is a staple food, whereas in the North, wheat is. When it comes to production and consumption in India, wheat comes in second. Compared to other crops, wheat is grown in the North in greater quantities. However, those who desire well-being on the earth should try level best to follow the principles of health relating to diet (*Aahar*), conduct (*Aachhar*) & action (*Cheshta*).²

CONCLUSION

“सात्म्यानि तु देशकालजात्युतुरोगव्यायामोदकदिवास्वप्नरसप्रभृतिनी प्रकृतिविरुद्धान्यपियान्यबाधकराणि भवन्ति ॥39॥
Sushrut Sutrasthana 35

Desh Satyamam & Kaal Satyamam: Here land is considered as *Desh*. According to ayurvedic text, all Acharyas mentioned that the crops cultivated and grown in fields in any particular *Desh*(region) are automatically beneficial and conducive to those residing in that area.^{3,4,5} Also, that growing crop's *Kaal* (time) has directly resembled *Sanchay-Prakop-Prashama Awastha* of *Doshas* in the particular *Ritu* (season). People's preparation & consumption of ethnic cuisines cannot be understood in an isolated manner; rather, it is a complex dynamic in which factors including diet, health, food security, culture, ethics, subsistence livelihood, and environmental sustainability play important roles. In all of India, rice is a common food. Most often, the rice is a simple white type or brown type. Rice is the most important crop in developing countries since it provides the majority of the world's population with food. Although it is low in fiber and fat, it is a fantastic source of calories, magnesium, phosphorus, manganese, selenium, iron, folic acid, thiamine, and niacin. Hence, one should consume any staple food by following all the rules & regulations regarding *Ayurveda* dietetics. So, it benefits the individual's physical, mental, and spiritual health and strength.⁶

CAPSULE

Today's era staple foods are consumed regularly and supply a major proportion of a person's energy and nutritional needs. It is deviating from location, depending on the available sources, inexpensive plant-based food, and sufficient nutrients to grow for the body organism. In this Paper Authors try to analyse & interpret basic pin-pointed subjects related to staple food according to *Ayurveda* and Modern Aspects.

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