

The Eating Habits of Ancient Indians

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Abstract

The Harappa, the first Indians, probably ate wheat, rice, chickpeas, lentils, and occasionally cows, pigs, sheep, goats, and chickens. Some of the wheat was used to make stews or soups, while others were used to make chapattis, a flatbread. Sugar cane, which was grown naturally in India, was also consumed by the Indians. India has been influenced by many different cultures. The kitchen was different from place to place. Dairy products and lentils were popular in the north. Due to the coast, rice was the staple food in the south and coconut the main ingredient. India is a melting pot of cuisines from around the world. The lamb came from the Middle East and the chicken from Thailand. Cows were made sacred about 3,000 years ago, and the milk was turned into yogurt and ghee (clarified butter), but the meat was not eaten. Fish and shellfish were consumed along the coast, rivers and lakes, and most of the recipes based on it were found in the south. Turmeric, ginger, cinnamon, cloves, cumin, cardamom, coriander seeds, black pepper, and mustard seeds were common spices in ancient Indian cuisine. Few of them were local residents. They are all still in use today and are very important today. Chili peppers were a later import that soon found their way into numerous Indian cuisines. The form of season varies greatly depending on where you live. Tandoori chicken with yogurt is popular in the North, while more intense spice mixes are popular in the South. Tea was a popular drink that was often sweetened with honey and flavored with cardamom and cloves. Lassi yogurt drink originates from the Indian subcontinent. Due to religious prohibitions, alcoholic beverages were never popular. Different types of vegetable oils have been used in the preparation of dishes. In ancient India, clay stoves, kettles and fireplaces were used. Preparation methods vary by cuisine. In the north, the tandoori clay oven stands out. To preserve the fermentation, there was a lot of drying and pickling, rather than salting and smoking.

Keywords: ancient, culture, animal, food, flavor

Introduction

Tasty dishes are prepared in all parts of India and traditional recipes are still punctuated by new experiments with food. Indian cuisines encompass a selection of delicacies that include both hot spices and health foods. The wide variety of desserts available from incredible cultural influences on the subcontinent also brought a lot of variety to Indian cuisine.

History Of India

By around 300 BC, under the Mauryans, a lot of Hindus felt that animal sacrifices added to your karma and kept you from getting free of the wheel of reincarnation. Animal sacrifices became less popular, and although people did not completely stop consuming meat, they ate much less. Many people became vegetarian.

The food in ancient India in South Asia was poorer based on agriculture, as the society in India in ancient times was mainly agricultural based. Food in ancient India essentially reflects the cultural development of Indian civilization since ancient times. Food in the Ancient India can be divided into various ages that include food in prehistoric India and India valley civilization food in Vedic period, food in Part Gupta period which marked some difference with the advent of the Gujjan and Hunas with the migration of outsider in India changes were found within the food habits of India.

Food In Pre Historic India

Food in Ancient India mainly depends on the fruit, nuts, tubers and flesh of the animals. An India in prehistoric day was largely inhabited by the negroid race. This race mainly depended on fruit, nuts, tubers and the flash of animals that he hunted and killed with the proto-Australoids people in ancient India moved a step ahead when they how produced new food items along with fruits and nuts. They brought the list of fruits and vegetables that was now being cultivated by the Indian Proto-Austroloids for their self consumption. This helped the pre historic man to move a step forward the list of fruits and vegetables

that was now being cultivated by the Indian proto- Austroloids for their self consumption. This helped the pre historic man to move a step forward in forming and learn the science of cultivation.

Food In Vedic Period

With the Indus Valley civilization came the utilization of wheat, barley, sesame, and brassica, which revolutionized Indian cuisine. This man had also learnt to tame buff aloes, goats, and sheep, which were essential for farming. Slowly but steadily, this time marked man's march toward more cultivation and scientific life. During the Vedic period, food in Ancient India saw significant changes, not only in terms of new food items, but also in terms of customs and etiquette. This also resulted in the division of meals throughout the day. Food in the Vedic period was predominantly separated between Aryan and Dravidian cuisines, which were later divided into North and South India. Their food items as well as habits have been illustrated in the Sutras and Vedas of the period which are the earliest literature of ancient India.

FOOD IN MAURYA PERIOD

Kautilya wrote extensively about the food in Ancient India that was adopted during the Maurya period. He defines the requirements for an ideal kitchen and a proper diet for the Raja in the Maurya Empire, which were largely followed as a convention by almost all of the people living in the Maurya Empire, as well as a number of special food items and food etiquettes, while also describing the ancient Indian culture.

FOOD IN GUPTA PERIOD

Food in ancient India developed considerably with the Indus Valley civilization, which brought with it the use of wheat, barley, sesame, and brassica. At the same time, man learned to domesticate buffalo, goats, and sheep, which became useful in cultivation. Slowly and gradually, this period marked the advancement of man; more cultivation would come with more scientific life. Food in ancient India underwent remarkable changes during

the Vedic period that introduced not only new foods but also rules and etiquette. This also introduced a division of meals during the day. Food in the Vedic period is largely divided into the food of the Aryans and Dravidians, who were later

divided into North and South India. Their foods, as well as their habits, were illustrated in the sutras and Vedas of this period, which are the oldest literature of ancient India.

Thus the food of ancient India has been marked with dot of changes from time to time that reflect the culture of assimilation with Indian culture of assimilation within Indian culture. This got boosted with the advent of foreigners from outside India. The advent Gujjars and Hunas did introduce a number of food items which remained inherent in ancient Indian culture.

And then around 1100 AD, with the Islamic conquests of North India, most of the people in India also stopped eating pork because it was forbidden by the Quran. People could still eat sheep, goats, or chicken, but in most people in India became vegetarians and ate little or no meat. The vegetarian food that the Indians ate was mainly wheat flatbreads or a type of flatbread made from chickpeas, with a spicy vegetarian sauce with lentils and yogurt or rice with yogurt and vegetables. Many hot peppers grew in India.

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