

Dham (12-Masalas,13-Swaad): A Complete Food With Ayurveda Perspective

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Abstract- The initiative taken by the State Tourism Department to bring Hamachi Dham on the world map (combination of Sweet, Sour, Salty, Pungent, Bitter and Astringent)and save it for the generations to come is a commendable step. Himachali Dham is not just a new feast but a group of delicious and healthy flavours. The taste of Dham has been attracting people to the international level. Without using chemical colours and readymade spices, this Dham is giving an unforgettable feeling to the tourists. It has been found in the research (Dham is an Ayurveda Diet. Reasearcher has found that there is a scientific Approach in cooking and serving Dham. It is considered for the main properties of health)done from time to time that better nutritional value is found in the Dham. The traditional food Dham of Himachal Pradesh should be preserved and become popular, so that everyone can understand its importance. In Ayurveda it has been said that if one eats a balanced diet, one stays away from diseases. There is a verse in the Gita related to Krishna and Arjuna. “Yukchestasyakarmasu.Yuktswapnavabodhsyayogobhavatidukhkha.”That is, all kinds of diseases of the body can be cured by proper diet and vihara, whether they are mental or physical.

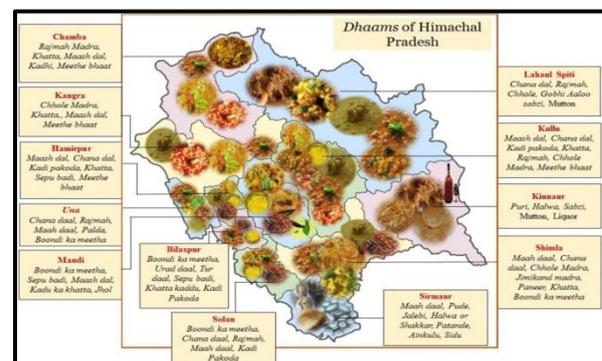
Key Words: Dham, Nutritional Value, Tourist etc.

1. INTRODUCTION

The state of Himachal Pradesh is spread over an area 55,673 km² and is bordered by Jammu and Kashmir and Ladakh on the north, Punjab on the southwest, Haryana on the south, Uttarakhand on the southeast, and Tibet on the east having a wide variety of culture and eating habits. Despite this, the traditional cuisine of Himachal Pradesh is given utmost importance here in all the 12 districts of the Himachal Pradesh, but the main Kangri and Mandiyali Dham are famous all over Himachal and all over India. If we consider the old stories from our elder's. It is believed that the beginning of the Dham was around 1300 years back. It's get started years ago, when Raja Jayastambha (Meru Raja's son) ruler of DisttChambareceived an invitation to visit Kashmir. The king was so impressed by the Dawat of that place. After returning to his kingdom and got the same feast rebuilt. As our old elders, according to the order of the king, for the first time the feast was made without onion, ginger, garlic and meat. Similarly, as the custom of kings

came to an end, the food that was made for the king was prepared from now, in every house on any occasion. From the beginning of the Dham the first **Bhog(First Platter)** get served to **the Kul Devi/Kul Devta in brass utensil or in Pattal** before actuals serving to the people. (11, 12)

Diversity of food in Himachali Cuisine:



Source:Monica Tanwar (Department of applied Science Humanities Pragati Nagar) Shimla H.P.(1)

Now a day, food of Himachal is going to be very similar to the rest of north India. They too have lentil, broth, rice, vegetables and bread, Rajmaha, Sidhu. As compared to other states in north India, Traditionally,Thick and rich gravy, with aromatic spices, is used in abundance as the base of many dishes. Dham is the food served in marriages or other functions. Some of the specialities of Himachal include Manee, Mandra or "Madra", "Palda", "Redu" Wiki(culture of himachal Pradesh,food)(2)

Now let's roam around with the Diversity of Food from 12 districts of himachal Pradesh.



Source: Pixabay(3)

The most common things around the all the Districts in Himachal Pradesh is the method of Preparation which include the hygienic atmosphere where the food is prepared by the Chefs which Are called 'Botis'(these are the persons from the clan of Bharamin) As during the ruler days the food preparation is done only by the Pandits for Maharaja's

Generally the food is cooked under a temporary room which is called 'Rasailu' or 'Rasoi' on a pit of fire which is called 'char'where before preparation the char is worshipped by the hostand the chef(Pandit) utensils used for the cooking of 'rice''Dal''Madhra' 'Khatta''Meetha' 'kadhi is generally in Kangra that is called 'Charoti' or in Mandi it is called 'Baltoi'.Generally, Served on 'Pattal'(bio-degradable plates made from leaves) obtained from a tree called 'Tor'and knitted with bamboo fine stick or grass sticks. In himachal all the above mentioned things are same but the preparation as diversity get found as below (Taste of Himachal;-Himalyan)(4)



Source: sepu-badi-mandi-dham Om Sharma Himachali Watcher (5)

Mandi:

The sequence seen in the Mandyali dham begin with a 'Dhotua daal'(washed urad dal), having clarified butter(Desi Ghee) taste and dhulemaah, which is a specialty of Mandi followed with sweet dish,"Boondi ka meetha"(prepared from beasan floor dipped in sweet syrup along with dry fruits). The next item served is sepu badi, the main component of the dham, which is prepared from fresh spinach leaves gravy and badi.Badi is prepared from maash (black urad) which is steam cooked then deeply fried with the gravy of coriander and spinach leaves with cream dahi and khoya, thus giving it a sweet-sour taste.Then comes kaddu ka khatta(*Amala*)(prepared from pumpkin and one third bottle gourd), having a blend of sweet sour taste(as jagreey and red chillies get used, followed by kol ka khatta. It is sour in taste and is mixed with rai-powder (mustard seed powder), which gives it the pungent taste and in the end, jhol, which is prepared from curd and water in a mud pot. In local terms, it is said "the food wouldn't digest until a glass of jhol is not drunk". Moreover, it strengthens the digestive system and immunity of the body.

Himachal have added a unique taste to popular food preparation which is called Kachoris in local language it is known as Beduuaan in Mandi Dist Kachori is a flat bread which is prepared with the stuffing of grounded paste of urad spilt daal or boiled aloo mashed with seasoning and freshly made garam masala with chopped green chilies which is added to the kneaded dough, fried in oil and enjoy with several accompaniments like aachar , dhai(Raita) , ghee and khatti meethi chutney.The appetizing taste of dish has to offer will make you un-forgettable experience in North India especially in himachali cuisine.



Source: tripoto Planning a trip to himachal here the one unlimited meal that you just cant miss out on(6)

Kullvi:

Kullu Valley is a broad open valley formed by the Beas River between Manali and Larji. This valley is known for its temples and its hills covered with pine and deodar forest and sprawling apple orchards Kullu valley has for long been called the 'Valley of Gods' and has remained a traveller and backpacker favourite for decades. With regards to local food of Kullu Valley, Kullvi Dham doesn't have many different dishes as compared to Mandyali Dham but the serving process differs. Like Chambyali Dham, 2-3 different



types of madra like rajmah madra, chickpea madra and Gucchi Madra are served first with rice. The dham continues with telia maash (oil fried black lentils), with delicious kadhi, chane ka khatta completes the feast.

Source:-Wiki SHUBHAMMANSINGKA on JANUARY 29, 2018 (Dham across Himachal Pradesh & Where to Eat It (7)

Chamba:

Chamba is an ancient Himalayan Kingdom located in the state of Himachal Pradesh Having a great past and is better preserved than any other ancient kingdom in the Himalayas. Chamba is a first place where dham is originated, Chambyali dham is mainly famous for rajmah madra. This rare delicacy is believed to be gifted to the entire state by Chamba. According to the locals, a Chamba bride had introduced this dish in Kangra where it is now prepared with variations as per the availability.

If we go through the speciality of *chambiyali dham* the *tudkiya Bhath* is a pulao of made in Chamba that Pahadi people cook in their own very style. What's strange about the dish? The dish is not only cooked with fresh spices but an extra add up to the small red kidney beans, potatoes and yoghurt along with onion, tomatoes, garlic, cinnamon, cardamom for a binder masala which provides this dish such a great taste that will make you want it over and over again. Tudkiya Bath is complemented with *Maah ki dal* (urad dal) and a dash fresh of *lime juice* (Nimboo Raas).



Source:MadhraShivani'sRasoi(8)

Here, the dham starts with the serving of rice and auri moong daal, followed by the main delicacy, the rajmah madra, which is served by the head boti. Then a sweet dish, usually mithabhaat, is served followed by telia maah ki daal, and kadhi, and in the end Khatta is served.

Kangra:

Year's back Kangridham was initially served as 'Prasad' in temples but now it is served as an entire meal during festivals, marriages, etc. It is said that King Jai-Sthamba, one of the Kings of Chamba and he was so captive by the Kashmiri food that he decided to recreate those dishes among Chamba locals and to offer it to their local Goddess. At that time, Chamba was famous for its spices, Rajma and milk. Hence, the

cooks came out with a new dish called "Dham". The menu starts with-Rice, Moong dal, Rajma (Red Kidney Beans), Chole (Chickpea) is cooked in Desi Ghee which is known as 'Madra' followed by preparing 'Maash dal' which is mixed with three types of dals- Moong dal, Urad dal, Masoor dal. It is then topped with Khatta, which is prepared by Jaggery and Tamarind in an iron vessel as similar as Mandyali Dham. Finally, 'Mitha Bhaat' is served which a sweet is made of colourful sweet rice with some dry fruits.

Kale chane ka khatta is also one of the main dish prepared in Himachali Dham, which is a popular traditional feast in Himachal Pradesh. This is one of the most popular dish from the Himachal Pradesh where it is very commonly prepared in every Dham and is eaten with plain steamed rice. Chane Ka Khatta is an himachali curry made from black chickpeas (kale chane) cooked in a spicy gravy tangy and flavored with tamarind (imli). As the name suggests, this dish has a sour taste comes from the addition of imli (tamarind). For its black colour we add "CHUK". It also make a nice change from the more common lentil & chickpea preparations made in an onion-tomato or yogurt based gravy and gives a greater variety and adds an acidic touch to the food. Chane ka khatta is a very healthy high protein dish due to the addition of black chickpeas. Simplicity of ingredients and steps followed to make this recipe makes it an easy & cost effective yet delicious dish.

Bilaspur:

Bilaspur is situated on the foot of the Bandla Hills, along the left bank of river Sutlej, famous for its forts, fairs, and festivals. Fairs and festivals are not only interlink in the day-to-day lives of the general people but also they are their traditional customs and hence, celebrated with a high Civic Pride of social discipline. Various types of fairs like Nalwari Fair and, Shri Naina Devi Navratri Fair are celebrated almost throughout the year, the bilaspuri dham, locally called as *phaati or jaag*. Highlights of the bilaspuri dham are (Dhotuwa daal) washed and peeled urad dal with cooked in lot of clarified butter (ghee), serving as a rich source of carbohydrates; simple urad daal and tur daal cooked in the delightful white mustard paste to come after by spicy sepu badi. Adding to the savory menu is Amaala, which is unique as it consists of pumpkin, Blackgram, tamarind, jiggery, Drydate, Rasin and pieces of dry coconut ensue by the kadi pakoda Signature dishes of this Dham. In the end, a sweet dish bundi ka mitha (Badaana) is served



Source :-Dholtuua Dhuli Dal Jagran(9)
 Bilaspuri-DhamRestaurants Guru(10)

CONCLUSION:

Traditionally dham is the food which is eaten with our own hands sitting on ground upon Tat-Patti, as while a group of people eating with their own hands knows the exact temperature of food before the bite of Dham hits his mouth. It prevents blisters in mouth due to consumption of hot food if we discuss the medicinal Benefits the dham is believed to be useful in throat problems and blood disorders related problems. The diet also offers vitamins such Vitamin A precursor, β -carotene. Pumpkin contains potassium which is good for heart.

Favorable Season for the dham is Winters are considered favorable season for serving dham as it is believed that digestive powers are higher during this time due to low temperatures. Eco-friendly and employment to traditional plate (pattal) makers. The leaves possess anti-microbial effect and antioxidant properties. Moreover, the leaves are 100 percent biodegradable so no waste left behind.

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