



# Science behind the traditional food, *UGADHI PACHADI*

Rikkula Roja Prakash

Dept. of Botany, Dr. C.V. Raman Science College Sironcha  
Email – [rojobotany1@gmail.com](mailto:rojobotany1@gmail.com) | +91- 9422370766.

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## ABSTRACT

People lives in Telangana, Andrapradesh, and some areas of Maharashtra and Karnataka celebrate their new year on Ugadhi. Ugadhi Celebrate on chaitrashudhaekadashi, in this special day they make ugadhipachidi as a prashadam for their deity, ugadhipachadi has to be prepared, almanac will kept before they deity in the prayer room. After general puja people have to take ugadhipachadi as prasadam with empty stomach and listen panchangasravanam. The science behand this traditional food is to improve immunity and to prepare their psychology for future problems. This food is made from six different items that is mango, neem flower, tamarind, jaggery, salt, red chili powder which represent our life with many experience like surprises, sadness, disgust, happiness, fear and anger that has to be accepted through that year. All items in this food have medicinal value which helps sustain during seasonal changes.

**Keywords:** UgadhiPachadi, Psychology, Medicinal Use.

## INTRODUCTION

Science is a Latin word which means to know details about the things. In this paper as studied about traditional food *UgadhiPachadi* or *Ugadhiharu* or *Ugadhi chutney*. Which is prepared on the *Ugadhi* festival as a Prasad for their deity. Ugadhi festival celebrated as a new year in Telangana, Andra Pradesh, Karnataka and some areas of Maharashtra. Ugadhi is the beginning of New Year for this area it is the first festival of next year. *Ugadhi* is celebrated on *Shukla Paksh, Padyami, Chaitra masam* which is the first season (*vasantruthu*) according to the lunar calendar that signifies to new life. In this special day people wake up make a early morning, take bath, wear new cloths, decorate their houses with mango leaves, neem flowers and rangoli. After the decoration elders of the house prepared ugadhipachadi for prasadam. After general Pooja *ugadhipachadi* and *almanac* kept before their deity in the prayer room. After puja people have to take *ugadhipachadi* as a Prasad with empty stomach and listen *amanacpanchangsravanam*. *sravanam* which for caste good and bad for all the zodiac signs throughout that year, among the months. *Chaitra masam* is the first month, in a stars Ashwini is a first nakshetra and

thitipadyami comes first. People believe that after Lord Krishna's death, Lord Brahma created this Kaliyug. The first day of Kaliyug is celebrated as Ugadi. From that day Ugadhi is celebrated as a new year and gives Ugadhipachadi as a *prasadam*.

There is a certain significance to Ugadhi being the new year and not like the first of January, in terms of what is occurring in the planet and the human physiology and mind on this day. Ugadhi follows the lunisolar calendar which has direct connection with the way a human body is made. The Indian calendar is very significant not just culturally but scientifically because it connects people with moments of the planet. Lunisolar calendar includes two things that is *sourmana* (the movement of sun with other stars and *chandramana* (the movement of moon according to the earth). *Chandramanugadhi* is the beginning of new year as per the lunisolar calendar, largely followed by the Indian people for millennia. From this day the tilt of the globe renders the north hemisphere to receive the highest amount of the sun's energy after the 21<sup>st</sup> days from the Ugadhi. Though it may be uncomfortable for humans in terms of the temperature and soaring. In the preparation for this hottest period of the year in tropical latitude they take Ugadhipachadi as a remedy. It helps to sustain in this hottest period.

*Ugadipachadi* made with six different ingredients like mango, tamarind, jaggery, salt, chili and neem flowers. Which obtain naturally during that season, which represent six different shades of life and have medicinal properties. Which include improve immunity during seasonal change, for high energy and antioxidants. Psychologically this six different taste represent the six different feelings like happiness, sadness, angry, disgust, surprises, and taste of life.

## METHODOLOGY

It is a general *prasadam* with many uses. The preparation is very simple like a salad. All requirements of this recipe is seasonal, easily available.

### Requirements:

- ✓ One cup of finely chopped unripe mango pieces
- ✓ One cup of tamarind fruit pulp
- ✓ One cup of neem flowers \
- ✓ Half tea spoon chili powder
- ✓ Half tea spoon salt
- ✓ Half cup of jaggery
- ✓ One cup of water

## PROCEDURE

- Take a big bowl to mix all the ingredients
- Add a one cup of water in a bowl and add one cup of tamarind pulp and mix it well.
- Add half cup of jaggery and mix it until jaggery is melted.
- Now add one cup of finely chopped unripe mango pieces, neem flowers and add half tea spoon of chili powder and salt.
- Now use your hand to blend everything just crush them with your hand to bring out the taste out.
- After preparation first kept before deity and give all the family member and surrounding people to eat as a *prasadam*.

## DISCUSSION

Ethnobotany is the scientific study of the traditional knowledge and customs of people conceiving plants and their medicinal use. The present ethnobotanical paper deals with traditional food and their medicinal use. The *ugadhipachadi* made with jaggery, tamarind, mango, chili, salt and neem flowers and gives six different taste that is sweetness, sourness, tanginess, spicy, and saltiness and bitterness, which represent six different feelings of life. The festival begins with new joy, happiness marks the beginning of new life. Consuming this chutney represent our life with many experiences like happiness, surprises, anger, fear, disgusting that has to accepted through this year. Apart from being tasty dish. The *ugadhipachadi* is significant in other ways.

**Bitterness:** The bitterness taste of the pachadi comes from the neem flower. The bitter taste are the unhappy moments of life. Bitter moments are also a part of life and so it should not be forget on.

**Sweetness:** The sweet taste of the pachadi comes from the jaggery which represent happiness of life .

**Tangy:** The tangy taste of pachadi come from unripe mango pieces. Which represent surprises of life, the person should always prepared for it.

**Spicy:** The spicy taste comes from the red chili powder. It represent angry moments of life.

**Salty:** The salty taste come from the salt which represent the taste of life

**Sour:** Tamarind adds the sour taste to the pachadi. It represent the disgust moments of our life. Which along with other flavors lives worth living.

Scientific reasons behind the *ugadhipachadi* is; eating this pachadi with neem, raw mango, tamarind it helps body prepare us to fight with infections and help to improve immunity and sustain during seasonal changes. Neem flower contain many chemical compounds that help in fight against skin allergies, kill bacteria and intestinal worms. The compound present in a neem flowers have been divided into to major classes. Isoprenoids containing protomeliacins, Limonoids,<sup>1</sup> Azardirone, Limbin, Salanin and non-isoprenoids like proteins flavonoids, coumarins and tanins. (Prabhakaranrao and satyanarayan 2014)

Tamarind has long been considered a natural laxative and its dietary fiber eating tamarind us fruit or as a spicy can increase the efficiency of your digestive system. Tamarinds is also bilious substance meaning that stimulates the activity of bile which can help dissolved food faster and juices to speed up the digestion. It help in chronic constipation. Tamarind fruit contain mainly tartaric acid, sugar and vitamins which help in digestion (Devid AND Samson 2014)

Mango is an antioxidants, anti-allergic, rich health booster. Mango is rich source of vitamin C. especially when it unripe. The amount of vitamin c in mango also contributes to supporting the body to absorb calcium making the bones strong. Vitamin c rich fruit can help the body fight against infection and reduce the risk of blood disease because this nutrients help in increase the elasticity of blood vessels promoting the formation of new blood vessels. (Shabana, & Rajlaxmi 2010)

Jaggery effectively cleans different body parts and prevent anemia

Chili powder contains vitamin A and C, can help individual fight infections. chili powder is an excellent source of vitamin E, is a good for skin and hair. Salt balance the sugar level in the blood and prevent dehydration.

## CONCLUSION

Ugadhipachadi is simplest home remedy which in a home and gives many benefits. psychologically it makes positive environment for the people at home and help to sustain in different flavors of life like a consular. Medicinally it is the best remedy during seasonal change. It is better to eat ugadhipachadi up to Shri Rama Navami to get better heath from climatic changes.

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