

Sacred Sustenance – A Culinary Voyage Through Hinduism's Traditions, Tales and Customs

Muthu Aishwarya M

Research Scholar, Department of English, Government Arts College for Men, Affiliated to University of Madras, Anna Salai, Nandanam, Chennai – 35 Tamil Nadu, India

Author Email Id: aishwaryamanickam12@gmail.com

Abstract— Culinary narratives navigate us through the realm of flavours, traditions and beliefs and each recipe is skilfully drafted in the tale of 'Human Culture.' A psychedelic dance between taste and aroma, vibrates the recipe stage and links generations. From the boiling pan to the exquisite garnishment of the dishes, these narrations reckon us to explore the essence of society and culture, establishing a connection that eclipses time and geography. Food in literature is mention in metaphorical and functional manner. Culinary Narration holds legends and myths. From the Hindu mythology, one can connect myths with food through various narratives. From an opulent butter-stealing act of Lord Krishna to the sweets offered in the form of *modak* to Lord Ganesha, Hindu mythology links the culinary narratives with the term divine and edible. The stories from Hindu mythology not only celebrated for food but also for its deep spiritual characteristics. Thus, according to 'Hindu Mythology,' food is not just mere sustenance. It is an emotion. It is way through which one can express themselves. This article emphasis on how culinary narration helps an individual to express themselves in reference to the Hinduism's tales and customs. As myths braids with reality, and history rings through generations, the chronicles of hunger and resoluteness, continues to mould the canvas called literature.

Key Words: Culinary Narratives, Tradition, Hinduism, Hindu Mythology, Culture, Festivals, Scientific notion.

I. INTRODUCTION

The term 'food' is frequently associated with taste, aroma and sustenance. But it also possesses an incredible capability of transporting an individual through time, culture and the memories relating to it. Within the circumference of world's gastronomy, lies the equally divided diameter of narratives that is waiting to be savoured. They are collectively called as 'Culinary Narratives.' These culinary narratives are stories retold in the form of ingredients, traditional recipes and culture that garnishes our plates. Such narration symbolically reflects the human's history, their culture and tradition by triggering the creativity of using culinary narratives to develop the art of storytelling.

It is also evident that culinary narratives help us to explore the world without moving from a square foot. As we dive deeper into the culinary narrations, each recipe is drafted as a chapter and each dish has a story to tell. Each of these stories, eclipses the boundaries of culture and tradition. Moreover, these stories are filled with migration, adaptation, flexibility, transformation where the tastiest ingredient becomes the protagonist in the fables of garnishment and innovation.

Such narrations are not just printed in the glossy pages of cookbooks; they live in kitchen; they take a seat on the dining table and they accompany us with every meal we consume. Most of the family's secret recipes are passed down by the grandmothers, some are retold by the street food vendors and some are scripted by the chefs with the help of taste and technique.

For example, Italy is famous for its pasta. According to the Italian cuisine, a bowl of pasta contains the essence of 'La Dolce Va' as a symbol of simplified flavour and tradition. Yet, to trace the evolutionary journey of pasta, down in Asia, people may find pasta flour, interpreted and modified as spicy noodles, commonly called as Ramen. Thus, each version has a story to tell. They are constructed with innovation, multi-cultural exchange and adaptation, setting it as an example for the power that culinary narratives holds in order to cement the gaps and also to induce a sense of understanding.

Culinary narratives also serve as a telescope, through which people can get insights about historical context and social transformation. For example, the soul food of the United States of America – an entire cuisine was born from the act of slavery of African diaspora. Every dish from this cuisine, be it cornbread or collard greens, is accompanied by the voices of the people's painful past and their resilience. In today's world, people enjoy this cuisine and they treasure it, crediting all glory to its creators.

II. CULINARY NARRATIVES – A BEAUTIFUL ART

Culinary narratives are not just about food and its preparations. But it is also about the individuals who have dedicated themselves in this beautiful art. In this modern world, chefs are the storytellers. They narrate their story by garnishing each plate. These chefs get their inspiration through their experiences, cultural and traditional background, changing seasons in order to create a

dish that appeals one's palate and soul. Thus, the entire act of dining becomes an incredible story that provoke our sensory emotions and also serves as an opportunity to get to know about their stories hidden behind the dished through the art of creation and technique.

II.I. GLOBAL ACCLAIM

Globally, in today's era, the culinary narration plays a major role in preserving one's cultural heritage. These narrations also talk about one's identity, their culture and traditional background and also induces a sense of cross-cultural appreciation.

II.II. THE CULTURAL DIVERSITY

Culinary narrative encourages everyone to celebrate 'the cultural diversity.' Through the universal language of food, he/she can explore, analyse and experiment the world through its outcome. So, the next time, when one sits down to have a bowl of meal, consider the savoury of stories and culinary technique that it holds. Taste them through the confined stories, as it transports, he/she to a different culinary world.

III. CULINARY NARRATIVES IN HINDUISM

As we sail deeper into the ocean of culinary narratives, the art of storytelling doesn't limit itself from the kitchen rooms and global cuisines. It extends its shore to the Hindu mythology. Ancient Indian culture is mostly associated with Hinduism and their mythology. Hinduism is one of the world's oldest and modest religions that serves as a treasure for various mythological wisdom and spiritual guidance. In Hindu mythology, fables regarding food can be traced from the olden scriptures. Hinduism comprises of beliefs, rituals and its practices. It also renders ideas to the culinary narratives that braids food with culture and spirituality. According to Hindu mythology, food is not just for sustenance. It is a symbol of devotion, love and virtue. The term, 'food' represented here connects mortality with immortality. It binds the spiritual power with earthly beings in a reputed flavourful manner.

From an opulent butter-stealing act of Lord Krishna to the sweets offered in the form of modak to Lord Ganesha, Hindu mythology links the culinary narratives with the term divine and edible. The stories from Hindu mythology not only celebrated for food but also for its deep spiritual characteristics.

III.I. EXAMPLES – SAMUDRA MANTHAN

There are lots of prime examples in Hindu mythology regarding culinary narratives. One such example is the churning of ocean also called as *Samudra Manthan*. It is an epic saga which talks about how Gods (Devas) and Demons (Asuras), together churns the cosmic ocean with the help of a serpent, Vasuki, in search of an elixir called '*Amirta*'. Through the heavy churns, emerged a pot of nectar (a nectar for immortality). This showcases 'the quest for food.' Thus, the term, 'food' lies in the heart of mythological narratives.

Furthermore, within the boundaries of Hindu mythology, the culinary narrative lends a peek into the rich cultural heritage of India, where each dish has a story and every meal is offered with an essence devotion. Such narration hems together different flavours of traditions, beads of aroma, buttons of spirituality with the nylon threads of mythology, creating a beautiful culinary fabric of storytelling that surpasses time, nurturing body and soul.

III.II. CONCEPT OF PRASADAM

In Hindu temples, food plays a major role as it takes up a sacred position under the term called, "*Prasadam*." *Prasadam* is considered more than just a bowl of meal; it is a divine offering. The concept of *Prasadam* is prepared through a certain process. First, devotees prepare a meal and the offers to the deities during their rituals. Once the offering is been blessed by the divine power, the food, *Prasadam* is distributed to the people. In Hindu religion, consuming the *Prasadam* is believed to bring optimistic benefits along with divine blessings. This very thought of *Prasadam* also signifies that food is not just for mere nourishment, but it also gives nutrients to the soul.

III.II.I. TEMPLE KITCHEN

Hinduism's culinary characteristics has a great impact on modern Indian cuisine. Most of the Hindu tradition revolves around practices that preaches good life. For instance, Temple Food. In India, temples continue to offer food, *Prasadam* to the devotees as well as it has community kitchen that serves food to thousands of people, daily. Such kitchens are known as, "*Aannakshetras*" or "*Langars*." They provide free meals to the people irrespective of their social strata, solely relying on the principles of equality and service. Hinduism also emphasis on "Vegetarianism." Vegetarianism preaches non-violence (*Ahimsa*) and equal respect to

all the life that has a place in this universe. It is not just for Hindus, even the non-Hindus choose vegetarian diets to live a healthy life. This aspect prompts delicious vegetarian cuisine, that caters diverse essence of taste.

III.II.II. SPICE ROUTE

Down in Indian history, Hinduism is very rich in culinary heritage as it is closely tied to spice trade. Many western countries like Mediterranean, middle east, western etc, are connected with India via trade routes also known as spice route. In Indian cuisine, spices such as; cardamon, cinnamon, pepper plays a crucial role. These spices give flavours to the dishes with medicinal touches. Such ingredients add a holistic approach to the food of Indian cuisine.

III.II.III. AYURVEDA

Going back to the ancient system of medicine in India, Ayurveda has a strong emphasis on food and health. It is also deeply rooted in Hindu philosophy. Even today, it is been practised by many people. They use these Vedic principles to improve their dietary choices and also to have a balanced diet. Such dietary habit promotes healthy well-being.

III.II.IV. FEASTING AND FASTING

In the cultural calendar, Hindu festivals mostly revolves around fasting and feasting. According to the people, fasting is a way to cleanse one's body and soul. In some of the special festivals, the recipes used to prepare food is been passed on to generations and is been preserved mentally. Such tradition, forms a connection between culinary traditional narrative with that of spirituality. For instance, Kumbh Mela, it features various dishes specially prepared for the pilgrims and visitors. This aspect shows the grandeur of Indian culinary tradition.

In today's world, high-end restaurants in India, blends the local flavours with a titch of modern twist and offers gourmet experiences. The inspiration behind such thought, solely belongs to the ancient recipes and its mythology as it gives the people a fine dining experience. Globally, Indians' culinary tradition has reached beyond its border. Under the Indian cuisine, the flavours, spices, vegetarian diets etc is been celebrated worldwide. Many restaurants and other communities embrace Indian traditional culinary notions, offering people a rich Indian cultural food.

IV. CULINARY NARRATIVES – HINDU GODS

Diving deep into Hindu mythology, even today, Hindu gods are mostly associated with culinary traditional narratives. For example, Lord Krishna and butter. In Hinduism, the central deity, Lord Krishna is often associated with butter or with butter stealing act from the *Gopis*, commonly called as milkmaid. This legendary act describes about the playful Krishna and his love for butter and other dairy products. This aspect forms the recurring theme of his joyous and mischievous nature. Krishna's association with butter showcases lenient and jubilant concept of food.

IV.I. EXAMPLES – GODDESS ANNAPURNA

Taking the very term, food, the Deity of food and nourishment is the Goddess Annapurna. Very often, Goddess Annapurna is pictured of holding a ladle and a pot of rice. Such imagery symbolizes her role as the provider of nourishment and food.

IV.I.I. LORD SHIVA AND BHANG

In Hinduism, even the powerful and supreme God is been linked with food. One of the most powerful God, Lord Shiva is commonly associated with the term called '*Bhang*' (A Cannabis-infused-drink.) Such consumption commonly happens during Mahashivaratri. According to the devotees, consuming bhang can lead them to a union with Lord Shiva.

IV.II. FESTIVALS

The jubilant festival that is been celebrated in and across India is the Diwali. Diwali is a festival that is been celebrated for the triumph of light (Good) over darkness (Evil). During this festival, people worship Goddess Laksmi, the Goddess of Wealth. They prepare a wide range of sweets and offers them to the Goddess. Such offering symbolises the abundant sweetness that wealth can bring.

IV.II.I. NAVARATRI

From the cultural and spiritual aspects, many Hindu festivals are mostly escorted by certain dietary rituals and practices. One of the most famous festivals is the 'Navaratri.' Navaratri is a nine-night festival that is dedicated to the Goddess Durga, an avatar of Parvathi. During this festive period, many Hindus fast or they desist certain food. The notion behind such fasting is that they try to keep their body and mind in a pure form to avoid pessimism. They devote themselves to the Goddess. On this Navaratri

occasion, the food that they prepare are unique and creative. This adds up to the diverse Indian cuisine as most of the ingredients are tapioca, fruits, chestnut flour, etc.

IV.II.II. RAMA NAVAMI

The festival. 'Rama Navami' is celebrated as a devotion to Lord Rama, an avatar of Lord Vishnu. Many devotees observe fasting. They refrain themselves from lentils and other grains till noon, as it is the time when Lord Rama was born. In the noon, they celebrate the birth of Lord Rama by preparing a special drink known as *Panakam* (a sweet drink made with jaggery, lime and other spices) and also, they prepare *Neivedyam* (offerings) a dish that is made up of yogurt, fruits and many more. After the offering, they consume this food to break their fast.

IV.II.III. MAKAR SANKRANTI

Makar Sankranti is a festival that is been celebrated in India in order to note the transition of the sun to the zodiac sign of the Capricorn. This festival is celebrated through flying kites along with the consumption of Laddoos and Chikki made from sesame seeds and jaggery.

IV.II.IV. KARVA CHAETH

One of the most sentimental rituals of all times is the 'Karva Chauth.' Karva Chauth is a fasting ritual that is been kept by the married Hindu women for their spouses' well-being and longevity. This type of fast is broken in the evening after sighting the moon. The first course of meal is offered to the moon and then to the wife. This entire ritual revolves around Goddess Parvathi, her dedication and devotion to Lord Shiva. She fasted for Lord Shiva's well-being.

IV.II.V. HANUMAN JAYANTHI

One of the famous disciples of Lord Rama, an avatar of Lord Vishnu is Lord Hanuman. Lord Hanuman is often associated with Laddu (sweet flour-based balls) due to his heightened appetite for sweets. Thus, during Hanuman Jayanthi, people offer Laddus as a token of their dedication and devotion.

IV.II.VI. DATTATREYA

In Hindu Mythology, the traditional culinary notion also talks about Dattatreya and his begging bowl. The deity Dattatreya is a combination of Bharama, Vishnu and Shiva, is often described as a person carrying a bowl. This aspect also symbolizes about the detachment from the sustenance due to the lack of alms. This story is a great example as it showcases the very idea of sharing food with others and reminds everyone about living a simple life.

IV.III. SOUTH INDIAN FESTIVALS

Diving even more deeper into the South Asian festivals, one of the prime festivals that is been celebrated in and across Tamil Nadu is "Pongal." Pongal is commonly called as harvest festival as it marks the end of monsoon season. Scientifically, during this time, harvested crops like rice, sugarcane, potatoes have more nutrients than the previously harvested crops. The central culinary aspect of this harvesting festival lies in the preparation of 'Pongal.' Pongal is a dish that is made up of rice and jaggery and other ingredients. This dish signifies the nutritious components present in the recipe i.e., rice contains carbohydrates while jaggery contains proteins and other vitamins. Combining these components together forms a balanced diet.

IV.III.I. MAASI MASAM

According to the Tamil *Gregorian* calendar, the month maasi falls from mid-February till mid-march. This month is known for its spiritual significance and devotion. This is a Maasi Panguni Viratham (fasting) ritual that is been observed by the married women as a means of devotion to seek divine blessings. Also, during this Maasi Panguni Viratham, people avoid certain food, and they engage themselves by visiting temples and keeping special prayers. This festival is solely dedicated to Goddess Parvati to seek her blessings for the family's well-being and prosperity. Maasi Panguni Viratham is celebrated as a couple, in order to grace Lord shiva and Goddess Parvati.

This fast usually spans for around 28 to 30 days. During this period, devotees who observe fasting leads a very simple and disciplined life. They wake up early in the morning for special prayers and pujas. Some of the devotees opt for a stricter regimen, they restraint themselves from consuming salt. On the final day of this fasting period, they celebrate it in a grand way. They have a feast, people from different communities comes together in order to celebrate this auspicious day. This is not only religious occasion, but it is also a special day, where people from different communities come together to celebrate this day, creating a unique bond. This occasion also stands a reminder about the Tamil people for their strong connection towards spiritual life.

IV.III.II. VARUSHA PIRAPPU

In Tamil Nadu, people celebrate a culturally significant festival named 'Puthandu' or 'Varusha Pirappu' commonly known as Tamil New Year. This vibrant festival is celebrated to mark the beginning of the Tamil *Gregorian* Calander, which usually falls on the April 14. In this joyous occasion, people cherish the very sense of renewal. The highlight of this occasion is about the dawn of days, symbolically represents the humble beginnings. During this occasion, people wakeup early, drench themselves with oil followed by a shower, deck themselves with new clothes. They also prepare a special dish named, 'Manga Pachadi.' Manga Pachadi is a cherished traditional South Indian food. This Manga Pachadi is a sweet and tangy dish made with raw mango, neem flowers, jaggery and many other ingredients. These ingredients together symbolize the different flavours of life.

Also, during this festival, Tamil households are decorated with beautiful Kolam (rangoli) outside the entrance. According to them, it brings good luck. They also believe in the practice of 'Kanni.' It is said that, auspicious items like fruits, flowers, jewellery and other things are displayed and are presented to a woman, who has not attained puberty. This practice is considered to be an important ritual.

During this day, temples in and across Tamil Nadu are adorned with fresh flowers. Special prayers and pujas are obtained. Devotees seek the blessing of the divine power to have great year ahead. Families and friends come together for a grand feast, share their own traditional dishes that often comprises of sambar, rasam, poriyal, aviyal and various types of sweets. They exchange gifts to celebrate the special day. Tamil new year is not only meant for celebration, but it also stands as a memory jog for the rich cultural heritage that Tamil society holds.

IV.III.III. AADI MASAM

Down in South, as stated in *Gregorian* calendar, 'Aadi' refers to the Tamil month 'Aadi,' which generally falls between mid of July till mid of August. 'Masam' is a Tamil word that refers to month. According to the Tamil people, Aadi Masam is an auspicious month, as the entire month focuses on religious and other cultural activities. During this month, people keep special prayers and they follow certain rituals. One the day of Aadi Peruku, people visit riverbanks and they worship them. They prepare variety rice dishes made up of coconut, tamarind, mango, etc, to celebrate the day. It is a unique way of honouring 'water' as it plays an integral part in living and agriculture.

Also, during this month, people prepare and drink a special porridge called, *Koozh*. This *Koozh* also spelled as *Koozh* or *Kool*, is typically made from rice and other millet flour as these contains cooling properties. The porridge, *Koozh* is accompanied by pickle, curd, butter milk, etc. This is a historical dish that elevates Indian cuisine.

The scientific notion behind Aadi Masam is that, it comes during the season of monsoon. At this time, the temperature can be high and humid. So, people worship water bodies as water helps in living. It is also believed that monsoon rain fills the water resources and it supports agriculture.

The gruel or porridge, *Koozh* provides hydration, nutrients and is easily digestible. Such cooling properties are more of cultural belief than that of scientific notion. However, consuming such easily digestible food during the hot and humid temperature, reduces the heat metabolic activity at that time.

IV.IV. TAMIL TEMPLES

IV.IV.I. MEENAKSHI TEMPLE

Notably, in South Tamil Nadu, the miracle of *Akkara Adisil* has a story to it. This story originated from the Meenakshi temple, situated in Madurai, Tamil Nadu. The legend has it that the Goddess Meenakshi, an avatar of Parvati, offered a special dish named, *Akkara Adisil* to Lord Sundereswar, an avatar of Lord Shiva. This dish, *Akkara Adisil* is prepared from lentils, jaggery and ghee. It is also been said that the Goddess Meenakshi prepared this special dish by mixing a handful of cooked rice that is meant only for Lord Sundereswar. Thus, according to the Hindus, this dish is been blessed by the divine couple. This very divine act, symbolizes the boundless grace and blessings for food.

IV.IV.II. ARUNACHALESHWARAR TEMPLE

There is a story of Annamalaiyar, (Lord Shiva) and Unnamulai (Goddess Parvati), the supreme deities of the Arunachaleswarar Temple that is situated in Tiruvannamalai, Tamil Nadu. The legend has it, that both the deities, Lord Shiva and Goddess Parvati were engaged in a cooking competition. Both were preparing a grand feast. Lord Shiva prepared and presented the food that was made out of fire. Here, fire represents the ascetic nature. Whereas, Goddess Parvati prepared and presented the food that is associated with earthly beings. Here, this aspect represents her nurturing capabilities. In the end, this divine couple blessed the entire town of Tiruvannamalai with harmonious union of opposites as it helps to survive and to maintain the balance the life.

V. CONCEPT OF PANCHAMITRA

Hindus worship *Panchamitra*. *Panchamitra* is a combination of five ingredients such as; milk, yogurt, honey, ghee and sugar. During the religious ceremonies, this sacred concoction is been offered to the deities. Also, according to the Hindus, each of these ingredients holds a personified significance, representing health, knowledge, purity, prosperity, wealth, happiness and many more, reflecting the very nourishment of human existence.

VI. DIVINE DISPUTE

In today's world, famines and drought is one of the legal problems that is yet to be addressed. Whereas, in Hindu mythology, Lord Shiva and Parvati's dispute over marriage once resulted in severe food shortages and disasters. After Shiva used Vishnu as his target in a dice game to win, Shiva remarked that food and the world are just an illusion. To teach a lesson to her husband, Parvati left the planet, taking away all the nourishment and fertility. Powerless Lord Shiva felt difficult to stand for himself. This incident gave birth to Annapurna, Goddess of food, to prevent the war between the spouses. Ultimately, Lord Shiva overcame his arrogance and took some rice from Annapurna. Many Indian artist have inculcated this legendary act in their work.

VII.I. NALOPAKHYAM

In the story of Nalan – Damayanti or Nalopakhyam, the character Nalan is known for his extra-ordinary cooking skills. He had a strong knowledge regarding different types of cuisines and was the master of preparing delicious meals. His dishes are highly appreciated. On one occasion, during his exile in the forest, he prepares a meal for the Princess Damayanti. Though, initially he had to face difficulties in preparing it, he made sure that the Princess was able to eat the well-nourished and delectable food.

Through the culinary creativity, Nalan transforms the simple ingredients from the forest to a breathtaking gourmet dish. This aspect highlights his capabilities of resourcefulness and adaptability. Nalan's cooking for the Princess Damayanti is not just for sustenance, but also to express his care and affection towards her.

VII. HINDU EPICS

VII.I. MAHABHARATA

Another most famous example from the ancient epic Mahabharata is about king Udupi, also known as Udupi in today's world, was one the kings who took up neutrality at the time of war. It is also said that he went and met Lord Krishna in person and spoke about not being biased in order to offer food for the troops. Lord Krishna agreed to the demands and instructed him to serve as army's caterer. The king agreed, prepared food and served over 4.5 million soldiers till the last day of the war. After this act of serving, people around started to wonder about the shortage of food, as no one felt thirsty or famished. When they questioned king Udupi, he responded, "I used to peel peanuts every night and give them to Krishna as an offering. If I counted the peanuts he ate in a day, I could roughly estimate how many troops would be killed in action the following day. Five peanuts equal five thousand dead soldiers, and so on." Thus, even today, Udupi cuisine is famously known by everyone in and across India. Udupi has become a thesaurus for the term's nourishments and foods.

VII.II. AKSHAYA PATRA

There are also fables about Draupadi and her Akshaya Patra. Akshaya Patra is a magical vessel that supplies unending bowl of food to the people at the time of Pandavas' exile. This very act of Akshaya Patra talks about the divine blessing to the mortal beings as they share their food, nurturing the very sense of humanity.

VII.III. RAMAYANA

In the well-known epic Ramayana, Hanuman searches for a medicinal herb called, Sanjivani. To get that herb, he lifts an entire mountain and brings it to the battle field. This narration of lifting a mountain for a single herb, showcases the importance of nature's bounty.

VII.IV. BHAGAVATA PURANA

In the Bhagavata Purana, Lord Krishna, and avatar of Lord Vishnu, is known for his divine dance, Rasalila. Rasalila is bewitching divine dance, where Lord Krishna multiplied himself in order to dance with each of the Gopis also known as milkmaids, present in the Vrindavan. While, this entire narration is all about divine love and affection. It also emphasis on the never-ending joy and spiritual nourishment rendered by Lord Krishna's presence. It is more about the sweetness of the divine love.

VIII. SAGE DURVASA'S CURSE AND BANANA TREE

From the Hindu mythology, the concept of the origin of the Banana Tree is linked with sage Durvasa. Sage Durvasa is known for his short temperedness and also for his power, asceticism. In Hindu mythology, he plays a pivotal role in several fables. According to the story, one day, sage Durvasa was wandering around the forest, it was the time, when he met a small group of Apsaras (Celestial nymphs). These nymphs are known for their eternal beauty and grace. These were allured towards sage's aura. So, they invited him for a grand feast.

However, the sage Durvasa, who is known for his wrath and irascible nature, was not pleased with meal that these nymphs offered. According to him, the fruits lacked flavour and was not prepared properly. He got angry and he cursed those nymphs, saying that they born on earth as Banana trees.

This curse had a strong effect and impact on the nymphs. They were re-born in the form of banana trees. They retained their grace by being tall, slender and elegant in appearance. These trees produced banana that was considered heavenly. This myth serves as a reminder that wrath and curse on the celestial or supernatural power has a major impact on the natural well-being of the earth. This myth also adds up to the whimsy and wonder to the banana trees as it is a gift from the celestial world to the earthly beings.

VIII.I. LORD MURUGAN'S LOVE

The son of Lord Shiva and Goddess Parvati, Lord Murugan is known as the deity of war and victory. Also, Lord Murugan is known for his marriage with the tribal princess, Valli. This story showcases their love devotion towards each other. The story's narration says that Valli offered wild fruits and berries to Lord Murugan owing much to her simplicity and to showcase her of love towards him. This narration also highlights that any offering made with pure heart and devotion are heavily cherished by the divine power. It also emphasis on the significance of the very nature of culinary offering.

VIII.II. RAGHAVENDRA SWAMY AND BRINJAL CURRY

There is also a narration about Raghavendra Swamy and the brinjal curry. Raghavendra Swamy is a revered Hindu saint, who once performed a miracle with brinjal curry. Once, the Devotees offered him a simple brinjal curry. He blessed this curry, turning it into a special delicious dish that it filled the starving stomach. This very idea of this story, illustrates that when the food is been blessed by any saint or divine power, it becomes spiritually potent and nourishing. These concepts highlight the diverse nature of food and its culinary narration, braiding it closely to the fabric of Hindu mythology and its spirituality.

Food is not just for sustenance; it also serves as medium where one can express his/her devotion. It also helps in experiencing divine love with sacredness of everyday life. These stories continue to inspire and also helps to deepen the very understanding of the intricate relationship between mortals with immortals.

IX. CONCLUSION

Therefore, culinary narratives in Hindu mythology offers various insights about the culture and traditions. Culinary narrative fills the void created by various other themes. It binds everyone. It provides a harmonious convergence of distinct themes by focusing on the transformative power that each cuisine holds, prompting our inner most emotions. It also connects identity with traditions. Such tradition, reminds everyone that food not just for sustenance. It is a symbol of spirituality. It weaves together human's experience with mythological storytelling technique with that of taste and aroma.

In the intricate cosmic world of human existence, one can find culture, tradition and spirituality, braided together that stands as an embodiment for culinary narratives through food. From the kitchen rooms to the fables narrated from the epics of Hindu mythology, the constant emphasis is that food is not just sustenance. It acts as a medium through which we express our inner emotions.

As we travel through the different realms of culinary narratives, we get to know the varied description about food and the culture behind it. It surpasses the barricades and connects people in across the world, inducing a feeling of humanity. Moreover, in Hindu mythology, we are able to witness the divine power fused with the sacred and sensory savours, reflecting our earthly experiences.

These narratives also have an impact in our feelings, when we prepare a meal or when we taste it. It gives us an opportunity to create, and to share our stories. These narrations also help us to explore the new horizons that strengthens our bonds, uniting us as a community. These narrations are passed down in the forms of recipes, enriching the world with flavours of culture, tradition and innovation.

In tapestry of life, one may find labyrinth of flavours, be it savoury at the moment, each bite narrates a story that not only feeds our bodies but also nourishes our souls. As we come together to dine, it's the food that connects us. It has the power to elevate us. It has stories from who we are and where we came from.

Hence, in the grand buffet of life's existence, culinary narratives serve the finest course of meals, filled with the taste of past, aroma of the present and the vision of the future. Through the gastronomic heritage, one can witness and appreciate the narration by exploring and experimenting the richness of the content. These narrations about stories and other activities, symbolically represents the very skill of cooking and sharing food is not just any mundane act, but it is to celebrate the very life itself.

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