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A Comparative Analysis of Food

Dr.Saroj Moud¹, Dr. Sonam Aswal², Prof. Kamini Kaushal³, Dr. Rajesh Chandra Mishra⁴

^{1, 2}MD Scholar, ³HOD, ⁴Ass.Professor PG Department of Dravyaguna, MMM Govt, Ayurved college, Udaipur (Raj)

Abstract: *In this present Era, diseases are spread all around the world, due to which the life of man is in crisis, it is known that in this difficult time, man should consider to increase his immunity and keep himself completely healthy. In this context firstly, man should think about his diet because we become what we eat. Thus, it is necessary for a man to follow his culture at this time and leave the western food system and adopt his traditional food and behave accordingly. Because as we know that our immunity is very important to defeat any disease and it is proportional to the food ,therefore every person should follow his tradition. In this critical time, people can stay healthy by following ayurveda rules and Charyas (dincjharya, ritucharya).*

I. INTRODUCTION

Food is the third most basic thing for life after air and water. Food is important for our body to stay fit and healthy. It will boost up our immune system and provide us with better concentration. Food provides energy to keep the body warm, and the muscle active for work and are hence known as ‘fuel’. The various organs alert to carry out the daily activities.

The most commonly consumed food is called staple food, varies from region to region in order to meet their nutrient needs. The most obvious reason would be to keep us alive. Every living thing needs to take in nutrients and calories for growth and repair and to keep metabolic processes functioning. It literally makes up every part of us we are made of what we eat.

Food is most important because it is the cornerstone of culture. When it comes to food, all human populations are not the same. Every country, every region around the world has its own food. People have adapted to their surroundings depending on what is most available and these food traditions are passed down from one generation to the next. Traditional foods tend to be healthful as well, because processed food is a relatively new advent.

An unhealthy diet combined with physical inactivity increases the risk for non communicable diseases (NCD).Such as cardiovascular diseases, cancer, hypertension, obesity, type2, diabetes are most common. Traditional food can be a healthy choice with a balanced diet of starch, vegetables, lentils, yoghurt etc.

II. MATERIAL AND METHODS

A. Food Diversity According To 7 Continents

S. N.	continent	Bread & grains	Fruits & Vegetables	Meat & dairy	Beverages	Cooking method
1.	Africa	Whole grains& beans	All fruit and vegetables	Lamb, crab meat & milk	Coffee, sobolo	Roasting, boiling, steaming, baking
2.	Antarctica	Sweet corn and beans	Less fresh fruits	Pammican(dry meat) Butter ,cheese	Guarana fruit	Blanching, baking
3.	Asia	Whole grains& beans	More fresh fruits and vegetables	More use of meat and dairy product	Sugarcane drinks	Roasting, boiling, steaming, baking
4.	Australia	Whole grains and beans	Variety of fruits, bush tucker	Beef ,muton ,lamb, Pork &milk	Tea, smoothies	Stir fry, roasted, grilled ,pan fry

5.	Europe	Cereals wheat, oats, maize and rice	All type of fruits and vegetables potato is more consumed	Meat is eaten too much. & milk and all dairy product	Kompot, bicerin, coffee, grab wine.	Mostly they use roasting, Braising, baking
6.	North America	Widely use of maize & beans and rice also, burgers fast foods	Less use of fruits and vegetables ,squash fruit, berries, mushroom	Fishes(salmon), seafoods, duck deer and rabbit meat, most consumed-milk	Alcohol based fruit drinks	Baking ,boiling, microwawing , roasting
7.	South America	Maize, corn is used to make all kind of dishes. as well as whiskey.	Muscadins, blackberries, raspberries, other wild berries & potatoes ,sweet potatoes mostly used.	Beef ,pork& all dairy product	Coffee, coca tea, pinol	Baking ,boiling, microwawing,, roasting

B. Asia Continet Food Diversity

The world's biggest continent Asia serves the most diverse food.

Food diversity in Asia continent-

Central Asia	East asia	North Asia
In context to central Asia it includes magnolia, kazakhstan, Kyrgyzstan countries etc. The main food content of central Asia is mutton. Use of seasonings, rice, vegetables, yoghurt, legumes and meats.	It includes Chinese, Japanese, korean, tibian etc. the main food content in east Asia is rice, noodles, mung beans, soyabean ,seafood, mutton, bok choy and tea.	North Asia main foods content is soya, fish, cow berries and Bread dumbling the most common drink is kumis

South Asia	Southeast Asia	West Asia
It includes India ,Afganisthan etc. Legumes and lentils are essential as grains, chili,black pepper, cloves strong herbs and spices with flavored ghee and butter. Turmeric and cumin are often to make curries. Meat-lamb, goat, fish, chicken. Beef is less common than in western, and pork is considered is taboo food (muslim). And mostly hindus has avoided.	In southeast Asia Mostly strong aromatic components that features such flavours as citrus and herbs such as lime, coriander/clintro and basil. Peoples are also include fish sauces, galangal and lemon grass.	The west Asia region is diverse while having a degree of homogeneity. Commonly used food in west Asia is pitas, sesame seed, chickpea, mint , parsely, wheat, rice, barley, maize butter, bread, carrots, onion and garlic.

C. Food Diversity in India

Food is an integral part of every human culture. For survival needs, people everywhere could eat the same and some simple food according to their tradition. India is a diverse country with many regional cultures, each region has its own food speciality, so Indian food is as diverse as India.

Indian cuisines use numerous ingredients, deploy a wide range of food preparation style, cooking techniques. From salad to sauces, from vegetarian to meat, from spices to sensuous, from bread to desert etc.

The staple food in India includes wheat, rice and pulses with chana. The traditional food of India has been widely appreciated for its fabulous use of herb and spices

- 1) *Eating Habits in India:* people in India consider a healthy breakfast, (or nasta) important. They generally prefer to take tea or coffee with first meal of the day. Lunch in India mainly consists of rice or rice dishes in the south and east & rotis made from whole wheat in the northern and western parts of India. Dinner is considered the main meal of the day.
- 2) *Indian food Nutrition:* Most Indian food nutrition depends on how it was cooked and the ingredients put into the dish. The basic Indian dish is frequently baked or roasted. The odd deep fried food is also available. On a nutritional level, Indian food is relatively healthy. In the Indian food system, it contains all the appropriate amounts of carbohydrates, fats, fiber, minerals, proteins, vitamins and water.

D. In Present Era Similarity Between Ayurvedic Food Diet Or Indian Food Diet

Ayurveda is a traditional system of medicines native to India. The *ayurveda* contains a wealth of knowledge on health sciences. There is so much similarity in *ayurvedic* dietetics and traditional foods that many of traditional health foods in India can be called *ayurvedic* foods. According to *ayurveda*, the food system can deliver numerous biological functions through dietary components in the human body. Indian traditional foods are also recognized as functional foods because they have antioxidants, dietary fibers, body healing chemicals (curcuma longa), probiotics.

These functional units helped in the management of body weight and blood sugar level and cholesterol level. In Indian literature, the four Vedas describe different cereal grains and their use in our daily life.

Food is specific to season. India has six different seasons, namely *vasanta*, *grishma*, *varsha*, *sharad*, *hemanta*, *shishira*.

E. Immune System Of Indian Peoples Relatively Other Countries Peoples

Immunity is very important to fight any infection by the human body. An Indo-US team of researchers has found that Indians, compared to other world populations, carry more of a kind of natural killer cells that can detect and terminate infections at an early stage. Indians acquired the activating KIR (killer cell immunoglobulin like receptors) genes as a result of natural selection to survive the environmental challenge. Food components and additives in the western diet actively change the gut microbe, apparently for the worse, not the better, which leads to inappropriate persisting inflammation. Microbial antigens and metabolites can access the circulation and hence reach every part of the body, with adverse consequences like metabolic syndrome and risk of diseases such as cancer.

Indian people are having very good immunity against flu and common malaria. COVID-19 is closer to malaria and seasonal flu, and of course India is an endemic area of malaria also. Oxygen plays an important role in building immunity. In India, people get sufficient oxygen due to large scale forests and plantation areas in most parts of the country. Indian people must have developed some kind of herd immunity against malaria, dengue, common flu, even swine flu. As we know, food plays an important role in building our immunity. In the present era, food is not eaten to keep the body healthy, but only for the taste of the tongue, not only in India but also in any country deviating from traditional food. They adopted western food culture, eating too much junk food. That's why people are losing/reducing their immunity. It's not only food, entire life style, culture, food habits, leaving joint family, just running after western way of lifestyle. This will impact negatively on immunity.

III. RESULT

Traditional food is healthy for people and gives their body the nutrients they need every day. Traditional foods are high in nutrients and have a long history of supporting health and wellness. Therefore, all people should use traditional food according to their culture to increase their immunity.

IV. CONCLUSION

Traditional foods are simply prepared and basic from vegetables and fruits, to meat, poultry and fish to dairy, eggs, legumes, nuts and seeds. These foods have been consumed for thousands of years. Traditional food is proportional to the immunity of the people living there. Therefore, all human beings should behave according to their culture so that they can be healthy with mind and body.



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