



NUTRITIONAL HEALTH MESSAGE IN FOLKLORE – A STUDY OF VIDARBHA REGION RURAL INDIA

Dr. Seema Atul Pande

Assistant Professor, Home economics,
VMV Commerce, JMT Arts, JJP Science College.

ABSTRACT :

Health is a state of complete physical, mental, and social wellbeing and not merely the absence of disease or infirmity – WHO. It has been reported in various studies that music has a positive effect on well-being. Oral tradition plays a vital role in educating the people especially the younger generation. The simple tunes of folk songs are appealing to children while at the same time imparting useful knowledge of Food and Nutrition. Proverbs often impart technical knowledge regarding ploughing, sowing, and harvesting etc to the farmers Riddles help sharpen wits.



KEY WORDS: physical, mental, and social wellbeing, Nutrition.

INTRODUCTION

This research has been conducted to identify the folk songs relevant to Food and Nutrition understanding the contents with respect to themes.

The term coming from the old English Folc and Lar (that is wisdom of the folk) was first introduced into British 'academic' discourse by Wiliam Thoms in 1846 to replace the term 'Popular antiquities. Thoms defined folklore as a traditional beliefs, legends, and customs current among the common people. Indian scholars distinguished between the folk categories Sanskriti (cultured, refined) and Prakriti (natural, rustic) as in the distinction between the high and courtly language. Sanskrit, and the colonial languages called Prakrits They distinguished traditional styles under the term marga (path, road) and Dsei which refer to roughly classical and regional countryish respectively.

Folklore consists of folk literature and folk music as two major components. Folk stories, folk tales proverbs and riddles are part of Folk literature while folk songs, folk dances, folk dramas and musical instruments used for accompaniment of songs, dances and dramas are part of folk music.

OBJECTIVES

1. To study the Vidarbha Folklore
2. To understand Vidarbha folklore relevant to food and nutrition
3. To identify the message of Vidarbha Folklore

A proverb is a simple, concrete, traditional saying that expresses a perceived truth based on common sense or experience. Proverbs are often metaphorical and use formulaic language. Collectively, they form a genre of folklore.

Limitations

1. This research is highlighted for Vidarbha folklore.
2. This research is limited for Vidarbha proverbs and folk songs.

Varhadi is a famous language of Akola, Amravati, Buldhana, Yavatmal and Washim these districts are collectively known as varhad. There is a saying that, "Varhad an sonyachi karad." It means these districts have a golden border. Zadiboli is a popular language in Chandrapur, Bhandara and Gondia.

Some popular folklores are relevant to Food and Nutrition.. Some are those.

गोगलगायीच्या दुदाचं लोनी नस्ते निघत."

It means one should have qualities. The only name is not important.

Milk is highly nutritious. It is well-known as 'Purnann'. A huge variety of food products are made from cow's milk, such as cheese, cream, butter, and yoghurt. Milk contains almost every single nutrient that our body needs. Milk is an excellent source of high - quality protein and different fats. It contains many vitamins and minerals including vitamin B12, calcium, riboflavin, and phosphorus. It's often fortified with other vitamins, especially vitamin D.

"हेला ना भादराव देवळा जोळ आन् पंगत ना द्याव गोदरी जोळ."

We should eat in the proper place.

We are what we eat. Various studies have shown that there is a huge impact on our mental and physical health, where we eat and how we eat. The place should be proper and well cleaned. Above proverb tells us a temple is a holy place. We should not do any bad activity in the temple like killing animals.

"अंधारात तूप सांडलं तरमा सुगंध लपत नाय."

If one should have the qualities, it cannot be hidden

Pure ghee is very nutritious. Traditionally, the preparation has been used to promote memory, intelligence, quantity, and quality of semen and to enhance digestion. Modern science tells us that ghee is also harbors phenolic antioxidants, which bolster the immune system. In Ayurveda, ghee is also believed to enhance ojas, or 'life energy.'

खाते कनगीले अन् गाते उरल्याले."

An optimistic attitude is necessary.

We should have a positive attitude. Some people are always crying that they did not get what they want. If they get more, they are unhappy and if they get less that time also they are feeling sad. If it is related to health, you are feeling obese and so you are treating to your body negatively, eating a wrong diet, in a negative manner then, it will affect your body. Always keep a positive attitude. Taking a balanced diet and regular exercise will keep you fresh and healthy.

"निक्सू निक्सू खाये, त्याच्या घाटीत केस जाये."

Food is much more than what is on our plates.

Food connects us all. We all need it, depend on it, survive because of it and derive happiness from it. Food is part of who we are. It's part of our habits and cultures. Food is even part of how we interact with others. So we should love, respect our food.

Folk song is originated among the people of a country or area. It is not recorded or performed on a stage. People learn it and it is passed down from one generation to another.. Vidarbha has a rich and distinct cultural background. Though Marathi culture is most dominant, vidarbha has a melting pot of Telugu speaking people from the south, Hindi speakers from central India and tribal people of Chhattisgarh. Nagpuri and varhadi are main language styles in vidarbha.

Lavni, Bharud, Gondhal, Bhulabai, Vasudev, Potrajchi gani, Bhalari geet, Jatyavarchi ovi are some examples of folk songs. It shows the tradition, eating habits, and social relations like many more things. A Folk song is often changed as they are passed down.

Bhulabai - Bhulabai festival is a part of traditional rituals and has been celebrated for hundred of years. It represents the rich folk culture of Western Maharashtra. Vidarbha and some parts of Marathwada. Bhulabi means Goddess Parvati and Bhuloba means God Shankara. Bhulabai is also known as Bhuloji. In Western Maharashtra, Bhondla – Hadga song is famous. This is very popular in the form of Bhulabai in Vidarbha. It is an attraction for children because people gave Khirapat after performing Bhulabai's arti.

This festival is celebrated from Bhadrapad pournima to Ashwin Pournima.

कारल्याची बी पेर गं सूनबाई,
मग जा अपुल्या माहेरा माहेरा
कारल्याची भाजी कर गं सूनबाई,
मग जा अपुल्य माहेरा माहेरा.
कारल्याची भाजी खा गं सून,खा गं सून
मग जा अपुल्या माहेरा माहेरा

We can see through this song, people are telling the importance of bitter gourd. It is a rich source of nutrients. It is very popular for his medicinal properties. It contains important nutrients ranging from iron, magnesium and vitamin to potassium and vitamin C. It is an excellent source of dietary fiber; it also contains twice the calcium of spinach, beta- carotene of broccoli and the potassium of a banana. It is worldwide known for its effectiveness in treating diabetes.

Potrajchi gani is very popular in Vidarbha. Mariaai is the Goddess of Matang and Mang people.

आ लया मरीबाई
एकाचे एकवीस
पाचाचे पन्नास
येल मांडवाला जाऊ दे
ताक आमरुतानं डेरं घुमु दे
कपाळाचं कुंकू
हाताचा चुडा
पायातलं जोडवं
यसवंत राक कसीम

In those days also people knew the importance of Vegetables. They are calling buttermilk as Amrut it means, they knew the value of buttermilk. Buttermilk is a good source of probiotics. The lactic acid in buttermilk can make its lactose content easier to digest. It improves digestion and alleviates the feelings of puffiness. In Ayurveda, buttermilk is used both to maintain health and as a treatment against diseases. It is a natural treatment against swelling, irritation and digestive disorders.

Jatyavarchi Ovi Traditional grinding grain wheel is used for the kitchen. In those days, women are sung many songs while grinding. Now a day it is rare to see. The song was based on their imagination, Goddess, daily activities and relationships.

दळण दळीते । टाका सात्विक वरणं
करा हरीचे स्मरण ॥५२॥
कस्नाले देते जेवू । दिली साखर झोकून
वरं तूपाचं माखनं ॥५३॥
कस्नाले देते जेवू । केळाचं कालवणं
वरं दुपूडीचं पानं ॥५४॥
कस्नाले देते जेवू । शरी भाकरं कांदा
फार उत्तम झाला सांदा ॥५५॥

People gave importance to Satvik food. First two lines are highlighted on while making recipes we should do positive thinking. Such as, chanting God. Pure ghee is a nutritional powerhouse. It contains plentiful amounts of fat - soluble vitamins A, D, E and K. These nutrients are essential to a wide range of body functions from the brain to the immune system. Bananas are a healthy source of fiber, potassium, vitamin B6, vitamin C and various antioxidants and phytonutrients. Betel leaves contain many curative and healing health benefits. The leaves are full of vitamins like vitamin C, thymine, riboflavin, and carotene and are a great source of calcium. Jowar is nutritious. It is easy to digest. Onion has a high content of antioxidants and sulfur - containing compounds.

Dohale These songs are sung for especially pregnant women. People pray to God for getting everything that pregnant women wish to eat.

रानी भुलाबाईचे डोहाळे
तिचे डोहाळे तिला भारी.
नेऊन टाका पलंगावरी.
आंबे बहुत पकले,
चकु बहुत पकले,
संत्रे बहुत पकले.
शंकर बैसले भूवरी.

Fruit is an excellent source of nutrients that are essential during pregnancy. Fruits can provide vitamins, folate, fiber and more, which all help to keep the woman and baby healthy. These nutrients can also help to relieve some of the common symptoms of pregnancy. Citrus fruit like orange is a good source of vitamin C. It can help with a woman's digestion and deter morning sickness during pregnancy.

A Folk song tells us the stories of the people, emotions and cultures including food habits and food belief. It also makes us feel us comfort that we never thought would have been possible.

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