

## SEC-5: Traditional Indian Gastronomy (Bhāratīya Pāka Śāstra)

### Credit distribution, Eligibility and Pre-requisites of the Course

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Prerequisite of the course
		Lecture	Tutorial	Practical/ Practice		
Traditional Indian Gastronomy (Bhāratīya Pāka Śāstra)	02	1		1	Class XII Pass	Nil

### Learning Objectives

To train and develop students in Indian Cuisine and Food Culture through Industry Interface and Culinary experts. To strengthen students' Knowledge and skills with instruction based on Indian tradition and culture. The course also aims at enhancing learning menu planning as per festival, quantity preparations and management of resources. To develop competencies to understand Ayurveda and wellness cooking.

### Learning outcomes

Acquire knowledge and skill in Indian culinary practices.  
Identify and apply contemporary food safety and sanitation practices along with traditional principles of wellness and Ayurveda.

### Detailed Syllabus

#### Unit I

##### *Pāka Kalā in Sanskrit Sāhitya*

**Pāka Kalā (The art of Indian Cuisine):** Ancient Indian food culture, Characteristics of Indian Cuisine and food commodities, Indian culinary terminology.

**Āhāra in Sanskrit Sāhitya (Food in Sanskrit Literature) :** Food divisions in Sanskrit literature, Food and Drinks in ancient India, diet in Vedic period , food and related art in the Vedic age, food in Sanskrit poetry.

**Swastha Āhāra (Food and Ayurveda) :** Fundamentals of Ayurveda, Identifying the various constituents of Ayurveda and their characteristics, Outline the Three Vital essence (Tridoṣa) of

Ayurveda, Prakriti and Vikriti, Identify the concept about Rasa, Virya, Vipakah and Prabha, Dietary recommendations for Vāta doṣa, Pitta doṣa, Kapha doṣa.

## Unit II

### Āhāra

1. **Prādesika Āhāra (Regional Food):** Cuisines of North India, Cuisines of East India, Cuisines of North India, Cuisines of South India.
2. **Pāka evam Paryāṭana (Travel and Food):** Culinary journey of India, various types of food travel.
3. **Prasād Paramparā (Ritual food tradition):** Tradition of prasād culture in Vaishnav, Shaiva and Shakt sects of Hindu religion.
4. **Pūrva tathā Pāścima (Cuisines of East and West):** Specialty cuisines, staple diets, festival and signature dishes of different regions, various cooking methods and techniques used in different regions, preparation, classic recipes.

## Essential/recommended readings

1. *Ayurvedic Science Of Food And Nutrition* by Sanjeev Rastogi , Springer (2014).
2. *Feast and Fasts: A History of Food in India* by Colleen Taylor Sen, (2016).
3. *Aahara : Ancient Secret of Diet in Ayurveda & Yoga* by Dr Pradipkumar R. Suryawanshi (2018).
4. *Indian food: A Historical Companion* by K.T.Achaya, Indian food: A Historical Companion, Oxford University Press, 1998.
5. *Food and Drinks in Ancient India* (Based on Original Sanskrit Sources) by R Mitra, [COSMO PUBLICATIONS, NEW DELHI](#), (2007).
6. *Prasāda, the Gracious Gift, in Contemporary and Classical South Asia* by Andrea Marion Pinkney. Journal of the American Academy of Religion, September 2013, Vol. 81, No. 3, pp. 734–756.
7. *From the God's Kitchen: The Mahāprasād In Shri Jagannāth Temple, Puri, India*, by Sili Rout, SHSS XXIX, NUMBER 1, Summer 2022.
8. *From the Earliest Times to the Sixth Century, B.C.* by Romesh Chunder Dutt, C.I.E.1906. (Chapter 4 – Food and Art in the Vedic age).
9. *Food and Love in Sanskrit Poetry: On the Margin of Desires* by Danielle Feller. Cracow Indological Studies Vol. XXI, No. 2 (2019), pp. 69–124.
10. पाकशास्त्र. यशोदा देवी. बनिता हितैषी प्रेस. प्रयागराज, १९१३
11. पाकशास्त्र. कान्ति पाण्डेय. बिहार हिन्दी ग्रन्थ अकादमी. २०१३
12. आहारशास्त्र. दामोदर वासुदेव. दत्तात्रेय कृष्ण साहू ब्रदर्स, आर्योषधि कारखाना. १८५६.
13. आहारशास्त्र. जयनारायण. जीवन दृष्टि प्रकाशन, आरोग्यमन्दिर, यवतमाल-वर्धा.

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**Examination scheme and mode: Subject to directions from the Examination Branch/University of Delhi from time to time**