

A Study on Betel Leaf in Indian Customs & Culinary

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Abstract:- The betel pepper plant is an evergreen and perennial creeper with shiny heart formed leaves and slim. It's a native of central and Japanese Asian country that spreads throughout tropical Asia and later to Madagascar and geographical area. 15-20 million folks consume betel pepper leaves in India on an everyday basis, besides those in alternative countries of the globe. It was conjointly used as an offering to Hindu deities. These days' betel pepper is grown up for native consumption and exports. Major betel pepper leaves growing countries area Ceylon, India, Thailand and Bangladesh. Betel pepper leaves area cultivated within the states of state, province, Bihar, Gujarat, Odisha, Karnataka, Madhya Pradesh, Rajasthan states and geographical region. India exports 10,386.52 MT of betel pepper Leaves to the globe for the value of Rs. 37.60 crores/ 5.22 USD Millions in 2019-20. There's archeological proof that the betel pepper leaves are chewed in conjunction with the betel nut since ancient days. Betel pepper leaves are used as a stimulant, antiseptic and a breath-freshener and conjointly in their social, religious, medicinal, and veterinary uses. Tambula (betel leaf) could be a token of honor, pledge& love and exchange could be a sign of wedding or betrothal. This single tradition is an integral part of the traditional knowledge, art, rituals, ceremonies, and intercommunication of existence in the Asian nations like India, Malaysia, Myanmar; Thailand, and Vietnam.

Keywords: *Betel pepper leaf, Export, Medicine, Types.*

I. INTRODUCTION

The betel plant is an evergreen and perpetual creeper, with cleaned heart-shaped leaves and white catkin. It is a nearby of central and eastern Malaysia, which spread at an early date all through tropical Asia and later to Madagascar and East Africa. In India, it is comprehensively evolved in Tamil Nadu, Madhya Pradesh, West Bengal, Orissa, Maharashtra and Uttar Pradesh. Offering betel pieces (skillet supari) to guests in the Indian subcontinent is a regular charitableness. The betel plant is as of now broadly created in India, Bangladesh and Sri Lanka. In different countries, the leaves are imploded contrastingly and generally, some calcium hydroxide is spread inside. Cuts of the dry areca nut are on the upper left of the leaf and cuts of the sensitive areca nut on the upper right. The overlay on the lower right contains tobacco—a for the most part late introduction. There is archeological confirmation that betel leaves have been nibbled close by the

areca nut since extremely out of date events. It isn't known when these two unmistakable energizers were first set up. In most countries, the blend of the two has an adapted besides, especially symbolical worth.

II. LITERATURE REVIEW

In India, betel pepper leaf assumes a major half since previous culture. Its utilization in India, goes back to four hundred BC. per old books of writing, Charaka, Sushruta Samhitas, and Kashyapa Bhojanakalpa, the act of feeding betel pepper leaf when dinners got traditional between 75AD and 300AD. At the 13th century, European mortal Polo recorded betel pepper biting among rulers and aristocrats in India. The significance of betel pepper leaves has been pictured in old books of writing. The utilization of betel pepper leaf was proverbial for quite awhile for its remedial properties. In Chinese society medication betel pepper leaves area unit utilized for the treatment of varied disorders. There's archeological proof that betel pepper leaves are chewed in conjunction with the betel nut since terribly precedent days. It's not known when these two different stimulants were first put together.

➤ *Types of Betel Leaves*

There are around 90 varieties of betel leaves available throughout the world and 45 varieties are found in India and 30 varieties are grown in west Bengal itself. Betel leaf is grown in tropics and subtropics for its evergreen leaves like Bilahri, Kaker, Jaiswar, Kapuri, Kapurkanta and Bangla leaf.

III. MEDICINAL VALUES

If 6 betel leaves are combined with little bit of slaked lime is said to be is equal to 300ml of cows milk. Betel leaves are good source of vitamin B and carotene. Betel leaves are given to women after childbirth to increase the secretion of milk.

- Relieves cough
- Treats respiratory problems
- Reduces gastric pain
- Eases constipation & Bronchitis
- Heal wounds and infections
- Stops Ear ache and Nose bleeding
- Treats headache and improves alertness
- Provides cure for acne and other skin disorders
- Used extensively in treating arthritis and orchitis

- Relieves toothaches, gum pain, swelling and Oral infections
- It Eases Constipation
- Betel leaves play a vital role in the treatment of nervous pains, nervous exhaustion and debility.
- Eliminates water retention
- Betel leaves are known to beat depression and boost mental health
- Regulate blood sugar levels in people

IV. INDIAN CUSTOMS

Betel leaves play an important role in Indian tradition, customs and rituals. Quite possibly the most significant puja things in Hindu customs is the betel leaf. Known as tambula in Sanskrit, the word owes its root to the term 'tamra' that indicates copper which is red shaded. In other territorial dialects in India the betel leaf is known as container, nagve, vetta or vettilla. The betel leaf is utilized in pujas by Hindus for both profound and wellbeing reasons. The betel leaf has been a top choice past season of world class of society and illustrious people and was utilized for regal blessings traded between different kings and emperors. It was utilized in inviting guests, exchange of endowments and even as a sign for guest to depart.

V. CULINARY USES

Betel leaf is utilized in culinary preparations like Thai, Indian, Vietnamese cuisines, and the dishes in India like Veedhele chithranna, Paan Ice cream, Paan ki chat, Paan ki Ladoo, Paan shots, Tamalapaku Pakoda and Paan chocolates, Betel leaf milk shakes and so on. Probably the most punctual occurrence of culinary act of spontaneity by people must envelop food by leaves and steaming or simmering it. Concocted by some agrarian predecessor, it is a stroke of creativity – straightforward however splendid. The leaves make for an impenetrable packaging that shield the food from being presented to coordinate warmth and keep soil or liquids from leaking in. The leaves additionally trap some steam and seal in the flavors, permitting the food to prepare unhurried in smooth warmth, soaking in its own juices.

VI. CONCLUSION

My point has rather been to examine a few figures of speech that got related with betel and along these lines impacted its utilization and abstention. Utilizing this more extended perspective on history, one may assemble a feeling of the pattern by which betel utilization progressively came to be viewed as a sexualized action culinary and customs. In like manner, there was a pattern of more noteworthy and more explicit impediments being set on renunciants and experts of strict observances. Different modes, regularly formal in nature, incorporate biting betel to wrap everything up, tolerating a betel roll to show compliance to a more significant position

authority, and gifting betel moves to say goodbye or then again report a favorable event to people in general. Nonetheless, the modes I have definite in this article draw in the crossing points between the subjects of food and religion most straightforwardly.

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