

# Ayurveda in our food

## THEATRE

The launch of the book on Ayurvedic cooking saw many celebrities speaking on the importance of eating right during early childhood



IT'S a known fact that youngsters prefer junk food without discovering the need to balance the lifestyle and eating habits. To make this point clear and to throw light on the Ayurvedic tenet of moderation, Jigyasa Giri and Pratibha Jain launched their book *Sukham Ayu-Cooking at home with Ayurvedic insights* at the grand function held at Hotel Savera on Wednesday.

The book contains more than 70 recipes, which consists of daily, simple, vegetarian dishes that all Indian homes are familiar with. A closer look at the book reveals the fine thread of Ayurvedic insights binding them together, for what makes food healthy is proper combinations, compatibility and methods of cooking. Jigyasa and Pratibha are the authors and publishers of *Cooking at Home with Pedatha*. The book won the Gourmand award from Spain for Best Vegetarian Book in the World 2006.

The authors are back with Sukham Ayu. "We researched the book at KARE (Kerala Ayurvedic research and rejuvenation establishment), an Ayurvedic establishment at Mulshi, Pune, started by Dr Prakash Kalmadi and we started our work on this book. It took nearly two to three years," says Pratibha.

With the Duchess Club members around, the book was launched with much fanfare. The guests present at the launch commented on the book. MP Jayanthi Natarajan said she was impressed with the presentation of the book. "The world revolves around food. What you eat is what you are and how you become a better person," she said and con-



Pic: P Anand Kumar



gratulated the authors.

"One of my passions is food. I love food. Both my mother and mother-in-law cook well. Cooking is like a therapy. When I am stressed out, I like to play music and cook. It's like a dance for me," said actress Revathy. Speaking about the benefits of Ayurveda, she pointed out the 26 varieties of dishes prepared at Vishu and Onam.

"If I have this stamina today, it's all because of what my mother fed me till I was five years old. This

generation doesn't have the knowledge of what we eat from our birth till five years of age. That diet is going to sustain us till we are in our 50s and 60s. After filmmaking, it's cooking that I adore," she added.

Chandri Bhat, a culinary expert, said, "It's an honest and sincere work. It's a proud heritage of Ayurveda. All recipes in the book are friendly and encouraging. It's visually appealing and photography is brilliant." Geetha Doctor and Nina Reddy also spoke on the occasion.

Priced at Rs 495 the recipes in the book have been included with a clear focus on freshly cooked food, on the correct use of spices to enhance taste and good health, on the right combinations that make them tridoshik, or agreeable to all doshas. The book also gives insights on Vatas, Pittas and Kaphas and the food we have to intake to get the right combination of the three.

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