

**FOOD HABITS IN SILAPADIKARAM**A.Mahalakshmi¹

Correspondence: mahalakshmia83@gmail.com

Abstract

The basic necessities of human beings are food, cloth and Shelter. Among this, food occupies the primary position. The Tamil Literature and Grammar books which include Tholkappiyam and Sangam Literatures segregate the land into five categories like Kurinji, Mullai, Marutham, Neithal and Palai. Each of this land form has separate jobs and food habits which occupy an important position in social condition. Silapadikaram, which is one among the “Aimperukaapiyangal”, was written by Ilangovadigal. In this work, he also spoke about the social conditions of Ancient Tamil society. So from this research article, the ways in which foods are separated, cooking methods and the ways in which guests are taken care of in Silapadikaram are discussed. In addition it gives a clear understanding as to whether people liked healthy clean food items or not and if they followed the principle of “Food is “Medicine”.

Keywords: Aimperukaapiyangal, Basic Necessities, Food is Medicine, Food habits, Ilangovadigal, Sangam Literatures, Silapadikaram, Tamil Literature, Tholkappiyam

¹ Department of Tamil, Nallamuthu Gounder Mahalingam College, Pollachi – 642001, Tamilnadu, India