

# **‘History Of Food And Drinks In Buddhist Society’“An Over View”**

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Both literary and archeological sources reveal that rice, wheat, and pulses were the main cereals which people consumed. Rice, no doubt, was known in the preceding age too, but wheat and pulses were added to the dietary system of this period. Rice was very popular. The chief varieties of rice were Sali, Tandula, Hayana, Shashtika and Navara which seem to have been cultivated in the region. Rice of superior quality was taken by the rich sections of society, whereas the inferior variety was the food of the people belonging to the lower strata.

Cooking rice was called Bhatta or Bhakta (modern Bhata). Panini calls it also Odana. It was ordinarily eaten with Supa (pulses) and vegetables. Panini tells us that meat, supa, vegetables, guda, ghees, etc. were added to Bhata. Rice-milk was highly praised by the Buddha, and he recommended it for the Bhikshus as a morning breakfast. Honey was also mixed to it. Yavagu (rice or barley gruel) was a common liquid food.