CHAPTER 10

AYURVEDIC
SWASTHA VRITTA & YOGA

Doctoral Theses

01. GUPTA (Divya)
Exploring Region Specific Traditional Indian Foods for Under-nutrition in Uttarakhand and Development of a Packaged Ready To Eat Supplementary Food.
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Abstract

Undernutrition continues to be a significant public health issue in India. Traditional Indian diets, deeply rooted in regional agro-climatic and cultural diversity, hold potential in addressing nutritional deficiencies. This study explored region-specific traditional foods of Uttarakhand for their nutritional value and potential in combating undernutrition. Through an extensive field study conducted in 24 villages across both Garhwal and Kumaon regions, 70 traditional recipes were documented via focus group discussions and interviews with elderly community members. Nutritional profiling of these foods revealed their richness in essential macronutrients, aligning with Ayurvedic principles of balanced nutrition. Based on the findings, a packaged ready-to-eat (RTE) Nutri-bar was developed using locally available ingredients e.g., black soybean, finger millet, foxtail millet, amaranth, and jaggery etc. known for their nutritional benefits and cultural relevance. Sensory evaluation identified the most acceptable formulation, which was then subjected to laboratory testing. The final product demonstrated a favourable nutritional profile, containing 18.16g protein, 54.82g carbohydrates, 8.09g fibre, and 478.44 mg calcium per 100g, with an estimated shelf life of 132 days. Heavy metals, pesticide residues, and microbial parameters were within safe limits. This study highlights the value of traditional food knowledge in addressing contemporary nutritional challenges. By integrating traditional wisdom with modern food technology, the developed Nutri-bar represents a sustainable and culturally acceptable intervention for undernutrition in Uttarakhand. The findings advocate for leveraging indigenous diets in national nutrition programs and open avenues for further research and product development based on traditional foods.

Contents

1. Introduction 2. Review of Literature 3. Materials and Methodology 4. Observations and Results 5. Discussion. 6. Summary and Conclusion. References. Bibliography Annexures.