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(AUTONOMOUS)

**DEPARTMENT OF AGRICULTURAL
ENGINEERING**

IV YEAR – 07TH SEMESTER

OFD352:TRADITIONAL INDIAN FOODS

UNIT 5: HEALTH ASPECTS OF

TRADITIONAL FOODS

SPECIFIC AILMENTS

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Traditional foods used for specific ailments and illness

Traditional Indian Foods for Specific Ailments

- Ayurveda, India's ancient system of medicine, emphasizes the use of traditional foods to prevent and manage various health conditions.

Here are some examples:

1. Digestive Issues

Ginger:

- helps alleviate nausea, bloating, and digestive discomfort

Turmeric:

- reduces inflammation and improves digestion

Yogurt:

- provides probiotics for gut health

2. Respiratory Issues

Honey:

- soothes coughs and sore throats

Tulsi (Holy Basil):

- helps alleviate respiratory infections and inflammation

Ginger:

reduces congestion and inflammation

3. Skin Issues

Neem:

helps alleviate acne, skin inflammation, and infections-

Turmeric:

reduces inflammation and promotes wound healing

Coconut oil:

moisturizes and nourishes the skin

4. Mental Health

Ashwagandha:

helps reduce stress, anxiety, and depression

Brahmi:

- enhances cognitive function, memory, and mood

Saffron:

- helps alleviate depression and anxiety

Conclusion

- Traditional Indian foods have been used for centuries to prevent and manage various health conditions.
- By incorporating these foods into our diets, we can promote overall health, well-being, and resilience.