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ड्राफ्ट भारतीय मानक

सिद्ध – पारिभाषिक शब्दावली

भाग 4 भोजन के लिए मानकीकृत शब्दावली

Draft Indian Standard

Siddha - Glossary of Terms

Part 4 Standardized Terminology for Foods

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FOREWORD

(Formal Clauses would be added later)

There is a worldwide resurgence of interest in holistic systems of health care, particularly with respect to the prevention and management of lifestyle-related disorders, and chronic, non-communicable, and systemic diseases. It is increasingly understood that no single healthcare system can provide satisfactory answers to all the health needs of modern society. Evidently, there is a need for a new inclusive and integrated healthcare regime that should guide health policies and programmes in the future.

Siddha medicine is an ancient medical system in India and involves a system of regional therapy with geographical significance for the convenience of treatment and comfort of patients. The Siddha system uses herbs, minerals, metals, and organic materials to treat patients based on their unique physiology, environment, and lifestyle factors, including age, gender, race, habits, psychology, habitat, diet, appetite, physical condition, and disease.

In Siddha medicine, recognized as one of the comprehensive indigenous health systems, the Standard terminology relating to Siddha medicine will be an essential tool for working on other standards, guidelines, classifications, and regulations, as well as integrating Siddha medicine into mainstream health systems.

This document will facilitate Siddha medicine professionals, policymakers, health workers, service providers, researchers, other stakeholders and the public to use the same concepts, understanding, and definitions in communications, health care services, and medical records. It will support international cooperation in research, information exchange, standards, and classifications in Siddha medicine.

There are several Siddha-specific technical terms that are required to be documented in Standards covering the scopes of Structure and function, Preventive Health, Morbidity, and Diagnosis, Materials, Processes, Medicine, Food, etc. facilitating comprehensive usage. The inputs have been derived from the information available in the public domain in the print and electronic media inter-alia the WHO International Standard Terminologies on Siddha Medicine available in the National AYUSH Morbidity and Standardized Terminologies Electronic (NAMASTE) Portal, Development of Standard Siddha Terminologies, Siddha Pharmacopoeia, Siddha Formulary of India, and authoritative books of Siddha Medicine.

Indian Standard
SIDDHA — GLOSSARY OF TERMS
PART 4 STANDARDIZED TERMINOLOGY FOR FOODS

1. SCOPE

This standard (Part 4) covers the description/ definition of terminologies related to foods and dietary aspects of Siddha. The original terms appearing in the text have been transliterated into English and defined for the purpose of a clear understanding of the concept by any person who is not an expert in Siddha. These terms may be used by manufacturers, researchers, academicians, regulators, clinical practitioners, and other enthusiasts interested in the science of the Siddha system of Medicine.

2. TRANSLITERATION AND DIACRITICAL MARKS USED FOR WRITING TAMIL WORDS IN THE GLOSSARY OF SIDDHA TERMINOLOGY

The following Tamil Letters have been transliterated with diacritical marks as mentioned against each expression:

அ	a
ஆ	ā
இ	i
ஈ	ī
உ	u
ஊ	ū
எ	e
ஏ	ē
ஐ	ai
ஓ	o
ஔ	ō
ஔள	au
ஃ	h

க	k
ங்	ñ
ச	c
ஞ்	ñ
ட	ṭ
ண்	ṇ
த்	t
ந்	n
ப்	p
ம்	m
ய்	y
ர்	r
ல்	l
வ்	v
ழ்	ḷa
ள்	!
ற்	ṛ
ன்	ṅ

3. GLOSSARY FOR SIDDHA TERMINOLOGY FOR FOOD

The terminologies pertaining to foods and dietary aspects of Siddha.

Table 1 Standardized Terminology for Foods

(Clause 3)

S. No.	Siddha Term	Hindi Transliteration	English Transliteration	English Term	Description
1.	அடை	पैनकेक	<i>Aṭai</i>	Pancake	A South Indian savoury pancake made from rice and lentils, spiced with curry leaves and coconut. It is crispy outside, and soft inside.
2.	கேழ்வரகு அடை	रागी पैनकेक	<i>Kēḷvaraku aṭai</i>	Finger millet pancake	A pancake made from finger millet flour with water and cooked in a pan after adding ghee. It is soft, slightly earthy in flavour, and often served with chutney or honey.
3.	கோதுமை அடை	गेहूँ पैनकेक	<i>Kōtumai aṭai</i>	Wheat pancake	A soft pancake made from whole wheat flour. It is mildly nutty in flavour and is often served with syrup, fruit, or honey for a nutritious breakfast.
4.	தினை அடை	कंगनी पैनकेक	<i>Tinaṭai aṭai</i>	Foxtail millet pancake	A pancake made from well ground foxtail millet powder with water and cooked in a pan after adding ghee.
5.	நவ தானிய அடை	मिश्रित अनाज पैनकेक	<i>Nava tāṇiya aṭai</i>	Mixed nine cereals pancake	A protein-rich pancake made with a blend of 9 cereals namely wheat, rice, Split Pigeon peas, chickpeas, moong beans, white beans, black sesame, Indian black lentil, and horse gram. It is crispy outside and soft inside, and often served with chutney or sambar.
6.	அதிரசம்	डोनट जैसा मीठा पकवान	<i>Atiracam</i>	Doughnut-like pastry-sweet	A traditional South Indian sweet made by deep frying small amounts of flattened dough made of rice flour and jaggery.
7.	அப்பளம்	तला हुआ कुरकुरा स्नैक	<i>Appaḷam</i>	Flat-fried crunchy snack	A flat crunchy snack, usually deep-fried or roasted dough and made from dried black

					gram or rice flour.
8.	அரிசி	चावल	<i>Arici</i>	Rice (<i>Oryza sativa</i>)	Rice is consumed either in cooked form or made into other dishes by adding vegetables, pulses, spices or jaggery
9.	தினை அரிசி/ தினை மா	कंगनी चावल	<i>Tiṇai arici/ Tiṇai mā</i>	Foxtail millet	<i>Setaria italica</i> (L.) is traditionally used to make a nutritious gruel. It is valued for its high fibre content, easy digestibility, and sustained energy, making it a popular choice in health-conscious diets.
10.	மூங்கில் அரிசி	बांस का चावल	<i>Mūṅkil arici</i>	Bamboo rice	<i>Phyllostachys bambusoides Siebold & Zucc.</i> is made into gruel. This gruel is recognized for its light, nutritious properties, offering a mild flavour and rich fibre content.
11.	இலுப்பைப்பூ சம்பா அரிசி	इलुप्पईपु सांबा	<i>Iluppaippū campā arici</i>	Illupai Poo Samba Rice	This traditional variety of rice native to Tamil Nadu, India. Named after the <i>Iluppai</i> tree flower (Mahua), it is known for its fine grains, distinct aroma, and resilience in drought-prone areas.
12.	காட்டுயனம் அரிசி	जंगली अनाज	<i>Kāṭṭuyanam arici</i>	Kattuyanam Rice	This traditional variety grows so tall that even an elephant can hide inside the cultivated area. It helps to reduce cholesterol and heart-related risks. It enhances digestion. It is popularly called the enemy of diabetes.
13.	குல்லக்கர் அரிசி	कुल्लकर	<i>Kullakkar arici</i>	Kullakar Rice	This traditional variety of rice is rich in fibre and nutrients. It helps promote heart health and is beneficial for diabetics. It reduces the body mass index and acts as a cardiogenic.
14.	கருடன் சம்பா அரிசி	गरुडन सांबा	<i>Karuṭaṇ campā arici</i>	Garudan samba Rice	This traditional variety of rice cleans the intestine, improves blood circulation and helps blood purification. It benefits in treating urinary tract infection. It also has anti-

					inflammatory and hypocholesterolaemic effects.
15.	கருங்குறுவை அரிசி	करुंगुरुवै	<i>Karuṅkuruvai arici</i>	Karunguruvai Rice	This traditional black variety of rice, rich in antioxidants and nutrients, helps to treat the skin diseases, urinary tract infection and poisonous bites.
16.	கல்லுண்டை சம்பா அரிசி	कल्लुंडै सांबा	<i>Kalluṅṅtai campā arici</i>	Kallundai Samba Rice	This traditional variety of rice is round in shape. Consumption of this rice increases stamina and physique by imparting muscle strength.
17.	கோரை சம்பா அரிசி	कोरई सांबा	<i>Kōrai campā arici</i>	Koraisamba Rice	This traditional variety of rice resembles nut grass. It is used for the control of urinary tract diseases and controls pruritis.
18.	சீதா போகம் அரிசி	सीता भोग	<i>Cītā pōkam arici</i>	Seethabogam Rice	This traditional variety of rice consumption provides nutrition to the skin and improves sperm production, and relieves indigestion.
19.	சென்சம்பா அரிசி	सेंसम्बा	<i>Ceñcampā arici</i>	Sensamba Rice	This traditional variety of rice controls excessive hunger and is used to treat pustular skin diseases and psoriasis.
20.	புனுகு சம்பா அரிசி	पुनुगु सांबा	<i>Puṅuku campā arici</i>	Punugu Samba rice	This traditional variety of rice has the aroma of a civet cat. It controls thirst and hunger and wards off tiredness.
21.	மணக்கத்தை அரிசி	मनकथई	<i>Maṅakkattai arici</i>	Manakaththai Rice	This traditional variety of rice is used for the treatment of skin-related problems, and snake bites. Prolonged consumption of this rice heals ulcers. It has a pleasant odour.
22.	மணிசம்பா அரிசி	मणिसम्बा	<i>Maṅicampā arici</i>	Manisamba Rice	This traditional variety of rice is diabetes – friendly. It is characterized by its bead-like grains, is easily digestible, making it ideal for elderly individuals and infants.

23.	மல்லிகை சம்பா அரிசி	मल्लिगई सांबा	<i>Mallikai campā arici</i>	Malligai samba Rice	This traditional aromatic variety of rice is pure white resembling jasmine. It improves strength while reducing dermatitis and irritation in the eyes. It helps to delay wrinkling of skin and rapid ageing of internal organs.
24.	மைசம்பா அரிசி	मैसंबा	<i>Maicampā arici</i>	Maisamba Rice	This traditional variety of rice is dark black. It helps to treat fever, vomiting, ingested toxins, ageusia and anorexia.
25.	வாளானாரிச்சி அரிசி	वलनारिच्चि	<i>Vāḷāṇāricci arici</i>	Valanarichi Rice	This traditional variety of rice. It gives colour to the skin and helps in gaining body weight. It is also called emperor rice/forbidden rice.
26.	கருப்பு கவுனி அரிசி	करुप्पु काउनई	<i>Karuppu kavuni arici</i>	Karuppu Kavuni Rice	This traditional variety of rice helps for diabetes, and hypertension management, prevents cancer, reduces bad cholesterol, improves eyesight and is a wonderful detoxifier for the liver.
27.	மாப்பிள்ளை சம்பா அரிசி	माप्पिल्लै सांबा	<i>Māppiḷḷai campā arici</i>	Mappillai Samba Rice	This traditional red rice variety from Tamil Nadu is rich in iron and fibre. This rice was given to newlywed grooms (hence the name "Mappillai" meaning groom) to boost vitality and energy.
28.	பூங்கர் அரிசி	पूंगर	<i>Pūṅkar arici</i>	Poongar Rice	This traditional variety of rice is for women with hormonal problems and boosts the immune system. It is recommended for pregnant women and lactating mothers.
29.	வாளன் சம்பா அரிசி	वालन सांबा	<i>Vāḷaṇ campā arici</i>	Valan Samba Rice	This traditional variety of rice is good for women's health. It helps normal delivery by strengthening the pelvis bone.
30.	பழுவரிசி	विशेष अवधि के लिए रखा हुआ धान	<i>Pazavarici</i>	Rice paddy stored for a specific period	Rice obtained from paddy that is stored for a minimum of six months.
31.	பச்சரிசி	कच्चा चावल	<i>Paccarici</i>	Raw rice	The raw rice (<i>Oryza sativa L.</i>), is processed without being parboiled or dried, preserving its natural nutrients. Commonly used in traditional

					south Indian dishes.
32.	அவல்	चिवड़ा	<i>Aval</i>	Rice flakes	Raw, toasted or parboiled rice grains pounded into flat flakes
33.	அன்னம் / சாதம் / சோறு	उबला चावल	<i>Annam /cātam /cōru</i>	Boiled rice	Rice that has been either steamed or boiled.
34.	நெற்பொரி	फूला हुआ चावल	<i>Ner pori</i>	Puffed paddy	Paddy is fried.
35.	இஞ்சி	अदरक	<i>Inji</i>	Ginger	Ginger (<i>Zingiber officinale Roscoe</i>) is a fragrant root widely used in Siddha medicine for its medicinal properties. It has a warm, spicy flavour and is known to aid digestion, reduce inflammation, and relieve nausea. Ginger is used in Siddha medicines that treat colds, respiratory diseases, and to improve blood circulation.
36.	இட்லி	इडली	<i>Iḷi</i>	Steamed cake	A soft, fluffy South Indian steamed cake made from fermented rice and urad dal batter. It is light, nutritious, and often served with chutney and sambar.
37.	இராக்காலக் கறிக்கானவை	रात के भोजन के लिए	<i>Irākkālak kaṛikkāṇavai</i>	Food for dinner	Tender fig, lablab beans, cow's milk, tender drumstick, pigeon pea and climbing brinjal are recommended for a light and nutritious dinner.
38.	இறால்	झींगा मछली	<i>Irāl</i>	Prawn (<i>Penaeus indicus H. Milne-Edwards</i>)	A small marine crustacean with soft, flavourful meat. It is valued for its rich protein content.
39.	இளநீர்	ताजा नारियल पानी	<i>Iḷanīr</i>	Tender coconut water (<i>Cocos nucifera L.</i>)	A clear, delicious liquid that is found inside the tender coconut and it is rich in nutrition.
40.	செவ்விளநீர்	लाल किस्म का ताजा नारियल पानी	<i>Cevviḷa nīr</i>	Red variety tender coconut water	Red variety tender coconut water from the red-husked coconut (<i>Cocos nucifera L.</i>). It is mildly sweet, rich in electrolytes, and known for its hydrating and cooling properties.
41.	புதிய இளநீர்	ताजा ताजगी भरा नारियल पानी	<i>Putiya iḷanīr</i>	Fresh tender coconut	Fresh tender coconut water.

42.	மஞ்சள் இளநீர்	पीला नारियल पानी	<i>Mañcaḷ iḷanīr</i>	Yellow variety tender coconut water	Water from a yellow variety of tender coconut.
43.	பச்சை இளநீர்	कच्चा नारियल पानी	<i>Paccai iḷanīr</i>	Unripe coconut water	Unripe coconut water, also known as tender coconut water, is the clear liquid found inside young coconuts (<i>Cocos nucifera L.</i>).
44.	இறைச்சி	मांस	<i>Iraicci / kari</i>	Meat	Flesh from animals, birds, Fishes are typically used as food. It includes various types like chicken, beef, pork, and fish, providing high protein and essential nutrients.
45.	வெள்ளாடு	बकरी का मांस	<i>Vellāṭṭu iraicci</i>	Goat's (<i>Capra aegagrus hircus L.</i>) Meat	Goat's meat is lean, low in fat, and a good source of protein and iron.
46.	செம்மறியாடு	भेड़ का मांस	<i>Cem'mariyāṭṭu Iraicci</i>	Sheep's (<i>Ovis aries L.</i>) Meat	Sheep's Meat (mutton) is rich in protein, iron, and essential vitamins like B12, promoting muscle growth and red blood cell formation.
47.	குரும்பாடு	जंगली बकरी का मांस	<i>Kurumpāṭṭu Iraicci</i>	Wild Goat's (<i>Capra aegagrus Erxl.</i>) Meat	Wild goat's meat is lean and high in protein, containing less fat and cholesterol.
48.	கானாக்கோழி	जंगली मुर्गी का मांस	<i>Kānākkōḷi kari</i>	Jungle Fowl's (<i>Gallus gallus L.</i>) Meat	Jungle fowl's meat is lean and high in protein, and is a good source of vitamins and minerals.
49.	வான்கோழி	टर्की मांस	<i>Vāṅkōḷi kari</i>	Turkey's (<i>Meleagris gallopavo L.</i>) Meat	Turkey's meat is a good source of protein and is packed with essential vitamins like B3, B6, and B12. It also provides important minerals such as selenium and phosphorus. Additionally, turkey is rich in iron and has a low-fat content.
50.	கருங்கோழி	काली मुर्गी मांस	<i>Karuṅkōḷi kari</i>	Black Chicken's (<i>Gallus gallus domesticus L.</i>) Meat	Black chicken's meat is high in antioxidants and protein.
51.	கவுதாரி	पंछी मांस	<i>Kavutāri kari</i>	Southern Grey Partridge's meat (<i>Francolinus pondicerianus L.</i>)	Indian / Southern Grey Partridge's meat is tender, rich in protein, low in fat.
52.	காடை	बटेर मांस	<i>Kāṭai kari</i>	Quail (<i>Coturnix coturnix L.</i>)	Quail's meat is tender, rich in protein, low in fat, and packed

					with vitamins and minerals,
53.	கோழி	मुर्गी मांस	<i>Kōli kari</i>	Chicken's (<i>Gallus gallus domesticus L.</i>) Meat	Chicken's meat is a versatile, high-protein, low-fat option that provides essential nutrients.
54.	சுறா	शार्क मांस	<i>Curā kari</i>	Shark (<i>Selachi-morpha L.</i>) Meat	Shark's meat is rich in protein and omega-3 fatty acids.
55.	நண்டு	केकड़ा मांस	<i>Nanṭu kari</i>	Crab's (<i>Brachyura L.</i>) Meat	Crab's meat is low in fat and high in protein, packed with omega-3 fatty acids, selenium, and vitamin B12.
56.	நத்தை	घोंघा मांस	<i>Nattai kari</i>	Snail's (<i>Gastropoda L.</i>) Meat	Snail's meat is lean, high in protein, and contains essential fatty acids and minerals like iron and magnesium, aiding muscle growth and recovery.
57.	பன்றி	सूअर मांस	<i>Panri Iraicci</i>	Pig's (<i>Sus scrofa domesticus L.</i>) Meat	Pork is rich in protein, B vitamins, zinc, and selenium.
58.	ஆமை	कछुआ मांस	<i>Āmai kari</i>	Turtle's (<i>Testudines L.</i>) Meat	Turtle's meat is high in protein and low in fat, providing essential nutrients.
59.	உணவு	भोजन	<i>Uṇavu</i>	Food	Food is any substance consumed for nutritional support, providing essential carbohydrates, fats, proteins, vitamins, and minerals. It can come from plants (fruits, vegetables, grains) and animals (meat, dairy, seafood), prepared in various ways.
60.	அகால உணவு	अनियमित भोजन	<i>Akāla uṇavu</i>	Irregular Meal	Irregular or Consecutive meal patterns are defined here as food eaten in varying amounts throughout the day and at different times between one day to the next.
61.	குறை உணவு	कम भोजन	<i>Kurai uṇavu</i>	Low Food Intake	Lesser intake as required by the body but not too little.
62.	மிக உணவு	अधिक भोजन	<i>Mika uṇavu</i>	Excess Food	Surplus / Excess intake than required by the body or its ability to break it down.
63.	எண்ணெய்	तेल	<i>Enṇey</i>	Oil	Oil is a viscous liquid from plants, animals, or minerals, primarily used for cooking, frying, and baking.
64.	எள்ளெண் -ணெய்	तिल का तेल	<i>Ennai/nallennai</i>	Gingelly Oil	Oil obtained from <i>Sesamum indicum L.</i> seeds.

65.	கடுகு எண்ணெய்	सरसों का तेल	<i>Kadukennai</i>	Mustard Oil	Oil (<i>Brassica Juncea L.</i>) obtained from the mustard seeds.
66.	தேங்காய் எண்ணெய்	नारियल का तेल	<i>Thenkai ney</i>	Coconut Oil	Oil edible oil derived from the coconut palm fruit (<i>Cocos nucifera L.</i>).
67.	பாதாம் எண்ணெய்	बादाम का तेल	<i>Adappam vita ney</i>	Almond Oil	Oil obtained from expression of seeds of almonds (<i>Prunus amygdalus Mill.</i>).
68.	விளக - கெண்ணெய்	अरंडी का तेल	<i>Aamanakku ney</i>	Castor Oil	Oil pressed from castor beans (<i>Ricinus communis L.</i>).
69.	கஞ்சி	दलिया	<i>Kañci</i>	Gruel	A thin version of porridge; consists of cereal heated or boiled in water or milk.
70.	அரிசி கஞ்சி	चावल का दलिया	<i>Arici Kañci</i>	Rice Gruel	Rice is boiled in water and reduced until it forms a gruel-like consistency.
71.	கொதி கஞ்சி	उबला हुआ चावल का पानी	<i>Koti kañci</i>	Boiled Rice Water	Water filtered out during the process of cooking rice.
72.	கொள்ளு கஞ்சி	कुलथी का दलिया	<i>Koḷḷu kañci</i>	Horse Gram Gruel	Horse gram is boiled in water and simmered until it reaches a thick, gruel-like consistency.
73.	கோதுமை கஞ்சி	गेहूं का दलिया	<i>Kōtumai kañci</i>	Wheat Gruel	Wheat is boiled with water and simmered until it thickens to a gruel-like consistency.
74.	சாமை கஞ்சி	छोटे बाजरे का दलिया	<i>Cāmai kañci</i>	Little Millet Gruel	Little millet is boiled with water and simmered until it thickens to a gruel-like consistency.
75.	சக்கு முடிச்சு கஞ்சி	सूखी अदरक का दलिया	<i>Cukku muṭiccu kañci</i>	Dry Ginger Gruel	This therapeutic gruel is prepared by boiling rice with a pouch containing herbs or raw drugs and dry ginger (skin peeled) until the boiling water in the gruel reduces to a quarter; it is then filtered and consumed.
76.	திணை கஞ்சி	ज्वार का दलिया	<i>Tiṇai kañci</i>	Foxtail Millet Gruel	Foxtail millet is boiled with water and simmered until it thickens to a gruel-like consistency.
77.	நெற்பொறி கஞ்சி	फूले हुए चावल का दलिया	<i>Nerpori kañci</i>	Rice Puff Gruel	Rice puff is boiled with water and simmered until it thickens to a gruel-like consistency.

78.	பஞ்சமுட்டி கஞ்சி	पौष्टिक दलिया	<i>Pañcamuṭṭi kañci</i>	Energizing Gruel	This therapeutic gruel is prepared by boiling water with a pouch of equal parts of pigeon pea, black gram, Bengal gram, green gram and raw rice and reduced until gruel-like consistency is obtained.
79.	பால் கஞ்சி	दूध और चावल का दलिया	<i>Pāl kañci</i>	Milk Rice Gruel	Rice is boiled with milk and water and simmered until it thickens to a gruel-like consistency.
80.	கூவைக் கிழங்கு மா கஞ்சி	अरारोट का दलिया	<i>Kūvaik kiṣaṅku mā kañci</i>	Indian Arrowroot Gruel	Powdered arrowroot dissolved in water and cooked to make a gruel.
81.	மருந்து கஞ்சி	औषधीय दलिया	<i>Maruntu kañci</i>	Medicated Gruel or porridge	Rice is boiled with water with some herbs and simmered until it thickens to a gruel-like consistency
82.	புனர்பாகம்	दो बार उबला हुआ चावल का दलिया	<i>Punarpākam (irumuṟai vaṭitta kañci)</i>	Double-Boiled Rice Gruel	Water filtered from twice-cooked rice gruel with added jaggery and lemon juice
83.	கம்பு	बाजरा	<i>Kampu</i>	Italian Millet / Pearl Millet	<i>Pennisetum glaucum</i> L. (Pearl millet) is made into porridge.
84.	கரப்பான் பண்டம்	एलर्जी वाले खाद्य पदार्थ	<i>Karappāṅ paṅtam</i>	Allergic Food Substances	Food substances likely to cause/aggravate itching, and eruptions on the skin.
85.	கருவாடு	सूखी मछली	<i>Karuvāṭu</i>	Dried Fish	Dried fish is fish preserved by removing moisture through salting, air drying, or smoking. This enhances its flavour and extends shelf life. It is rich in protein and nutrients, often used in soups, stews, or as a snack.
86.	ஓலைவாளை கருவாடு	ओलावाला करुवाडु	<i>Ōlaivālai karuvāṭu</i>	<i>Leptuscanthus Savala</i> Dried Fish	It helps reduce inflammation and improve brain function and provides essential proteins that support muscle and tissue repair
87.	கச்சு கருவாடு	कच्च मछली	<i>Kacca karuvāṭu</i>	<i>Puntius Sarana</i> Dried Fish	It is a dried form of the Indian major carp, commonly known for its firm texture and mild flavour. This fish is typically salted and sun-dried to preserve it, enhancing its taste and shelf life.
88.	கொள்ளிக்	चक्की किया	<i>Koḷlik karuvāṭu</i>	Dried Flying fish	It is high in calcium and

	கருவாடு	हुआ मछली			phosphorus, promoting bone health, also used for eczema, scar, burns, wound (<i>Exocoetus</i>) management.
89.	சுறா கருவாடு	शार्क मछली	<i>Curā karuvātu</i>	Shark Dried Fish	It is the preserved form of shark meat, typically achieved through salting and drying. Contains vitamin A and omega-3 fatty acids, beneficial for eye health and skin.
90.	கற்கண்டு (ஈச்சம், தெங்கு)	शक्कर के टुकड़े (खजूर, नारियल)	<i>Karkañtu</i> (<i>īccam, Teñku</i>)	Candy crystals	Crystallized sugar made from coconut or palm sap
91.	காய்	फल	<i>Kāy</i>	Vegetables or Unripe Fruit	It is often used to refer to various types of edible plant parts in cooking.
92.	அத்தி காய்	अंजीर का फल	<i>Atti kāy</i>	Fig	<i>Ficus carica L.</i>
93.	எலும்பிச்சை காய்	नींबू	<i>Elumpiccai kāy</i>	Lemon	<i>Citrus limon (L.) Osbeck</i>
94.	கத்தரி காய்	बैंगन	<i>Kattari kāy</i>	Brinjal/ Eggplant	<i>Solanum melongena L.</i>
95.	கிச்சிலிக்காய்	बर्गामोट नींबू	<i>Kiccilikkāy</i>	Bergamot citrus	<i>Curcuma Zedoaria (Christm.) Roscoe</i>
96.	கொம்பு பாகல்காய்	करेला	<i>Kompu pākalkāy</i>	Bitter gourd	<i>Momordica charantia L.</i>
97.	சுரைக்காய்	लौकी	<i>Curaikkāy</i>	Bottle gourd	<i>Lagenaria siceraria (Molina Standl.)</i>
98.	நார்த்தங்காய்	ग्रेविया पत्ती	<i>Nārttānkāy</i>	Citron (<i>Citrus medica</i>)	<i>Citrus medica L.</i>
99.	பீர்க்கங்காய்	तोरई	<i>Pīrkkānkāy</i>	Ridge gourd	<i>Luffa acutangular (L.) Roxb.</i>
100.	புடலங்காய்	सांप के आकार की सब्जी	<i>Puṭalānkāy</i>	Snake gourd	<i>Trichosanthes cucumerina L.</i>
101.	பூசணிக்காய்	टर्की बेरी	<i>Cuñṭaikkāy</i>	Turkey berry	<i>Solanum torvum Sw.</i>
102.	பெரும்பூசணி	कहू	<i>Perumpūcaṇi kāy</i>	Pumpkin	<i>Cucurbita pepo L.</i>
103.	மாங்காய்	आम का कच्चा फल	<i>Mānkāy</i>	Raw mango	<i>Mangifera indica L.</i>
104.	முருங்கைக் காய்	सहजन	<i>Muruṅkaik kāy</i>	Drumstick	<i>Moringa oleifera Lam.</i>
105.	வாழை காய்	कच्चा केला	<i>Vālai kāy</i>	Raw banana	<i>Musa paradisiaca L.</i>
106.	வெண்டை காய்	भिंडी	<i>Veṅṭai kāy</i>	Ladies finger	<i>Abelmoschus esculentus (L.) Moench</i>
107.	வெள்ளரிக்காய்	खीरा	<i>Veḷḷarikkāy</i>	Cucumber	<i>Cucumis sativus L.</i>
108.	மிதிபாகல்	करेला	<i>Mitipākalkāy</i>	Bitter gourd	<i>Momordica charantia L.</i>

109.	காலைக் கறிக்கானவை	नाश्ते के लिए भोजन	<i>Kālaik karikkāṇavai</i>	Food for breakfast	Pulses, peanuts, beans, legumes, sesame, mustard, pepper, and asafoetida are preferable for breakfast.
110.	கிழங்கு	कंद	<i>Kiḷaṅku</i>	Tuber	Thickened, fleshy parts of underground stems or roots that store nutrients for plants, they are rich in carbohydrates, vitamins, and minerals.
111.	ஆல்வள்ளி கிழங்கு	शकरकंद	<i>Āvalliḷiḷaṅku</i>	Tapioca	Tuber of <i>Manihot esculenta</i> Crantz.
112.	உருளைகிழங்கு	आलू	<i>Urulaikiḷaṅku</i>	Potato	Tuber of <i>Solanum tuberosum</i> L.
113.	கருகருணை கிழங்கு	हाथी पांव कंद	<i>Karukaruṇai kiḷaṅku</i>	Yam	Tuber of <i>Typhonium trilobatum</i> (L.)
114.	காட்டு கருணை கிழங்கு	वन कंद	<i>Kāṭṭu karuṇai kiḷaṅku</i>	Wild yam	Tuber of <i>Arisaema leschenaultii</i> Blume.
115.	காரா கருணை கிழங்கு	मसालेदार कंद	<i>Kārā karuṇai kiḷaṅku</i>	Spicy yam	Tuber of <i>Tacca leontopetaloides</i> L.
116.	கூகைகிழங்கு	एरोरूट कंद	<i>Kūkaikiḷaṅku</i>	Arrowroot	Tuber of <i>Maranta arundinacea</i> L.
117.	சர்க்கரைவல்லி கிழங்கு	मीठा आलू	<i>Carkkaraivalli kiḷaṅku</i>	Sweet potato	Tuber of <i>Ipomoea batatas</i> L.
118.	பனங்கிழங்கு	ताड़ कंद	<i>Paṇaṅkiḷaṅku</i>	Palmyra sprout	Underground tuber of the Palmyra palm (<i>Borassus flabellifer</i> L.), consumed as a nutritious root vegetable, rich in fibre and vitamins.
119.	முள்ளங்கி கிழங்கு	मूली	<i>Muḷḷaṅki kiḷaṅku</i>	Radish	Tuber of <i>Raphanus sativus</i> L.
120.	கூழ்	दलिया	<i>Kūz</i>	Porridge	A food made of rice, or some other meal or cereal or millets or grains, boiled to a thick consistency in water or milk.
121.	கேழ்வரகு கூழ்	बाजरा दलिया	<i>Kēzvaraku kūz</i>	Finger millet porridge	Powdered finger millet is cooked in water and simmered until it reaches a thick, porridge-like consistency. or cooked in water, taken as fermented and diluted with buttermilk/water.
122.	சவ்வரிசி கூழ்	साबूदाना दलिया	<i>Cavvarici kūz</i>	Sago porridge	Sago is cooked in water and simmered until it reaches a thick, porridge-like consistency. or cooked in

					water, taken as fermented and diluted with buttermilk/water.
123.	கேழ்வரகு	बाजरा	<i>Kēzvaraku</i>	Finger millet	<i>Eleusine coracana</i> L. (Finger millet) is one of the abundant millets worldwide. It is made into pancakes, gruel, etc.
124.	கொழுக்கட் டை / மோதகம்	मीठी भरवां पकौड़ी	<i>Kozukkattai</i> <i>/mōtakam</i>	Sweet stuffed steamed dumpling	A traditional sweet dish, consisting of a steamed rice flour outer layer wrapped around a sweet inner filling made from jaggery, coconut, and spices.
125.	கோதுமை	गेहूं	<i>Kōtumai</i>	Wheat	Wheat (<i>Triticum aestivum</i> (L.) flour is used to make gruel, pancake, etc.
126.	சாதம்	चावल	<i>Cātam</i>	Cooked rice	Cooked rice is rice that has been boiled or steamed until soft and fluffy.
127.	கம்பு சாதம்	बाजरे का चावल	<i>Kampu cātam</i>	Cooked pearl millet	Steamed or boiled Pearl millet (<i>Pennisetum glaucum</i> (L.) R.Br.).
128.	திணை சாதம்	कनकी का चावल	<i>Tiṇai cātam</i>	Foxtail millet meal	Rice cooked with foxtail millet (<i>Setaria italica</i> (L.) P. Baeuv)
129.	புழுங்கல் வடி சாதம்	उबला हुआ चावल	<i>Puzunkal vaṭi</i> <i>cātam</i>	Parboiled rice	Parboiled rice is partially cooked making it an easily digestible food, parboiled rice is ideal for children and elderly persons.
130.	மோர் பழம் சாதம்	छाछ में रखा चावल	<i>Mōr pazam</i> <i>cātam</i>	Buttermilk processed rice kept overnight	It is a traditional dish where cooked rice is soaked in buttermilk and left to ferment overnight. This process enhances the probiotic content of rice, making it beneficial for digestion.
131.	சோறு	चावल	<i>Cōru</i>	Cooked rice	Rice that has been boiled or steamed until soft and fluffy.
132.	ஊசிய சோறு	खराब चावल	<i>Ūciya cōru</i>	Spoiled cooked rice	Spoiled cooked rice is not suitable for consumption as it results in the derangement of all three humours (<i>Vali, Azhal and Aiyam</i>).
133.	எண்ணெய் சோறு	तिल के तेल से पका हुआ चावल	<i>Enṇey cōru</i>	Cooked rice with sesame oil	Rice that has been cooked and mixed with sesame oil, commonly known as gingelly oil, for consumption.
134.	குழைந்தச்	अधिक उबला हुआ चावल	<i>Kuzaintac cōru</i>	Over-boiled rice	It refers to the rice that has been cooked for an extended

	சோறு				period, causing it to become very soft, mushy, and sometimes sticky.
135.	சாமை சோறு	साज का चावल	<i>Cāmai cōru</i>	Cooked little millet	Steamed or boiled Little Millet (<i>Panicum sumatrense</i> Roth ex Roem. & Schult).
136.	சோளம் சோறு	मक्का चावल	<i>Cōlam cōru</i>	Indian corn meal	Rice steamed or boiled with Corn (<i>Sorghum bicolor</i> (L.) Moench).
137.	பச்சரிசிச் சோறு	कच्चा चावल	<i>Paccaricic cōru</i>	Cooked raw rice	It is raw rice that has been boiled or steamed until soft and fluffy.
138.	பழம் சோறு	पानी में रखा चावल	<i>Pazam cōru</i>	Rice soaked overnight in water	Traditionally, leftover rice from the afternoon is soaked in a clay pot and left overnight at room temperature. Usually taken in the morning, after seasoning with onions, chillies and a pinch of salt.
139.	வரகரிசி சோறு	कोदो मिलेट चावल	<i>Varakarici cōru</i>	Kodo millet meal	Rice cooked with Kodo millet (<i>Paspalum scrobiculatum</i> L.)
140.	மாமிச சாதம் / சோறு	मांस चावल	<i>Māmica cātam / cōru</i>	Meat rice	Rice processed or mixed with meat
141.	நன்றாகச் சமையாத சோறு	अधपका चावल	<i>Nanrākac camaiyāta cōru</i>	Partially cooked rice	Rice that is partially cooked is not suitable for consumption as it leads to indigestion and constipation
142.	மோர் சாதம் / மோர் சோறு	छाछ चावल	<i>Mōr cātam / mōr cōru</i>	Buttermilk rice	Rice processed or taken with buttermilk
143.	பால் அன்னம் / பால் சோறு	दूध चावल	<i>Pāl aṇṇam / pāl cōru</i>	Milk rice	Rice is taken as either mixed with milk or boiled with milk
144.	தயிர் சாதம் / தயிர் சோறு	दही चावल	<i>Tayir cātam / tayir cōru</i>	Curd rice	Rice processed with cow curd
145.	நெய் அன்னம் / நெய் சோறு	घी चावल	<i>Ney aṇṇam / ney cōru</i>	Ghee rice	Rice either consumed or processed with ghee
146.	புளித்த பழம் காடி அன்னம்	पानी में भिगोया हुआ किण्वित चावल	<i>Puḷitta pazam kāṭi aṇṇam</i>	Fermented cooked rice with water	Rice is soaked in water and left outside in the sun to ferment for a few days.
147.	அதிகடுகை அன்னம்	गरम चावल/भोजन	<i>Aticuṭukai aṇṇam</i>	Hot rice/food	Rice is consumed very hot may aggravate the thirst
148.	அற்பச்சூடு அன்னம்	गुनगुना चावल/भोजन	<i>Arpac cūṭu aṇṇam</i>	Warm rice/food	Made by steaming whole rice in water or broth until fluffy.
149.	சர்க்கரை	चीनी	<i>Carkkarai</i>	Sugar	Derived primarily from sugarcane or sugar beets, and

					used as a sweetener in a wide variety of foods and beverages.
150.	சோளம்	मक्का	<i>Cōlam</i>	Indian corn (maize)	<i>Sorghum bicolor</i> (L.) Moench. (Corn) is made into roti, porridge.
151.	தண்டு	डंठल	<i>Taṇṭu</i>	Stem	Stems used from edible plant parts are often tender and commonly used in traditional foods.
152.	கிரை தண்டு	सलाद पत्ते का डंठल	<i>Kīrai taṇṭu</i>	Lettuce stem	Stem of <i>Amaranthus caudatus</i> L.
153.	பிரண்டை தண்டு	विंगड ट्रीवाइन/फेल्ड ग्रेप का डंठल	<i>Piraṇṭai taṇṭu</i>	Winged treebine/ veldt grape stem	Stem of <i>Cissus quadrangularis</i> L.
154.	வாழை தண்டு	केले का तना	<i>Vālai taṇṭu</i>	Banana stem	Stem of <i>Musa paradisiaca</i> L.
155.	தயிர்	दही	<i>Tayir</i>	Curd	A dairy product obtained by fermenting milk using beneficial bacteria. It is rich in probiotics, calcium, and protein. Curd is widely used in cooking. It aids digestion and promotes gut health.
156.	பசு தயிர்	गाय का दही	<i>Pacu Tayir</i>	Cow's Curd	Light and mildly tangy, made from cow's milk, aiding digestion and bone health.
157.	எருமை தயிர்	भैंस का दही	<i>Erumai Tayir</i>	Buffalo's Curd	Creamier and thicker than cow's curd, helps to manage eczema and <i>Vali</i> diseases.
158.	வெள்ளாடு தயிர்	बकरी का दही	<i>Veḷḷāṭu tayir</i>	Goat's Curd	Slightly tangy with a soft texture made from goat's milk.
159.	செம்மறியாடு தயிர்	भेड़ का दही	<i>Cem'mariyāṭu tayir</i>	Sheep's Curd	Creamy and rich, with a higher fat and protein content, made from sheep's milk, it aggravates eczema and <i>Vali</i> diseases.
160.	ஒட்டை தயிர்	ऊँट का दही	<i>Oṭṭum Tayir</i>	Camel's Curd	Tangy and slightly salty. Camel's curd is rich in vitamins and helps to manage thirsty, warm infections.
161.	ஆடையெடுத்த தயிர்	मलाई रहित दही	<i>Āṭaiyeṭutta tayir</i>	Cream-less curd	Made from skimmed milk, this curd is low in fat, and helps to manage urinary tract infections and <i>Aiya</i> diseases.

162.	தாம்பூலம்	पान-सुपारी	<i>Tāmpūlam</i>	Betel nut chewing	Betel leaf-wrap which may include all or few of the following - betelnut, Cardamom, cloves, long pepper, nutmeg, mace, dried ginger, and betel nut extract.
163.	தானியம்: 1. அரிசி; 2. கோதுமை; 3. தினை; 4. வரகு; 5. கம்பு; 6. சோளம்	अनाज: 1. चावल; 2. गेहूँ; 3. कनकी; 4. कोदो; 5. बाजरा; 6. मक्का	<i>Tāṇiyam:</i> 1. <i>Arici</i> ; 2. <i>Kōtumai</i> ; 3. <i>Tiṇai</i> ; 4. <i>Varaku</i> ; 5. <i>Kampu</i> ; 6. <i>Cōlam</i>	Cereal varieties (Rice, Wheat, Foxtail Millet, Kodo Millet, Pearl Millet, Indian Corn)	Cereals include: 1. Rice (<i>Oryza sativa</i> L.) 2. Wheat (<i>Triticum aestivum</i> L.) 3. Italian millet (<i>Setaria italica</i> (L.) P.Beauv) 4. Kodo millet (<i>Paspalum scrobiculatum</i> L.) 5. Pearl millet (<i>Pennisetum glaucum</i> (L.) R.Br.) 6. Corn (<i>Sorghum bicolor</i> L.)
164.	தேன்	शहद	<i>Tēṇ</i>	Honey	Honey is a natural sweetener produced by bees from the nectar of flowers.
165.	கொம்புத் தேன்	पेड़ की शाखाओं से प्राप्त शहद	<i>Komputtēṇ</i>	Tree branch honey	Honey collected from tree branches
166.	பழைய தேன்	पुराना शहद	<i>Pazaiya tēṇ</i>	Honey preserved for a period/ old honey	Honey preserved for a long period, if consumed, it spoils effect of medicines
167.	புதிய தேன்	नया शहद	<i>Putiya tēṇ</i>	Fresh honey	Newly collected honey / fresh honey
168.	புற்றுத் தேன்	दीमक के टीले से प्राप्त शहद	<i>Purruṭ tēṇ</i>	Anthill honey	Honey secreted by bees in sandy hills/anthills
169.	மரப் பொந்து தேன்	पेड़ के छिद्रों से प्राप्त शहद	<i>Marap pontu tēṇ</i>	Tree hole honey	Honey collected from tree hollow/hole
170.	மலைத் தேன்	पहाड़ी शहद	<i>Malaittēṇ</i>	Hill honey	Honey obtained from the hill is a good adjuvant for medicines
171.	மனைத் தேன்	घर में पाला गया शहद	<i>Maṇait tēṇ</i>	House honey	Honey collected from the house
172.	தேன் கற்கண்டு	शहद की मिठाई	<i>Tēṇ karkañṭu</i>	Crystallized honey / honey sugar candy	Crystallized sediment of honey. Naturally granulated or solidified honey.
173.	தோசை	डोसा	<i>Tōcai</i>	Thin pancake or crepe	Made from fermented batter of rice flour and black gram; this preparation is commonly known as tōcai / dosai / dosa
174.	நவ தானியம்: 1. அரிசி;	नौ प्रकार के अनाज: 1. चावल;	<i>Nava tāṇiyam:</i> 1. <i>Arici</i> ; 2. <i>Kōtumai</i> ;	Blend of nine types of grain consisting of	A blend of nine grains, containing cereals and pulses, comprising:

2. கோதுமை;	2. गेहूँ;	3. <i>Uḷu ntu</i> ;	cereals and	1. Rice (<i>Oryza sativa L.</i>);
3. உளுந்து;	3. उड़द;	4. <i>Tuvarai</i> ;	pulses (Rice,	2. Wheat (<i>Triticum</i>
4. துவரை;	4. अरहर;	5. <i>Paccai</i>	Wheat, Black	<i>aestivum L.</i>);
5. பச்சை பயறு;	5. मूंग;	<i>payaru</i> ;	Gram, Pigeon	3. Black gram (<i>Vigna</i>
6. கடலைப்	6. चने की	6. <i>Kaṭalaip</i>	Pea, Green	<i>mungo (L.) Hepper</i>);
பருப்பு;	दाल;	<i>paruppu</i> ;	Gram, Bengal	4. Pigeon pea (<i>Cajanus</i>
7. எள்;	7. तिल;	7. <i>Eḷ</i> ;	Gram, Sesame,	<i>cajan (L.) Huth</i>);
8. கொள்ளு;	8. कुल्थी;	8. <i>Koḷḷu</i> ;	Horse Gram,	5. Green gram (<i>Vigna</i>
9. கொண்டைக்	9. चना	9. <i>Koṇṭaik</i>	Chickpea)	<i>radiata (L.) R. Wilczek</i>);
கடலை		<i>kaṭalai</i>		6. Bengal gram (<i>Cicer</i>
				<i>arietinum L.</i>);
				7. Sesame seeds
				(<i>Sesamum indicum L.</i>);
				8. Horse gram
				(<i>Macrotyloma</i>
				<i>uniflorum</i>
				(<i>Lam.</i>) <i>Verdc.</i>);
				9. Chickpea (<i>Cicer</i>
				<i>arietinum</i>
				<i>L.</i>);
				prepared as flour for making
				various healthy dishes
175. நீர்	पानी	<i>nīr</i>	Water	Water
176. நீராகாரத்	चावल का पानी	<i>Nīrākārat telivu</i>	Rice-water,	Water in which rice has been
தெளிவு நீர்	(रातभर रखा हुआ)	<i>nīr</i>	usually kept	boiled is kept overnight and
177. நெய்	घी	<i>Ney</i>	Clarified Butter /	consumed the next day
			Ghee	Clarified butter obtained by
				heating butter to separate
				butter fat from milk solids and
				water. It is rich in fat solid
				vitamins.
178. பசு நெய்	गाय का घी	<i>Pacu Ney</i>	Cow's Ghee	Ghee made from cow's milk.
			(<i>Bos taurus L.</i>)	
179. எருமை நெய்	भैंस का घी	<i>Erumai Ney</i>	Buffalo's Ghee	Ghee made from buffalo's
			(<i>Bubalus bubalis</i>	milk. It enhances eyesight and
			<i>L.</i>)	memory.
180. வெள்ளாடு	बकरी का घी	<i>Veḷḷātu Ney</i>	Goat's Ghee	Ghee made from goat's milk.
நெய்			(<i>Capra aegagrus</i>	It promotes eyesight.
			<i>hircus L.</i>)	
181. செம்மறியாடு	भेड़ का घी	<i>Cem'mariyātu</i>	Sheep's Ghee	Ghee made from sheep's milk.
நெய்		<i>Ney</i>	(<i>Ovis aries L.</i>)	
182. காராம்பசு நெய்	करम गाय का घी	<i>Kārāmpacu Ney</i>	Karam cow's	Ghee made from the milk of
			Ghee (<i>Bos taurus</i>	native Indian <i>Karam</i> cows.
			<i>indicus L.</i>)	Improves skin tone and eye
				sight.
183. கலப்பு நெய்	मिश्रित घी	<i>Kalappu ney</i>	Mixed ghee	A mixture of ghee obtained
				from different animals (cow,
				buffalo, goat, etc.). It has a
				blend of flavours and varying
				fat content, and hence used in
				diverse culinary uses.

184.	பத்தியம்	पथ्य	<i>Pattiyam</i>	Dietary regimen	It involves consuming easily digestible and nourishing foods while avoiding certain items including some activities that may aggravate health issues. It helps to support the body's healing process and improve overall well-being.
185.	அகபத்தியம்	आंतरिक पथ्य	<i>Akapattiyam</i>	Internal regimen	<i>Aka pattiyam/ Ul pattiyam</i> is abstinence from sex/sexual intercourse while under medical treatment.
186.	அபத்தியம்	अपथ्य	<i>Apattiyam</i>	Contraindicated	Partaking of food or drink considered unwholesome in particular complaints/diseases (also transgression of abstinence from sex) as a medical prescription. Deviation from <i>pattiyam</i> .
187.	இச்சா பத்தியம்	इच्छानुसार पथ्य	<i>Iccā pattiyam</i>	Optional regimen	Avoidance of bitter gourd, mango, brinjal, cluster beans, ash pumpkin, sesbania, mustard, gingelly and articles that do not easily digest but cause flatulence and loss of appetite (also avoiding sex) during medication. Abstinence of sex and particular diet.
188.	உப்பில்லா பத்தியம்	बिना नमक का पथ्य	<i>Uppillā pattiyam</i>	Saltless regimen	Food devoid of salt is a dietary regimen. Salt free diet
189.	கடும் பத்தியம்	कठोर पथ्य	<i>Kaṭum pattiyam</i>	Strict regimen	Rigid or strict diet is given in the following observances as per rules of diet viz., food devoid of tamarind and salt cooked in a fresh earthen pot and taken mixed only with hot water and remaining without being exposed to the wind and without remaining under the shades of the trees like the tamarind or in drought or in cold breeze. Rigid or strict dietary regimen.
190.	மறுபத்தியம்	प्रत्याहार पथ्य	<i>Marupattiyam</i>	Repeat regimen	The subsequent dietary regime after completion of the medicine course. – Re dietary regimen.
191.	பழம்	फल	<i>Paḷam</i>	Fruit	Fruit is the edible, seed-

					bearing part of a plant, typically sweet or sour, consumed raw or used in cooking.
192.	அண்ணாச்சிப் பழம்	अनानास	<i>Anṇāccip paḷam</i>	Pineapple	Fruit of <i>Ananas comosus</i> L.
193.	இலந்தை பழம்	बेर	<i>Ilantai paḷam</i>	Jujube fruit	Fruit of <i>Ziziphus jujuba</i> Mill.
194.	காரைப்பழம்	करोदा	<i>Kāraippaḷam</i>	Coromandel Canthium	Fruit of <i>Canthium coromandelicum</i> (Burm.f.)
195.	கலாப்பழம்	मिश्रित फल	<i>Kalāppaḷam</i>	Bengal currant	Fruit of <i>Carissa carandas</i> L.
196.	கொட்டை முந்திரிப்பழம்	काजू फल	<i>Koṭṭai muntirippaḷam</i>	Cashew nut fruit	Fruit of <i>Anacardium occidentale</i> L.
197.	கொய்யா பழம்	अमरूद	<i>Koyyā paḷam</i>	Guava fruit	Fruit of <i>Psidium guajava</i> L.
198.	சீதாப்பழம்	शरीफा	<i>Cīṭappaḷam</i>	Custard apple	Fruit of <i>Annona squamosa</i> L.
199.	திராட்சைப்பழம்	अंगूर	<i>Tirāṭcaippaḷam</i>	Grapes	Fruit of <i>Vitis vinifera</i> L.
200.	நாவல் பழம்	जामुन	<i>Nāval paḷam</i>	Java plum (Jambolan)	Fruit of <i>Syzygium cumini</i> L.
201.	நெல்லிக்கனி	आंवला	<i>Nellikkaṇi</i>	Gooseberry	Fruit of <i>Phyllanthus emblica</i> L.
202.	பலாப்பழம்	कटहल	<i>Palāppaḷam</i>	Jackfruit	Fruit of <i>Artocarpus heterophyllus</i> Lam.
203.	பனம்பழம்	ताड़ का फल	<i>Paṇampaḷam</i>	Palm fruit	Fruit of <i>Borassus flabellifer</i> L.
204.	புளியம்பழம்	इमली	<i>Puḷiyampaḷam / Puḷi</i>	Tamarind	Fruit of <i>Tamarindus indica</i> L.
205.	பேயன் வாழை	कच्चा केला	<i>Pēyaṇ vālai</i>	Plantain (Raw banana)	Fruit of <i>Musa paradisiaca</i> L.
206.	பேரிச்சம்பழம்	खजूर	<i>Pēriccampaḷam</i>	Dates	Fruit of <i>Phoenix dactylifera</i> L.
207.	மாதுளைபழம்	अनार	<i>Mātuḷaipaḷam</i>	Pomegranate	Fruit of <i>Punica granatum</i> L.
208.	மாம்பழம்	आम	<i>Māmpaḷam</i>	Mango	Fruit of <i>Mangifera indica</i> L.
209.	முக்கனி	त्रिफल	<i>Mukkaṇi</i>	Combination of three fruits	<i>Mukkaṇi</i> refers to the traditional combination of three revered fruits in Tamil culture: Mango (<i>Mangifera indica</i> L.), Jackfruit (<i>Artocarpus heterophyllus</i> Lam.), and Banana (<i>Musa sp.</i>). These fruits are celebrated for their rich taste and nutritional benefits.
210.	வாழைப்பழம்	केला	<i>Vāzaippaḷam</i>	Banana	Fruit of <i>Musa paradisiaca</i> L.
211.	விழா பழம்	बेल फल	<i>Viḷā paḷam</i>	Wood apple	Fruit of <i>Limonia acidissima</i> L.

212.	அத்திப்பழம்	अंजीर	<i>Attippalam</i>	Fig fruit	Fruit of <i>Ficus carica L.</i>
213.	பயறு	दाल	<i>Payaru</i>	Lentils	The lentil (<i>Vicia lens or Lens culinaris Medik.</i>) is an edible seed from the legume family.
214.	பருப்பு	दाल	<i>Paruppu</i>	Pulses	Pulses are a category of leguminous crops that include dried seeds like lentils, beans, peas, and chickpeas.
215.	முந்திரி பருப்பு	काजू	<i>Muntiri paruppu</i>	Cashew nut	Nut of <i>Anacardium occidentale L.</i>
216.	வாதுமைப் பருப்பு	बादाम	<i>Vātumaip paruppu</i>	Almond	Nut of <i>Prunus dulcis (Mill.)</i>
217.	சாராபருப்பு	चिरोँजी	<i>Cārāparuppu</i>	Almond tree (Chironji)	Nut of <i>Buchanania lanzan Spreng.</i>
218.	பாகு	गुड़	<i>Pāku</i>	Thread Stage of Jaggery or sugar syrup	Refers to the cooking stage when sugar syrup thickens and can form thin threads when lifted with a spoon, has reached a temperature of 106°C to 112°C (223°F to 234°F). At this point, the syrup is ready for use in various culinary and medicine preparations.
219.	மணப்பாகு	हस्त निर्मित गुड़	<i>Maṇappāku</i>	Jaggery syrup	A thick, sweet liquid made by dissolving jaggery, an unrefined sugar made from sugarcane or palm sap, in water.
220.	முதிர்ந்த பாகு	परिपक्व गुड़	<i>Mutirtta pāku</i>	Matured or Ripened jaggery syrup	Ripened jaggery syrup is a thick, rich liquid made by dissolving jaggery in water and allowing it to mature.
221.	பாயசம்	खीर	<i>Pāyacam</i>	Sweet creamy pudding (Kheer)	Sweet dessert made by boiling milk with sugar and cereals or pulses.
222.	தாய்ப்பால்	माँ का दूध	<i>Tāyppāl</i>	Breast milk or Human Milk	It contains all nutrients essential for child growth. Best advent for certain diseases such chronic constipation, delirium, fever. It is also instilled as eye drops for eye diseases. It is used in purification and preparation of medicines.
223.	கழுதை பால்	गधी का दूध	<i>Kaḷutai pāl</i>	Donkey's milk (<i>Equus asinus L.</i>)	It is sweeter than any other milk. It is a substitute for breast milk. It is used effectively in venereal

diseases and madness.

224.	பசும்பால்	गाय का दूध	<i>Pacum pāl</i>	Cow's milk (<i>Bos taurus L.</i>)	Cow's milk is used in some medicine preparations and purification of some plants, metals and minerals. When freshly milked cow's milk is drunk in the morning, it controls jaundice, haemorrhage, spermatorrhoea, burning sensation of extremities and phlegm secretion.
225.	எருமை பால்	भैंस का दूध	<i>Erumai pāl</i>	Buffalo's milk (<i>Bubalus bubalis L.</i>)	It contains more nutrients like fat and proteins than cow's milk, it is not easily digestible.
226.	வெள்ளாட்டுப் பால்	बकरी का दूध	<i>Veḷḷāṭṭup pāl</i>	Goat's milk (<i>Capra aegagrus hircus L.</i>)	It is mildly sweet, contains less protein and fat. The diseases are cured rapidly when goat's milk is used as an adjuvant. It is given to children with spleen and liver diseases. It also cures asthma.
227.	செம்மறியாட்டுப் பால்	भेड़ का दूध	<i>Cem'mariyāṭṭup pāl</i>	Sheep's milk (<i>Ovis aries L.</i>)	It causes abdominal distention, dyspnoea and hence it is not useful as an adjuvant.
228.	குதிரை பால்	घोड़ी का दूध	<i>Kutirai pāl</i>	Horse's milk (<i>Equus ferus caballus L.</i>)	It helps to improve sperm production.
229.	யானை பால்	हाथी का दूध	<i>Yānai pāl</i>	Elephant's milk (<i>Elephas maximus L.</i>)	It gives enormous strength to the body.
230.	பால் ஏடு	दूध की त्वचा	<i>Pāl ēṭu</i>	Milk skin / Lactoderm	It refers to the thin layer of proteins and fats that forms on the surface of heated milk when it cools. This layer is often considered a delicacy in various cuisines, as it has a unique texture and a rich, creamy flavour.
231.	பிஞ்சு	युवा फल	<i>Piñcu</i>	Young fruit	Immature or developing fruits on a plant before they reach full ripeness.
232.	பலாபிஞ்சு	कच्चा कटहल	<i>Palāpiñcu</i>	Young Jackfruit	Young fruit of <i>Artocarpus heterophyllus Lam.</i>

233.	மாவடு	कच्चा आम	<i>Māvaṭu</i>	Young mango fruit	Young fruit of <i>Mangifera indica</i> L.
234.	பிட்டு	भाप में पकी आटा	<i>Piṭṭu</i>	Steamed flour cake	Steamed flour cake made in cylindrical moulds layered with coconut scrapings, sweet or savoury fillings
235.	அரிசி பிட்டு	भाप में पकी चावल की टिक्की	<i>Arīci piṭṭu</i>	Steamed rice cake	Prepared by steaming dampened rice flour; served with ghee, cardamomum, sugar or jaggery
236.	கேழ்வரகு பிட்டு	भाप में पकी बाजरे की टिक्की	<i>Kēzvaraku piṭṭu</i>	Steamed finger millet cake	Finger millet is powdered, steamed in an oven and finally, jaggery is added to it.
237.	கோதுமை பிட்டு	भाप में पकी गेहूं की टिक्की	<i>Kōtumai piṭṭu</i>	Steamed wheat cake	Wheat is powdered and steamed in the oven and finally, jaggery is added to it.
238.	பூ	फूल	<i>Pū</i>	Flower	Flower
239.	வாழைப்பூ	केला का फूल	<i>Vālai pū</i>	Banana flower	Flower of <i>Musa paradisiaca</i> L.
240.	வேப்பம்பூ	नीम का फूल	<i>Vēppam pū</i>	Neem Flower	Flower of <i>Azadirachta indica</i> A. Juss.
241.	பெண்போகம்	यौन संबंध	<i>Peṇpōkam</i>	A term denoting sexual union (prohibited during certain medications)	A term denoting sexual union. It is prohibited or restricted (as a part of <i>Pattiyam</i>) during certain medications in Siddha. Heterosexual intercourse.
242.	பொங்கல்	चावल की खीर	<i>Poṅkal</i>	Rice pudding	Rice prepared as plain pudding.
243.	மூங்கிலரிசி பொங்கல்	बांस के चावल की खीर	<i>Mūṅkilarīci poṅkal</i>	Bamboo rice pudding	Bamboo rice prepared as plain pudding or as sweet broth by adding jaggery
244.	சருக்கரை பொங்கல்	चावल और गुड़ की खीर	<i>Carukkarai poṅkal</i>	Rice jaggery pudding	Sweet and buttery pudding that is prepared with rice, jaggery and ghee
245.	பச்சை பருப்பு பொங்கல்	मूंग दाल की खीर	<i>Paccāi paruppu poṅkal</i>	Moong dal rice pudding	Green gram pudding prepared by cooking moong dal with rice
246.	பால் பொங்கல்	दूध की खीर	<i>Pāl poṅkal</i>	Milk rice pudding	Rice cooked with milk as plain pudding.
247.	மத்தியானக் கறிக்கானவை	दोपहर का भोजन	<i>Mattiyānak kariṅkāṇavai</i>	Food for lunch (recommended foods)	Root vegetables, fruits, <i>Vali</i> foods, foods that are hard to digest, greens, and curd made from buffalo milk are recommended for consumption in the afternoon/mid-day.
248.	பொரியுருண்டை	मीठी चावल की गेंद	<i>Poriyuruṅṅai</i>	Sweet rice puffball	Puffed rice mixed with jaggery syrup and rolled into a ball shape.

249.	மது	तोडी	<i>Matu</i>	Toddy	Toddy is a traditional alcoholic beverage made from the sap of various species of palm trees, primarily the coconut palm and the date palm.
250.	ஈச்ச மது	खजूर का ताड़ी	<i>Īcca matu</i>	Date palm toddy	Fermented sap of a specific Date palm tree (<i>Phoenix dactylifera</i> L.).
251.	தெங்கின் மது	नारियल का ताड़ी	<i>Tenkiṅ matu</i>	Coconut toddy	Fermented sap of a coconut tree (<i>Cocos nucifera</i> L.)
252.	பனை மது	ताड़ी	<i>Paṅai matu</i>	Palm toddy	Fermented Sap of a specific palm tree (<i>Borassus flabellifer</i> L.).
253.	உளுந்து	उड़द दाल	<i>Uḷaḷuntu</i>	Black gram (<i>Vigna mungo</i> L.)	<i>Vigna mungo</i> (L.)
254.	உளுந்து வடை	उड़द दाल के कुरकुरे गोल पकोड़े	<i>Uḷuntu vaṭai</i>	Crispy round fritters	Prepared by grinding black gram with a small quantity of water and making a paste which is deep-fried in oil, resulting in outer crispy and inner fluffy content
255.	மீன்	मछली	<i>Mīn</i>	Fish	Fish
256.	அயிரைமீன்	बटिन लोच	<i>Ayiraimīn</i>	Batin loach (<i>Mesonoemacheilus pulchellus</i> Day)	Batin loach inhabits <i>Bhavani</i> river at the base of Nilgiris hills, Western ghats in India. It helps to maintain a healthy life and promotes hair growth.
257.	உழுவை மீன்	भारतीय गिलहरी मछली	<i>Uḷuvai mīn</i>	Indian lizard fish (<i>Synodus indicus</i> Forssk.)	Indian lizard fish have no dorsal spine, which helps to relieve constipation.
258.	கிழங்கான் மீன்	चांदी की मछली	<i>Kiḷaṅkāṅmīn</i>	Silver sillago (<i>Sillago sihama</i>)	Silver Silago is common along beaches, sandbars, mangrove, creek, estuaries. It helps to increase appetite and relieves constipation.
259.	குறவைமீன்	चन्ना स्पॉटेड	<i>Kuṛavaimīn</i>	Spotted snakehead (<i>Channa punctata</i> Bloch)	Spotted snakehead is found in ponds, swamps, brackish water, ditches and beds in stagnant waters in muddy streams. Feeds on worms. It helps to relieve constipation.
260.	கெண்டை மீன்	कार्प मछली	<i>Keṅṭai mīn</i>	Indian river Carp Fish (<i>Labeo rohita</i> Ham.)	It is a freshwater fish native to the rivers and lakes of the Indian subcontinent. This species is known for its elongated body, and forked tail. It helps to relieve gastritis.

261.	கெளிற்றுமீன்	लॉंग-व्हिस्केर्ड कैटफिश	<i>Kelirrumīn</i>	Long-whiskered catfish <i>Mystus gulio</i> (Ham.)	Long-whiskered catfish is found in rivers, ponds, lakes, channels and reservoirs.
262.	சன்னக்கெண் - டை மீன்	चन्नक कार्प मछली	<i>Cannakkeṇtai mīn</i>	Climbing perch (<i>Anabas testudineus Bloch</i>)	This freshwater fish is recognized for its unique ability to move between water bodies and even travel short distances on land using its pectoral fins. <i>Cannakkeṇtai mīn</i> has a distinctive appearance with a laterally compressed body and a rough, scaleless skin. It helps to relieve eczema and ulcers.
263.	பேராரல் மீன்	-	<i>Pērāral mīn</i>	Mrigal carp Fish (<i>Cirrhinus mrigala</i> Ham.)	This freshwater fish is native to the rivers and lakes of South Asia, particularly in India, Bangladesh, and Pakistan. It is characterized by its elongated body, large scales, and a forked tail. It relieves constipation.
264.	வாளை மீன்	हेरिंग	<i>Vālai mīn</i>	Trichiurus lepturus L.	Large head hairtail generally found over muddy bottoms of shallow coastal waters often enters estuaries juveniles feed mostly on Krill (Euphausiids).
265.	விரலால் மீன்	-	<i>Viralālmīn</i>	Snakehead murel Fish (<i>Channa striata Bloch</i>)	Snakehead murel has no dorsal spine and anal spine.
266.	விலாங்கு மீன்	-	<i>Vilāṅku mīn</i>	Shortfin eel (<i>Anguilla bicolor McClell.</i>)	Indonesia shortfin eel is a migratory species which breeds in the ocean, and lives in freshwater areas.
267.	முட்டை	अंडा	<i>Muṭṭai</i>	Egg	Egg
268.	கோழி முட்டை	मुर्गी का अंडा	<i>Kōli Muṭṭai</i>	Hen's egg (<i>Gallus gallus domesticus</i> L.)	Egg laid by a domestic chicken
269.	வாத்து முட்டை	बतख का अंडा	<i>Vāttu Muṭṭai</i>	Duck's egg (<i>Anas platyrhynchos</i> L.)	Egg laid by a duck.
270.	முந்திரிகை கள்ளு	सामान्य अंगूर की ताड़ी	<i>Muntirikai kaḷḷu</i>	Common grapevine toddy	A fermented beverage made from the sap of grapevines.
271.	முறுக்கு	तले हुए चावल का नास्ता	<i>Murukku</i>	Twisted fried snack	Twisted fried snack.
272.	மோர்	छाछ	<i>Mōr</i>	Buttermilk	A fermented dairy product, typically consumed after churning butter from cream.

273.	பசு மோர்	गाय का छाछ	<i>Pacu Mōr</i>	Cow's Buttermilk (<i>Bos taurus L.</i>)	Buttermilk is made from cow's milk.
274.	எருமை மோர்	भैंस का छाछ	<i>Erumai Mōr</i>	Buffalo's Buttermilk (<i>Bubalus bubalis L.</i>)	Buttermilk is made from buffalo's milk. Helps to relieve diarrhoea, hepatitis.
275.	ஓட்டை மோர்	ऊंट का छाछ	<i>Oṭṭai Mōr</i>	Camel's Buttermilk (<i>Camelus dromedarius L.</i>)	Buttermilk is made from camel's milk.
276.	வித்து	बीज	<i>Vittu</i>	Seed	Seed
277.	முருங்கை வித்து	मोरिंगा बीज	<i>Murungkai vittu</i>	Moringa seed (<i>Moringa oleifera Lam.</i>)	Seeds from the drumstick tree.
278.	மாதுளைவித்து	अनार का बीज	<i>Mātuḷaivittu</i>	Pomegranate seed (<i>Punica granatum L.</i>)	Seeds from the Pomegranate tree
279.	வெல்லம் (கரும்பு பாணை ஈச்சம் தேங்கு)	गुड़	<i>Vellam</i> (<i>karumpu, pāṇai, iḱcam, tēṅku</i>)	Jaggery	Unrefined sugar obtained from sugarcane, palm, or coconut sap.
280.	வெண்ணை	मक्खन	<i>Veṅṅai</i>	Butter	A dairy product obtained from churning milk, used in cooking and as a spread.
281.	பசு வெண்ணை	गाय का मक्खन	<i>Pacu Veṅṅai</i>	Cow's Butter (<i>Bos taurus L.</i>)	Butter obtained from cow's milk. It helps to increase appetite.
282.	எருமை வெண்ணை	भैंस का मक्खन	<i>Erumai Veṅṅai</i>	Buffalo's Butter (<i>Bubalus bubalis L.</i>)	Butter obtained from buffalo's milk. It helps to treat Eczema and Urinary tract Infections.
283.	வெள்ளாடு வெண்ணை	बकरी का मक्खन	<i>Veḷḷāṭu Veṅṅai</i>	Goat's Butter (<i>Capra aegagrus hircus L.</i>)	Butter obtained from goat's milk. It helps in Eczema treatment.
284.	ஓட்டை வெண்ணை	ऊंट का मक्खन	<i>Oṭṭai Veṅṅai</i>	Camel's Butter (<i>Camelus dromedarius L.</i>)	Butter obtained from camel's milk.
285.	வெந்நீர்	गर्म पानी	<i>Vennīr</i>	Hot water	Water heated to a high temperature, often used in traditional remedies.
286.	வெள்ளி கிண்ண வெந்நீர்	चांदी के बर्तन में रखा पानी	<i>Veḷḷi kiṅṅa vennīr</i>	Water stored in silver vessel	Hot water is stored in a silver container; it has antimicrobial properties.
287.	வெங்கல கிண்ண வெந்நீர்	कांस्य के बर्तन में रखा पानी	<i>Veṅkala kiṅṅa vennīr</i>	Water stored in bronze vessel	Hot water stored in a bronze container, often used for health benefits.

288.	அரை கூறு காய்ந்த வெந்நீர்	1/2 मात्रा में उबला हुआ पानी	<i>Arai kūru kāynta vennīr</i>	Boiled water reduced to 1/2 volume	Boiled water is reduced to half the volume by boiling.
289.	இரும்புக் கெண்டி வெந்நீர்	लोहे के बर्तन में रखा पानी	<i>Irumpuk keṇṭi vennīr</i>	Water stored in iron vessel	Boiled water that has been stored in an iron vessel.
290.	கால் கூறு காய்ந்த வெந்நீர்	1/4 मात्रा में उबला हुआ पानी	<i>Kāl kūru kāynta vennīr</i>	Boiled water reduced to 1/4 volume	Boiled water is reduced to quarter the volume by boiling.
291.	காய்ந்தாறிய வெந்நீர்	गुनगुना पानी	<i>Kāyntāriya vennīr</i>	Lukewarm water	Water that is comfortably warm, neither hot or cold.
292.	தாமிர கிண்ண வெந்நீர்	ताम्र के बर्तन में रखा पानी	<i>Tāmira kiṇṇa vennīr</i>	Water stored in copper vessel	Boiled water stored in the copper vessel
293.	முக்கால் கூறு காய்ந்த வெந்நீர்	3/4 मात्रा में उबला हुआ पानी	<i>Mukkāl kūru kāynta vennīr</i>	Boiled water reduced to 3/4 volume	Boiled water reduced to three fourths the volume by boiling.