

The Brief Review on the India's Comfort Food

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ABSTRACT: *Everyone has heard of comfort food, but what exactly is it, and what effect, if any, does it have on our mood? In this review, I summarize the literature on this important topic, emphasizing the role that comfort foods play in alleviating depression by preparing pleasant memories of previous social interactions, at least among those who are securely connected. There is also evidence of distinct differences in the kind of food that are likely to create comfort nutrition for different sectors of the population. Surprisingly, although the overwhelming majority of people believe that comfort foods improve their mood, solid scientific evidence supporting such statements is rather harder to come by. As a result of these findings, several persuasive characteristics have suggested that the concept of comfort food is nothing more than a mythology. While this may be exaggerating the situation, it is apparent that a number of vulnerabilities exist about if, when, and for whom the use of comfort food provides a mental benefit. This is a bit of a test for all those marketers out there who are still trying to link their products to the appealing concept of comfort food.*

KEYWORDS: *Comfort Food, India, Nourishments, Rice Sources.*

1. INTRODUCTION

India is known for its lavish curries, rice dishes, and breads. Yes, we are too liberal with our spices as well. When it comes to making something rich and delicious, we don't skimp and give it the delicate loving attention it deserves (think: exotic spices, nuts, cream). But, in between these episodes of overindulgence, we know how to calm off. This is when we go for our go-to meals. Foods that we've grown up with, foods that are both nutritious, relaxing, and attractive. Many of us are searching for curd-based dishes throughout the summer. We've compiled a list of curd-based dishes that have dominated our hearts since the dawn of time[1].

Ananya Bhattacharya, an Indian writer living in Washington, D.C., reported that a simpler version of the meal is a favorite among the elderly in the western state of Gujarat. The meal she described is called sukhpawani, and it is prepared by boiling rice, split mung bean, turmeric, and salt until the consistency is porridge-like. Every day during supper, Bhattacharya's grandpa ate this meal. She replied, "He ate this with a lot of ghee." "He'd eat it with milk and bhurra (extremely fine sugar)," says the author[2].

For many people in northern India, a bland form of khichri with no vegetables or aromatic spices is comfort food. "It's linked with illness or upset stomach in my family, or when you simply want to eat something light," my New York friend Niraj Kumar commented. A acidic, hotter variation called bisi bele bath (which translates as hot lentil rice) is a popular meal down south in the state of Karnataka, especially during festivals and festivities. During Ramadan, a rice and lentil meal called nombu kanji is a staple in the surrounding states of Tamil Nadu and Kerala.

"The diversity of khichri is amazing," adds Sen, who owns a number of regional Indian recipe books. "Almost all of them have khichri recipes," she adds. The consistency of the various varieties varies, she adds, with some being dry and others being watery or porridge-like. There are savory khichris as well as sweet khichris. While vegetarian khichris are more popular, meat khichris are also available. According to Sen, a meal called khichra has five distinct types of lentils, rice, and lamb[3].

Khichri is also believed to be the forerunner of Egypt's national meal, koshary, a rice, lentil, and macaroni dish. "There's no question that the Indian khichri is the Egyptian koshary's progenitor," Wright adds. According to him, the name and components are identical. Mujaddara (another Middle Eastern comfort food with rice and lentils) dates back to the 10th century, and khichri "is comparable to it." Although, he adds, it's probable that koshary acquired its macaroni from the Italians much later. My universe of khichri had been limited until I started studying this article, with just three varieties — my mother's khichuri, another variety called bhog-er khichuri served at religious holidays in my native state, and my personal favorite, bisi bele baath from southern India.

I had no idea that such a simple meal could have such a long history, with its origins dating back thousands of years and its voyage taking it to far-flung corners of the world. This tale reminds me of a more worldwide era than we think. It also makes me want a whole new universe of khichris. The phrase "comfort food" refers to foods that provide comfort or a sense of wealth when consumed [4]. Overall, nourishments that provide a kind of mental, expressly joyful, comfort. It is often suggested that comfort food sources include a fatty component and are associated with youth as well as home cooking. In fact, comfort foods are often prepared in a simple or traditional manner and may have a nostalgic or melancholy appeal, perhaps reminding us of home, family, and companions. Numerous celebration meals have a considerable amount of nostalgia [5].

Comfort food is often associated with a certain person, place, or time in one's life, as in: "Grandmother always made the best pounded potatoes and sauce, they've become a comfort nourishment for me."; or "constantly got frozen yogurt when we won at football as children [6]. The theory is that those who are cut off from the rest of the world consume more comfort foods than those who aren't. According to the findings of one continuing North American research, the vast majority of individuals polled (81 percent) either agreed or strongly agreed that eating their favorite comfort food would make them feel considerably better. On the other hand, when asked, many females say that eating comfort food makes them feel less healthy, and that they are equally as likely to be blameworthy [7].

The express "comfort food" has been there at any rate as right on time as 1966, when the Palm Beach Post used it in a story on weight: "Grown-ups, when under serious passionate pressure, go to what might be called 'comfort food'— food r Given that regular (smart dieting) may provide a feeling of affluence, it's perhaps important to point out what makes comfort eating unique. The latter seems to be unique in terms of its passionate/emotional ties, as well as the usually limited range of food sources involved [8].

Nowadays, there is a growing interest in the beneficial use of comfort foods for those older individuals who may not be consuming enough to maintain their health or perhaps personal pleasure. In this situation, comfort food sources may also play a major role in eliciting wistfulness. Given the above, it should come as no surprise that a large number of food companies are interested in developing new "comfort foods." Nonetheless, the rather peculiar way in which staples serve as comfort food sources indicates that achieving this goal will most certainly be a significant challenge for food organizations. When circumstances are tough, restaurateurs have been known to add extra comfort foods on the menu (e.g., Mac-and-cheddar). Given the planned future trip to Mars, NASA has become interested in the topic as well [9]. Comfort food is likely to be precisely what space tourists will need on their unquestionably uncomfortable extremely long stretch trips.

Energy-dense, fatty, high fat, salt, or sugar foods, such as frozen yogurt, chocolate, or French fries, may activate the reward framework in the human mind, resulting in an undeniable pleasure or a fleeting sensation of emotional height and relaxation. Individuals often utilize comfort food to treat themselves when mental circumstances are accessible. Those who are experiencing unpleasant emotions will consume bad food in order to experience the instant pleasure that comes with it, regardless of how fleeting.

One study divided understudies' comfort food IDs into four categories (nostalgic nourishments, extravagance food sources, lodging food sources, and actual comfort food sources), with a special focus on the deliberate selection of specific food sources to alter mind-set or impact, as well as signs that the clinically beneficial use of specific food sources may eventually I Although the differentiating evidence of particular items such as comfort food may be odd, designs are discernible. "Guys preferred warm, delicious, feast-associated comfort food sources (for example, steak, dishes, and soup) whereas ladies favored comfort food that was more nibble oriented," according to one study of American preferences, (Examples include chocolate and frozen yogurt.) Furthermore, as compared to those over 55 years old, younger people preferred more nibble-related comfort food."

The study also discovered strong links between the use of comfort food sources and feelings of guilt. According to an article titled "The Myth of Comfort Food," males like these types of exquisite comfort food sources because they make them recall being "spoiled" or "ruined," while women prefer nibble-related food sources since they require less effort and cleaning. It was also suggested that because of their more weight-conscious attitudes, women are more likely to seek for unhealthier food sources when they are stressed. Comfort food consumption is seen as a response to emotional stress and, as a result, as a major contributor to the obesity epidemic in the United States. The induction of explicit hormonal responses that lead to an increase in stomach fat is seen as a kind of self-medication [10].

Further research suggests that comfort food consumption is triggered by positive emotions in males and negative emotions in women. The effect of pressure is most apparent among school-aged women, with just 33% showing excellent dietary choices at times of enthusiastic stress. These mental examples may be harmful to women in particular. Offering comfort food or "party time" beverages to anorectic elderly individuals, whose welfare and personal satisfaction are already diminished by reduced oral admittance, is one therapeutic application of these findings.

List of Comfort Food in India

- *Khichdi*: One of the most well-known desi pleasures is the one-pot meal prepared with rice and lentils. It can't be made soupy or thick and porridge-like by anybody. You may add veggies to it or keep it simple. Set it up with a mixture of dals or just one lentil of your choice. A dish of khichdi is certain to pique your interest. Curd, chutney, pickle, and papad are all popular backups.
- *Rajma Rice*: Rajma, or kidney beans, may be prepared in a variety of ways; in North India, it is most often prepared in a zesty sauce and served with, you guessed it, a spicy rice portion. Nothing beats cleaving a couple onions on top of rajma Chawla for a nutritious experience.
- *Kadhi Chawal*: Kadhi is a tangy dish prepared with besan and yogurt. While some people like it served with chapatis, others prefer it served with nothing but rice. Comfort is layered on top of the meal, making it an undeniable must-try! kadhi recipe

- *Curd Rice*: Fans in the north have taken notice of the south Indian sensation. Rice and curd with seasonings and peppers. The delicious meal is best enjoyed warm, and it may also make you feel better. Curd releases tryptophan, which causes a sense of satisfaction, according to health experts. Fans in the north have taken notice of the south Indian sensation.
- *Tamarind Rice*: Another south Indian delicacy that no one can get enough of is tamarind rice. This tangy comfort meal, made with rice, tamarind mash, and chosen flavors, will definitely leave you wanting more.
- *Lemon Rice*: Lemon rice from South India is a rice dish that takes a long time to prepare. It's probably one of the simplest and quickest makeovers for leftover rice that anybody can provide. Both the lemon and the curry leaves have a strong taste. Lemon rice with sambar or coconut chutney is a marriage made in heaven. Lemon rice from South India is one of the easiest rice recipes to make.
- *Macher Jhol-Bhaat*: A hearty fish curry with regional flavors is delicious at any time of day. When you combine it with freshly cooked rice, no one would be able to please any Bengali.
- *Bissi Bele Baath*: Bisi bele shower, a hearty mix of rice, veggies, and lentils, is one of Karnataka's most popular dishes. The one-pot dinner is brimming with extras. No one can compare to sambhar.

2. DISCUSSION

"Grandmother always prepared the finest pounded potatoes and sauce, they've become a comfort aliment for me."; or "we always received frozen yogurt after we won at football as kids." According to the idea, those who are shut off from the rest of the world eat more comfort foods than those who aren't. According to one ongoing North American study, the overwhelming majority of those surveyed (81 percent) agreed or strongly agreed that eating their favorite comfort food would make them feel much better. When questioned, many females, on the other hand, believe that consuming comfort food makes them feel less healthy and that they are just as likely to be blameworthy. "Grown-ups, when under severe passionate pressure, resort to what could be called 'comfort food,'" the Palm Beach Post said in an article on weight in 1966: "Grown-ups, when under serious passionate strain, go to what might be called 'comfort food,'— meal. Given that regular (smart dieting) may give you a sense of wealth, it's worth pointing out what makes comfort eating different. In terms of passionate/emotional connections, as well as the often restricted variety of food sources involved, the latter seems to be distinct.

There is a rising interest in the beneficial usage of comfort foods for elderly people who may not be eating enough to maintain their health or for personal enjoyment. Comfort food sources may also play a role in evoking wistfulness in this scenario. Given the above, it should come as no surprise that many food businesses are interested in creating new "comfort foods." However, the unique manner in which staples function as comfort food sources suggests that attaining this objective will be a major task for food companies. When times are bad, restaurateurs are known to add more comfort items to their menus (e.g., Mac-and-cheddar). NASA has grown interested in the subject as a result of the anticipated future mission to Mars. On their undoubtedly unpleasant very long stretch journeys, comfort food is going to be just what space travelers need.

Foods that are rich in energy, greasy, high in fat, salt, or sugar, such as frozen yogurt, chocolate, or French fries, may trigger the reward system in the brain, resulting in indisputable pleasure

or a brief feeling of emotional height and relaxation. When people are in a bad mood, they frequently turn to comfort food to help them feel better. Those who are feeling negative emotions will eat poor food in order to enjoy the immediate pleasure it provides, no matter how brief.

One study categorized understudies' comfort food IDs into four categories (nostalgic nourishments, extravagance food sources, lodging food sources, and actual comfort food sources), with a particular focus on the deliberate selection of specific food sources to change mind-set or impact, as well as signs that the clinically beneficial use of specific food sources may eventually I Although the distinguishing evidence of certain products, such as comfort food, may be unusual, designs may be discerned. According to one research of American tastes, "guys chose warm, tasty, feast-associated comfort food sources (for example, steak, dishes, and soup), while women selected comfort food that was more snack focused." (Chocolate and frozen yogurt are two examples.) Furthermore, younger individuals chose more nibble-related comfort food than those over 55 years old."

The research also found significant connections between the consumption of comfort foods and emotions of guilt. Males like these kinds of exquisite comfort food sources because they remind them of being "spoiled" or "ruined," according to an article titled "The Myth of Comfort Food," while women prefer nibble-related food sources since they take less work and cleanup. It was also indicated that when women are worried, they are more prone to seek out unhealthy food sources because of their weight-conscious attitudes. Comfort food intake is seen as a reaction to emotional stress and, as a consequence, is a significant contributor to America's obesity problem. Self-medication is defined as the stimulation of explicit hormonal reactions that result in an increase in stomach fat.

3. CONCLUSION

Comfort food is a concept that many people are familiar with. All things considered, what constitutes comfort food varies widely from one person to the next, as well as from one culture to the next. According to questionnaire-based study, individuals will seek for unique comfort food sources to some extent. Furthermore, what distinguishes comfort food for younger people from that which is often chosen by older people? Without a doubt, the clichéd notion that comfort foods would be high in calories isn't always correct. Comfort foods aren't advertised as taste especially good, nor are they advertised as having an energizing impact. Furthermore, there does not seem to be any specific physical characteristics that aid in distinguishing comfort from various types of food. Given the broad variety of food sources that people describe as comforting, it is improbable that there will be particular parts (i.e., explicit nutrients or flavors) that can be highlighted as physically influencing the person who is eating them. Or maybe, without a doubt, some foods serve as comfort food in the context of good social experiences in a person's history. So, to the extent that comfort foods work (i.e., they provide some sort of neuro-psycho-pharmacological benefit or lift, at least to a sub-segment of the population), it's not so much a matter of lifting people out of a bad mood as it is a matter of preparing people's memories of previous specific social experiences for when they are confronted with a belongingness threat.

At the end of the day, one of the main reasons why people seek out comfort foods is because they are lonely. After all, whatever else could possibly be exchanged in the place of nutrition? Members in a single study seemed to feel less despondent after merely expounding on comfort food sources, confirming this viewpoint. Finally, it's worth remembering that comfort food sources are really burned-through under a broad variety of natural circumstances to achieve a

wide range of mental outcomes – one of which, alleviating depression, might be. Also, as we discovered in this study, while we are in a (experimentally created) terrible mind-set (while in the lab), the fundamental state of mind increase may not be one of them. It will need further research to see whether comfort foods may stimulate some kind of strong temperament improvement under other, more naturally significant, circumstances, and who will benefit the most.

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