

## **Food Be Thy Medicine and Medicine Be Thy Food**

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Nature is the only God in all creatures in the world. All the components needed for humans are derived from nature. We can get healthy life in the way we handle it. Food habits that our ancestors practiced prevented the disease. The food we eat must be able to get rid of the waste of our body. It is special that 30% of the food is like a fruit in our daily diet. The National Food Lab (NFL) declared is red guava is the best fruit in the world. The humble fruit is extraordinarily rich in vitamin –c, vitamin B-6, and vitamin A, and Calcium (Ca), Magnesium (Mg), phosphorus (P), iron act as potent antioxidants which neutralize free radicals generated in the body, preventing the growth of cancer cells. Coconut oil contains natural saturated foods that increase the good high-density lipoprotein (HDL) cholesterol and also help turn the bad low-density lipoprotein (LDL) cholesterol into a less harmful form. Gingelly oil has compound called sesame oil. Sesame oil is an anti-oxidant and an anti-inflammatory agent and it's extremely good for the heart and also prevents the instruction of fatty deposits in the arteries.

Plastic containers and refrigerators were detrimental to society but in this fast world, nobody knows the alternative to junk foods. If we have red rice flakes and palm jaggery, Rice flakes sweet dish can easily be made within 15 minutes for evening snacks. This red rice flakes contain Magnesium (Mg) , Calcium(Ca) , Selenium(Se) ,and Manganese (Mn) . Magnesium prevents the heart attack and low blood pressure. Manganese helps in developing metabolism. Calcium prevents healthy bone and teeth. Selenium assures comprehensive good health.

Dairy foods are the best food source of dietary calcium. It has had plenty of protein, vitamins, and minerals to fight the diseases. Low – fat dairy foods make the best snacks because they contain carbohydrates and proteins. Dairy foods are perfect snacks for diabetics and everybody because they maintain the blood sugar levels. Leafy greens are the best disease-fighting foods. It contains vitamins, vitamin C, carotenoids, beta-carotene, folate, Iron (Fe), Magnesium (Mg), phytochemicals, and antioxidants.

Whole grains have nutritional components like folic acid, selenium, and B-vitamins it helps to a healthy heart, weight control and reducing the exposure of diabetes. Their fiber content helps the digest problem and feeling full between meals. Present food habit had changed a lot

from traditional food but the present food habit is not good for health. If we take more fruits, vegetables, and small grains (*siruthaniyangal*) we could lead a healthier life.

According to change the seasons, we could adopt seasonal foods. It will help with our healthy life. In summer seasons we should take salads, fruits, buttermilk, ragi malt, tender coconut. During the winter seasons, we should take heavier foods and spices. This not important to what lifestyle you have, but important what type of food you have for a healthier life.

Along with eating the most nutritious foods that provide the most benefit to your overall health, the importance of eating the right amount and combinations of watch food are also stressed. If you want to lead a healthy life you should follow a well-balanced diet. If you are not taken a balanced diet it will affect not only the body and also affects the mind. It will cause the eighty percentages of diseases. This well-balanced diet habit was followed from an early age.

It has been shown over that eating a balanced diet of whole foods can keep body and mind in good form. Fruits, vegetables, seafood, nuts, seeds, whole grains and, legumes support good health, Chronic inflammation is at the heart of many diseases, but eating the right foods and maintaining wholesome lifestyle can help achieve better health. Some foods that may help fight infection and provide hints for lifestyle changes.

Fermented foods have taken a important role in human diet. It will contribute to good bacteria in our gut. There are different kinds of fermented foods used in milk, vegetables, meats, bread, and cheese. Yeast is used to make a fermented food. It contains vitamin B content and increase the mineral level in food. Good nutrition is fundamental for good health. Food is medicine is a term creates by Hippocrates. He is also called the father of western medicine. According to his words, you will eat healthy foods you can escape your medicines.

Centuries ago the earliest known doctors and health practitioners across the world imparted the benefits of using food as medicine to heal the body and how based on research it is clearly evident that food plays a considerable activity in health and how you feel on a day to day basis. Hippocrates believed that illness against inadequate nutrition and bad eating habits and that if people were to gain well-eating habits then optimum health would be restored. Long before doctors and medicine were frequently used, wise tribal elders would seek out healing herbs and plants for their community and food would be applied prescriptively to bring about healing. Slowly through the years, man has moved abroad from the healing power of nature and towards prescribing load synthetic drugs and unreal remedies to deal along with ailment.

The actuality is that because we have relocated away from natural and essential remedies and many of us rely on a diet of processed, fatty and sugar. Laden food the consequences are that rates of obesity and disease have increased automatically. If food has the power to prevent much of the chronic ailment then it makes sense to alter our dietary to use it our own advantage to not only heal and bring back the body but also to prevent ailment.

Although taking pharmaceutical drugs for ailments may be useful, they often come with short and long-term side effects and contributes to the toxic build up in our bodies. While drugs are essential in life-threatening situations, if long-term conditions can be managed with diet and lifestyle changes then using food as medicine must be considered as a basic way of tackling the issue and prevent future health problems.

Health specialist and scientists are now uncovering the benefits of nutrigenomics and the whole notion that food is information that speaks to our genes and triggers messages that create health or disease. There are many factors that culminate to bring about diseases such as stress, nutrition, hormone balance, the health of our gut, and the importance of detoxification and food.

Thinking about what's at the top of your fork will assist you to avoid specific unwellness that arises thanks to years of unhealthy ingestion. the great news is that these are often reversed with the assistance of a decent diet. notwithstanding you reside on eliminating you'll be able to build healthier decisions, additional and additional services, restaurants and other institutions are recognizing the healing power of food and are together with healing foods as a part of their menus thus nutritious food isn't as hard to search out because it once was. Being healthy means that putting the proper fuel into your body and having your internal engine run swimmingly. each meal that you simply consume influences the method that you simply feel one way or another. that the additional nutritious foods you select, the healthier you'll be. Whole foods act as medicine to heal and shield your body and provide the system a possibility from coping with toxins, preservatives, additives, and chemicals that are enclosed in such a big amount of-of today's processed food.

If you're uptake food every day with very little or no nutrition, your body won't be receiving all of the nutrients it has to perform properly and health problems will arise. All that you just body can operate on are the foods that you prefer to place into it. Healthy nutrient made and alive foods facilitate to heal the body at the cellular level and build sturdy defenses enabling you to combat malady and environmental toxins. The primary factor to rely on if you're coming up with on giving your diet an overhaul is to make sure that you just have a healthy system digestorium. This can be an important ingredient and essential to ensure that you just area unit with efficiency burning your food and effectively extracting the nutrients from it.

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**Language in India** [www.languageinindia.com](http://www.languageinindia.com) ISSN 1930-2940 19:1 January 2019

**Editors: Dr. V. Sangeetha, Dr. B. J. Geetha, Dr. K. Sindhu, Dr. S. Boopathi and Ms. S. Sneha Sri**

**Food in Literature: Papers Presented in National Seminar on Food in Literature, 2019**

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Diseases are usually related to vitamin and mineral deficiencies or food sensitivities, therefore, having healthy digestion and knowing what foods work for you is basically necessary, you will need to think about a food elimination diet to seek out that foods may have a sensitivity or allergic reaction too. For a few individuals, raw food though perceived as healthy, is much too onerous on their inflamed and delicate organic process systems and that they might have to start by incorporating a diet like juicing and uptake soups and simply eatable foods till their gut heals. Animal oil could be a good way to naturally combat inflammation too.

Various foods have specific healing properties like garlic and onions that embody antibiotic and antifungal properties. Explicit chronic conditions like arthritis and disorder enjoy a specialized diet and avoiding explicit foods. so foods that cut back inflammation and ones that facilitate lower sterol like fish and omega three fatty acids. Doctors counseled uptake a minimum of two servings of fish per week. it's continually sensible to do and acquire the organic process advantages from your food and not place confidence in synthetic supplements.

Refueling abreast of super food could be a good way to produce the body with nutrients and not overeat. Individual foods have their own distinctive set of nutrients to satisfy the wants of your body. Therefore, uptake a large sort of foods ensures that you just have gotten various vary if nutrients vitamins and minerals that you just want. Incorporating the seasons into your menu coming up with can profit you, so you'll be able to relish contemporary and within the moment foods that area unit copiously out there. There's additionally a price saving after you stock season, back up native growers' markets or co-ops and talk over with the sellers concerning what's in season.

Even supposing it takes a bit longer once searching gets accustomed reading labels and searching for precisely what's within the food. If it's quite six ingredients it's most likely not planning to be that sensible for you. Search in season and opt for foods that are as about to their state of nature as possible. One should develop sensible nutritional habits with a diet right from an early age. Since such habits cannot be changes night long, youngsters ought to be school the worth of uptake organic process food and unwell effects of food in life. A balanced diet and applicable meal timings area unit necessary for a healthy body and mind. Uptake nourishing food not solely helps in weight management and unwellness prevention in adults however additionally contributes correct growth of kids and their higher performance in studies and sports.

Nutrition is that the broader term that isn't restricted to develop only healthy dietary habits however additionally a healthy lifestyle patterns from an early age. A healthy lifestyle excludes smoking, alcohol consumption etc. and includes regular exercise, regular meals further

as applicable sleeping hours. Learning such things from an early age helps one to guide a healthy life as an adult and even in adulthood. So a correct nutrition for everybody will enhance, the productivity of the individual and contribute to the development of a nation as an entire.

Nutrition education is a vital think about overall improvement for society health and bar of all varieties of deficiency disease. For spreading such education faculties area unit ideal platforms, for promoting womb-to-tomb healthy uptake habits and lifestyles in the community. Most countries today implement health of education programmer in faculties that is embody feeding to students, deforming, victuals and mineral supplementation etc. youngsters should perceive the necessity of minerals, vitamins, proteins, fluid balance etc. further as limiting calorific value of food that one ought to consume as totally different ages. All folks should notice the worth and significance of fine organic process habits for an extended and healthier life.

Food is the best medicines and therefore we should take into account carefully how we perceive and use them. First, choose the right diet and the right food to eat can help improve health and body functions. Second, using food for health benefits has been a norm and that scientists are looking forward to creating food that can fight diseases. There are some parallel and contrast in the views on the health benefits of foods between two different generations. And last but not least, foods with health benefits have been industrialized which raised the concern on how the government should regulate them. We aware that we eat the foods we consume every single meal notably impacts our health and therefore it can be used as medicine. Healthy diets are directly linked to good health. The human bodies must need food to work properly, if the food is not good enough then our functions are disrupted.

Today's food is the food we eat for all of our problems. Many people are suffering from a lot of illness. The absence of immunity in the body is because we are not eating the right foods. We buy it for the taste of food items sold in stores. But we still do not think about these problems. The main reason for our physical health is the fact that our environment is changing and eating habits. From young to old we should aware the values of medicines as well as foods. Many people spend a lot of money to purchase the medicines, but they are not ready to purchase the medicinal value foods. We are eating the food, what our eyes want to buy not our mind's choice. This is our important duty to give the awareness to children for nutritional foods. Only a few people really follow the principles of healthy eating. Most of the scholars have fashioned correct ideas regarding healthy intake, good and bad food early in their education. The main source of information for rational nutrition for about two-thirds of the students is the Internet and their friends. The family itself does not provide the necessary basis of notions for healthy eating of the young people. Healthy intake is outlined as a balanced intake of food to satisfy the physiological desires of the body. The way of eating is determined by the age, sex, the physical

and or mental work that is fulfilled by each individual and it can differ in order to ensure traditional growth employability and making stipulations permanently health and life. The principles of healthy eating are the basis on which everyone can build a diet according to his or her taste preferences, motivation, awareness and living conditions. Conclude is in your hand

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### Works Cited

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