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Editors
Dr. Sadananda Payeng
Ranjit Barua

Food Habits among the People of Ancient Assam as depicted in the Kalikapurana and Yoginitantra

Kalyan Bora

INTRODUCTION

Food habit of a community is always influenced by the geographical location as well as the social environment, in which it survives. Therefore the food habits of Ancient Assam were also to a large extent determined by these two factors. The Alluvial plains of the Brahmaputra valley and the different ethnic compositions resulted in the growth of technology required for production and also the exchange of food habits. However, still there are no such sources which directly deal with the food habits of the people of Early Assam. The study of the different Epigraphic records shows that crop-cultivation was the most popular occupation among the inhabitants, which implies that rice was the common food among them. But in some of the literary documents other food elements were also have been mentioned. The Kalika Purana and Yogini Tantra throw some amount of light on this subject of study. Although both the works were religion centric therefore they give some incidental references but they are of immense value for the study of the concerned matter.