

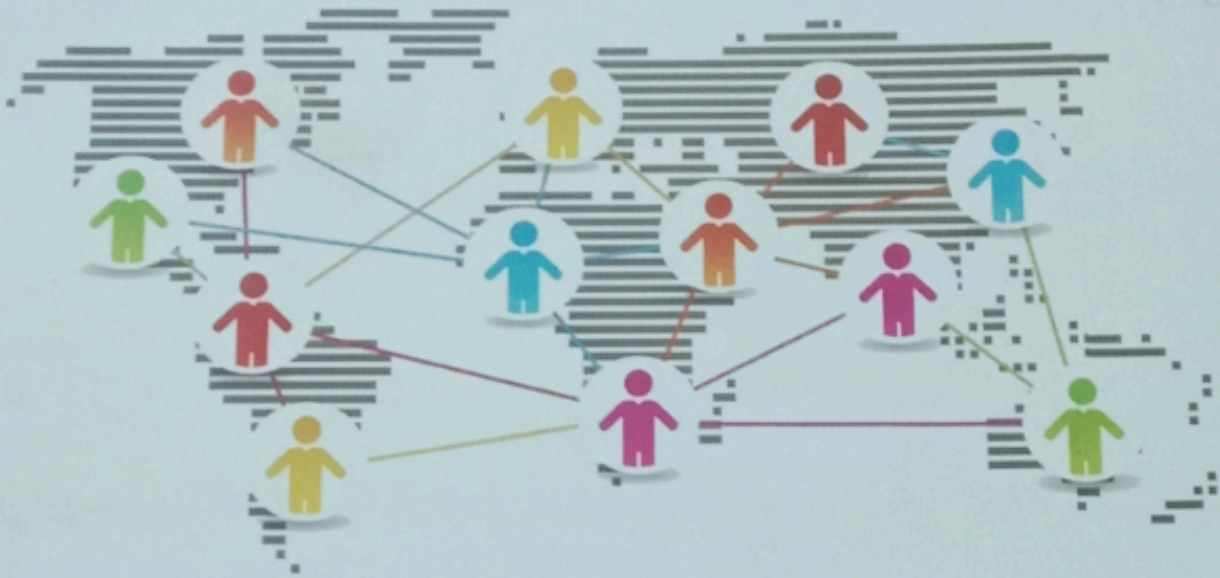


**SEVIARS 2019**

South Eastern University International Arts  
Research Symposium – 2019

# Book of Abstracts

18<sup>th</sup> December 2019



*"Empowering the society through Research  
and Innovation"*

Faculty of Arts and Culture  
South Eastern University of Sri Lanka,  
University Park, Oluvil, #32360  
Sri Lanka

# **Book of Abstracts**

**SEUIARS 2019**



**8<sup>th</sup> South Eastern University International Arts  
Research Symposium -2019**

**18<sup>th</sup> December 2019**

**Organized by:**

**Faculty of Arts and Culture  
South Eastern University of Sri Lanka  
University Park, Oluvil, # 32360  
Sri Lanka**



8<sup>th</sup> South Eastern University International Arts Research  
Symposium -2019 (SEUIARS 2019)

Faculty of Arts and Culture  
South Eastern University of Sri Lanka

---

Conference Secretariat  
SEUIARS 2019  
Faculty of Arts and Culture  
South Eastern University of Sri Lanka  
University Park, Oluvil, # 32360  
Sri Lanka  
Intsym2019arts@seu.ac.lk

Title	: Book of Abstracts, SEUIARS 2019
Pullished by	: Faculty of Arts and Culture, South Eastern University of Sri Lanka
Pages	: i – xxiv + 1 - 127
Layout	: S.Sajiharan
Cover Page designed	: MTM. Irsad
ISBN	: 978-955-627-203-1

© Faculty of Arts and Culture, South Eastern University of Sri Lanka 2019  
This work is subject to copyright. All the rights are reserved by the publisher.  
Nothing in this work may be reproduced in any form, any part or as a whole without  
express a written permission from the publisher.

**Disclaimer**

The views expressed remain the responsibility of the named authors and do not  
necessarily reflect those of publisher.



## FOOD HABITS IN SILAPADIKARAM

A.Mahalakshmi<sup>1</sup>

Correspondence: mahalakshmia83@gmail.com

### Abstract

The basic necessities of human beings are food, cloth and Shelter. Among this, food occupies the primary position. The Tamil Literature and Grammar books which include Tholkappiyam and Sangam Literatures segregate the land into five categories like Kurinji, Mullai, Marutham, Neithal and Palai. Each of this land form has separate jobs and food habits which occupy an important position in social condition. Silapadikaram, which is one among the "Aimperukaapiyangal", was written by Ilangovadigal. In this work, he also spoke about the social conditions of Ancient Tamil society. So from this research article, the ways in which foods are separated, cooking methods and the ways in which guests are taken care of in Silapadikaram are discussed. In addition it gives a clear understanding as to whether people liked healthy clean food items or not and if they followed the principle of "Food is "Medicine".

**Keywords:** Aimperukaapiyangal, Basic Necessities, Food is Medicine, Food habits, Ilangovadigal, Sangam Literatures, Silapadikaram, Tamil Literature, Tholkappiyam