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# Brahmins Kitchen



## Beauty Tips

Beauty, it is inside in every human being. I believe that inner beauty is more precious than the outer looks. Nobody can destroy our inner beauty.

Apart from that now a days all are conscious in looks and hygiene. That is really appreciated.

This is a sincere attempt to write about the traditional "Tamil Brahmin's" (Tam-Brahm) recipes.

This newsletter will contain the recipes of the food that are typically cooked in a Tamil Brahmin community (Iyer & Iyengar or any Brahmin community).

There is an old saying that goes like this "You are what you eat" and Brahmin Cuisine follows the concept of shaping the personality, mood and mind of the family members.

<https://www.facebook.com/groups/BrahminsKitchen/>

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Brāhminṣ Kitchēn



Gayathri Muthukumar

## Tips

For acidity

Dhaniya 1 tbsp. Soak this in half cup of water overnight and drink next day morning in empty stomach for 21 days. U can experience the difference.

For pregnant women

Methi 1 tbsp

Parboiled rice 1 fist full

Butter milk 1 / 2 cup

Salt

Soak the methi overnight. Next day cook the methi with rice. Cool it have it with buttermilk as break fast.

This should be taken from 7th month

Advantage: u will have smooth delivery, lot of milk.

Note : it's my personal experience. I fed my twin daughter's for 10 months.my servant maid told this tips.

For blocked nose

Varali manjal 1

Gingily oil

Nalla ennai vittu vilakethi athil manjal nuniyai katti adhil irundha pukkai varum.

Adhai mukarndhal mookadaippu villagum.

Do it for 3 time a day.

Face scrub

Mix coconut oil and sugar in ur palm and scrub it on ur face and hands.wait for 5 mnts then wash it with mild soap or moong dhal pdr.ur skin turn soft.

White teeth

Smear the banana peel (inside)over the teeth .after 5 mnts brush it with ur hand .it removes stains in ur teeth.

This peel can be used for shoe polish also.

Strawberries can be used in same method for whitening teeth.

For cracks in feet ( pitha vedippu)

(My sister in laws tips)

White urid dhal 1 tbsp

Small rava 1 tbsp

Lemon juice 1 / 2 slice

Little water

Pdr the urid dhal and rava and store it in a container.when ever u want take a spoon and add the lime juice mix like a paste ,apply over the cracks only at night.

Next day morning soak it in water for 5 mnts then scrub.apply thrice a week or daily if it is severe.

Note: best medicine for cracks. It's my experience.



One important thing I have to mention here  
All natural and ayurvedic tips should be tried for 21 days only. Then give 10 days gap and again use it for 21 days.it's a cycle that I have learnt from ayurveda book.if it is wrong guide me.

To remove the bad odour in under arms  
After taking bath apply a pinch of baking soda.then use any spray.don't use deodorant. Can see the change in the evening.it's my experience.

For new born baby apply pure coconut oil to the body and give a gentle massage .use only moong dhal pdr or any vasanai pdr. Don't use soaps or any powder after bath.

Even youngsters can apply oil to the face, hands and legs daily.

Some important points for the youngsters:

1. Take bath daily.in summers 2 times a day.  
The reason why am telling this is children's are accustomed to the climate.
2. Don't depend on fancy creams.if dry skin apply coconut oil before bath and use natural pdrS instead of soaps.fr oily skin wash ur face in cold water often.
- 3.don't say there is no time for these things.spend 10 mnts for ur self.
4. I recommend to drink at least 6 glasses of water a day.
5. Eat what ur conciouness says. For example : if somebody offers coffee during ur lunch time say no to that strictly.
6. Eat always half stomach.if u feel like having some more stop eating.
7. One important thing is don't skip ur food.
8. Avoid eating outside.u can also help ur parents by trying new recepies. Sothat working parents also be enthusiastic in trying new recepies.
- 9.don't think cooking and house hold work is an easy task. Being a homemaker is very difficult than a working men.
10. These points u might be aware , but still I request you people to follow cleanliness and hygiene which is not there in youngsters now a days.

## Digestion pdr

Kandanthipli  
Vayuvelangam  
Krambu  
Eilaichi  
Arisi thippili  
Adhimathuram  
Millagu  
Valmilagu  
Sugar

Evai ellame nattu marundhu kadai kidaikkum.

Take 50 gms each and grind it in mixer.finally add sugar as per taste.mix well and store it in airtight container .Whenever you hve indigestion have a tsp of this ppdr with warm water half an hour before food.

Note: for diabetic patient don't add sugar. Let them take as it is.works out well .

Can store it for 1 year in fridge.but make it in less Qty Sothat the flavour remains same.if taking to foreign country then make more Qty.



## Bhagavathi Hari

### Tips

- \* Elders without fail must have handful of fried grams.
- \* Snack on dry fruits. esp, badam and walnuts.
- \* Including lots of pepper jeera and methi leaves in daily diets, prevents cold attacks.
- \* The lemon peels can be rubbed on the face as well hands and elbows, since it reduces black heads on skin pores.
- \* including curry leaves in some form, maintains thickness of hair, luster of hair and also makes hair stronger.
- \* Soak 50gms of methi seeds overnight.  
In the morning dont wast soaked nutritious water, mix it with buttermilk. Grind thr meethi seeds fine, apply as hair mask. It rejuvenates hair and cools the system.
- \* Take 200gms of Ginger. Peel the skin, grate it fine. Heat kadai and saute the grated ginger till its cooked. Now add 250 gms of sugar and let it stay in low heat, till it gets thickened and start leaving sides. Pour this on a greased plate, make small square pieces, store after its cooled.  
This prevents INDIGESTION for all ages.  
U can hav this twice in a week.
- \* Give sundal of any pulse to kids as well elders twice a week. It helps to maintain a healthy physique.
- \* as far as possible home made snacks with lots of jaggery used and simple low calorie snacks should be given to kids.
- \* They hav to be taught to respect elders, do their work with punctuality and discipline.
- \* every week they must take oil bath.
- \* KIDSS and BEAUTY tips:  
\* Using least oil and salt in day to day cooking helps in maintaining good health.  
\* Alternative days Greens cucumber and carrot has to be consumed. This helps in building good healthy thats free from any ailments.,..
- \* Applying coconut oil to the whole body before bathing, makes skin softer and fairer, for all ages.  
\* For general immunisation include lemon in some form, like lemon rasam, lemon rice, lemon juice, lemon aal etc, atleast thrice a week. This prevents crystallisation in inside kidneys, too.
- \* Give children lots of fried gram urundais. As they are rich in protein.
- \* Habit of eating lots of vegies and salad has to be inculcated, so that they do get used.
- \* After a tired day, cut cucumbers round and keep on ur eyes for ten minutes, which refreshes tired eyes.  
\* potatoes can also be cut round and kept on eyes ten minutes this way, which refreshes the eyes.



\* Boil omaelai one, beetle leaves one and piece of ginger. Filter this water and give twice in a week, to avoid any problems related to stomach.

\*Take 20ml milk, add wheat flour and kasturinmanjal abt spoon each.smear on ur tanned hands, elbows and legs.it is lightened day after day.

\* Daily application of castor oil on the eyelids for elders, reduces heat and stress.

\* same castor oil applied on eyebrows helps to maintain a shapy eyebrows, both for kids as well elders.

To be followed daily morning:

\* As soon as u get up in the morn, having one liter of water on empty stomach, washes stomach and toxins r pushed out.

\*Take a spoon of Gingelly oil, having it in mouth for 5minutes, goggling al along, removes bad breath, strengthening gums and teeth

\* Having one tumbler of hot water, in which one spoon Honey and half of lemon mixed, clenses system. Helps in good digestion.

\* chewing 4 tulasi leaves prevents cough and cold.

\* After this minimum of 30 minutes has to spent on morn walk, that helps to keep fit, health as well mindwise.

\*People with oily skin hav to wash there face every hour to avoid pimples and heat boils.

\* Drink plenty of buttermilk to avoid acidity and to make the system cool.

\*Mix besan flour one spoon, drop of gingelly oil, rose water one drop, curds one spoon and a drop of honey, apply mask, let it dry and wash after 20mnts for a soft and clear facial texture.

## Sri ram Uma

### Tips

pengalukku mugathil romangal erundhal siridhu kupaimeeni ellai siridhu manjal siridhu neervittu araitu eravil mugam fullah thadavi mring nandragha facewash panninal mugathil ullah romanghal udhirndhumidum.

Vaaram erumurai seidhu varavum.

instead of using artificial cream ths will b very useful.

in empty stomach in morning 1Tsp lemon juice 1/2 Tsp honey 1 Tsp vepamboo todarndhu 48 Days saapitu vandhal thoopai kuraiyum.