

South indian Diwali legiyam

Legiyam is medicated syrups that are thick and soothing enough to relieve sore throats or loosen a cough and also helps for digestion.

Diwali, the festival of lights, is always accompanied by an abundance of sweets. Whether it's from your aunts and uncles from the neighbourhood who visit your house on the special day or the homes of friends where you hang out on that day, you will be flooded with homemade jalebis, mysurpaks, athirasams and murukku varieties.

Irrespective of whether you are a fitness freak or calorie-conscious person, abuse of the stomach is the order of the day.

Here comes to your rescue the Diwali legiyam, a concoction which helps cure indigestion. In some households, it is a must to swallow this legiyam first thing in the morning on the day of Diwali. A mix made of dry ginger, athimathuram, valmulaku, omam, patta, sombu, elaichi and jaggery, this legiyam helps to prevent and cure indigestion.

receipe 1

Ingredients:

- * Siddharatha- 10g
- * Long Pepper -10g
- * Omam or Carom Seeds -100g
- * Nutmeg-half
- * Bark Cinnamon– 2 gms
- * Poppy seeds — one spoon
- * Fennel Seeds — 2gms
- * Clove — 2pieces
- * Pepper — 50 grams
- * Cumin seeds –2 gms
- * Ginger — -10g
- * Orange — 1 (juice)
- * Ghee — 100gm
- * Gingerly oil (sesame oil) — 4 tsp
- * Honey — 1 ladle full

- * Jaggery — 250 Gms
- * Cardamom – 5g

Method

* Pound the hard ingredients and dry them in the sun with the other items. Heat the pan and fry the items one by one to golden brown and keep aside.

* Grind them to powder in a Mixer (blender) and sieve the flour. Store the flour in an air tight container.

Wash the Ginger nicely, grind it using one ladle of water and make juice out of it.

* Make juice out of the Orange and filter it. Pour both the Ginger juice and Orange juice into the pan. Powder the jaggery and add it to the juice mixture. Heat the mixture.

* Do not add water. Once the jaggery dissolves, filter it to remove the dirt. Wash the pan, pour the mixture again and boil it for 2 minutes. Then add the prepared flour slowly and when it becomes like a gravy, stop adding the flour.

* Add Ghee and sesame oil. Cook on a medium flame.

Touch and see, if non-sticky remove from fire and add honey.

* Stir well. Cool the mixture.

* Store in a bottle or a container.

Diwali Legiyam recepte 2

Diwali Legiyam (Diwali Medicine).

Diwali Celebrations are coming to a close. Hope everyone enjoyed the Diwali feasts and treats with family and friends. Too much of feasting may follow with fasting due to stomach upsets, for a few. Thats why in our Diwali tradition its good to include something that can prevent this.



Clockwise: Longpepper, Jeera, Dhania, Cardamom, Black Pepper, Ajwain, Dry ginger in centre

There comes the Diwali legiyam, part of our tradition, that is good for digestion. For family and visitors when we serve the Diwali treats, a small lump of this Legiyam is also served so that they have this legiyam first and enjoy treats unthinking of any worries. [In tamil as we say, Virundhukku mun Marundhu or Medicine before Feast.] It has a strong spicy/sweet/sour taste.



My Diwali Sweets and Savouries:- Badam Halwa, Vanilla Chocolate Burfi,

***Maa Ladoo, Mixture, Mullu Murukku,
Ribbon Pakkoda and Diwali Legiyam in centre.***

Here goes the Ingredients Needed:

- 1. Pepper 2 tsp***
- 2. Jeera 2-1/2 tsp***
- 3. Ajwain (Omam) 1/4 cup***
- 4. [Kandanthippili 10 sticks](#)***
- 5. Coriander Seeds 2-1/2tsp***
- 6. Dry Ginger (Sukku) small piece***
- 7. Ghee 3 tsp***
- 8. Gingely Oil 4 tsp***
- 9. Jaggery (For 1 portion of paste, 1 portion of gud)***
- 10. Elaichi Powder***
- 11. Honey.***



Method:

- 1. Soak 1 to 6 items in warm water for 2 hours.***
- 2. Grind into a smooth paste***
- 3. Cook this paste, till good smell comes.***
- 4. Pour little water on jaggery and cook till it melts.***
- 5. Filter it, cook again for 5 minutes.***
- 6. Add the paste on Jaggery and cook by pouring some oil and ghee.***
- 7. When it leaves the sides, switch off.***

8. Add honey and elaichi powder mix well.



Diwali Leygiam receipe 3

These are medicated syrups that are thick and soothing enough to relieve sore throats or loosen a cough. Leygiam is part of our tradition and is good for digestion. On Deepavali Day after we serve the Diwali treats, a small lump of this Legiyam is also served so that they have this legiyam first and enjoy treats unthinking of any worries.

An age-old concoction of spices and condiments, it is also 'Deepavali marundu' or 'Lehyam' in South India. It is what you need to digest all the sweets that you eat this festive season. (also called as Leham, legiyam, leygiam, leyham, leigiam, lehyam, or Deepavali Marundu)



Ingredients

- Pepper 2 tsp
- Jeera 2-1/2 tsp
- Ajwain (Omam) 1/4 cup

- Kandanthippili 10 sticks
- Coriander Seeds 2-1/2tsp
- Dry Ginger (Sukku) small piece
- Ghee 3 tsp
- Gingely Oil 4 tsp
- Jaggery (For 1 portion of paste, 1 portion of gud)
- Elaichi Powder
- Honey.



Method to make Diwali Leygiam

Step 1: Smash all the dry and medicinal ingredients in a mortar and pestle.

Step 2: Pour some warm water and soak them for about 15 minutes to 2 hours depending on ingredients.

Step 3: Grind into a smooth paste in a blender.

Step 4: Add 1/2 cup water and

thoroughly mix up the paste and place in a heavy bottomed wok or vessel

Step 5: Cook it on a slow flame, stirring it all the time with a flat ladle so that no lumps are formed, till good smell comes.

Step 6: Pour little water on jaggery and cook till it melts.

Step 7: When the water is nearly evaporated add the crumbled jaggery and stir it in.

Step 8: Filter it, cook again for 5 minutes.

Step 9: Add the paste on Jaggery and cook by pouring some oil and ghee, keep stirring

Step 10: When it leaves the sides, and comes together in a ball switch off.

Step 11: Stir in the honey and store in an airtight container.

Step 12: Eat spoon of leygiam on Deepavali after taking bath and before you eat anything else.

Diwali in different regions of India

Diwali is celebrated in almost all the regions of India. It has become synonymous with the culture and celebrations of India. People in different parts of the world celebrate Diwali with zeal

and enthusiasm. They consider the festival as the one that signifies the victory of good over the evil. It is believed that the evil spirits are destroyed into ashes by the fireworks. On the occasion, there are jubilations and feasts all around. The ancient festival of Diwali has been celebrated for ages in India and annual celebrations are still held each year all over the country with great flourish, enthusiasm and gaiety.

Traditionally believed to be a Hindu festival of wealth and prosperity, it is amazing to see how Diwali has become an occasion for all Indians irrespective of their status and castes. Celebrated with great excitement and grandeur, Diwali or is one of the prime Hindu festivals that unite the whole of India.



North India: According to the great Hindu epic 'Ramayana', Diwali is believed to be the time when Lord Rama defeated and killed the evil King Ravana and after passing a period of of fourteen years in exile returned to his capital

Ayodhya on a new moon day of the Kartik season with wife Sita and brother Lakshman. This homecoming of Lord Rama was celebrated with lights, fireworks, bursting of crackers and merriment. The tradition continues to this day in the northern states of Uttar Pradesh, Punjab, Haryana, Bihar and the surrounding areas where huge effigies of Ravana are burned symbolizing Lord Rama's vanquishing of the demon king. The Diwali night, in these areas, is a night of fireworks with sparklers and crackers of all types burnt throughout the night. The idols of Goddess Lakshmi, the symbol of wealth and prosperity and Lord Ganesh, the elephant-headed god, the symbol of auspiciousness and wisdom, are worshipped in most Hindu homes on this day. Most of the temples dedicated to the worship of Lord Rama or Krishna celebrate Diwali with great piety and eagerness.

Western India: In the western states of India, Diwali is a four-day festival, the preparations for which begin at least 15 days in

advance. The markets liven up almost a whole month in advance for Diwali shoppers and the shopping frenzy peaks with the advancement of the occasion. On the night preceding Diwali, Gujaratis start celebrations by creating designs depicting images associated to the festival like deities, sun and flowers from natural powder colors in verandas. Images of small footprints are also drawn over individual doorsteps which are supposed to be a way of inviting Goddess Lakshmi to the house.

Gujarat, this is the New Year day when people visit each other to wish a new beginning. Bhai Dooj is the last day of the festival that signifies sibling bonding and the celebrations during this day is quite akin to Rakhi, another great Indian festival standing for the brother-sister relationship. Unlike Raksha Bandhan however, which is a day dedicated to brothers, Bhai Dooj is dedicated to sisters.

Southern India: In Southern India, Diwali is celebrated in the Tamil month of aipasi (thula month) 'naraka chaturdasi' thithi, preceding amavasai. Naraka chaturdashi is the main day of the Diwali celebrations in this area. The preparations begin the day before, when the oven is cleaned, smeared with lime, religious symbols drawn on it and then filled with water for the next day's oil bath. Individual homes are washed and decorated with rangoli designs. Firecrackers and new apparels are kept on a plate to be used on the following day. On the morning of Naraka chaturdashi, the actual celebrations begin with an early morning oil bath before sunrise and new clothes worn.



A unique Diwali custom in Tamil Nadu is the once-in-a-lifetime event, Thalai Deepavali, when newlyweds spend their first diwali after marriage in the bride's parental home. The newly married couple, after taking blessings from the elders, burst the first crackers of the day and thereafter pays a visit to the temple, get gifts of clothes and jewellery,

savor the sweets reserved for them and receive blessings of elders for a happy married life. On this joyful occasion, the groom's parents and relatives also come down to join in the celebrations.

In Maharashtra, Diwali is celebrated over a span of four days. The first day, Vasubaras, is celebrated by performing an Aarti (prayer with songs) of the cow and its calf- which represents the love between a mother and her baby. The next day is Dhanatrayodashi or Dhanteras, a special day for tradesmen and business people for new account books are opened by them after a worship of Lord Ganesh and Goddess Lakshmi. On the third day, Narakchaturdashi, people get up before sunrise and take a bath after rubbing scented oil on their body. After this, the entire family visits a temple and offers prayers to their God. Following this, everyone feasts on Faral, a special Diwali preparation consisting of delicious sweets such as "karanji" and "laddoo" as well as some spicy eatables like "chakli" and "sev". The fourth day is Lakshmi poojan day, a new moon day, the dark night of which is illuminated by lamps and fireworks. In every household, an idol of Goddess Lakshmi and items of wealth like currency and jewellery are worshipped. Friends, neighbours and relatives are invited over and celebrations are in full swing.

<u>ENGLISH</u>	<u>HINDI</u>	<u>TAMIL</u>	<u>KANNADA</u>
<u>Spices/Herbs</u>			
Turmeric	Haldi	Manjal	Harasina pudu
Coriander seeds, Coriander powder	Dhania	Dhaniya	Kothambari
Cloves	Lavang	Lavangam, Kirambu	Lavanga
Fennel	Saunf	Sombu	-----
Cinnamon	Tuj/Dalchini	Pattai	Lavanga pattiai
Cardamom	Elaichi	Yelakkai	Ellakki

Cilantro, Coriander leaves	Dhania	Kothamalli	-----
Ginger	Adrak	Inji	Shunti
Garlic	Lasun	Poondu	Bellulli
Pepper corns	Kalimirchi	Milagu	Menasu
Fenugreek seeds	Methi	Vendhayam	Menthiyam
Red chili pepper	lal Mirchi	Kaindha milagai, Vatral milagai	-----
Poppy seeds	Khuskhus	Gasagasa	-----
Asafetida	Hing	Perungayam	Ingu
Saffron	Kesar	Kungumapoo	-----
Aniseed	Sauf	Perunjeeragam	Dodda jeera
Bay leaf, Cinnamon leaf	Tej/Tuj patta	Birinji ilai	-----
Cumin seeds	Shah Jeera/Kala Jeera	Sombu	Jeerike
Mustard seeds	Rai/Sarson	Kadugu	Sasuve
Mint leaves	Podina	Pudhina	Pothina
Acorus		vasanbu	
nutmeg		jadikkai	
Gold mug		kadukkai	

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