

TRADITIONAL FOODS AND DISHES OF THE RAJBANSHIS OF NORTH EAST INDIA: CONSUMED AND RELISHED WITH SATIETY

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Abstract:

Many ethnic groups of people lived in North Eastern India, till the ancient period. Among of them Rajbangsis are the most indigenous people of the region. Generally lived in the Districts of North Bengal, Districts of lower Assam, and also Rangpur, Dhaka, District's of Bangladesh, Nepal, Bihar. It's believed that the people of the community belong from mixed Mongoloid and Dravidian community. The Rajbanshis are popularly known for their own flourishing cultural heritage. For the reason to live in the jungle village areas of Foothills Himalayan they used to eat large number of wild plants of leafy greens. With the use of numerous wild plants they prepared their own traditional delicious food items. Sidol, Sukati, Horpa, Chheka, Shukta, KochuShak, Foktani, PantaBhat, are the popular traditional dishes of the peoples of Rajbangsi community.

Most of the food items is biologically beneficial for human body. The key ingredients for preparing the traditional dishes such as, Samukh (Snail), Shukta (dryfish), KochuShak (leavesofarum), Atiyakala (seedybanana), Sajnapata (drumsticks leaves), were biologically proven healthy and rich in protein. This paper documented the method of preparation the food items and their biological significant, there is a lack of evidence in the case of writing. If there was present more evidence, the text could have been given a different dimension. Basically it's very necessary to do a scientific analysis of the food habits and the benefits of the Rajbangsi people's.

Keywords: Rajbansi, Indigenous, Traditionaldishes, Sidol, Sukati, Shukta, Horpa, Foktani, Samukh, Sajnapata, Chheka, Atiyakala, Pantabhat.

Introduction:

North East India, the north eastern region of India comprising with eight states - Arunachal Pradesh, Manipur, Assam, Mizoram, Meghalaya, Nagaland, Sikkim and Tripura. The total area of N.E. India is 262179sq.km. According to the census of India, total population of India is 45,772,188 and the density of population is 170/sq.km¹. The states of North East India recognized officially under the North Eastern Council (NEC)². Guwahati, city of Assam is known as the Gateway of N.E. India. Many ethnic groups of people lived in this region, among of them Rajbanshis were most indigenous community.

Rajbansi means the people who belong from Raj Bansha, literally means Royal Community³. They were most indigenous community in Northern Eastern part of India. They particularly lived in Kamrup, Goalpara, Kokrajhar, Naogon of lower Assam, Rangpur, Pabna, Dhaka, Rajshahi of Bangladesh, Kathiar, Purnia, Kishanganj of Bihar, Morang, Jhapa of Nepal, Meghalaya, Tripura and specially the northern part of West Bengal, North Bengal.

According to the census of India in 1971 total Rajbansi people of North Bengal is 1,027,669. According to Swaraj Basu, Rajbanshis are the most orient section of Hindu Community. They are the third largest Hindu Caste of Northern part of Bengal⁴.

There were many research had been done on Rajbansi Community. The vast discussion we noticed in the writings of Dr. Charu Chandra Sanyal, on his writings “*The Rajbansi of North Bengal*”. Another important writing was done by Girija Sankar Ray namely, *Uttarbanger Rajbangsi Kshatriya jatir Puja parban*. In present times among the researches, scholars, Historians are being facing a controversy either the Rajbanshis are Koch or not. H.H. Razley the prominent anthropologist on his writings mentions that the Koch and the Rajbanshis are same⁵. On the other hand James Minahar on his book “*Encyclopedia of the Stateless Nations: Ethnic and National around the World*” Rajbanshis are the mixed people of Aryan, Dravidian and Tibeto Burman. Their culture related with Bengali and Assamese culture⁶. According to him the Koch who was adopted Hinduism they are called Rajbanshis⁷. Dr. Charu Chandra Sanyal in his writings also highlights the Hindu dharma adopted Koches are the Rajbanshis⁸.

The Rajbansi people mostly lived in village areas. They were the family person⁹. Agriculture was the basic unit for their economy. Rajbanshis were the land depended people. They did not show their interest in education. According to the report of Kshatriya Samity 1320(Bengali year) no one Rajbansi students attend B.A examination. Only 15 students attend in Matriculation Examination¹⁰. Even they have not shown any interest in government services¹¹. As per the natural rules of most indigenous community, they believe in nature God and Goddess. They worship air, trees, river, snake as God and Goddess. However, this system of nature worshipping is found in European and African culture also. Some of important God and Goddess of Rajbansi communities were *TistaBuri*, *Mashan*, *Bisahori*, *Madankam*, *Mahakal*, *Suvachani* etc. Brahmanical rituals were not followed by them. The people of this community have their own folk culture, folk songs, folk lore also. The male person of the community is mostly wear Genji, Gilap, Dhuti¹² etc. The female wear Patani, Bukani, Phot, Mekhla¹³ etc. The women of this community played an important role for their families. Many women have the knowledge about traditional medicine and also have knowledge about “Mantra Tantra” on religious sector. They basically have known as ‘*Ojhali*’ or ‘*Gunia*’¹⁴. They got special attention from all the peoples of the community. These habits were at the initial stages of the Rajbansi society. As the civilization grows and developed in its line, the Rajbanshis were being adopted the civilized tradition of culture, dressed, food and medical system.

Objective of the study:

The main objective of the study is to investigate into the distinctive features of the social structure of the community in terms of family, marriage, traditional food habits and various types of cultural aspects of the Rajbansi people.

Methodology:

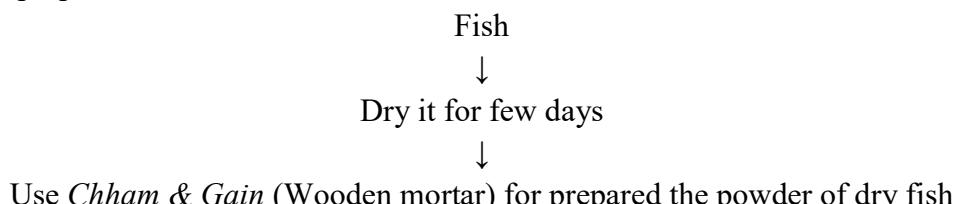
For the study on the traditional food habits of the Rajbangshi community qualitative, historical as well as analytical methods have been used. For the preparation of this paper I have

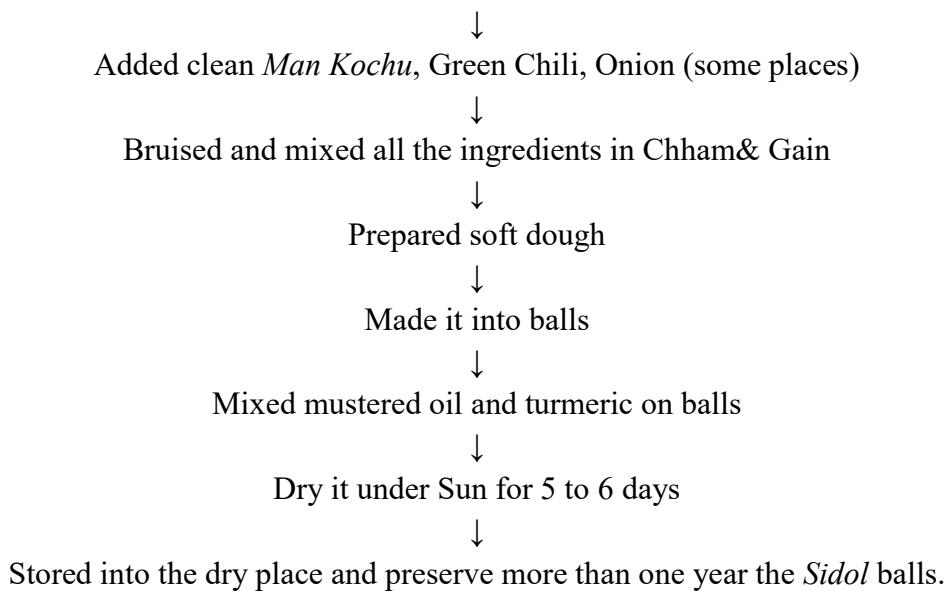
consulted both primary and secondary sources. Primary sources of data comprises of interview, government reports, census data, memorandums, proceedings and other associated techniques. The primary data is collected through a semi structured interview schedule and group interview etc. Secondary sources of data include relevant books, journals, magazines, newspapers, website and other related information has been consulted for the work.

In the present studies it has been mainly concentrated on the traditional food habits of Rajbanshi peoples of North Eastern India and their biological and medicinal importance. However, the food habits, culture, customs of the Rajbanshi people are not same in different, places. The life style of North Bengal Rajbanshis with the Rajbanshi peoples of Assam or Meghalaya, Rangpur was different. The change can be noticed in language, culture, food, dress habits also. Even after that we seen some important traditional food habits were common among of them till the colonial period. Actually Food habits mostly depend on nature and geographical location of this region¹⁵. Environment also took a prominent role. As per nature resources the people of North East India eat rice, meat, fish, milk, and green vegetables. But out of all some specific traditional food habits are seen among the Rajbanshi peoples. Dr. Charu Chandra Sanyal on his books “*The Rajbansis of North Bengal*” mention that *Sukta, Pelka, Sukati, Kachu Shak*, were the important delicious food of this peoples¹⁶. Dilip Kumar Dey on his writings “*Cooch Beharer LokoSanskriti*” also talk about the traditional food of Rajbanshi community. He also mention about the *Chhekha, Shidol* and *Pelka*¹⁷. Also others traditional foods of this community is *Panta Vat, Kolar Mocha, KultiKalai, Jhinuk, Shamuk, Takoya, Atiya Kola, SajnaPata, LafaShak, Doi-Chira, Telani Cha, Manamuni, BasokPata, Aamsi, Patashak, Khuria, Battua, DhekiShak, ThakuriKalai, KhesariKalai, Gunda, Muri, Moya*etc.

The Rajbanshi peoples were basically used local plants for their traditional food or any household work¹⁸. In India there have 800 plants are consumed for specially food. The tribal indigenous people are used most of them plants which is biological significant for human body¹⁹. Health of the indigenous peoples was indicating about the nutritional sides of their food. Naturally we seen the tribal peoples are much stronger than the other peoples. One thing is commonly noticed that the Rajbansi women giving birth 5 to 7 children. It is very natural in previous time to see, one woman had above 7 children. But even that his body strength was never fall down that time even in her old age²⁰. In present days also in the village areas either any person or children of Rajbanshi community hazard in common flu like cold, fever, cough, abdominal pain and etc they used their home made medicines. Here I want to mention some biological significance and the way of preparation of traditional Rajbanshi food.

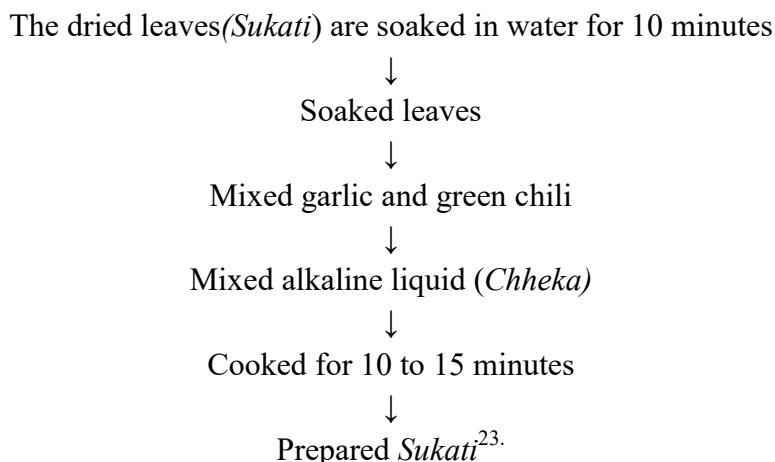
Sidol: *Sidol* is one of the most important foods among the Rajbanshi peoples. It made from the ‘Dry Fish’ with ‘Man Kachu’(one type of black-arum)²¹.The flowing chart indicates the process of preparation of *sidol*.





The Rajbangsi women's mainly prepared it, preserve it and finally cook it. It is believed that *Sidol*, enhance appetite, control Blood Pressure and also strengthens the heart. This *Sidol* are rich in Calcium, Iron, Vitamin A, B and E²² as it is made from the small fishes available in rivers and local markets and *Man Kochu*. Scientifically it proves that the small fishes are full of nutrition.

***Sukati*:** Another important item of traditional foods is *Sukati*. It made from the Jute leaves (*pat shakpata*). After bringing the leaf of jute, it is sprained with some salt and it dried in the sun. After that the dried leaves the (*Sukati*) are preserved. *Sukati* is an oil-free food. The flowing chart indicates the process of preparation of *Sukati*.



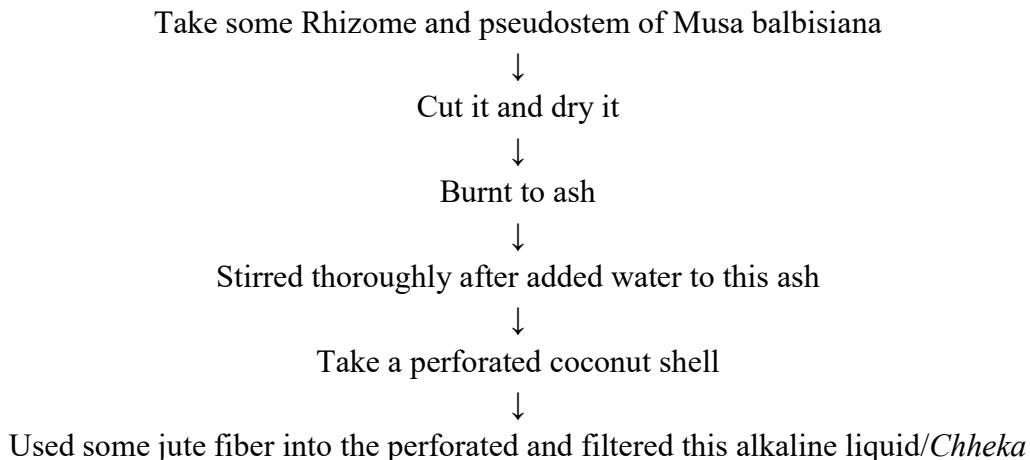
Because, *Sukati* is a oil-free food item and any kind of rich spices do not mixed here, it help to eliminates gas, acidity and indigestion²⁴. If the *Sukati* is soaked in water the before night and the soaked water can be eaten on an empty stomach in next morning; it helps to increase digestive energy and climate gas²⁵.

***Atiya Kala Gach*:** *Atiya Kala Gach* is a one type of Banana tree. *Atiya Kala* is generally known as seedy banana or the banana with many seeds²⁶. We all have known about the benefits of banana. This fruits is full of vitamin C, A, B₆ and B₁₂. Banana stems also rich with vitamins. Even every part of banana tree is useful. A 2017 meta-analysis published by *prilozi*

section of medical science highlight about the biological significant of banana plant²⁷. ‘Atiya Kala Gach’ or the banana stems cut away, the upper layers are not used. Only the inner stems are used. After clean the inner tender stem it cut into small bits and cooked it. This part of banana stem is rich of Vitamin B₆ and potassium. Which is helps to control Anemia, produced of Insulin and Hemoglobin²⁸. It also benefit on weight loss. They eating of *Atiya Kala Gach* once a week control high blood sugar. It also very much beneficial for kidney stones, it helps to detoxify the human body²⁹.

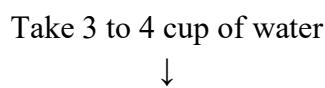
Doi – Chira: *Doi* (Curd), *Chira* (Flattened rice) is one of the essential traditional food item among the Rajbanshi people³⁰. It is also used as *prasad* in every religious festival even in marriages also. Generally we had known the biological benefits of *Doi/Curd*. It was made from Milk. Because the Rajbanshi peoples were lived in village areas and agriculture is the primary sector of economy, so cow is common animals of every Rajbanshi family. Naturally the milk produced is very much useful. Curd is full of essential nutrition like, Vitamin B₂, B₁₂, Magnesium, Potassium and Calcium³¹. Medical science was mention about the six important use of Curd. Curd with *Chira* was healthy for human body. It is important for diet plan. It also controls gas and acidity³².

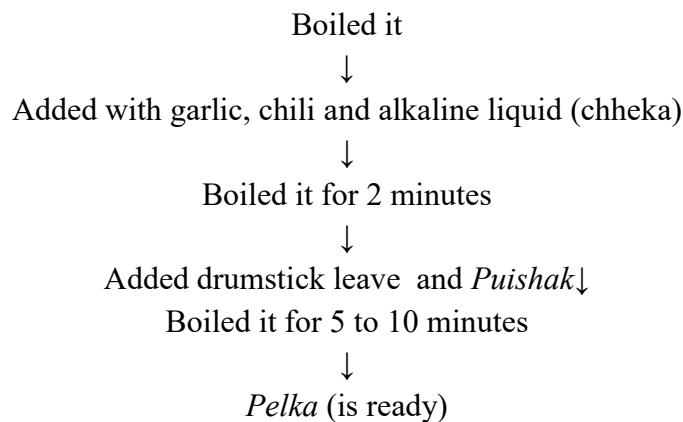
Chheka: *Chheka* actually is an alkalineliquid³³. It is worked as baking powder. It is a key ingredient for preparing some traditional food of this community. Rhizome & pseudostem of *Musa balbisiana*³⁴ is the main ingredients for *Chheka*. The flowing chart indicates the process of preparation of *Chheka*.



This liquid was use to prepare *MaskalaiChheka*, *SidolerChheka*, *SidalerAota*, *Pelka*, Sukatir Chheka, *Foktani*, *Velka* etc. It worked as to control gas, acidity, control constipation and also helps to cleanness the stomach³⁵.

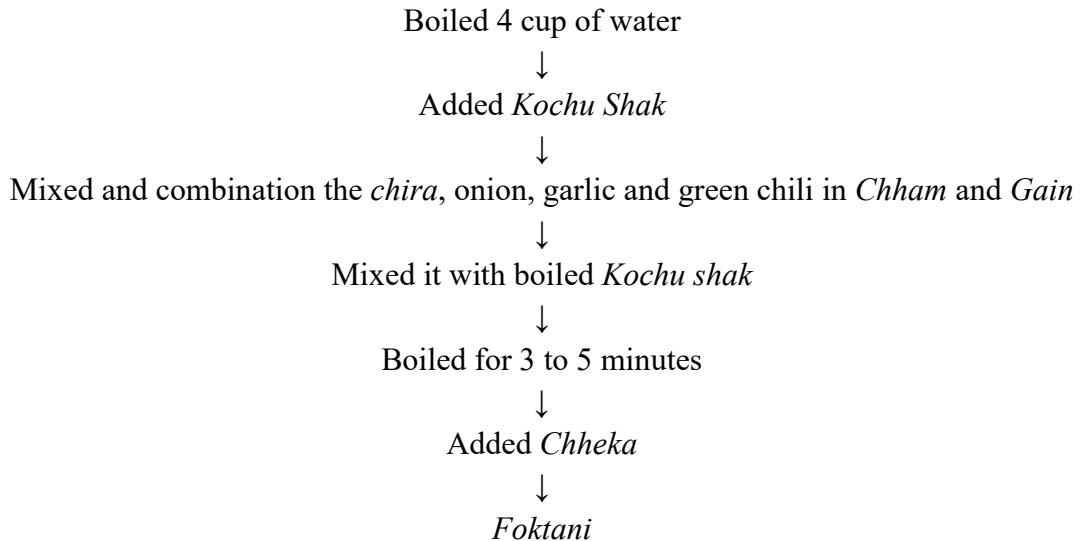
Pelka: *Pelka* made from the different leaves of green vegetables. There are seen different types of *Pelka*, such as, *Napa Shaker Pelka*, *Sajnapatar Pelka*, *Kochupatar Pelka* etc. the main ingredients for preparing *Pelka* is, *SajnaPata* (Drumstick Leaves), *PuiShak* (*Basella alba Linnaeus*), Chilly, *Chheka*, Garlic³⁶.The flowing chart indicates the process of preparation of *Pelka*.





It is believed that *Pelka* helps to control acidity³⁷. It also control the sugar level, biologically drumstick are very much essential for sugar and many other diseases. The Rajbansi peoples eating *Pelka* mainly regain taste after any kind of prolonged illness³⁸. The key ingredients of *Pelka* mostly the leafy greens, biologically the leafy vegetables are essential for human being.

Foktani: It is also an oil-free traditional food of Rajbansi peoples. *Kochu shak* (leaves of arum), onion, garlic, green chili, *chheka* and *chira* (flattened rice) are the ingredients for prepared of it. They also use ‘Gomer Gunda’ (Powder of wheat) in the place of *Chira*³⁹. The flowing chart indicates the process of preparation of *Foktani*.

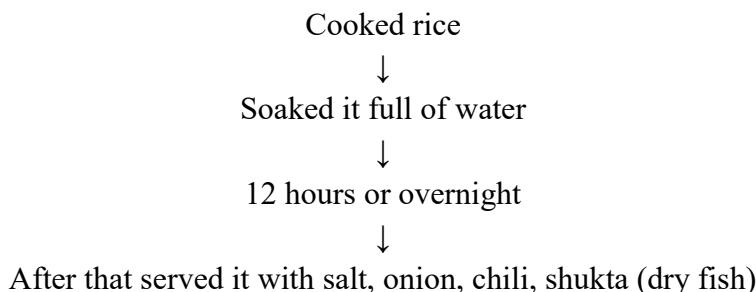


The key ingredients of *Foktani* are *Kochu shak*, *Chira* or wheat biologically beneficial for human body. It helps to reduce acidity, indigestion, helps to increase the taste in mouth⁴⁰.

KochuShak (Taro Leaves): The ingredients for preparing *kochu shak* are onion, garlic, chili and mainly *kochu pata*⁴¹. Some important health benefits of *Kochu Shak* is –
(1)Boosts immune system,(2) Acts as an antioxidant to prevent cancer, (3) Control cholesterol level,(4) Helpful for eyes,(5) Control blood pressure,(6) Helpful for brain and nervous system,(7) For the women, it helps to control anemia,(8)Increase sperm production,(9) Helps in diet etc⁴².

The taro leaves or *Kochu Shak* is rich of Vitamins, like Vitamin C and A which helps to fight disease. Medical science proves that in *Kochu Shak* have no cholesterol and fat only 1%⁴³.

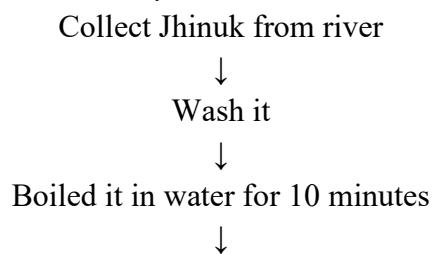
PantaBhat: Dr. Charu Chandra Sanyal on his book mention about the *Panta Bhat*. One of the favorite dish of Rajbangsi community. Madhab Chandra Adhikary in his book “*Identity Crisis: A Study of the Rajbanshis of North Eastern India (1891-1979)*” highlight about the *Panta Bhat*⁴⁴(A night fermented rice). The Rajbanshi peoples in morning before going to any work they eat the rice. There was also a tradition to eat *Panta Bhat* in the first day of the Bengali month *Boishak*. The flowing chart indicates the process of preparation of *Panta Bhat*.



The tradition of eating *Panta Bhat* was popular in the states of eastern India, Bihar, Orissa, Assam, Tripura, West Bengal and Bangladesh also. Biologically *Panta Bhat* has more beneficial than the fresh rice. A biotechnology department of Assam Agriculture University was mention that, in fresh rice had calcium, sodium, potassium and iron in high quantities. But after the fermented of rice for 12 hours it healthy for human body⁴⁵. Because after that, increased the availability of minerals. According to Madhumita Barooah on his research topic highlight that in 100 gm fresh cooked rice had 3.4 mg iron but after fermented for 12 hours the quantity of iron stand 73.91 mg⁴⁶. Another research proves that, fermentation of rice increase the bioavailability of minerals like, Zinc, Iron and it also increased availability of Vitamin B.

Samukh&Takoya: *Samukh* (Snail), *Takoya* (another species of snail) is used one of the delicious dishes made by the Rajbanshi women. From *Takoya*, mainly cooked “*Horpa*”. The key ingredients for making *Horpa* were chili, garlic, onion, wheat powder and *chheka*⁴⁷. A nutritionist in Nigeria on his research paper said that the snail has more protein, which was published in *International Journal of Food safety, Nutrition and public Health*. Snail meat contains iron, calcium, magnesium, phosphorus, copper, zinc, vitamin A, B₆, B₁₂, k⁴⁸. Nutritionist Rob Hobson from Health Span also highlight about the beneficial of eating snail. It helps for eyes of human body.

Jhinuk (Oyster): Because of the Rajbanshi peoples are lived in the jungle villages areas, *Takoya*, *Jhinuk* are common item to make delicious dishes of them. *Jhinuk*, *Takoya* are collects by the men and women from nearby ponds and rivers⁴⁹. The flowing chart indicates the process of preparation of *Jhinuk*, *Takoya*.



The meat is taken out from the shell



Cooked it (mustered oil, salt, onion, garlic, chilly)

John Staughton (BASc, BFA) one of his article mention about the biological significant of eating *Jhinuk* (Oyster). It helps to control cholesterol levels, aid in weight loss, reduce blood pressure, and increase immune functions⁵⁰. It also improved bone strength to reduce osteoporosis. According to the USDA National Nutrient Database, Oyster rich of protein, iron, copper, selenium, manganese, copper, Vitamin D, B₁₂, B1⁵¹.

Sukti Mach: Now we are talking about sutkimach or Suktimach in our language. It is actually a type of dry fish, which can also be with any small or large fish. We should look the nutrition part of that. A huge amount of calcium presents in dry fish which is help to increase normal growth and strength of teeth and increase, to prevent the normal growth of fertilizers and to prevent the Growth Retarding (low weight) and Fital Death (Embryonic Death) and helping the development of led Milestones and development. There are also present important elements, iron, magnesium, sodium and potassium. Iron prevents anemia and various symptoms like, weaknesses, smooth, and child brain development etc. Sodium and potassium is dangerous if those elements were increased. In otherwise if those elements were decreased from normal level, it also dangerous for our body. Their work is to manage different complex processes from the management of nerves, muscles and heart. Therefore, it is possible to protect all these problems by eating sukti or sutki mach. Also found in Vitamin B₆, B₁₂, Vitamin C and A, each of them separate nutritional fiber, and also had some diet fiber. Which prevented constipation, helps to clean up the closet. And finally, sutki mach (especially marine fish) presents saturated fatty acid Which helps to keep heart healthy⁵².

Thankuni Pata: Thankuni leaf is a very well known medicinal plant in our country. Its Latin name is centella aciatica. The use of thankuni leaves in the rural areas of North Bengal has been going on since time immemorial. The small almost round leaves contain all the medicinal properties. Thankuni leaf juice is incomparable in curing diseases. Many diseases are cured through its medicinal properties. Its direct intake through food is able to play a vital role in curing the disease. Regionally, thankuni leaves are called Adamni, Titura, Teya, Manki, Thankuni, Adagunguni, Dholamani, Thulkuri, Manamani, Dhulabegun. But now everyone knows thankuni.

Multiple studies have shown that if one starts eating thankuni leaves regularly, the performance of every part of the body from head hair to feet starts to increase. There are many more benefits to matching that⁵³.

1. Decreased hair fall rate: Several studies at different times have shown that eating thankuni leaves 2-3 times a week eliminates the nutritional deficiencies inside the scalp. As a result, the level of hair loss begins to decrease. Another way to reduce hair loss is to use thankuni leaves. How? Take the amount of thankuni leaves and crush it. Then mix it with basil leaves and amla and make a paste. Finally apply the paste on the hair and wait for some time. After 10 minutes, the hair should be washed well. By the way, if you take care of your hair at least twice a week, you will see the magic (Kella Fateh)!

2. Toxic elements leave the body: In many ways multiple harmful toxins enter our body, blood throughout the day. If these toxins can't be removed from the body in time, but too much danger! And this work is done by thankuni leaves. How? In this case, mixing 1 teaspoon of honey with a small amount of thankuni leaf juice every morning removes the harmful elements present in the blood. As a result multiple diseases are forced to stay away.

3. Wound Healing: Thankuni leaves play a special role in the presence of sponges and other beneficial elements in the body. So from now on, if you cut somewhere, you will immediately cut a little thankuni leaf and put it there. You will see that the suffering will be reduced in an instant.

4. Improves digestion: Thankuni leaves will also improve digestion. This is because multiple studies have shown that the multiple beneficial ingredients present in thankuni leaves help in the secretion of digestive acids so that they look like ticks. As a result, problems like indigestion and heartburn cannot arise.

5. Enhances skin beauty: The amino acids, beta carotene, fatty acids and phytochemicals present in thankuni leaves play a special role in eliminating nutrient deficiencies in the skin as well as reducing wrinkles. As a result, the radiance of the skin naturally increases. At the same time, the chances of skin aging at a young age are also reduced, i.e. retains youth

6. Problems like diarrhea are eliminated

7. It is useful in the treatment of stomach ailments

8. The incidence of cough has decreased

9. The incidence of fever decreases. During the season change, those who can often be overwhelmed by the shock of fever, they must eat thankuni leaves

10. Gastric or peptic ulcer: It is the only medicine which can cure gastric ulcer most effectively⁵⁴.

In our Rajbangsi society, fried snak or bharta, bara, etc. made of thankuni leaves are eaten

Sajna Pata: Sajna or Sajina is a very familiar expensive and delicious vegetable. It's called Drumstick and Scientific Name Moringa Oleifera Scientists believe that the skin of the sajan leaves is greenish dark. Scientists believe that the leaves of sajna is a factory of Nutrition. Indian Ayurvedic Scriptures, sajina trees protect people from 300 different types of diseases. Modern science also supports this idea.Drumstick is one of those rare plant species whose seeds, flowers, leaves, and stems are edible and extremely nutritious. Moringa commonly referred to as drumstick is treated as a 'super plant' for its unique yet powerful properties that combat different ailments in our system. This nutrient-dense plant has its roots in Ayurveda and was used as a medicine by our ancestors. The stems of moringa plant are mostly used in Indian kitchens to prepare scrumptious delicacies. Drumstick is an easily available vegetable which is cultivated mostly in Asian and African regions. It is a staple vegetable in Southern India and is also widely consumed in other states⁵⁵.

01. Body aches: If there is pain or swelling in any part of the body, the pain and swelling can be cured by applying sajina root paste.

02. Ear pain: If the juice of sajina root is given to the ear, the ear pain is cured.

03. Headache: paste of sajian mixed with milk cures headache. Massage the paste on the forehead to cure headaches.

04. Abscess : The abscess is cured by applying layers of sajina paste.
05. Urinary stones and asthma: Urine stones are removed by mixing the juice of sajina flower with milk. Flower juice is especially beneficial in asthma.
07. Protection from gas: Mixing salt with sajina leaf juice and feeding it removes gas accumulated in the stomach of children.
07. Dog bites: Crushing sajina leaves and mixing garlic, turmeric, salt and pepper in it destroys dog venom.
07. Fever and cold: Eating leafy vegetables relieves painful fever and cold.
09. Diabetes: Sajina leaf juice cures diabetes.
10. Constipation and Sight: Sajina flower eliminates constipation and enhances eyesight.

Pelka is a very popular and delicious dish of the Rajbanshi family made of Sajina leaves.

The other leafy vegetables which were, more common among them, for living in the village areas. We may refer as an example, they eat *Puishak*, *Napa shak*, *Kumrashak*, *Thankunipata*, *Bashokpata*, *Kalmishak*, *Neempata*, *Khuriashak*, *Batuayashak*, *Dhekishak*, and also many leafy vegetables⁵⁶. The leafy vegetables also called green leafy or green vegetables. According to the report of USDA National Nutrient Database, green vegetables are low in fat and calories but high in protein⁵⁷. The quantity of vitamin K was particularly high in vegetables⁵⁸.

Apart from the food items, the Rajbanshis are habituated some special smoking items such as ‘Hukka- *Chillim*’ is common among the Rajbanshi male person. In every evening after coming back from work the male persons are meet together and enjoyed ‘Hukka-Chillim’⁵⁹. *Pan Guya* also a common eating habits among the men and women of the society.

Even the Rajbanshi peoples of North East India used most of the plants and leafy green directly for medical purpose. During the cold and cough of any children or person the Rajbangsi women used *BasakPata* (Malabar nut) as medical purpose⁶⁰. We all know about the medicinal benefits of *BasakPata*, most of Ayurvedic and Homeopathic medicinal purpose it used. *Neempata* (Neem Leaves), *Bash Pata*(Bamboo leaves) are boiled in hot water and bathed with it for relief any kind of itching⁶¹. *Durba* grass, (Meadow grass), *Dalimerkushi* (Young leaves of pomegranate) used as a medicine, to control excessive bleeding during the time of period of Rajbanshi women⁶².

Conclusion:

From the above mentioned evidence and discussion it can be said that a healthy diet noticed in the food habit among the peoples of Rajbanshi community. Actually lodgment in the foothills of the Himalayas and the weather include climate of Northeast India influences the traditional food habits of the indigenous people. This nutrition of their diet is manifested through the formation of their strong healthy body shape. Although most of these traditional eating habits of the Rajbanshi community that are verge of extinction. Urbanization, modernization and cultural assimilation with upper caste Hindus or non-Rajbanshi communities transformed the traditional phase among the people especially among the young generation of Rajbangsi peoples. Due to the influences of modernization they forgot to eat *Pelka*, *Sidol*, *Sukta*, *Sukati*, *Foktoi*, *Horpa* etc. In present day they used to eat different types

of snakes i.e., biscuits, chocolates and sweets. In the place of *Doi – Chira* the young generation of Rajbanshi people used *Khichuri*. Most of them have no idea how to preparing their old traditional *Chheka* (Alkaline Liquid). They used baking powder in the place of traditional alkaline liquid. Sitangshu Prosad Chakrobarti clearly mention on his writing “*Poribartonshil Giboner Shrot, Jalpaiguri Rajbangsi Somaj*” that “Relating food habit they also habituated with modern food habit at present”⁶³.

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