

ROYAL THAI CUISINE OF SUAN SUNANDHA PALACE FOR HEALTH ON THE THEORY OF THAI TRADITIONAL MEDICINE

Dr. Supalak Fakkham* & Pradubphet Krutchangthong*

**College of Allied Health Sciences, Suan Sunandha Rajabhat University, Bangkok, Thailand*

E-Mail: supaluk.fu@ssru.ac.th, pradapet.kr@ssru.ac.th

ABSTRACT

This research was the qualitative research which aimed to study the identity of the royal Thai cuisine of Suan Sunandha Palace, the set of the royal Thai cuisine of Suan Sunandha Palace, and Royal Thai cuisine according to the theory of Thai traditional medicine. The data was compiled using the primary and secondary documents from in-depth interview of who was inherited the family from Suan Sunandha Palace, who had a relationship to royal Thai cuisine, and Thai traditional medicine experts. The data analysis was the content analysis. The findings revealed that the Grand Palace was located in the central site (wind etiology), food was mostly spicy and the royal Thai cuisine of the residence of Phra Vimada Ther Krom Phra Suthasinee Nat Piyamaharach Padiwaradda which had the uniqueness of graceful flavor. The variety of ingredients and spicy flavor from vegetables, herbs and seasoning and also applying the food science; side dishes for its better graceful and delicious which related to the central geography that spicy food would disseminate the wind element and balance the body to prevent the illness. The recommended cuisine for 3 meals were; breakfast, lunch and dinner consisted of cooked rice, boiled rice or rice soup, chili sauce with Thai herb, spicy soup, salad. The royal Thai cuisine was adaptable as the desire and weather condition in each day. Thai cuisine or royal Thai cuisine was the dietary food as it helped prevent the constipation and enjoy eating without gaining weight. The good eating, sleeping and excretion were the significance of living to prevent the illness. The learning of Thai cooking was the learning of medical arrangement for the physical health of all people actually.

Keyword: Royal Thai Cuisine, Suan Sunandha Palace, Thai Traditional Medicine

INTRODUCTION

Thai cuisine was two distinct lines 1) the royal Thai cuisine, and 2) traditional Thai food. The first invented by people who live in the palace. The process of making food was complex, meticulous, and time-consuming to do by a lot of people. It was fineness which was difference from the second that the process of making food was not complex, not meticulous, and not fineness. Besides, it had a soft taste, it was not very spicy, not very sweet, not fermented food, easy to chew, and without bone [1]. The context of today's society has changed dramatically from the past. There was more food consumption from the food industry. The royal Thai cuisine identity has been reduced. Food from the food industry had not a soft taste, such as very spicy, very sweet, very salty, and very fatty, besides it was not fresh food, such as fermented food, frozen food, and can food. Thai people had problems with nutrition. It leads to many chronic non-communicable diseases, such as diabetes, high blood pressure, high cholesterol, and cancer. It was a problem of the national health of the country. Now, Thai people are turning to healthier eating habits, and change the way of life back to the original way of life. People are more interested in organic food, and to use more medicinal plants [2]. Encourage people in today's society to come back and consume the nutritious food was something that should be studied as well.

This study was to promote the culture of eating as the set of dishes according to the royal Thai cuisine by focus on meticulous, choice of fresh, and non-toxic raw materials. Besides, propagating the royal Thai cuisine of Suan Sunandha Palace that was considered a Thai heritage by focus on promoting a healthy diet. Knowledge of Thai traditional medicine was introduced to prepare healthy food recipes. The science principle was based on the explanation of the knowledge of Thai traditional medicine.

OBJECTIVE

This article was aimed to investigate 1) the identity of the royal Thai cuisine of Suan Sunandha Palace, 2) the set of the royal Thai cuisine of Suan Sunandha Palace, 3) Royal Thai cuisine according to the theory of Thai traditional medicine.

SCOPE OF THE STUDY

Study of food taste according to the theory of Thai traditional medicine. Some food set were selected from the royal Thai cuisine of Suan Sunandha Palace.

METHODOLOGY

Data source

It was obtained from documentary [3-11], and in-depth interview from who was inherited the family from Suan Sunandha Palace, who had a relationship to royal Thai cuisine, and Thai traditional medicine experts.

Research tools

The tools were interview form for whom inherited the family from Suan Sunandha Palace, those who have a relationship to royal Thai cuisine, and Thai traditional medicine experts. Camera, and recorder.

Data collection

In-depth interviews and observation, by using open-ended questions, note taking, and audio recording.

Data analysis

- 1) Analysis from documentary.
- 2) Note taking, and audio recording were transcribed, and summary.
- 3) Verify the accuracy and integrity of information. Extra interview for content and completeness.
- 4) Data were analyzed as separate issues, according to the scope of the study.

RESULT

Interviewee

It was divided into three cases as follows: 1) Professor Emeritus Dr. Poonpipat Amatayakul was inherited the family from Suan Sunandha Palace 2) Mr. Komson Dinakara Na Ayuthaya, and Mr. Kittipong Wirathamakoon had a relationship to royal Thai cuisine 3) Mr. Komson Dinakara Na Ayuthaya was a Thai traditional medicine experts.

Identity of the royal Thai cuisine

Based on qualitative data analysis, the identity of the royal Thai cuisine of Suan Sunandha Palace had a unique name, food menu, food taste, cooking process, and food decoration. For example, Chu-Chee; this name was came from chee-chee sound of the process of fried coconut milk with curry until fragrant. Banana in coconut milk was naming a new food menu to have a Naree-Jam-Seel for the name in the palace. Identity of the royal Thai cuisine had a soft taste, there was more than one flavor in one menu such as Nam-Prig (Chili sauce) was spicy, sweet, sour, and salty taste. The process of making food was complex, meticulous, chef must be know the principles of cooking, and must have the knowledge of the food components. The royal Thai cuisine was famous for its beautifully decorated, beautifully crafted by carving.

Set of the royal Thai cuisine

Set of the royal Thai cuisine was organizing many types of food in the same deck. It was consisted of cooked rice, side dish, sweets, snack, fresh fruits, and etc. The principles of set of the royal Thai cuisine was as follows: 1) each meal should not be repeated, 2) food coloring should not be duplicated in the same meal, 3) food taste should not be same in the set, and 4) menu should not be duplicated in the set.

The best known set of 3 meals

Breakfast was consisted of cooked rice/boiled rice, Nam-Phrik-Makham (fresh tamarind paste), fresh and steam vegetable, sweet fried beef, deep fried egg coated salted fish, salted egg yolk, sweet pork, fried mackerel, fluffy fried striped snakehead fish, curry, hot and sour soup, (Tom-Yam), herbal vegetables salad, vermicelli mixed with a chicken soup, santol compote (santol in syrup)/bualoy (dumplings in coconut cream), marian plum, sala (zalacca), or seasonal fruit.

Lunch was consisted of cooked rice, Nam-Phrik-Kapi (shrimp paste)/Nam-Phrik-Platoo (mackerel paste), fresh and steam vegetable, sweet fried beef, deep fried egg coated salted fish, salted egg yolk, sweet pork, fried mackerel, fluffy fried striped snakehead fish, winged bean salad, long eggplant salad, vermicelli mixed with a chicken soup, mildly seasoned soup, sweet-noodles in coconut milk syrup/thapthim krob/atap in syrup, pear, persimmon, and pomegranate.

Dinner was consisted of cooked rice, Nam phrik long ruea, fresh and steam vegetable, sweet fried beef, deep fried egg coated salted fish, salted egg yolk, sweet pork, fried mackerel, striped fried snakehead fish, boiled mackerel/spicy mixed vegetable soup/spicy chicken-curry in coconut milk, lemon grass salad, Chinese snacks (rice or wheat dough enclosing minced meat and steamed), Ka-Nhom-Tian (stuffed dough pyramid dessert), Thong Yip, Thong Yod (egg yolk fudge balls cooked in syrup), Khanom Ping (cookies made from flour and coconut), Kanom Jamongkut (a kind of crown-like yellow sweet mainly made of yolk and sugar), Mon Thong mango, Okrong Thong mango/rambutan/custard apple/toddy palm in syrup.

The best known set of the royal Thai cuisine include selection of ingredients, cooking process, as well as food preparation. It is reputed to be the body and eye food that is the food of the Suan Sunandha palace.

Royal Thai cuisine according to the theory of Thai traditional medicine

Thai traditional medicine (TTM) is defined by law as “the medical processes dealing with the examination, diagnosis, therapy, treatment, or prevention of diseases, or promotion and rehabilitation of the health of humans or animals, midwifery, Thai massage, as well as the preparation, production of Thai traditional medicines and the making of devices and instruments for medical purposes. According to TTM which is based on Buddhism, the human body is composed of four elements (‘taht’ in the Thai language), i.e., earth, water, wind, and fire. When the four elements of the body are in equilibrium, it will be healthy. In contrast, if an imbalance in these elements occurs, i.e., if there is a deficit, an excess, or disability in any of the four elements, a person will become ill [12]. Thai traditional medicine is a matter of diet, including the excretion of waste from the body. From interviews with Mr. Komson Dinakara Na Ayuthaya, he said "In the knowledge of Thai traditional medicine, the hot flavor was suitable to help spread, and drive the wind in body. Thai food was flavored with hot ingredients to help distribute the winds caused by climate in Thailand, and suitable for every season, and it was a healthy food". The royal palace was located in the central region, it is a region with a lot of rain, and the hot flavor was suitable for people in this region according to the theory of Thai traditional medicine. The royal Thai cuisine of the residence of Phra Vimada Ther Krom Phra Suthasinee Nat Piyamaharach Padiwaradda which had the uniqueness of graceful flavor. The variety of ingredients and spicy flavor from vegetables, herbs and seasoning and also applying the food science; side dishes for its better graceful and delicious which related to the central geography that spicy food would disseminate the wind element and balance the body to prevent the illness.

CONCLUSION

The identity of the royal Thai cuisine of Suan Sunandha Palace had a unique name, food menu, food taste, cooking process, and food decoration. Set of the royal Thai cuisine was organizing many types of food in the same deck. It was consisted of cooked rice, side dish, sweets, snack, fresh fruits, and etc. The best known set of the royal Thai cuisine include selection of ingredients, cooking process, as well as food preparation. It is reputed to be the body and eye food that is the food of the Suan Sunandha palace. The royal palace was located in the central region, it is a region with a lot of rain, and the hot flavor was suitable for people in this region according to the theory of Thai traditional medicine. Spicy food would disseminate the wind element and balance the body to prevent the illness. It was found that all of three meals were always Nam-Phrik, and vegetable, some vegetable were herbal medicine, such as garlic, turmeric, ginger, and etc. Turmeric was skin care properties [13]. It was saw that vegetable was valuable in nutrition and medicine.

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