

This file has been cleaned of potential threats.

If you confirm that the file is coming from a trusted source, you can send the following SHA-256 hash value to your admin for the original file.

39c113dee6e223f554e867f7b055eb88ad13498d5464f1c11df70b10c9e5fbf3

To view the reconstructed contents, please SCROLL DOWN to next page.

MEDICINAL PLANT FROM ROYAL THAI CUISINE OF SUAN SUNANDHA PALACE.

Thanya Promsorn¹ & Supalak Fakkham²

^{1,2}*College of Allied Health Sciences, Suan Sunandha Rajabhat University, Bangkok, Thailand*
E-Mail: ¹*thanya.pr@ssru.ac.th*, ²*supaluk.fu@ssru.ac.th*

ABSTRACT

From past to present, the royal Thai cuisine was the healthy food, it help to treat, and prevent various diseases. This study was the qualitative research which aimed to study the kind of medicinal plants, and its medicinal properties from the royal Thai cuisine. The data was compiled from the document, and in-depth interview of who was inherited the family from Suan Sunandha Palace, and who had a relationship to royal Thai cuisine. The findings revealed that the royal Thai cuisine was set as the food deck. It was consist of many types of food in the same deck, such as cooked rice, fresh tamarind paste, fresh and steam vegetable, hot and sour soup, (Tom-Yam), sweet fried beef, salted egg yolk, sweet pork, fried mackerel, spicy mixed vegetable soup, herbal vegetables salad, winged bean salad, lemon grass salad. In case of vegetable, it was found 14 important kind of medicinal plants as follows: garlic, turmeric, galangal, ginger, lemon grass, hot basil leaves, chili, pepper, bergamot exocarp, fresh tamarind, ripe tamarind, lemon, citron, and onion, respectively. The all of medicinal properties was related to carminative, constipation, flatulence, expectorants, appetite, abdominal colic, laxatives, cough, nourishment, sweat, cholesterol, blood sugar, gastritis, healing wounds, nausea, vomiting, dysentery, urinary disease, asthma, cholera, digestion, blood circulation, diuretic, indigestion, fart, menstruation, sore throat, diabetes, beriberi, dizziness, edema, inflammation, and nasal congestion.

Keyword: Royal Thai Cuisine, Suan Sunandha Palace, Medicinal Plant

INTRODUCTION

The royal Thai cuisine invented by people who live in the palace. The process of making food was complicate, meticulous, fineness, and time-consuming to cook by a lot of people. Besides, it was not very spicy, not very sweet (soft taste), not fermented food, easy to chew, and without bone [1]. 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 ruela, 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 [2].

People that had the problems with malnutrition, it was induce to many chronic non-communicable diseases, such as diabetes, high blood pressure, high cholesterol, and cancer. These people should be turn to healthier eating habits, change the life style back to the original way of life, and more interested in medicinal plants from daily meals [3].

This study was aimed to investigate the royal Thai cuisine by focus on medicinal plants that was in food deck, for example as shown in Figure 1 [4]. Knowledge of medicinal properties were introduced to prepare healthy food recipes. Encourage people in today's society to came back and consume the nutritious food was something that should be studied as well.

Figure 1
Food deck of the royal Thai cuisine



OBJECTIVE

This article was aimed to investigate as follows:

1. The major kind of medicinal plants from the royal Thai cuisine of Suan Sunandha Palace
2. The medicinal properties of the medicinal plants

SCOPE OF THE STUDY

This work was study from document which related to the royal Thai cuisine of Phra Vimada Ther Krom Phra Suthasinee Nat Piyamaharach Padiwaradda.

METHODOLOGY

Data source

It was obtained from document [5-14], and in-depth interview from who was inherited the family from Suan Sunandha Palace, and who had a relationship to royal Thai cuisine.

Research tools

The tools were interview form for whom inherited the family from Suan Sunandha Palace, and who had the relationship to royal Thai cuisine. 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 documentation.
- 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.

RESULTS

Data analysis from documentation, and in-depth interview Professor Emeritus Dr. Poonpipat Amatayakul, who was inherited the family from Suan Sunandha Palace, both Mr. Komson Dinakara Na Ayuthaya and Mr. Kittipong Wirotthammakoon, who had a relationship to royal Thai cuisine. It was found that the royal Thai cuisine was set as the food deck. It was consist of many types of food in the same deck. For example, cooked rice, side dish, vegetable, sweets, snack, fresh fruits, and etc. The recommended cuisine for 3 meals were breakfast, lunch, and dinner, which consisted of main components, such as cooked rice, boiled rice or rice soup, chili sauce with Thai herb, spicy soup, and salad.

When considering from food deck of 3 meals, it was found 14 important kind of medicinal plants as follows: garlic, turmeric, galangal, ginger, lemon grass, hot basil leaves, chili, pepper, bergamot exocarp, fresh tamarind, ripe tamarind, lemon, citron, and onion, respectively. The all of medicinal properties was related to carminative, constipation, flatulence, expectorants, appetite, abdominal colic, laxatives, cough, nourishment, sweat, cholesterol, blood sugar, gastritis, healing wounds, nausea, vomiting, dysentery, urinary disease, asthma, cholera, digestion, blood circulation, diuretic, indigestion, fart, menstruation, sore throat, diabetes, beriberi, dizziness, edema, inflammation, and nasal congestion as shown in Table 1.

Table 1
Medicinal properties of medicinal plants from royal Thai cuisine

Medicinal plants	Medicinal properties
1. garlic	carminative, constipation, flatulence, abdominal colic, cholesterol, blood sugar
2. turmeric	constipation, flatulence, gastritis, healing wounds
3. galangal	carminative, constipation, flatulence
4. ginger	carminative, constipation, flatulence, expectorants, abdominal colic, cough, nausea, vomiting, dysentery
5. lemon grass	carminative, appetite, nourishment, urinary disease, asthma, cholera
6. hot basil leaves	carminative, flatulence, abdominal colic
7. chili	carminative, expectorants, appetite, sweat, digestion, blood circulation
8. pepper	carminative, expectorants, sweat, diuretic, indigestion
9. bergamot exocarp	carminative, fart, menstruation
10. fresh tamarind	constipation, expectorants, laxatives, nourishment, scurvy, sore throat, diabetes, beriberi
11. ripe tamarind	constipation, expectorants, laxatives, cough
12. lemon	expectorants, laxatives, abdominal colic,
13. citron	flatulence, expectorants, cough, dizziness
14. onion	carminative, flatulence, appetite, edema, inflammation, nasal congestion

From Table 1, it was found various medicinal properties of medicinal plants from royal Thai cuisine. Garlic, galangal, ginger, lemon grass, hot basil leaves, chili, pepper, bergamot exocarp, and onion were act as carminative. Garlic, turmeric, galangal, ginger, hot basil leaves, citron, and onion were act as flatulence. Ginger, chili, pepper, fresh tamarind, ripe tamarind, lemon, and citron were act as expectorants. Garlic, turmeric, galangal, ginger, fresh tamarind, and ripe tamarind were act as constipation. Garlic, ginger, hot basil leaves and lemon were resolve abdominal colic symptom. Fresh tamarind, ripe tamarind, and lemon were act as laxatives. Lemon grass, chili, and onion were help to eat more food. Ginger, ripe tamarind, and citron were resolve cough symptom. Lemon grass, and fresh tamarind were nourishment. Chili, and pepper were help to sweat. Garlic was reduce cholesterol, and blood sugar. Turmeric was act as gastritis treatment, and healing wounds. Ginger was resolve nausea, vomiting, and dysentery. Lemon grass was treatment for urinary disease, asthma, and cholera. Chili was help to digest, and stimulate blood circulation. Pepper was induce diuretic, and resolve indigestion symptoms. Bergamot exocarp was help to fart, and menstruation. Fresh tamarind was treatment for scurvy, and sore throat, diabetes prevention, and reduce the symptoms of beriberi. Citron was help to cure dizziness. Onion was help to cure edema, inflammation, and nasal congestion.

CONCLUSION AND FUTURE WORK

All of three meals always have Nam-Phrik, and vegetable. It was found 14 major kinds of medicinal plants, and its medicinal properties were repeating, such as 9 kinds be able to act as carminative, 7 kinds be able to act as flatulence, and expectorants, 6 kinds be able to act as constipation, 4 kinds be able to resolve abdominal colic symptom, 3 kinds be able to act as laxatives, resolve cough symptom, and help to eat more food, 2 kinds be able to act as nourishment, and help to sweat, respectively. Besides, garlic was reduce cholesterol, and blood sugar, turmeric was act as gastritis treatment, and healing wounds, ginger was resolve

nausea, vomiting, and dysentery, lemon grass was treatment for urinary disease, asthma, and cholera, chili was help to digest, and stimulate blood circulation, pepper was induce diuretic, and resolve indigestion symptoms, bergamot exocarp was help to fart, and menstruation, fresh tamarind be able to treat scurvy, and sore throat, diabetes prevention, and reduce the symptoms of beriberi, citron was help to cure dizziness, onion was help to cure edema, inflammation, and nasal congestion. Turmeric was skin care properties [15]. It was saw that vegetable was valuable in nutrition and medicine. Royal Thai cuisine eating can cure many kinds of diseases. At present, school children do not know the royal Thai cuisine. There was more food consumption from the food industry. Food from the food industry was 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, which was not good for the body. The process of making Royal Thai cuisine was complicate, and time-consuming for the parent to prepare for each meal. How to make this process easier? In further study, we will develop to be less complicated, and easy to eat. The pilot program will try out for lunch at elementary school in Bangkok Metropolitan Administration, Thailand.

ACKNOWLEDGMENTS

I would like to express my sincere thanks to Suan Sunandha Rajabhat University for invaluable help throughout this research.

REFERENCES

- [1] K. Wirotthammakoon (2007), "Wan wan thi pan ma Kaew Jao Jom", *Dokya*, Bangkok.
- [2] S. Fakkham & P. Krutchangthong (2018), "Royal Thai Cuisine of Suan Sunandha Palace for Health on the Theory of Thai Traditional Medicine", *The 2018 International Academic Multidiscipline Research Conference*, Pp. 475-478.
- [3] Cultural Arts Center (1993), "Phra Vimada Ther Krom Phra Suthasinee Nat Piyamaharach Padiwaradda", *Suan Sunandha*, Bangkok.
- [4] PR Focus (2009), "Megabangna Thai Cuisine & Cultural", Available from: http://www.prfocus.co.th/newfocusim5.php?news_id=1107
- [5] K. Natphinit (1999), "Thai Food", Chalerm Phrakiat Rajabhat University Textbook, *Sematham*, Bangkok.
- [6] Suntharee Asawai (2011), "Origin and development of royal food", Available from: http://www.matichon.co.th/news_detail.php?newsid=1305020582&grpId=no&catid=53.
- [7] K. Panthura (2007), "Identity of Royal Thai food", *Research and Development Institute Suan Sunandha Rajabhat University*, Bangkok.
- [8] K. Wirotthammakoon (2004), "Roi Rieng Nai Wang", *Dokya*, Bangkok.
- [9] K. Wirotthammakoon (2005), "Nai Wang Kaew", *Dokya*, Bangkok.
- [10] K. Wirotthammakoon (2010), "Yon Roi Suan Sunandha Palace", *Dokya*, Bangkok.
- [11] N. Nilrat (2002), "Life in Royal Palace", *Krungthep*, Bangkok.
- [12] Thampramote (2006), "Food and Health", *Thamsapha*, Bangkok.
- [13] Thai traditional medicine rehabilitation and promotion foundation (2007), "Thai traditional medicine", *Thai traditional medicine rehabilitation and promotion foundation*, Bangkok.
- [14] World Health Organization (2016), "Traditional Medicine in Kingdom of Thailand", SEARO.
- [15] T. Promsorn (2017), "Properties and Metabolites from Suan Sunandha Palace Herbal Mask up Recipe", *The 2017 International Academic Multidiscipline Research Conference*, Pp. 285-291.