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ALL ABOUT PAAN

Paan, also called as betel leaf.

When we hear word paan , a constant image comes on mind as everyone who eat pan, will spit on walls with typical red color, paan will have all typical tobaccos ingredients and only some are exception which just have non tobacco



Here we all go wrong :

These 2 myths about paan is totally wrong.

First : Paan is mentioned in our culture from centuries , Paan should never have these tobaccos options, tobaccos paan was

alteration after India was attacked by various foreigner

Portuguese[Introduced tobacco] , British[introduced cigarette filled with tobacco], before that Paan was only eaten as mouth freshener and digestive option.

History and significance -

Puranic Reference

There is a reference in Srimad Bhagavatam, that Lord Krishna chewed paan.

According to Skanda Purana, the betel leaves are said to have emerged during the Samudra Manthana or The Churning of the Ocean.

There is also a mention of betel leaves in Ramayana and Mahabharata.

In Lalita Sahasranama, there is a verse- “tambula purita mukhi” meaning, one whose mouth is full of chewing betel.

The use of betel leaves is mentioned in Charaka and Sushruta Samhitas,

Astanga Hrudayam and Kashyapa Bhojanakalpa. There is also a reference in the ancient historical book of Sri Lanka- Mahawamsa written in Pali. The use of betel leaves for its medicinal properties dates back to 400 BC.

There is evidence of use of betel leaves during Harappan civilization. The practice of chewing betel leaves after meals became common during 75 AD to 300 AD.

Second myth : Spit after eating paan, Paan is treated as holy food which is treated as prasad (Sacred food), do you spit after eating sweets which is given as sacred food ? or do you spit after taking “charan amrit” (sacred water combination which is given to god)

Similar context is there for paan, in Ramayana also it is explained about paan as “beeda uthana” , they do not explained about other spices more than significance of paan.

Most of places where you see typical paan having tobacco added and people spitting after having that is total non sense, this is adulteration due to influence of attackers in India.

Half of such paan shop owner also use wrong kattha (Catechu) is chemical mixed due to original kattha is costly , which is inflexed due to strong color.

Significance of original paan is so much as still if any country head arrives in India post lunch or dinner he is served paan as mouth freshener (original one not tobacco or altered version)

And all those tobaccos version which is altered by foreign attackers in India is total non sense , same tobacco also gives cancer, where as paan is a excellent digestive option after food.

When someone ask or mentioned as a typical north Indian eats paan and spits, this is total non sense due to cheap intoxication was given by attackers of India to damage India at many levels.

Source : https://t.co/ahS8U6AjO7