

# **1. A Study of Karnataka Culture - With Reference to Traditions, Culture & Cuisines of Tulu Nadu in Mangalore (A Coastal Study)**

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## ***Abstract:***

*The culturally unique region of Tulu Nadu is located even within the southern states of Kerala and Karnataka. It is home to a multitude of cuisines because of its Arabian shoreline. The food of the Tuluva ethnic group, which makes up the bulk of the population, is a part of the Mangalorean cuisine, which also includes the cuisines of many Mangalorean communities, including the Hindu, Christian, and Muslim populations. Another type of cuisine in Mangalore is Udupi. Karnataka, a state in south India, is by no means homogeneous. Karnataka is actually so diverse that the state government chose to use the phrase "one state, many worlds" as its catchphrase. Tulu Nadu, an area that has a different culture from the rest of Karnataka, is one factor contributing to this variety. India is a country rich in contrasts and hues. The culturally unique region of Tulu Nadu is located even within the southern states of Kerala and Karnataka. However, it fits in perfectly with the states it inhabits. Tulu Nadu is all of these things and more: breath-taking scenery, real culture, ancient rituals, fascinating customs, and mouth-watering cuisine!*

*Tuluva cuisine includes various unusual meals that are mostly made in this part of the country, like chicken sukka, Neer dosa, Kori rotti, patrode, kadubu, bangude pulimunchi, and chicken ghee roast. Now, people all around the nation are liking it. The objective of the current ponder is to discover how well-liked these conventional Tuluva cuisines are by the people.*

*People prefer to eat this traditional cuisine at restaurants and hotels since they take a long time to prepare and because the number of working-class women is rising along with the popularity of convenience foods.*

**Keywords:**

*Tuluva cuisine; Mangalore cuisine; Dakshina Kannada; Authentic; Population, Traditions and Culture.*

**1.1. Introduction:**

The State of Karnataka has a lengthy documented past. In 1953, with its independence, it became the state of Mysore. It then took on its current form in 1956 after all of the main Kannada areas under various dispensations were united. It was subsequently called Karnataka in 1973. Located between latitudes 11°31' and 18°14' north and longitudes 74°12' and 78°10' east, the State is bordered on the west by the Arabian Sea, on the north by Goa and Maharashtra, on the east by Telangana and Andhra Pradesh, on the southeast by Tamil Nadu, and on the south by Kerala. With 1, 91,791 square kilometers beneath thought, it is the seventh-largest State in India by arrive range. Similarly, Karnataka is the tenth most populous State in the nation with 61,130,704 people according to the 2011 Census of India. The capital of Karnataka is Bangalore, formerly known as Bangalore. The land where this city is located has been governed by several South Indian dynasties at different times. With forests covering roughly 20.19 percent of the total land area, Karnataka boasts a vast diversity of flora and wildlife. Twenty percent of India's tiger population and twenty percent of its elephant population live in these woods. The State boasts ten bird sanctuaries and eighteen wildlife sanctuaries in total. The Ranganathittu Bird Sanctuary is the most popular of them for bird watchers. The state's Shimoga area is home to the well-known Jog Falls. It's India's tallest plunge waterfall. In addition, the State is home to a variety of magnificent artwork, buildings, and sculptures.

Tulu Nadu, also known as Mangalore or Kudla or Parashurama Srishti to the people, is a crucial component of India's coastline. The major cultural group residing in this region is the Tulu-speaking people, also referred to as "Tuluvas," who speak Tulu as their native tongue. The city of Mangalore is renowned for its multiculturalism; it is a place where various communities and lifestyles coexist. People have relocated here for work, education, and a host of other reasons, including business and from neighbouring states. As a result, the city's culture is reformist. Therefore, Tulu Nadu cuisine is strongly influenced by the various ethnicities, traditions, and faiths. South Indian cuisine has an impact on Mangalorean cuisine as well, with certain dishes being unique to the region's many networks. The majority of Mangalorean curries often include coconut, curry leaves, ginger, garlic, and stew. The majority of Tuluvas do not follow a vegetarian diet. Being a coastal town, the majority of people's diet consists primarily on seafood. Fish curry from Mangalore is a popular dish in all of Karnataka.

## **1.2 Particularities of Culture:**

Karnataka's particular culture has been shaped in numerous ways over the centuries by the diverse linguistic and religious communities that have called the region home. The overwhelming inhabitants of these communities are Kannadigas, although there are also Tuluvas, Kodavas, Konkans, and other minority groups. People's daily lives are seen to reflect their contributions.

### **1.2.1 Language:**

The official language of Karnataka is Kannada. Approximately 65% of people in the State are able to communicate in it. Additionally, the Indian government recognizes it as one of the classical languages. Other minor native languages that coexist with Kannada in the State are Tulu, Konkani, and Kodava. While members of various linguistic minorities speak Tamil, Telugu, Marathi, and Malayalam in the State's bordering areas, Urdu is also extensively spoken by the minority Muslim

population. English has become more widely used as a result of growing urbanization, opening up the school system, and the growth of the IT industry. But languages like Kavaga, Irula, Soliga, Bagada, Yerava, Gaulis, Betta kuruba, and Jenu kuruba are surviving on the margins, with less than 10,000 speakers in each case, according to a People's Linguistics Survey research. Similar to Siddi and Hakki Pikki, these communities' younger generations are no longer able to speak their native tongues, which has made them extremely endangered. Kannada literature dates back over a millennium.

### **1.2.2 Food: Popular Tulu Dishes:**

Karnataka is well-known for its diverse selection of both vegetarian and non-vegetarian cuisine. The components and preparation methods utilized in these cuisines vary from one area to the next. Tulu Nadu is the origin wherein the popular dish i.e. Mangalorean chicken sukka, also known as "Kori Sukka/Kori Ajadina" in the local dialect. The Hindi term "Sukha," which means dry, is the source of the English word "sukka." You have two options for preparing this dish: semi-dry or dry. It is made utilizing distinct variations in different parts of the nation.

**A. Neer Dosa:** Neer is the word for water, while dosas are just pancakes. Neer dosa is a very thin kind of dosa or pancake that is made in Tulu Nadu with a basic rice batter and typically eaten with any kind of non-vegetarian sauce, chutney, or sambar.

**B. Kori Rotti:** Kori is chicken, and rotti is made with parboiled rice and resembles flatbread. To make this dish, just cover the roti with the aromatic and hot chicken curry and let the curry seep into it.

**C. Goli Baje:** A fermented food prepared from maida or all-purpose flour is called goli baje. It is offered as a tea time snack and is also known as Mangalorean bonda or bajji. Mackerel fish is used to make the dishes Bangude pulimunchi and Bangude gassi. Mackerel is known in Tulu as bangude. Whereas gassi is a gravy made with

the use of coconut, pulimunchi is a semi-dry, spicy meal made without the use of coconut. These two delicacies are exclusive to Tulu Nadu. Such a meal is usually served on a mutuka (banana) leaf. Other than the meal as mentioned above, people also eat a variety of snacks and sweet items. Lastly, as Karnataka is a state that produces coffee, kaapi—filter coffee made with milk and sugar—is also a staple in the daily diets of many. In fact, Karnataka food is so well-liked that "Udupi Restaurants" and "Indian Coffee Houses" can be found all throughout the nation.

### **1.2.3 Dress:**

The saree is the traditional Karnataka women's attire. Ilkal, also known as the Dharwad Saree, is a popular garment in the north. Kodagu women also have a unique style for donning the saree. Near Dharwad lies a village called Ilkal. Since the eighth century CE, it has served as a hub for weaving. The chieftains in the area are credited with this, as they started supporting the local weavers at that time. Every Karnataka region has a unique weaving technique. The tope-teni technique, for example, is used to weave Ilkal sarees. The pallus of these sarees are particularly lovely and distinctive, with two parts in white and three parts in red.

### **1.2.4 Fairs and Festivals:**

Karnataka's principal celebration, Ugadi, also known as Yugadi, commemorates the Kannada New Year. On the first day of the Indian month of Chaitra (March–April), it is observed. People use rangoli, or vibrant floral arrangements, and fresh mango leaves to adorn their home entrances on this special day. In addition, they make a concoction of unripe mango, tamarind pulp, jaggery, chilli powder, and neem flowers.

In expansion, they make a concoction of unripe mango, tamarind mash, jaggery, chilli powder, and neem blooms. The blend is known as bevu-bella. It represents the range of feelings connected to life. On this occasion, it is the first object taken.

Another significant celebration is Makar Sankranti. It's a post-harvest festival, therefore the celebrations are somewhat raucous. The celebration also marks the Sun's entry into Makara, or Capricorn, in the zodiac.

The primary celebration in Mysuru is Dasara, also known as Dussehra, which is known as *nada habba*, or the "state festival" there. Vijayadashami marks the completion of the ten-day event.

A local tradition states that on this day, which represents the triumph of good over evil, Goddess Chamundeshwari killed the demon king Mahishasura, after whom the city of Mysuru is named. In addition to these, there are numerous additional fairs, including Godachi Fair, Banashankari Devi Fair, Sri Vitappa Fair, and Sri Shidlingappa's Fair. The State celebrates several holidays with great pomp, including Ramadan, Diwali, Ganesha Chaturthi, Basava Jayanti, Naga Panchami, Hampi Festival, and Maha Mastakabhisheka of Gomateshwara (Bhagavan Bahubali) in Shrivanabelagola.

### **1.2.5 Conceptual Arts:**

**a. Dance:** Yakshagana, or the song of Yaksha, is the most well-known dance in Karnataka. There are two variations. While the Pudevlopaya form is more frequently performed in the western region, the Moodalopaya form is more frequently performed in the eastern region. Yakshagana performances, which date back to the 16th century CE, feature amazing facial makeup and vibrant costumes along with songs, music, and scholarly debates. In addition, Karnataka is well-known for its Kunitha, or ritual dances.

**b. Music:** Similar to its gastronomy, Karnataka has secured a unique position for itself in the performing arts. It is one of those Indian states where folk, Carnatic, and Hindustani music have all flourished alongside one another.

Some of the most notable Hindustani vocalists of the past century have come from the twin cities of Hubli, Dharwad, and Belgaum in northern Karnataka.

The most well-known of them are Mallikarjun Mansur, Gangubai Hangal, Bhimsen Joshi, and Kumar Gandharva. These maestros have also received the Padma and Kalidas Samman honors. In a similar vein, the southern region of Karnataka has established a reputation for itself in the realm of Carnatic music dating back to the Vijayanagara Empire.

### **1.2.6 Current Cultural Trends:**

Karnataka's rich and varied cultural legacy is largely due to the state's numerous and long-standing language and religious minorities. Through groups like Ninasam, Ranga Shankara, and Rangayana, a thriving theater culture is preserving this legacy in the modern era.

The state's accomplishments in the realm of contemporary visual arts are also on display in the Jaganmohan and Venkatappa Art Galleries, the Chitrakala Parishat, and the Chamarajendra Academy of Visual Arts (CAVA). Similar to this, the Utsav Rock Garden in the Haveri district's Gotagodi Village features a variety of imaginative and modern paintings in addition to modern sculptures that portray Karnataka's rural lifestyle.

### **1.3 Research Objectives:**

1. To learn about Karnataka's culture and history.
2. To understand Tulu Nadu's diverse cultural heritage and must be familiar with the coastal Karnataka's cultural terrain.
3. To understand the preference and acceptance of the traditional Tuluva cuisines among the present-day generation.

#### **1.4 Need for Study:**

The current study focuses on the traditional culture of the Tulunadu people, providing insight into their participation in the Bootha Kola ritual performance, the current generation is less interested in their culture than the previous generation was. Furthermore, must be aware of how people's perspectives have changed.

#### **1.5 Statement of the Problem:**

Karnataka is known for its varied customs, traditions, and cuisine, all of which are reflected in its rich and varied cultural history. The region of Tulu Nadu, which is centered in Mangalore on the western coast of Karnataka, is a noteworthy cultural hotspot due to its distinct customs and diet.

The extent to which these customs and gastronomic practices impact and mirror the identity of the area is not well understood, despite its cultural diversity. The lack of research and documenting of Tulu Nadu's customs, cultural practices, and cuisines in Mangalore is the main issue this project attempts to solve.

This knowledge gap makes it impossible to fully appreciate the ways in which these components contribute to Karnataka's larger cultural environment.

#### **1.6 Significance of the Study:**

The significance of this research on Karnataka culture, namely Tulu Nadu in Mangalore, lies in the following:

**Preserves Heritage:** Preserves for future generations the distinctive customs, cultural practices, and culinary traditions of Tulu Nadu.

**Boosts Awareness:** Raises awareness of and respect for Tulu Nadu's unique cultural identity in the context of Karnataka's varied terrain.

**Supports Tourism:** Offers information that might stimulate interest in genuine regional experiences and cultural tourism, which in turn strengthens the local economy.

**Closes Academic Gaps:** Provides insightful data on the cultural dynamics and practices of Tulu Nadu to the academic literature.

**Encourages Community Pride:** Boosts a community's sense of pride and involvement in protecting and honoring its cultural heritage.

**Informs Policy:** Provides information that can assist cultural organizations and legislators in developing successful preservation and support plans. In general, the research enhances our comprehension of Tulu Nadu's cultural input and aids in conserving and advancing its distinct legacy.

### **1.7 Review of Literature:**

**Madhusree Mukherjee's "The Land of the Tulu" (2004):** Focuses on the historical and cultural development of the Tulu Nadu region within Karnataka. Tulu Nadu, comprising the coastal districts of Dakshina Kannada and Udupi, is known for its distinct cultural identity. Understanding the traditions, practices, and cuisines of Tulu Nadu offers insights into its unique place within Karnataka's broader cultural context.

**S. N. Ballal's "Mangalore: A Historical and Cultural Study" (1995):** Explores the rich cultural heritage of Kambala, a traditional buffalo race celebrated in the Tulu Nadu region of Karnataka, India. This annual event is not just a race but a significant cultural festival that reflects the values, traditions, and social dynamics of the Tulu-speaking community.

**U. K. Ganjir's "Traditional Arts of Coastal Karnataka" (2001)** offers a comprehensive examination of the rich and diverse artistic traditions of the coastal region of Karnataka, India. This area, known for its unique cultural and historical influences, has a vibrant heritage of traditional arts that reflect the region's history, beliefs, and lifestyle.

**M. R. Aithal's "Tulu Language and Literature" (2007)** is a significant work that delves into the Tulu language and its literary traditions. Tulu is a Dravidian language spoken primarily in the Tulu Nadu region of southwestern India, encompassing parts of Karnataka and Kerala. This book is a valuable resource for understanding the linguistic and literary heritage of the Tulu-speaking community.

**B. A. Shreedhar's "Religious Practices in Coastal Karnataka" (2012)** is an insightful exploration of the diverse religious traditions and practices prevalent in the coastal region of Karnataka, India. This region, known for its rich cultural and religious tapestry, provides a fascinating backdrop for studying the interplay between religion and local customs.

**S. K. Bhat's "Globalization and Food Culture in Coastal Karnataka" (2020)** explores how globalization has impacted the food culture of Coastal Karnataka, a region known for its distinct culinary traditions. The book examines the intersection of global influences and local food practices, shedding light on how global changes are reshaping traditional food ways in this region.

**R. N. Iyer's "Globalization and Cultural Identity in Coastal Karnataka" (2021)**, examines how globalization is influencing and reshaping cultural identity in the coastal region of Karnataka, India. This book provides an analytical perspective on the interplay between global forces and local cultural practices, focusing on how global trends are impacting the unique cultural landscape of Coastal Karnataka.

## **1.8 Background:**

### **1.8.1 Culture & Heritage of Tulunadu:**

Dakshina Kannada is endowed with copious amounts of rainfall, fertile soil, and lush foliage. It is sheltered by the towering Western Ghats on the east and flanked by the turquoise seas of the Arabian Sea on the west. It is a popular tourist destination because of its gorgeous mountain ranges, temples, rich culture, and immaculate beaches. Popular attractions in Dakshina Kannada include the magnificent costumed dance play form known as Yakshagana, the sport of Kambala, which involves farmers racing buffalo, the Kori-katta (Cock Fight), and Bootha Kola (Spirit worship). Dakshina Kannada's district headquarters, Mangalore, is situated 347 kilometers from Bengaluru on the coast and has long been a hub for trade.

### **1.8.2 Tulu Nadu People | Daily Life in Tulu:**

Tulu, a language from the Dravidian family, is spoken by the people of Tulu Nadu. The Tigalari script is used to write most of Tulu, particularly the historical inscriptions from the 14th and 15th centuries. Malayalam has a sibling script called Tigalari. Although Tigalari is still the most used script in the religious domain, Kannada script is increasingly being adopted in Tulu Nadu these days. Kannada, Kundagannada (Kundapura Diaspora Kannada), Konkani, Malayalam, Beary, Havyagannad (Havyaka Kannada), and Koraga are among the other languages that are commonly spoken in Tulu Nadu.

### **1.8.3 Tulu Traditions and Practices:**

The inhabitants of Tulu Nadu honor and believe in the natural gods, including Mother Earth, the Bhootas (regional spirits), and Naga Daiva (the serpent god).

They preserve their family and the environment by carrying out yearly rituals including Keddasa, Bhoota Kola, Nema, and Nagapanchami. The divine is a manifestation of the ancient and exquisite relationship between humans and the natural world.

### **1.9 Research Methodology:**

The study is descriptive in nature and is based on data collected from blogs and online publications. Reports, journals, databases, and pertinent literature on the topic were the sources of the secondary data.

### **1.10 Limitations of the Study:**

There are a number of restrictions on the study of Karnataka culture, particularly as it relates to the customs, culture, and culinary traditions of Tulu Nadu in Mangalore. Geographically, it is restricted to Tulu Nadu, which might not be typical of other parts of Karnataka. Due to chronological limits, the research may not fully capture emerging cultural practices or all of the numerous sub-groups within Tulu Nadu.

Furthermore, the study's depth may be impacted by resource constraints and a sample size that is too small to allow for generalization. Data accuracy may be impacted by subjectivity in cultural interpretation and language difficulties. The limitation of historical documentation availability could potentially impact the comprehensiveness of the investigation. Finally, the results of surveys or interviews may be impacted by participant bias.

### **1.11 Conclusion:**

Comparing Indian culture to all other cultures, it is remarkable. India continues to be a remarkable nation with a rich cultural legacy. Our people's traditional values are quite remarkable because they have been upheld for generations.

As Indians, it is our duty to preserve and transmit our rich cultural legacy to the coming generation.

Now recognized as a UNESCO World Heritage Site, Hampi was the capital of the 300-year-long Vijayanagara Empire and home to four distinct dynasties. Temples, architectural wonders, the renowned musical pillars, royal enclosures, and strewn monuments are among the remnants of the Empire. The area has produced distinctive dance and art forms, its own cuisine, and distinct religious cults and sects. Without a doubt, the outside world has not yet fully experienced the real cultural experiences and vibrant local life that abound throughout Karnataka's coastal districts.

### **1.12 Further Scope of The Study:**

- **Comparative Analysis:** To compare and contrast cultural practices and traditions, expand your research to include different regions of Karnataka.
- **Greater Community Inclusion:** To get a more complete picture of the variety of the area, investigate other subgroups within Tulu Nadu.
- **Longitudinal Studies:** Monitor shifts and developments in culinary traditions and cultural practices over an extended time span through research.
- **Impact of Globalization:** Examine how traditional customs and eating habits are affected by globalization.
- **Diverse Methodologies:** To obtain deeper insights, use a variety of research approaches, such as participatory research or digital ethnography.
- **Cultural Dynamics:** Analyse how traditional culture and food are being impacted by contemporary influences and technological developments.
- **Cross-Cultural Comparisons:** To find distinctive and common cultural characteristics, compare the cultures of Tulu Nadu and other coastal regions of India.

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