

## • **12 - WHAT IS KITSCH AND WHAT DOES IT HELP?**

- Khichari (also called khichdi, khichri, etc.) is a dish in the tradition of Indian health science Ayurveda. It is used in the daily diet of those who follow a clean diet, as well as in **certain curative diets**, which are necessary for **overcoming certain diseases**. Khichari means a mixture, usually of **two types of cereals**
- But kitsch is definitely **not “hospital food.”** It is a delicious vegetarian delicacy that is becoming more and more popular around the world these days and is available in restaurants in all sorts of variants.
- More and more people from Western cultures are even trying to cook it themselves at home. For many, it has become a **favorite food**, which they often prepare alongside **the usual dishes for their own cuisine**. He has inspired a number of recipes from **fusion cuisine**. For vegetarians, this is an indispensable **food bomb**, which gives us everything we need without containing any meat.
- Khichari has been consumed in India for thousands of years. This is deeply rooted in the traditions of the locals – for them it is something like hot soup for us in Europe. In **Hindi the word literally means “mixture”** and it can be used to name any dish that contains rice and some **spice or vegetable**. The recipe is considered to be fundamental for **proper nutrition** and regulation of the functions of the stomach. **intestinal tract and urinary system**.



- Ayurveda practitioners have learned since ancient times about the **great importance of metabolism, the absorption of important substances by the body and the elimination of unnecessary and harmful** (toxins called ama) for us. The purity of our blood depends on them, and accordingly on our energy flows and our general well-being. Since ancient times, **Ayurveda doctors** have **recommended eating kitsch**, because they knew that it has an indirect effect on absolutely every part of the body.
- **Which recipe for locksmiths to choose?**
- There are many different recipes for making locks. It most often contains **rice from the Indian variety Basmati or mung dal beans** (Indian beans). The second grain can be, for example, **yellow lentils, or dried peas**, or the combination can be **mung dal and basmati rice**.
- To the cereal mixture is added **a mix of Indian spices** and a little **purified butter** (so-called ghee) or **olive oil**. In some cases, the cooks also add sweet potatoes to the ingredients for the kitsch, **which gives it truly unique taste**. However, some conditions do not allow the presence of such “extras” in the dish to have its inherent beneficial effect.
- Agree the most suitable recipe for you with your **Ayurveda chef or doctor according to your needs**. And if you do not have specific problems to solve, you can develop a variety of ways to **diversify the rice mixture** – by adding baby spinach or asparagus, mashed carrots, or chopped nuts and even olives.
- In another case, you can surprise your guests with **meatballs from kitsch with milk-mint sauce**. Some fruits such as pomegranate and mango also go well with bunches for a more extravagant taste.

## • **Benefits for digestion**

### • **Purification of the body**

- **Cereals** are very rich in fiber, which makes them easily digestible for the stomach and does not burden it. However, in order to have a **truly healing effect**, locks must be prepared very carefully. A fundamental factor for the **efficiency of the dish** is the selection of spices for it. Among the most popular spices for kitsch are turmeric and black mustard, as well as **ginger, fenugreek, cumin and others**.
- Valuable nutritional qualities
- According to [Ayurveda](#), kitsch has enough nutrients to keep us nourished always, even if we do not eat any other food. There are many deeply devoted people who have proven this, **being tested to eat only locks for years**, without weakening the body's resistance. On the contrary, these people look and say they feel much healthier than they used to.
- We do not need to reach such heights in practice to enjoy the healing effects of this dish. A **locksmith regime, spent in just a few days**, can do wonders not only for our appearance, but also for the health of our body. In this way we can healthy [cleanse ourselves of toxins](#).



- In some chronic or more serious illnesses, specialists may prescribe up to **three weeks of pause**, which needs to be performed several times. The patient should be monitored at all times. For a **healthy body for prevention** it is recommended to do **three-day cleanings with locks from time to time**.
- **Energy impact of the dish**
- In Ayurveda, as in all Eastern teachings, food is considered a very important factor that has an **indirect effect on us on an energy level**. Through its beneficial digestive properties, kitsch affects not only the body but also our spirit and mind.
- In Ayurveda, khichari is among the list of **three-breast foods**. This means that eating it has a balancing effect on all [types of life energies](#) (dosha). For this reason, kitsch is present in almost all diets that **Ayurveda can recommend for various ailments**.
- There is practically no one for whom this dish is not good. If you feel lazy, whether it's **due to systematic overeating or rooted in your emotional state**, there's nothing better for you than a bowl of fragrant locks.

## • **What should we keep in mind?**

- There is practically no group of people for whom locksmiths can harm, except for those who have an intolerance to any of its ingredients. It is recommended for them to **seek the help of a specialist regarding** what can be replaced by one or another **product for making locks**.
- Due to the fact that it is **very easy to digest**, the dish is suitable for people of all ages. All you need to remember is when **feeding young children** – remember that they need to take all **types of food groups**.
- To get the maximum effect of kitsch, **make regular routines, making sure that the dish you eat is** cooked according to the really correct recipe. **Between the regimes**, eat kitschy from time to time, and it is good at least once or twice to completely replace a whole meal with a bowl of locks, in these moments you can garnish it with a portion of fresh vegetables.
- **Khichari is generally a hypoallergenic food** It does not contain any allergens, including gluten. If you still think that you may have an allergic reaction to any of its ingredients, first try a little and wait for **symptoms**. In such cases, it is best to prepare it according to **the simplest recipe**, so that we can easily recognize the allergen among the ingredients and eliminate it.

## • **Useful tips**

- Find your favorite **spice for locks!** It can be, for example, savory or even chives. So it will become a **favorite fresh dish**. If your regime allows it, when serving **you can cut half a cucumber into small cubes and add it to your locks**.
- Be careful not to over salt it.

