

# Hindu Compliance Body

## **Gulaanna-Jaggery Rice**

1st Edition

**HCB-10103:2020**

**Kirana Agama, carya pada**

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Hindu Compliance System

KAILASA's

## Foreword:

The Supreme Pontiff of Hinduism and the Head of United States of Kailasa, The Living Representative of Paramashiva, His Divine Holiness Bhagavan Nithyananda Paramashivam has formulated KAILASA'S Hindu Compliance System to create, promote, spread and teach the standard procedures for all products and services that are in compliance with Hindu Scriptures. Hinduism has detailed procedures, standards, methodologies for everything. Hinduism is a rich religion with vast choices, It educates and empowers, has a non-restrictive, enlightening and empowering set of Principles to produce and use any product. KAILASA's Hindu Compliance System is working towards recognising the needs of two billion Hindus around the world and therefore works towards compiling the standards, and policies such as - economic policy, religious policy, spiritual policy or strategies or any products and services, as give by Paramashiva in Veda-Agama. KAILASA's Hindu Compliance System will work towards bringing innovation and provide solutions to global challenges by bringing together the various standards, procedures, and guidelines revealed in Hindu Scriptures. Through this System KAILASA will bring together all the experts to compile the standards as per needs of the global hindu diaspora, in accordance with the **śāstra(Hindu Scriptures)**.

The procedures used to develop this document and those intended for its further maintenance are described in ***Kirana Agama, carya pada***.

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## Introduction:

This ***Hindu Compliance System*** provides the fundamental concepts, principles for sustainable solutions for quality control & management (QCM) and provides the foundation for other QCM standards. HCS is intended to help the user to understand the fundamental concepts, principles and vocabulary of quality control & management as per hinduism, in order to be able to effectively and efficiently implement a QCM and realise value from other QCM standards.

This HCS proposes a well-defined QMS, based on a framework that integrates established fundamental concepts, principles, processes and resources related to quality as per veda-agama, in order to help Hindu organizations, Hindu businesses, Hindu Service Industries and the Hindu diaspora around the

world to realize their objectives. It is applicable to all organizations, regardless of size, complexity or business model. Its aim is to increase the organization's commitment to dharma and responsibility in fulfilling the needs and expectations of its customers and interested parties, and in achieving satisfaction with its products and services.

## Scope:

The Hindu Compliance System gives direction on cooking science which is compiled from Bhaga Shastra. Bhaga Shastra classifies foods into rajasik, tamasik and satvik types. Rajasik food makes one feel agitated, aggressive, lustful and egoistic. Tamasik food makes a person lazy, sleepy and depressed. Satvik food gives clarity to the person and brings him peace of mind leading to bhakti (devotion), tripti (fulfillment) and ananda (bliss).

Six types of tastes are described in the Bhaga Shastra – salt, sweet, sour, hot, bitter and pungent. It states that every meal should include all these tastes, so that the appetite is satisfied and the tongue is neutralized by all the tastes being together. As per the instructions in Bhaga Shastra, in order for all parts of the body, mind and brain to function properly, a balanced diet of all these tastes is a must.

Further, the purpose of having all six tastes is to balance the tridoshas in the body, namely vaata (acidic), pitta (alkaline) and kapha (phlegm). Every ingredient used in Hindu cooking is classified as per their dosha properties.

For thousands of years, Hindus have been cooking food which are organic, nature friendly and with numerous benefits. This standard will help organizations, businesses like hotels, restaurants etc. to cook the food as mentioned in Hindu Scriptures. This will also be applicable to the following:

- organizations seeking sustained success through the implementation of a standard parameters for amount or quantity;
- customers seeking confidence in an organization's ability to consistently provide food products and services conforming to their requirements;
- organizations seeking confidence in their supply chain to ensure that the food product and service requirements are met;
- organizations performing conformity assessments against the requirements of cooking healthy and organic food
- providers of training, assessment or advice in quality control & management;
- developers of related standards.

## Fundamental Concepts and Principles:

Rice is typically rinsed before cooking to remove excess starch. Rice may be rinsed repeatedly until the rinse water is clear to improve the texture and taste. Rice may be soaked to decrease cooking time, conserve fuel, minimize exposure to high temperature, and reduce stickiness. Rice may be soaked for 30

minutes up to several hours. Rice is cooked by boiling or steaming, and absorbs water during cooking. Almost all rice recipes in the Bhaga Shastra indicate draining out starch after cooking, before further procedures of making a variety of tasty dishes is followed.

A basic preparation of rice is very simple and easy. However, the procedures to turn them into tasty dishes make it an elaborate affair, as the wide variety of rice dishes described in the recipes below will testify. When combined with milk, jaggery, and honey, it is used to make desserts.

Depending on the sweet, the ingredients and the time required to make them vary vastly. However, some standard ingredients are integral to Bhagashastra sweet dishes – they include a wide variety of rice or wheat, clarified butter or ghee, unprocessed sugar such as jaggery or palm sugar, milk, cardamom for flavor and coconut.

Ingredients to be used for making gulaanna-jaggery rice

1. Rice – 1 padi
2. Pure Water – 2 ½ padi
3. Fried Yellow Or Green Gram – veesam 1/16 padi
4. Chana Dal/Bengal Gram – veesam ½ padi
5. Grated Coconut – 5 palam
6. Jaggery – ½ veesam
7. Cashew Nuts – 5 palam
8. Cardamom Powder – ½ r.e
9. Ghee – 1/8 padi

#### **Method:**

1. Clean the rice, fry it in a pan little by little until it is golden brown and make flour out of it. Boil pure water in a pot. Fry the whole moong dal and then split it to use it.
2. Add the fried moong dal and Bengal Gram to the boiling water. When it is half boiled, add grated coconut and jaggery to it. When the jaggery is dissolved, add the rice flour to it. Stir and close the lid.
3. After some time add cashew nuts, cardamom powder and ghee. Add it one by one to the kali. Keep it on slow fire for some time and remove from fire.
4. You can soak the rice, grind it and then fry the ground flour to make this dish. If you want the kali to be dry, the water used to cook this should be less.
5. If you need the dish to be like a solid mass, the water has to be more.

## References

The above standards have been taken into consideration from *Kirana Agama, carya pada* which is foremost among the *Saiva-agama*. At the time of publication, the edition indicated was valid. All the standards are subjected to revision considering that it is compliant to *veda-āgama*. All the interested parties are encouraged to investigate the possibility of applying the improvements in above standards.

मरीचं रजनीयुक्तं जीरकं सर्षपं तथा।  
आलोड्य पाचितं ह्येतत् हरिद्रान्नं प्रकीर्तितम् ॥ ४३

marīcam rajanīyuktam jīrakam sarṣapam tathā |  
āloḍya pācitam hyetat haridrānnam prakīrtitam || 43  
-Kirana Agama

## Terminology and Definitions:

1. Padi
2. Palam
3. r.e.

## Hindu Compliance Body:

Hindu compliance body was established under the executive order of Supreme Pontiff of Hinduism, dated August 14, 2020, order number 10010, under the title **Reviving the Hindu Compliance System and Body for the Whole World** to create, promote, spread and teach the standard procedures for all products and services that are in compliance Hindu Shastra. Hindu Shastra provides vast choices, educates and empowers, is a non-restrictive, enlightening and empowering set of Principles.

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