

Khanar Bachan: A Study of an Indigenous Knowledge Repository on Nutrition and Preventive Health Sciences

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Abstract:

“Khanar Bachan” constitutes vital components of the Bengal rural knowledge repository, having involved orally over generations based on collective experiences regarding daily life, agriculture, dietary habits, and health. Although “Khanar Bachan” is primarily renowned for its insights into agriculture and weather patterns, numerous Bachan embedded within this tradition contain significant directives concerning human nutrition and preventive healthcare science. The objective of the present study is to evaluate the scientific validation and relevance of the selected “Khanar Bachan” in the context of human nutrition and preventive health care. Employed qualitative and descriptive methodology, this study analyses the thematic content of various “Khanar Bachan” and compares them against established theories and empirical findings within modern nutritional, public health and preventive medicine. The findings reveal that the majority of these concepts are substantiated by modern scientific research.

Keywords: Khanar Bachan, Indigenous Knowledge, Human nutrition, Preventive Healthcare, Scientific validation.

1. Introduction

“Khanar Bachan” serves as a trusted repository of indigenous knowledge deeply embedded in the rural life of Bengal, having been transmitted orally from one generation to the next. It is primarily women-centric, its verses are concise and composed in poetic form, seemingly simple on the surface, yet profoundly meaningful and the product of observation and experiences gathered over the course of an ancient society. ‘Khana’ was a renowned Bengali woman celebrated for her expertise in astronomy; hailing from a ‘Vaidya’ lineage residing in Deulia, North 24 Parganas, Khana was revered as the ‘Tenth jewel’ of king Vikramaditya’s illustrious ‘Nine Jewels’ (Navaratna) court.

‘Indigenous Knowledge’ refers to the skills and beliefs acquired over generation by the people of a specific region, Knowledge shaped and influenced by their natural environment

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and culture context. “Khanar Bachan” is not merely a work of the folk literature; it stands as an immensely significant repository of indigenous wisdom.

In today’s world, nutritional and preventive health sciences are widely discussed as awareness of the human health grows. The rise of non-communicable diseases has increased focus on nutrition’s diets and preventive practices. This awareness is reflected in the “Khanar Bachan” showing that such practices existed in past societies.

The primary goal of this study is to examine the scientific foundations of ‘Khanar Bachan’—particularly those related to human nutrition and preventive healthcare. Additionally, efforts have been made to establish a connection between Khana’s aphorisms on nutrition & preventive healthcare and the scientific principles of health care sciences. This research highlights that it will play a crucial role in the future by evaluating the scientific basis of research aimed at preserving health knowledge and promoting health awareness.

The central problem addressed in this research paper is that, although ‘Khanar Bachan’ regarding human nutrition and preventive health care widely regarded by the public as a source of practical knowledge is now on the verge of extinction due to the advancement of modern information communication technology.

2. Literature Review

A review of the literature reveals the existence of numerous articles that discuss “Khanar Bachan” – the Khanar Bachan – in various forms, characterizing them as a repository of ancient Bengal’s agricultural knowledge. However, no articles were found that explore “Khanar Bachan” as a repository of indigenous knowledge regarding human nutrition and preventive healthcare, or examine the enduring scientific basis of these principles.

Nuri, Md. Ataulah.(2021), In this research paper “Khanar Bachan” have been examined not merely as a specimen of folk literature ,but as a repository of indigenous knowledge for sustainable agricultural system .Specifically ,these verse encapsulate practical methods — such as understanding the natural environment , soil types, arable land, seasonal cycles, agricultural technologies and waste management — that was vital to the agrarian livelihood of farmers in ancient Bengal . Against the backdrop of radical shifts in the contemporary climate and evolving agricultural landscapes, this body of rural folk wisdom warrants a thorough re-evaluation.

Mandal, Ramkrishna.(2026), This article examines the role of agricultural practices and sustainable agricultural development as practical applications of “Khanar Bachan”.The researcher highlights the significance of khana verse regarding critical aspects such as the optimal timing for seed sowing, soil types , weather forecasting and pest control ; furthermore ,the study analyzes how these principles can contribute to the strengthening of both the rural economy and food security.

Dutta, M. (2025), In his essay , he presents “Khanar Bachan” — a body of oral wisdom that has been transmitted verbally across generation — as knowledge grounded in the practical experiences of social life .He offers a vivid portrayal of the realities of agriculture , health, weather and social life as reflected in this bachan.He characterizes this oral tradition as

knowledge derived from extension experience and a taken observation of the environment .Furthermore , he specifically highlights those underlying nuances within the agricultural proverbs of “Khanar Bachan” that align with modern concepts of sustainable agriculture.

Mandal, Sandip. (2012), This paper discusses that numerous aphorisms regarding agricultural management found in “Khanar Bachan” — specifically those concerning weather, timing of cultivation, seed sowing, seed selection processes and soil fertility — are consistent with modern agricultural science.

Based on a review of the aforementioned studies. It appears that while “Khanar Bachan” related to agriculture have been analyzed in the light of modern science, no prior research paper has verified the scientific basis of her sayings pertaining to human nutrition & preventive healthcare.

3. Research methodology

The present research paper is grounded in qualitative research methodology and a descriptive research design. Pertinent information has been gathered from secondary sources, including various books, research paper, cultural documents and online databases. A pivotal component of this study is interpretive analysis. In this paper “Khanar Bachan” is examined not merely as a genre of folk literature, but rather as indigenous knowledge system; furthermore, the study explores the scientific underpinnings of “Khanar Bachan” and makes a concerted effort to preserve the existence of this vast repository of indigenous knowledge in West Bengal.

4. Objective of the study

The key features of this research paper are as follows:

- i. To critically analyze the conceptual framework of the verses attributed to ‘Khana’ that pertain to human nutrition and preventive healthcare, and to demonstrate that these constitute not merely ancient knowledge, but possess a solid scientific basis.
- ii. To provide evidence that—beyond the current global awareness regarding proper nutrition and preventive healthcare—a consciousness of health existed among people in the past as well, and to establish the scientific foundations of this historical awareness.
- iii. One of the most significant objectives of this research paper is to analyze the intrinsic relationship between traditional knowledge and contemporary knowledge.

5. Data Analysis and Findings:

As previously discussed, ‘Khanar Bachan’ is a valuable compilation of rural wisdom originating from ancient Bengal. In this study, the scientific basis of these sayings has been analyzed with the context of nutritional science and preventive healthcare.

(Bachan (Proverb): 1)

“Bhat Kom

Shak beshi

Ei niyom chole

Sobar racy.”

An analysis of this statement reveals that the nutritional components of the human diet hold particular significance. Although rice serves as the primary source of energy in the traditional Bengali diet, its excessive consumption can lead to the development of various chronic diseases, for instance —

Chronic Diseases	
Metabolic Diseases	Diabetes (Type - 2) & High blood pressure
Weight & Liver diseases	Obesity & NAFLD
Cardiovascular Diseases	Heart attack & Stroke
Dental	Cavities
Skin Diseases	Chronic Inflammation & Acne

Green vegetables are rich in vitamins, including A, C and K as well as folate, iron, calcium, magnesium and phytochemicals, which are essentials for cellular growth, immunity, blood formation, bone health, and metabolism. Their high dietary fiber content supports beneficial 'Gut Bacteria'. Eating vegetables daily helps regulate blood glucose, reducing risk of type-2 diabetes and other non-communicable diseases.

The aphorism of "Khanar Bachan" the modern idea of "More nutrition per calorie" suggests it as a form of indigenous nutritional knowledge. "Khanar Bachan" has advised against overeating through numerous other bachan's of her; for instance, —

- a) "Uno Vate duno bol.
Oti vate Rosatol."
- b) "Sakale bhat , sonndhyay pat,
Tate hobe roger pat."
- c) "Sakaler ahara rajar moto,
Rater ahara vikharis mote."

(Bachan (Proverb):2)

"Vojon sheshe jol, amrita saman
Vojon majhe jol , madhyam gyan;
Vojon age jol , hajamer han."

This bachan reflects ancient rural beliefs regarding the relationship between water consumption and eating. Its primary objective is to maintain discipline in both the digestive process and dietary habits. Consuming adequate water after meals aids in maintaining the body fluid balance, transporting nutrients, and eliminating waste facilities the movement of food through the digestive tract and plays a role preventing constipation.

Consuming a small amount of water while eating is safe; it assists in swallowing food and alleviating dryness of the mouth. According to modern research, a moderate intake of water

does not significantly impair the stomach's digestive juices.

According to rural beliefs, consuming a large quantity of water before a meal diminishes appetite and weakens digestive power. Modern science indicates water intake prior to eating creates a sensation of fullness in the stomach, which may subsequently reduce the quantity of food consumed. However, there is no concrete scientific evidence to substantiate the claim that this directly impairs digestive functions. On the contrary, drinking water before meals may actually prove beneficial for weight management. Another notable "Khanar Bachan" regarding meal timing and water consumption is —

“Khabar sheshe

Khele jol

Kome jay peter bol”.

The aforementioned "Khanar Bachan" reflects traditional health wisdom regarding the optimal timing for consuming food and water. Although not entirely consistent with modern science, the core message of the adage emphasizes the importance of consuming water at appropriate time and in moderate quantities. It serves as a valuable example of the experimental knowledge of ancient society concerning digestive health, hydration balance and healthy dietary habits — knowledge that may be regarded as an indigenous form of "Nutritional hydration practices" and "Digestive Health Knowledge".

Bachan (Proverb) – 3

“Udor bhore

Kheyo nako,

Rog-balai deka

Eno na ko.”

This bachan reflects a traditional perspective regarding the detrimental effects of excessive food consumption on human health. The primary objective of the study is to validate the scientific relevance of this bachan from the stand point of modern nutritional science and preventive health care.

Due to excess consumption of food, the body's physiological requirement paves the way for the accumulation of surplus calories; consequently, this increases the risk of obesity, type-2 diabetes, hypertension, cardiovascular diseases and various others metabolic disorders.

From the perspective of health sciences, overeating causes undue strain on the digestive system. This leads to the manifestation of various gastrointestinal issues, such as indigestion abdominal discomfort, heartburn and acid reflux.

Evidence from modern gastroenterology research indicates that excessive food intake can overwhelm the stomach's optimal functional capacity, thereby diminishing digestive efficiency. The chronic habit elevates blood glucose and triglyceride levels, contributing to the development of complications such as insulin resistance & metabolic syndrome.

Numerous scientific studies have consistently demonstrated that the practice of mindful eating — specifically regarding calorie intake is inextricably linked to improved metabolic health, prevention of diseases and longevity. This analysis reveals that the aforementioned traditional bachan underscores fundamental concepts such as preventive nutrition, portion control, energy balance and health dietary habits. Thus it may be regarded as an invaluable repository of indigenous wisdom that aligns closely with contemporary principles of human nutrition & public health.

The aforementioned statement beautifully encapsulates the preventive nutrition scores. It advocates for moderate and a balanced dietary intake, rather than the consumption of excessive quantities of food. The WHO guidelines on healthy eating habits — along with lifestyle medicine — serves to demonstrate that simple .Mindful dietary practices are invariably, the very best medicine.

Bachan (Proverb) – 4

“Basi vate roger bas

Tatka vate bol,

Ambol hale more manush

Nidane jol.”

The aforementioned adage reflects a significant piece of rural wisdom regarding food safety, the prevention of food borne diseases, and healthy dietary habits. Food that is freshly cooked and served carries a comparatively lower risk of harboring harmful microorganisms — Specially, the potential for their growth and proliferation of pathogens significantly reduced. High temperatures are capable of neutralizing the activity of many pathogenic bacteria, viruses, and parasites, thereby mitigating the risk of food contamination.

If cooked food is left at room temperatures for an extended period, bacteria can multiply rapidly. Specifically, the temperature range between 50°C and 60°C is designated as the “Temperature Danger Zone” within which food borne pathogens such as “*Salmonella*”, “*Escherichia coli*”, “*Bacillus Cereus*” and “*Staphylococcus aureus*” thrives and multiply rapidly. Consuming hot rice or freshly prepared food significantly reduces this risk. Another notable “Khanar Bachan” regarding food safety is —

“Dheke rakho khadyer thala

Dure thakbe roger jaala”

Thus, a fundamental principle of modern food safety science is reflected in the aforementioned “Khanar Bachan”. This concept pertaining to food safety, hygiene, and diseases prevention — serves as an excellent example of the oral wisdom of ancient Bengal. Consequently, this bachan may be regarded as a significant indigenous knowledge resource concerning food hygiene and the preventive of food borne diseases.

Bachan (Proverb) – 5

“Modhu dudh

R rasun khati

Birjo bari

Shorir rakhe jhati”

The three-food mentioned here — Honey, Milk, & Garlic, have long been regarded as healthy — promoting foods in rural medicine and traditional dietary cultures. Milk is a source of high-quality protein, calcium, phosphorus, vitamin-B12 and others essentials nutrients. It plays a vital role in muscle building, maintaining bone health and facilitating the body’s growth and repair.

Honey is a source of natural carbohydrates, antioxidants, flavonoids and phenolic compounds. It acts as a quick source of energy and helps protect cells from oxidative damage. Garlic is an important medicinal source of “Allicin”, sulfur-containing compounds, and various vital bioactive. Garlic is also be beneficial in improving blood circulation and maintaining cardiovascular health.

Modern research indicates that an adequate intake of protein, antioxidants, zinc, and selenium, folate and other micronutrients is crucial for male reproduction health. Although there is a lack of definitive scientific evidence to guarantee that honey, milk and garlic directly increase sperm count, their nutritional properties are nonetheless be beneficial in maintaining overall health and reproduction capacity.

In the terminology of modern nutritional science, this represents a form of indigenous oral knowledge regarding reproductive health nutrition. Consequently, this bachan may be regarded as a valuable piece of indigenous source of nutritional knowledge related to reproduction.

Bachan (Proverb) – 6

“Sakale fol

Rate dudh

Saradine thake sustho mukh.”

This bachan highlights the importance of incorporating fruits and milk into one’s daily diet. Consuming fruit in the morning provides the body with vitamins, minerals, dietary fiber, and antioxidants. The natural sugars (Fructose) found in fruit offer a quick energy boost at the start of the day and help sustain both brain and muscle function. Furthermore, the vitamin-C, carotenoids, & polyphenols present in fruit aid in boosting immunity and protecting cells from oxidative damage. Drinking milk at night supplies high quality protein, calcium, phosphorus and vitamin – B12. The tryptophan and melatonin components found in milk help improve sleep quality. Both fruits & milk are nutrient – dense foods — meaning they provide a relatively high amount of nutrition for a low-calorie intake. Their regular consumption aids in preventing malnutrition boosting immunity, and help in maintaining overall health.

Bachan (Proverb) – 7

“Barshay khao

Kochu shak

Shorir thake

Johorjhorak.”

This bachan serves as a prime example of the principles of seasonal nutrition. Taro leaves are an excellent source of vitamin- A & C, folate, calcium, potassium, magnesium and dietary fibre, The prevalence of infectious diseases tends to be relatively higher during the monsoon season; the vitamin – A & C found in taro leaves help bolster immune function, thereby proving the body with protection against various infections. Furthermore, Taro leaves are rich in dietary fibre, which improves digestion, maintains intestinal health and aids in the prevention of constipation.

In the language of modern nutritional science, this can be interpreted as a symbol of a healthy metabolism, robust digestion, enhanced immunity and overall physical well being. This bachan highlights the importance of consuming seasonal foods and locally available nutritious vegetables. The aforementioned bachan can be regarded as a significant piece of indigenous nutritional knowledge about seasonal, local nutrition and preventive health nutrition.

Bachan (Proverb) – 8

“Lebutey mol

Kochute rakto

Ei sabjite jibon shakto.”

Lemons contain vitamin-C; organic acids and a certain amount of dietary fibre. These aid the digestive process and help maintain normal intestinal function. Taro leaves contain iron, folate, vitamin –A and vitamin-C. Iron and foliate play a crucial role in the production of red blood cells. Both lemons and taro leaves are rich in micronutrients, antioxidants and plant derived bioactive compounds. These help boost immunity, improve digestive and maintain the body’s normal physiological functions.

Bachan (Proverb) – 9

“Baro mase barofol,

Na kheyja jabe rosatol.”

This bachan underscores the importance of sustainable dietary diversity, the consumption of seasonal fruits and balanced nutrition. By consuming various types of fruit across different seasons, the human body acquires a wide array of vitamins, minerals dietary fibre and bioactive compounds — all of which play a vital role in maintaining overall health. The nutritional profiles of fruits vary significantly, for instance, Mangoes and papayas are rich in beta-carotene (Provitamin-A), Indian gooseberries (Amla) and citrus fruits abound in vitamins-C, Bananas serve as an excellent source of potassium; while guavas are rich in both dietary fibre & antioxidants.

Consequently, the regular consumption of a diverse range of fruits helps fulfill the body's micronutrient requirements and mitigates the risk of nutritional deficiencies. Furthermore, the dietary fibre found in fruits improves gut health, promotes the growth of beneficial gut micro-biotic and aids in preventing constipation. A fruit centric dietary regimen also plays a crucial role in boosting the immune system and maintaining a healthy metabolism. This bachan can be regarded as a significant piece of indigenous nutritional knowledge pertaining to human nutrition and sustainable food systems.

Bachan (Proverb) – 10

“Choite gima tita

Boishakhe nalita mitha

Jyoisthe amritofol

Asare khoi , shoyone dae.

Bhadore taler pitha;

Kartika khoilosar jhol

Agrane Ol;

Poushe Kanchi,

Falgoone pake bel.”

This bachan essentially embodies a significant piece indigenous wisdom regarding seasonal dietary habits and local systems. Khana provided guidance on which foods are beneficial for the body to consume during specific months of the year. In the context of modern nutritional science, this can be viewed as an ancient precursor to “Seasonal Dietary Patterns” & “Sustainable Nutrition”. In the month of “Chaitra” Gima Shak (Gima Green) possesses a bitter taste and is rich in various photochemical compounds, dietary fiber and minerals. Consumed during the transition phase of winter to summer, these bitter greens can aid in stimulating appetite, improving digestion and maintaining intestinal health. Jute leaves harvested during the month of Baishakh are highly renowned for both their flavor and nutritional value. Rich in calcium, Vitamin- A and dietary fiber, these greens help fulfill the body's micronutrient requirements during the summer season. During month of the Jyaishta seasonal fruits such as mangoes, black plums (Jam), jackfruits and leeches become available. These fruits are packed with vitamins, minerals, natural sugars and antioxidants, which aid in maintaining energy levels and fluid balance during the hot weather. In the month of Ashadh puffed rice — an easily digestible source of carbohydrates — yoghurt are particularly beneficial. A digestive strength may weaken somewhat during the monsoon season, consuming easily digestible foods and probiotics proves advantageous.

In Bengal, Palmyra fruit is available during the month of Bhadra. It contains carotenoids — precursors to vitamin – A — and serves as an important source of energy, such as dietary fiber. As a seasonal fruit, it is rich in nutritional diversity. Cucumbers are a crop of the month

of Ashwin. Cucumbers contain approximately 95% water. In hot and humid weather, they help maintain the body's fluid balance.

During the month of Kartik, easily digestible, broth-based foods aid digestion and help the body adapt to the seasonal transition.

In the month of Agrahayan the harvest is the elephant foot yam. Yam is rich in dietary fiber, potassium and complex carbohydrates. It aids in maintaining intestinal health and providing energy.

In the month of Poush, 'Kanchi' — a food item similar to fermented rice water of 'Panta'— can serve as a source of beneficial microorganism and certain vitamins-B. It plays a positive role in promoting intestinal health.

'Magh' falls during the winter season. In winter, oil and fat rich foods help provide energy and maintain body temperature. 'Ripe wood apples' become available in the month of "Falgun" wood apples contain dietary 'fiber', vitamin – C and various bioactive compounds. They improve digestion and help maintain intestinal health.

These "Khanar Bachan" advices, selecting food that is in harmony with the distinct seasons of Bengal's twelve-month cycle. In the parlance of modern nutritional science, this represents an indigenous form of "Seasonal and Sustainable Dietary Guidelines".

Consequently, this bachan may be regarded as significant repository of indigenous knowledge about human nutrition, public health nutrition and sustainable food systems.

6. The significance of "khanar Bachan" as an Indigenous Knowledge Repository:

While "Khanar Bachan" has historically been regarded as an invaluable treasure of Bengali Folk literature, it is currently recognized not merely as a component of literary or cultural heritage but also as a significant repository of indigenous knowledge. Although preserved through generation by word of mouth, this body of knowledge has been safeguarded and disseminated primarily through practical experience and observation. The significance of "Khanar Bachan" in the realms of preventive health care is discussed in the following section-

6.1. Community based knowledge Transmission:

"Khanar Bachan" has primarily been disseminated within society through the medium of oral tradition. Rural communities — particularly women and the elderly — have passed these sayings down to subsequent generation, drawing upon their experiences of daily life. Consequently, these bachan represent not merely individual knowledge, but rather a reflection of the collective experience of the entire community. Their messages have spread among the people in simple language, serving as an effective medium for social education.

6.2. Long-term empirical observation:

Prior to the advent of modern scientific research, human beings arrived at various conclusions by observing the interrelationships among nature, food and health. "Khanar Bachan" are the product of such long-term experience and observation.

6.3. Practical applicability in daily life:

One of the defining characteristics of “Khanar Bachan” is their practicality. These are not complex theoretical discourses; rather they are directly linked to the daily lives of peoples “Khanar Bachan” offer simple, rhythmic and memorable guidelines. Consequently, ordinary people have been able to acquire fundamental knowledge regarding nutrition and preventive health care science without any formal education.

6.4. Cultural Acceptance and Accessibility:

Due to their composition in rhythmic and simple language, “Khanar Bachan” are easily understood and accepted by people across all social strata. While scientific information can often appear complex to the general public, knowledge presented in a rhythmic, proverbial style is easily memorized and readily applicable to real-life situations. This cultural acceptance has played a pivotal role in raising awareness regarding human nutrition and preventive healthcare sciences.

6.5. Relevance to Sustainable Health Practices:

“Khanar Bachan” places particular emphasis on natural, locally sourced, and seasonal foods. Many of the principles articulated in “Khanar Bachan” resonate strongly with contemporary global concepts of sustainable food systems and healthy lifestyles. Recommendations regarding the consumption of locally produced foods, the importance of fruits and vegetables, and the practice of moderate eating remain just as relevant today as they were in the past. These guidelines serve as valuable aids in fostering an eco-friendly and health-conscious way of life.

6.6. Role in Preserving Cultural Heritage and Advancing Public Health:

The preservation and scientific evaluation of “Khanar Bachan” constitute not merely an effort to safeguard a literary heritage, but also a significant contribution to the advancement of public health. By integrating indigenous knowledge with modern scientific understanding, health education initiatives can be rendered far more acceptable and effective in the eyes of the public. In particular, culturally familiar repositories of wisdom—such as “Khanar Bachan” —are capable of playing a crucial role in enhancing health awareness among rural and marginalized communities.

7. Conclusion:

The present study endeavors to evaluate “Khanar Bachan” as an indigenous knowledge repository regarding human nutrition and preventive health science. Alongside analyzing the thematic content of selected sayings and assessing their alignment with modern nutritional science and preventive healthcare practices, their scientific significance has also been highlighted. The research findings indicate that “Khanar Bachan” is not merely a traditional element of folklore; rather, it serves as a significant example of an experience-driven, observation-based, and community-centric knowledge system. Transmitted orally across generations, this body of knowledge has been preserved over the ages. This collective wisdom has influenced public behavioral practices concerning human nutrition and disease prevention, effectively serving as a form of informal health education system. However, it is

also pertinent to note that the scientific basis of every saying is not equally established; some sayings may reflect cultural beliefs, symbolic representations, or localized experiences. Therefore, further interdisciplinary research is required to ascertain the scientific validity of such indigenous knowledge. Overall, “Khanar Bachan” constitutes a valuable traditional knowledge resource in the domains of human nutrition and preventive healthcare. Through re-evaluation in light of modern scientific frameworks, this resource holds the potential to make effective contributions toward sustainable health education, public health improvement, and the preservation of indigenous knowledge.

8. Suggestion

8.1. Systematic Compilation and Digital Preservation of Khanar Bachan

The verses of “Khanar Bachan” should be preserved in an authoritative digital repository to ensure that indigenous knowledge regarding nutrition and health remains safeguarded for future generations and becomes easily accessible to researchers.

8.2. Expansion of Interdisciplinary Research:

It is necessary to conduct more comprehensive research involving a collaboration of researchers from the fields of nutritional science, public health, anthropology, and medical science, to more clearly ascertain the scientific basis of “Khanar Bachan”

8.3. Evidence-Based Scientific Verification:

Experimental and clinical research should be conducted on the concepts embedded within “Khanar Bachan” so that their efficacy can be evaluated on an evidence-based foundation.

8.4. Inclusion in Public Health Education:

Those verses of “Khanar Bachan” that are scientifically validated can be incorporated into health awareness campaigns and community-based health promotion initiatives. Culturally familiar messages tend to be more readily accepted by the general public.

8.5. Initiatives for Curricular Integration:

Relevant components of indigenous knowledge systems and health-related folklore literature can be integrated into the curricula of schools, colleges, and universities, thereby enabling students to acquire a holistic understanding that synthesizes traditional wisdom with modern science.

8.6. Recognition as an Indigenous Knowledge Repository:

Research institutions, libraries, and cultural organizations should take the initiative to formally recognize “Khanar Bachan” as a significant Indigenous Knowledge Repository within the domains of human nutrition and preventive health science.

8.7. Utilization of Indigenous Knowledge in Formulating Sustainable Health Policies:

Indigenous knowledge—such as that found in “Khanar Bachan”—can be considered a supplementary resource when formulating health policies and nutrition programs that are aligned with local culture and traditions.

8.8. International Research and Comparative Studies:

Conducting comparative research that contrasts “Khanar Bachan” with traditional health knowledge and food-related folklore from other regions of the world would further illuminate the global significance and scientific relevance of this indigenous knowledge system.

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