# CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Title</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>PREFACE</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>BIBLIOGRAPHY</td>
<td></td>
<td>4</td>
</tr>
<tr>
<td>ABBREVIATIONS</td>
<td></td>
<td>16</td>
</tr>
<tr>
<td>SYNOPSIS</td>
<td></td>
<td>19</td>
</tr>
<tr>
<td>PART - I</td>
<td>Critical Study</td>
<td></td>
</tr>
<tr>
<td>CHAPTER - I</td>
<td>Introduction</td>
<td>23</td>
</tr>
<tr>
<td>CHAPTER - II</td>
<td>Food</td>
<td>50</td>
</tr>
<tr>
<td>CHAPTER - III</td>
<td>Preservation of Health</td>
<td>98</td>
</tr>
<tr>
<td>CHAPTER - IV</td>
<td>Cooking</td>
<td>141</td>
</tr>
<tr>
<td>PART - II</td>
<td>Text</td>
<td></td>
</tr>
<tr>
<td>SECTION - I</td>
<td>Introduction</td>
<td>267</td>
</tr>
<tr>
<td>SECTION - II</td>
<td>Constituted Critical Text of the KK</td>
<td>279</td>
</tr>
<tr>
<td>APPENDIX - I</td>
<td>Glossary of the technical words</td>
<td>460</td>
</tr>
<tr>
<td>APPENDIX - II</td>
<td>Spices, cereals and pulses</td>
<td>477</td>
</tr>
<tr>
<td>APPENDIX -III</td>
<td>Twenty Physical Properties of the Food Materials</td>
<td>486</td>
</tr>
<tr>
<td>APPENDIX - IV</td>
<td>Preparations of Food and Drinks</td>
<td>489</td>
</tr>
</tbody>
</table>

****