

The Cultural Anthropological Study on the Culture of Consuming Bulath Vita

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Cultural anthropologists consider most human behaviours and habits all over the world as a main part of anthropology. In this context, it is worthwhile to note that food culture plays a significant role in human behaviour. The origin and the spread of bulath vita remains a somewhat unresolved issue since there is little unequivocal evidence to support its early use. Consuming bulath vita is not limited to south Asia -- it is also found in Africa, and in South and South East Asia. It is known by various names in these places: *bulath vita* in Sinhala, *thambula* in Tamil, *killi* in Thelugu, *sireh* or *lao-mark* in Malay. Sri Lankans normally chew a combination of betel, arecanut, lime, and tobacco. According to Dr Spittal and Seligman the Vedda people also chew betel made up of a different combination of ingredients along with tobacco. Bulath vita is an addictive, e euphoria inducing formulation with adverse health effects. The main objective of this research study is to trace the intrinsic subculture of chewing bulath. Based on literature by cultural anthropologists on tribal food consumption, the researcher engaged in this investigation through fieldwork in selected communities. This is a descriptive study that aims to enhance the cultural anthropological legacy behind consuming bulath vita in different cultures around the world. Both empirical and textual data is used in the study.

Key words, Bulath Vita, Anthropology, Cultural, Vaddas, Tribes,