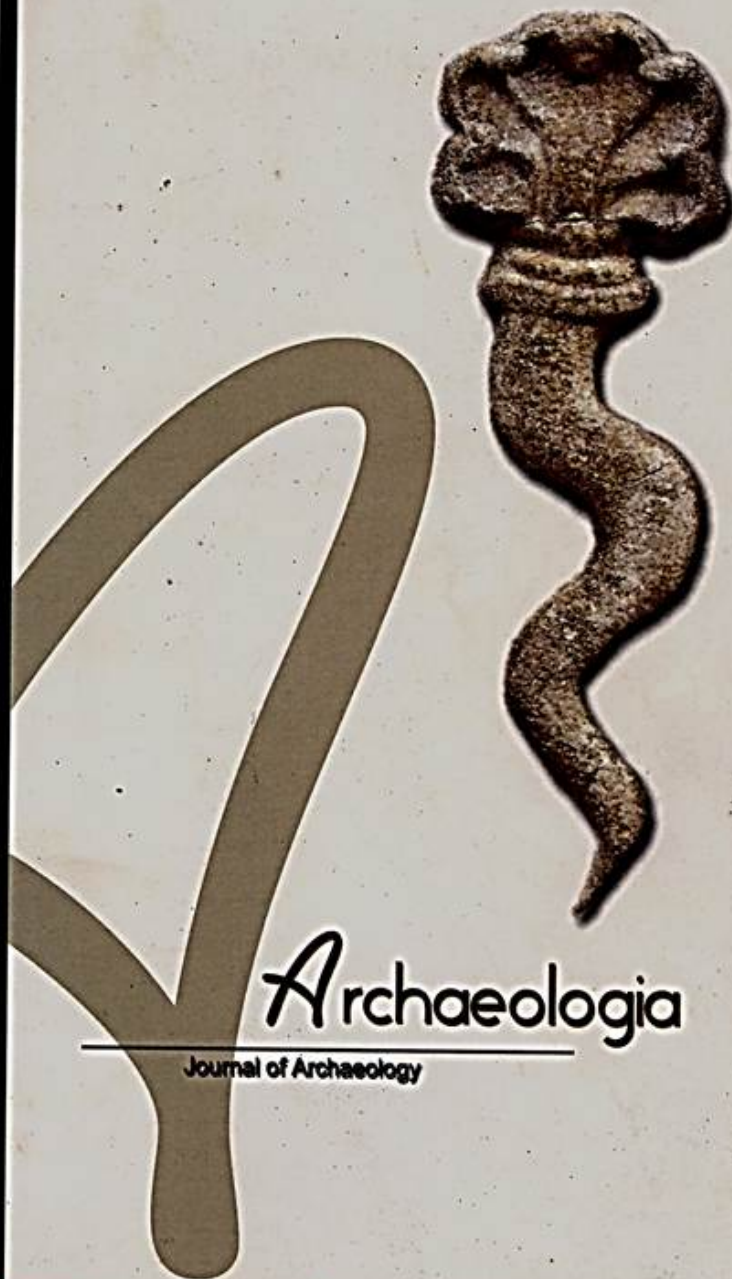


Journal of Archaeology
Volume 1
2005

Department of Archaeology
University of Kelaniya



Archaeologia

Journal of Archaeology

**The special Volume to Commemorate the Week for the Protection of
National Archaeological Heritage
(From 10th January to 16th 2005)**

0.1
C

JOURNAL OF ARCHAEOLOGIA

Department of Archaeology, University of Kelaniya, Sri Lanka.

The Department of Archaeology: The Department of Archaeology is one of the Departments within the faculty of Social Sciences. It is located on the ground floor at the left end of the Social Sciences building C. It has been established in 1973 as a sub Department of the Department of History, faculty of Arts at the Vidyalandara Campus of the University of Sri Lanka. It has become an independent Department in 1977. The first batch of students who followed the special degree course in Archaeology, graduated in 1979.

Archaeologia : The Journal of Archaeologia of the Department of Archaeology in the University of Kelaniya, Sri Lanka is published once a year. The Journal contains articles based on original research in Archaeology with special reference to Sri Lanka. The articles should be either in Sinhala or English language. Articles and other communications submitted for publication and all other correspondence on editorial matters should be addressed to

The Editors, Archaeologia
Department of Archaeology,
University of Kelaniya,
Kelaniya,

Editorial Board

Editor -in -Chief:
Prishanta Gunawardhana

Editorial Consultants:
Professor. H.T. Basnayake
A. A. D. Amarasekara

Editorial Assistants:
Shriyani Hathurusinghe
Reshani Dharmawardene

Cover Design
Mangala Katugampola

Subscriptions:

Annual Subscription (Local) R. 250. including postage. Orders should be addressed, The Editors, Department of Archaeology, University of Kelaniya, Sri Lanka.

Acknowledgements:

The Editors are grateful to Professor Sunanda Madduma Bandara the Dean of the Faculty of Social Sciences for providing facilities to publish this Journal.

ISSN: 1391-9857



පටුන - Contents

	පිටු අංක Pages
1. පුරාණ ලකදිව මැණික් කර්මාන්තය මාලිංග අමරසිංහ	1
2. ශ්‍රී ලංකාවේ අතීත මානවයාගේ මත්ස්‍ය පරිභෝජනය: සත්ව පුරාවිද්‍යාවට නව ප්‍රවේශයක් ඩී. එම්. එස්. ආර් ප්‍රියංගා	15
3. අනුරාධපුර යුගයේ සෙල්ලිපි මගින් හෙළිවන ගණුදෙනු පිළිබඳ අධ්‍යයනයක් ඉතෝකා දිසානායක	21
4. Early Modern Cast Iron Products in Sri Lanka Kusumsiri Kodituwakku	30
5. ඉතිහාසය සකස් කිරීමේ දී දීපවංසයෙහි ඇති වැදගත්කම නදිමා පර්මලි ගුණවර්ධන	37
6. බ්‍රිතාන්‍ය යටත්විජිත මූල්‍ය ක්‍රමය තුළ ශ්‍රී ලංකාවේ භාවිත වූ කාපි සහ එහි අන්තර්ගතය රේඛාණී ධර්මවර්ධන	56
7. නකල්ස් කඳුකරය ආශ්‍රිත ප්‍රදේශයේ සාම්ප්‍රදායික වාරිත වාරිත පිළිබඳ විමර්ශනයක් ශ්‍රී ලංකා රාජපක්‍ෂ	68

8. Traditional Methods and Techniques of Food Preservation in Ancient Sri Lanka.
Uda Hettige 78
9. මූල බ්‍රාහ්මී හෝඩිය සහ පිල්ලම් භාවිතය
දම්ම බණ්ඩාර 88
10. ශ්‍රී ලංකාවේ පැරණි කාන්තාව:
සෙල්ලිපි ආශ්‍රිත අධ්‍යයනයක්
ශ්‍රියාණී හතුරුසිංහ 106

Traditional Methods and Techniques of Food Preservation in Ancient Sri Lanka

Uda Hettige

Department of Archaeology, University of Kelaniya.

e-mail : uhettige@yahoo.co.uk.

Introduction

Since man began to settle down and formulate a civilization of his own he convinced that his main occupation would be agriculture or gathering of food from plants cultivated by him. Under these circumstances man began to understand that the food he produces either by cultivation or agriculture has to be preserved in order to keep them without being decayed to use them for a long time. Hence he began to find out various means and devices to preserve his excessive food for the future use. The ultimate result of that was the discovery of various methods and devices to preserve his foodstuffs from decay and ruin. It should be noted here that the methods and devices employed by ancients to conserve his foodstuffs seems to be very simple and uncomplicated. For instance, the staple diet of the people of Sri Lanka appears to be the grains such as paddy, wheat, *kurakkan*, etc. In his attempt to maneuver preservative methods he has understood that the main obstacle in preserving foodstuffs were that they should be protected against the elements of nature such as sun, rain, humidity, warmth etc. As for grains the man understood that they are being destroyed by various types of insects rats and various other animals. Thus the ancients have made attempts to preserve their food items by simple and scientific means.

For instance the *Vee-Bissa* can be taken as one divisive method to preserve paddy for a long period of time. The ancient settlements in Sri Lanka were located in the dry zone areas such as Anuradhapura and Polonnaruva. where the ancients thought that the flat lands without much jungles area could be utilized easily for the purpose of cultivation. As such they began to make their settlements in the dry zone where water is available. But when once they understood that the sufficient water is not available throughout the year they began to devise ways and means of storing water which ultimately led to the construction of irrigational works. This was the first step in the process of method of conservation of water by the ancients of Sri Lanka. When once they acquired the ability to conserve