

A Study on ‘Lotus Culture’ in India

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Lotus (Kamal) is a common perennial aquatic herb growing in tanks, marshes, ponds, lakes and other water bodies. It is the national flower of India. Lotus is one of the most celebrated flowers with a history of over 5000 years, frequently mentioned in Hindu and Buddhist art and literature. Not like in Sri Lanka there is a big traditional sub culture which is related to lotus, in India. So this research will be a path to make aware of people about the ‘**Lotus Culture**’ in India. From Intra - Textual Readings, and discussions with resource persons, research has got a lot of data about this lotus culture. When analyzing all the facts research found a large number of myths which are related to this lotus culture and also there is a unique food culture which belongs to the lotus. Lotus is grown and consumed throughout Asia, as medicine, beauty cultural ingredients, food items and garnishing items. Lotus is considered as a religious symbol. According to this research lotus plays an important place in Hindu life. And also many myths concerning Lotus (Kamal) prevail in India. Kamal is essential to bring prosperity, happiness and good fortune. The research will make people aware about this traditional lotus culture of Hindus in India.

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