



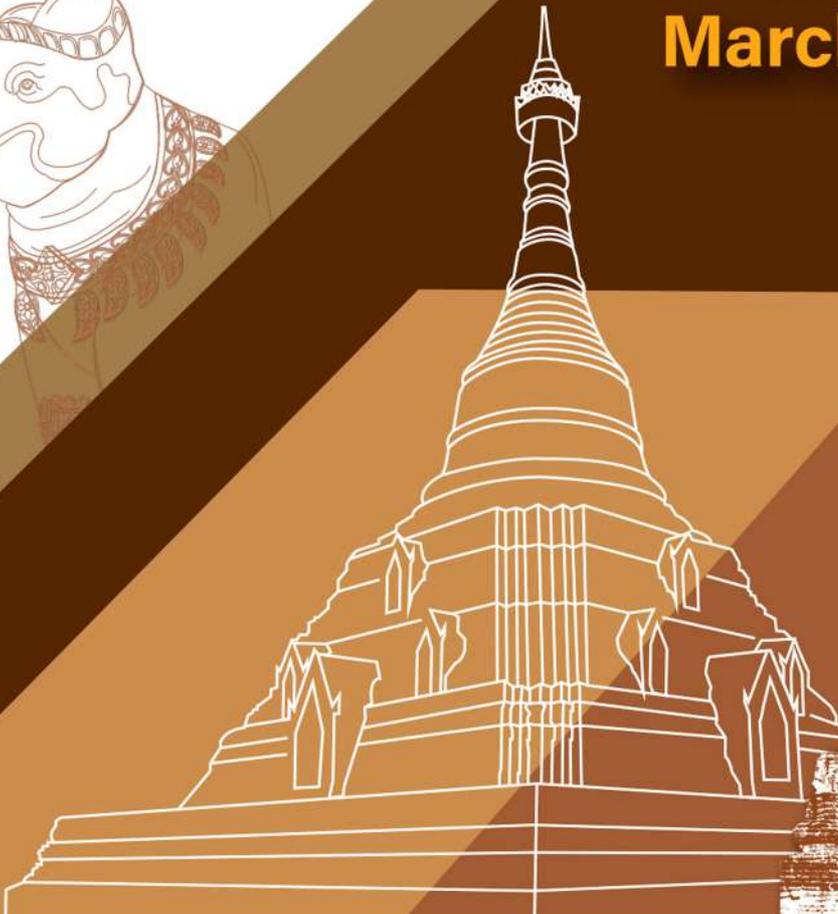
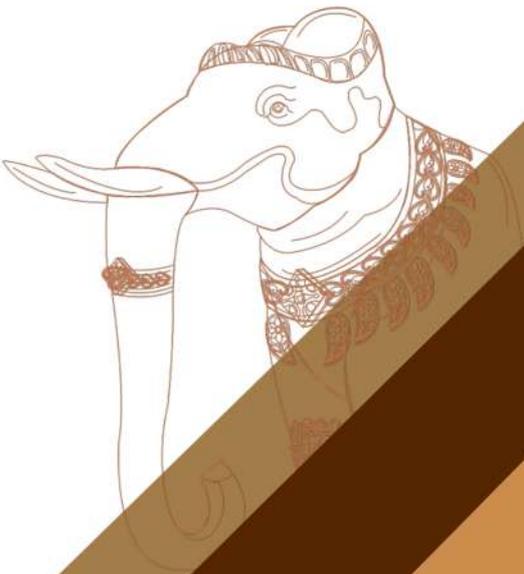
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Krayasart ,Traditions, Beliefs to the Community Product: A Case Study of the Krayasart Wilaiwan Groups Mueang District, Kamphaeng Phet Province

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Introduction

“Buddha amulet chamber, Strong person city, Big laterite, Sweet banana, Lan Krabue oil, Famed World Heritage Site.” This is the motto of Kamphaeng Phet province that represents famous products. Especially when mixing bananas with Krayasart. Krayasart Kluay Khai is very famous for Kamphaeng Phet province. Krayasart aside from being a rare dessert. Although it is a common dessert in Thailand, but when we’re talking about Krayasart Kluai Khai, we must think of Kamphaeng Phet province only. Considered as Thai wisdom in food preservation. In the season of abundant food, therefore the rest of the food should be eaten in the shortage of season. To eat delicious Krayasart must be eaten with Kluai Khai (Santi Apairaj, 2018).

Krachai means utensils, foodstuffs. Sart means "Festival of merit on the end of the tenth month" By bringing the first cereal crops to be prepared as Kaw Thip and Kaw Mathipayas. Then presented to the monks. Therefore, Krayasart means food that is eaten on the tenth month festival by harvesting the first cereal crops to prepare Krayasart, Khao Thip, and Kaw Mathipayas and bringing rice to the monk. The tradition of Sart Day falls on the 15th day of the waxing moon of the 10th lunar month or October of every year. On the merit-making day, the villagers will bring food to monks. The sweet food that was used to make offerings to the monk on that day was "Krayasart" It can be observed that the merit making on the Thai Sart Day, every temple is full of Krayasart festivals that the villagers bring to make merit (Kom Chad Luek, 2018). Traditions of merit making are available in all regions of Thailand, but the names are different according to each region, for example, the southern region is called "Ching Prate tradition.", The northeastern region is called "Tam Boon Kaw Sark" and the north region is called "Than Guay Salak" etc.

However, regardless of the different names, the Buddhist beliefs are in the same direction: making merit in order to give merit to grandparents and relatives who have passed away. (Kom Chad Luek, 2018) Therefore, it can be concluded that The Sart tradition is the season for harvesting cereal crops. At the end of the rainy season, the beginning of the cold season. Because the beliefs of the Indians are bound to the gods in nature, therefore, when the first harvest of the products is brought to worship the gods according to their beliefs. This belief is still prevalent in primitive societies around the world. The objective of this article is 1) to study the origin of Thai Sart 2) to study the processing of Krayasart and Krayasart bananas.

The origin of the word Sart Thai

Sart (sard) is a term Thailand borrowed from India. But different from India in that pronunciation "sa-ra-tha". It does not used to refer to the 15th day of the 10th lunar month, but India is also used as the season's name. Which will correspond to the 10-12 month period according to the lunar calendar. The festival of the Thai Sart Festival is popular among villagers. They prepared Krayasart for offering to monks. "Krayasart" means "food made during the season" or can be said that Krayasart is comparable to "Kaw Matu Payas" which is the food of the Indians, with rice, sugar, milk mixed together but it does not required to be made only during the Sart season. Normally, Indian people like to cook rice for their own family, as is the case with Mrs. Suchada cooking for the Lord Buddha. Thailand is one country in the Southeast Asian region that has influenced beliefs from India through civilization in various eras. And applied to the way of life from the past to the present more or less. Even when people have accepted Buddhism. The offering of sacrifices to the gods worshiped by the product of cultivation then changed to making merit and offering according to the Buddhist belief. Nonetheless, the belief in the gods in the nature of Thai people does not disappear. As can be seen from the ritual about Mae Phosob, for example the ceremony to receive Kwan Kaw. Or rituals related to Mother Earth, such as the Loi Krathong tradition etc. Those who used to practice Brahmanism and changed to Buddhism. When it was time to make merit according to the season for the Brahmins, they made merit offerings to monks like Brahmins. That Is to make merit with the first item as a reward for merit, and then often pour water for the merit of those who have passed away. The ritual dedicated to the dead of Hindus is called "Sart." The pronunciation is the same as the word "Sart" in Thai, meaning the season name "(Kom Chad Luek, 2018).

As for the legend of Krayasart, it is said that one day the Buddha was in Rajagaha. There was one imp impersonating a monk in front of Prajaw Ar-chard Satru. The Beavis have revealed the truth that they used to be monks but are greedy and therefore have to pay karma as Beavis. That beavis asked him to give Krayasart. Which is prepared with 7 items, namely sugar, honey, beans, sesame seeds, kaw tork , kaw maw cow's milk, to sustain hunger. Therefore, the next day, exactly, on the day of the 15th lunar month, the king has made the Krayasart and Kruad Nam dedicated to the beavis as requested (Kritda Kunchot, 2014).

Kaw Matupayas is rice cooked with milk and honey. Legend has it that Mrs. Suchada, the wealthy daughter, made a votive offering and saw the Buddha. She understood that he was a fairy and therefore offered that food. The Bodhisattva then ate Kaw Matupayas as a last meal before enlightenment as the Lord Buddha. Therefore it is believed that Kaw Matupayas is the magic food. Anyone who has the fortune to eat will have a healthy body and it will blessing to life (2018, Kom Chad Luek)

For Thailand, the tradition of stirring Kaw Matupayas (Khao Thip) is a royal ceremony performed in the 10th month, which has been around since the Sukhothai and Ayutthaya periods and was a major revival in the reign of Rama 1. Broke up during the reign of King Rama 2 and Rama 3. Then again restored in the reign of King Rama 4 onwards. But nowadays, most Buddhists like to make offerings to monks and worship the Rattanathai as well as dedicate the merit to the dead. Which will be held in the 12 months or a month by taking into account the rice germs in the rice fields, the milk grains of each year and the unity of the villagers is also important. Considering the traditions of stirring Kaw Matupayas (Khao Thip) in Kamphaeng Phet province can be

found at Wat Kaew Suriyashai, Lan Krabue District, Kamphaeng Phet Province
 (Wirawan Chaengmoo and Chayananan Sirikit Sathien, 2015)

Raw materials and equipment used for making Krayasart

Raw materials and components	Equipment
1. beans	1. Large pan
2. sesame	2. Paddle
3. Kawtork	3. Firewood stove
4. Kawmaw	4. Tray
5. Coconut	5. colander
6. Palm sugar	6. Spatula
7. Bae sae	7. pot
8. Honey	8. Pastry wrapping equipment
9. Bananas	9. Water tank and bottles for pressing firmly.



Picture 1 Kaomaw and Kawtork used for making Krayasart Wilaiwan.
 (Source: Krayasart Wilaiwan, 2018)



Picture 2: Honey and coconut used to make Krayasart Wilaiwan.
 (Source: Krayasart Wilaiwan, 2018)



Picture 3 Pan used for stirring Krayasart Wilaiwan.



Picture 4 The set of pots used for mixing ingredients and the production location of Krayasart Wilaiwan.

Krayasart Wilaiwan

Kamphaeng Phet province is considered another province that is outstanding in the production and processing of Krayasart. Especially Krayasart banana-egg products produced by Krayasart Wilaiwan group. This was caused by a group of 7 village women who wished to make good use of their free time together to form a group to make Thai and local desserts in the villages and nearby sub-districts in order to have an income. Increase (Wilaiwan Buppsiri, 2561) From the meeting, it is agreed that the group will make Krayasart to sell. In addition, Kamphaeng Phet Province has a tradition and culture during the festival that is continuously organized, "Sart Thai Festival, Kluai Khai Muang Kamphaeng". Therefore, the group started to form a group since 2001 based on the occupation of making Thai desserts and local desserts as a supplementary career. The first step is to make general Krayasart and use local fruits such as bananas to make snacks such as salted bananas. But the products are not different from other groups, so the sales are not very good. Resulting in the idea of wanting to make that existing product different from other products. In addition, in 2007, the group and the group members had the opportunity to visit the Krayasart group in other provinces, therefore it was an initiated the Krayasart Honey and Krayasart Kluay Khai for the first time. Krayasart Kluai Khai is a product that has brought the famous product of Kamphaeng Phet province combined with the belief products that Thai people have for a long time. As a result, Krayasart Kluai Khai is a distinctive product and has built a reputation for Kamphaeng Phet and added value to local fruits such as Kluai Khai.



Picture 5 Krayasart honey and Krayasart banana products by Krayasart Wilaiwan Group.

Krayasart Kluakai production process

1. Bring a large saucepan over low heat. Coconut milk, simmer it.
2. Bring another pan (small pan) to roast nuts, sesame seeds and kawmaw to make colorful.

3. Add palm sugar, stir until combine with coconut milk. Add the prepared honey, stirring constantly until the sugar is sticky. (Experimented with dripping in water, if sugar has clumped, means it's ok)
4. Pour Basae into the bowl, stir to combine.
5. Add the prepared banana slides and stir until mixed with Krayasart.
6. Reduce the heat to a low heat, add kawtork, kawmaw, beans, sesame seeds, then stir well.
7. Lift the pan out of the oven. Poured them into the support tray by supporting the plastic bag to prevent Krayasart from sticking to the tray.
8. Use the bottle to roll over to make Krayasart flat as according to the pattern. Beautifully packaged, waiting for distribution.



Picture 6 The process of making Krayasart.
(Source: Krayasart Wilaiwan, 2018)

The value of Kluai Khai and honey

Kluai Khai is a fruit of the banana family. Is a tropical plant, can be grown in all regions of Thailand, especially Kamphaeng Phet province. It is known as the famous fruit of the province. The Kluai Khai is considered an important economic plant which can bring a lot of income to the country due to the good taste, delicious aroma. Currently, the products are exported to Japan, Singapore and Hong Kong (Knowledge, m.p.p.) Kluai Khai is rich in 3 types of sugars, sucrose, fructose and glucose. Combined with fibers and food residues, bananas will immediately increase the energy in the body. Research has shown that eating just 2 bananas can increase your energy level for enough exercise for up to 90 minutes. (Health Com, 2015)

Benefits and properties of various parts of Kluai Khai

1. Rubber, helps to heal wounds, stop bleeding and give astringent taste.
2. Raw fruit is brewed in hot water or grinded into powder. Helps to treat stomach ulcers and chronic diarrhea, astringent taste.
3. The ripe fruit helps to nourish laxative and treat stomach ulcers, sweet taste.

4. Banana blossom helps reduce blood sugar levels. Solve stomach and intestinal diseases And an astringent taste for anemia.

5. The boiled leaves are used to soothe rash or toasting to cover the fire wound to make it tasteless.

6. The roots are boiled to drink, cure fever, heat in thirst, help to heal the inside, cure dysentery, rash, diarrhea, give astringent taste cool.

7. Bellows to be burned, eaten, helps to excrete worms, give astringent taste, cool.

8. The rhizome helps heal wounds in the anus. It can prepare as a hemorrhoid medicine with bleeding to give an astringent taste.

In addition to the benefits of different parts of Kluai Klai, it can also overcome and prevent various diseases. That can occur with many diseases such as

1. Anemia. Banana has high iron, it helps stimulate the production of hemoglobin in the blood. Also it will help in the event of a lack of power or anemia.

2. High blood pressure. Bananas have the highest potassium. But it has a low salt content. So it is the right food for reducing blood pressure. The US FDA allowed the banana growing industry to advertise that bananas are a fruit that helps reduce the dangers associated with high blood pressure or broken blood vessels.

3. Constipation. The amount of fibre contained in bananas helps normal bowel movements and also helps to cure constipation without taking medication.

4. Depression. According to the survey of depression. Many people suffered from depression feel much better after eating bananas. Because bananas contain a protein called Try Potophan, when this substance is transformed into Serotonin, which will make you feel happier.

5. Hangover. The fastest way to cure a hangover is to drink bananas blended with milk and honey. Bananas will calm the stomach, while honey will help boost the amount of sugar in the blood vessels. While milk helps to adjust the fluid level in our body.

6. Heartburn. Bananas contain natural antacids that affect the body.

7. Ulcerative bowel disease. Banana is a food that doctors use to control / resist the occurrence of ulcerative intestinal diseases because the texture of bananas is soft and fit. It is the only fruit that can be eaten easily, it does not complicated for people with chronic bowel problems and bananas are still neutral. To reduce irritation And can also coat the intestinal wall and stomach as well.

8. Broken capillaries. According to research in the "The New England Journal of Medicine", eating bananas regularly can reduce the risk of arteriosclerosis by up to 40 percent.

9. Wart disease. Treatment of warts with natural alternatives by using the peel of a banana to cover the warts. Then use the wound tape or tape to remove the yellow side of the banana peel outside, the warts can be cured.

10. Quitting smoking Bananas can help people who are trying to stop smoking. Because bananas contain high levels of vitamin C, B6 and B12 and also potassium and magnesium. Which helps the body to recover quickly as a result from the nicotine abatement reduction (Health dotcom, 2015).

Honey is the nectar which is caused by the bees swallowing the nectar of flowers into the bee's stomach. In which the bee's stomach contains enzymes that help in the digestion of nectar. After that, extract the nectar from the stomach and store it in a honeycomb tube. Over time, the water will evaporate until it becomes concentrated nectar, which many people tend to eat honey because honey is a concentrated nectar that has a sweet aroma and is very tasty. Therefore making it

popularly used in cooking. Honey is not only a delicious sweet water, but also has nutritional value and healing properties as follow (honey 12 properties of honey and interesting facts about honey, 2017)

1. Honey has properties in wound healing. Due to the concentration of honey will cause germs to die.
2. Honey helps treat burns, scalding and also helps reduce the inflammation of the wound caused by these symptoms as well.
3. Honey helps treat skin diseases from fungal eczema, ringworm, which can be mixed with turmeric powder to help increase the effectiveness of treatment as well.
4. Helps to resist and reduce arthritis symptoms if regularly drunk.
5. Helps to relieve constipation and diarrhea. Honey collected from new hives will have laxative properties to help relieve constipation. Honey that is collected for 1 year or more will help to cure diarrhea.
6. Helps to cure insomnia. Because honey has mild sedative properties as well.
7. Honey helps to soothe cough, relieve phlegm and wheezing.
8. Help maintain health for patients with high blood pressure. It also helps to nourish the blood.
9. Helps to nourish the skin to be moist.
10. Properties that help fight free radicals.
11. Helps nourish the hair to be soft and shiny naturally.
12. Helps to get rid of blackheads and nourish the face.



Picture 7: The preparation of the stirred rice and rice sticky rice (Khao Thip)
At Kaew Suriyai Temple Lan Krabue Lan Krabue District Kamphaeng Phet Province
(Source: Wirawan Chaengmoo and Chayananan Sirikit Sathien, 2015)

Summary

A Study of Krayasart Traditions, Beliefs to Community Products: A Case Study of Krayasart Wilaiwan Groups, Muang District, Kamphaeng Phet Province consist of 1. The origin of the word Sart Thai It is found that Sart is a word that Thailand borrowed from India, but differs from India in the pronunciation of "Sar-ra-tha". It doesn't used to refer to the 15th day of the 10th lunar month, but India is also used as the season's name. Which will correspond to the 10-12 month period according to the lunar calendar. Sart Thai Festival, villagers would like to make Krayasart to offer to monks. "Krayasart" means "food made in Sart season". Krayasart ancient Thai desserts that have existed since the Sukhothai period. As with rice or glutinous rice that Thai people tend to make at the festival of the Thai festival in order to offer food to monks. Krayasart therefore becomes an indicator or expression of the cultural values, beliefs that Thai people have towards Buddhism. 2. Study on the processing of Krayasart and Krayasart Klua Kai. It has founded that Krayasart now becomes a rare Thai dessert due to the complicated production process combined with the heat generated from the firewood pieces. Causing current people to buy instead of doing within the family, as in the past. Krayasart Wilaiwan Group Is another group of women housewives who value Thai desserts / local desserts and unique ingredients such as Kluai Khai. Therefore initiated the production of Krayasart Kluai Khai for sale. Resulting in the Krayasart Kluai Khai becoming a famous product of Kamphaeng Phet province. At present, Krayasart Kluai Khai is in demand from the market outside of Kamphaeng Phet province, especially for tourists visiting Kamphaeng Phet. Causing the production of Krayasart Wilaiwan to focus on the production to send to middlemen in Kamphaeng Phet Province such as Rai Som to be a distribution center for tourists.

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