

Vol 44 No 2  
Summer 2021

# COMPASSIONATE FRIEND



Journal of Beauty Without Cruelty - India  
An International Educational Charitable Trust for Animal Rights

## Carriages without Horses



**In this Issue:**

***Rumkum***

***Veg Diet***

***Vahana of Deities***

***Vegan Musical Instruments***



## Beauty Without Cruelty - India

4 Prince of Wales Drive, Wanowrie, Pune 411 040

Telephone: +91 (20) 2686 1166

WhatsApp: +91 74101 26541

E-mail: admin@bwcindia.org

Website: www.bwcindia.org

## Contents

- IFC From my Desk...
- 2 Victorias sans Horses Cause Euphoria
- 6 Vahana of Hindu Deities
- 7 Significance of a Vegetarian Diet
- 8 Worth the Price
- 10 Red Alert
- IBC Vegan Recipe *Cucumber Cake*

## Beauty Without Cruelty

is grateful to

## Padma Mansukhani

for donating ₹ 1,00,000/-  
towards this issue of

**COMPASSIONATE FRIEND**

### Beauty Without Cruelty

is a way of life which causes  
no creature of land, sea or air  
terror, torture or death

#### Published and edited by

Diana Ratnagar

Chairperson, BWC-India

#### Designed by

Dinesh Dabholkar

#### Printed at

Shree Mudra

181 Shukrawar Peth, Pune 411 002

#### Cover: Horse

© Pimmimemom at dreamstimes.com

**COMPASSIONATE FRIEND** ©

is the copyright of

Beauty Without Cruelty - India.

Unauthorised reproduction  
in any manner,  
without written permission  
from the publisher, is prohibited.

This magazine is printed on paper  
free of animal substances  
and published every  
spring (February),  
summer (May),  
monsoon (August)  
and winter (November)

# From my Desk...

## Plant Milk of Human Kindness

**G**uess what?! The dairy industry is worried. People are giving up milk and milk products. Amul has released full-page newspaper advertisements listing so-called Myths and Facts presented in a distorted manner in order to sell Amul dairy milk and fraudulently run down plant milk.

BWC sent strong objections to the Advertising Standards Council of India (ASCI) because the advertisement aims at misleading consumers in order to promote Amul milk. It is not truthful or fair to consumers or to the manufacturers of plant milk who they consider to be their competitors.

The heading states that "plant-based dairy analogue products like soya beverages are not milk". But, no one mistakes soya or any other plant milk for dairy milk or thinks that it is an analogue because people who consume plant milk do so very well knowing it is far superior to dairy milk on nutritional, ethical and environmental grounds.

Mammalian milk is a complete food and a super-food only for one's own biological offspring. Therefore our own human mother's milk is good for us, not milk from any other species.

Plant milks are certainly not dairy, but "milk" nevertheless, e.g. coconut milk which has been consumed by humans for as long as, or possibly longer than, dairy milk. They do not impersonate or masquerade as dairy milk but proudly declare that they are of plant origin because they are much more nutritious than dairy and proved to be the best option for human consumption.

Dairy farming is cruel in as much as the calf is deprived of the milk meant for it. Why else would calves be muzzled? Male calves are more often than not, starved to death. It is totally incorrect to state, as has been done in the advertisement that no calf is deprived of its mother's milk. In this context it may be noted that "to milk..." in the English language means to unethically extract as much as possible because that is what it exactly does to milch cattle.

Today's cattle in India face totally different conditions to what existed thousands of years ago so quoting ancient legends is irrelevant and misleading. Despite the growing number of *gaushallas*, the last Livestock Census of 2019 found as many as 5.02 million stray cattle across India that were abandoned just because they were old, no longer giving milk and unproductive. It has been further proved that dairy farming is unsustainable because it results in greenhouse gas emissions which contribute to climate change thus harming the environment and in turn human health.

We hope the ASCI will take appropriate steps against the objectionable advertisement, and get it withdrawn because the statements about plant milk are fallacious and misleading. Between April and December 2020, food & beverage brands were the third most violators with 68 misleading ads. (Education ranked first, second healthcare in duping consumers with false claims.)



***The calf is not allowed to suckle its mother.***  
 Photo courtesy: anipixes.com

Last year BWC had also written to the Food Safety & Standards Authority of India (FSSAI) that to avoid confusion regarding the origin of the milk in the minds of consumers, in addition to the variety (like flavoured, skimmed, powder, etc) FSSAI could make it mandatory that the origin of the milk should be stated on all products that contain it, for example: Cow milk, Buffalo milk, Goat milk, Camel milk, Coconut milk, Soy milk, Almond milk, Cashew milk, and so on. It would not be right to stop non-dairy products from using the word milk. Moreover, those who are allergic to milks (dairy or nut) will immediately know what to avoid and FSSAI will not be accused of favouring the dairy industry. Since the FSSAI's mandate is basically to ensure safety, the use of commonly understood words to describe ingredients can not be legally confined for use by a particular industry.

# Victorias sans Horses cause Euphoria

*"Just like horse-drawn carriages of Mumbai were to be run without horses, Kolkata should also consider converting its tongas, phaetons and landaus into battery-operated ones" says Ashoke Dasgupta*

**H**orses have been humans' allies over 5,000 years. The domestication of the horse was of paramount importance in creating the world as we know it, for the roles they played in transportation, warfare, agriculture, communications, trade and culture. We are indebted to the horse, but have betrayed them for profit in an industrialized equine system.

To commemorate the International Carriages Without Horses Day (the first Saturday of December 2012), Beauty Without Cruelty had sent out a Hinsa vs. Ahinsa highlighting the fact that despite the horses suffering, horse-drawn carriages continued to be tourist attractions in Mumbai. It was also pointed out that human safety was at stake since the Victorias were not designed or made by coachbuilders and wheelwrights. Hence, they lacked balance and brakes.

## Ill-shod

How often horseshoes are changed for Mumbai's carriage horses is unknown. (In Mumbai race horses run with aluminium shoes which are lighter compared to steel, but need to be changed by a farrier before each race.) However, given the conditions in which the horses live, BWC felt it was time Mumbai's Victorias were abolished but it didn't happen till years later.

In response to a PIL (Public Interest Litigation) filed by the Animals and Birds Charitable Trust of Mumbai, in June 2015 the High Court directed all authorities to ensure

that the use of Victorias and horse-drawn carriages in Mumbai be completely stopped after a year. The bench felt that using horse-drawn carriages in Mumbai for joy-rides was an avoidable activity and illegal, violating Sections 3 and 11 of the Prevention of Cruelty to Animals Act.

The division bench of Justices of the High Court said, "In other cities, such carriages may be used for other purposes too. But if it is noticed that carriages are used for joy-rides, then that should be stopped by the concerned authority."

Then, in April 2016, the Supreme Court dismissed a special leave petition challenging the Bombay High Court order and directed the Victorias' owners and drivers to approach the High Court to review the government's rehabilitation plan for them, since becoming hawkers was unacceptable.

In February 2021, when it was announced that battery-operated Victorias without horses would make a comeback in Mumbai, BWC's campaign as well as the efforts of other NGOs against the use of horse-driven carriages for joy-rides resulted in a win-win situation for man and horse because the old owners and drivers had been rehabilitated, and there was no chance of them asking for horses to draw the carriages again.

While animal activists were vigorously campaigning to end horse-drawn Victorias in Mumbai, in July 2012 Janwani, the social initiative wing of the Maharashtra Chamber

हिंदा vs. अहिंदा

## Horses Without Carriages International Day

First Saturday of December 2012



**Horse-drawn carriages continue to be used as Mumbai tourist attractions despite animal rights activists' objections.**

**The exploited horses suffer no end.**



**Human safety is at stake too. The "Victorias" have no balance or brakes, because they are not designed or made by coachbuilders and wheelwrights.**



**Boycott horse-drawn carriages.**

of Commerce, Industries and Agriculture, proposed the inclusion of a tonga ride with the Heritage Walk in Pune. BWC wrote to the Pune Municipal Commissioner to drop the tonga rides in view of the exploitation involved. The standing committee approved the heritage walk proposal – without a *tonga* ride.

### Yeh Kulkutta hai

In Kolkata, horse-drawn carriages that were in demand during the last century were found waiting in front of Victoria (pun unintended) Memorial for customers on Ram Navami in March 2018. The open carriages are called phaetons and enclosed ones used for weddings are landaus. They are usually painted silver and gold, with multicoloured glass fittings. Thirty-odd carriages come from Rajabazar, Metiabruz, Park Circus and Kidderpore to congregate near the Victoria Memorial to offer joyrides around the Maidan.

The horses are bought from Sonapur fair in Bihar, and new phaetons from Gujarat and Bihar. However, in August 2020 it was reported that after Cyclone Amphan battered the city and tourists disappeared due to the pandemic the tongas (horse carriages) of Kolkata were driving into the sunset.

In February 2021 BWC wrote to the Municipal and Police Commissioners of Kolkata that just like Victorias or horse-drawn carriages of Mumbai were to be run without horses, Kolkata should also consider converting its horse-drawn carriages, *tongas*, phaetons and landaus into battery-operated ones.

We pointed out that the ornate carriages that still exist congregate near the Victoria Memorial to offer joy-rides around the Maidan in the evenings only, since the daytime is too hot for the horses. Some

of them have collapsed and died of heat and exhaustion. Moreover, it was not uncommon for speeding vehicles to collide with the horses at night due to dense smog in the winters. Such accidents are hazards for both horses and humans. Also, the horses are let loose to graze on the Maidan and, although not in as good a state of health as they should be, are known to reproduce; their foals grow up to draw carriages in turn, perpetuating a cycle.

Rather than let these horses continue to suffer, and the owners and drivers continue to encounter financial hurdles for maintenance and profits, it would make sense to plan a rehabilitation package whereby the horses are given to the care of a shelter for the rest of their natural lives, and the carriages continue to ply electrically. This would be a win-win situation for both, with no headaches for the authorities.

## In North America

There are no laws to keep old or injured horses from being sent for slaughter in Canada or the USA. They are considered property under law, so their “owners” may dispose of them any way they see fit. The cost of caring for an animal who isn’t earning revenue may be prohibitive, so their outlook is bleak.

Many North American cities have experienced Carriage Industry tragedies: inadequate water, long work days, heavy loads, exhaustion, traffic accidents, running in fear, and fatalities – human and equine.

Danae Tonge, co-organiser, Manitoba Animal Save, says: “Carriage horses are forced to endure traffic, automobile fumes, and hard streets, which can lead to respiratory damage and debilitating leg issues from constantly walking on hard surfaces. They are forced to work in all weather conditions

from summer heat to winter freeze. This is a cruel and outdated practice.”

The British Columbia SPCA has made recommendations to the Victoria City Council to phase out and ban horse carriages, because past efforts to regulate the industry have not ended collisions in the streets or the horses’ inhumane treatment. There have been 35 documented collisions since 2018, placing horses, drivers and pedestrians at risk. There is evidence of careless, reckless operation of the carriages by their drivers. Recent footage of horses collapsing and struggling to get up exemplify the operators’ lack of professionalism.

Activists are calling on New York City as well to ban the industry for all these reasons; the horses’ lives are confined to the shafts of their carriage and their stable stalls, with no access to green pastures.

That old or injured horses being sent for slaughter in Canada or the USA creates a whole new ball game of cruelty.

## Horse meat industry

Most Canadians are unaware that about 70,000 horses are killed annually for human consumption every year. Most of the meat is shipped to Japan and European countries where it is considered a delicacy. Some is consumed in Canada, and some sent to the USA where horse slaughter has been banned since 2007. Consequently, American horses are sent to Canada or Mexico for slaughter, where this barbaric practice continues legally.

Horses sent for slaughter include ex-race-horses, rodeo horses, companion horses, work horses, older animals with compromised health and those no longer wanted or needed by their owners. In fact, some Canadian draft horses are bred specifically for the meat trade, and

slaughtered young. It is a demand driven-industry which doesn't arise from a surplus of horses. The case against the horse focuses on its ample consumption of water and forage.

The majority of horses sent to abattoirs are not raised for human consumption, so the presence of prohibited drugs in their system is a major human health concern. For instance, Phenylbutazone, the equine equivalent to Tylenol, is a commonly-used drug for horses. It is known to cause severe kidney failure when humans are exposed to it. The Canadian Food & Inspection Agency relies on the "honour system" for declaring the administration of drugs to horses. The CFIA tests a mere one percent of all horses slaughtered in Canada for drugs.

Horses shipped across the world to Japan or South Korea endure a gruelling, inhumane journey. According to the Canadian Health of Animals Act, horses may be transported for up to 28 days without food or water! The reality may be longer, since the time-frame is not monitored. Up to four horses are crammed into wooden crates with other unfamiliar horses for the long, stressful journey. Some are not even able to raise their heads, depending on their size and height relative to the crates. Horses have strong fight-or-flight instincts, and are susceptible to panic in stressful situations. It is not uncommon for horses to die during the cargo-loading process, or to fall and be trampled to death by the other horses during the international flight.

*Distance tests a horse's strength; time reveals a man's character – Chinese Proverb*

 *Ashoke Dasgupta is an award-winning journalist and a former editor of Compassionate Friend.*

## hingā vs. ahingā

### Horse Protection Day

#### 1st March



**Joy-rides on horses or in horse-drawn carriages is cruel for horses and ponies who are made to work under harsh climatic conditions, are under-fed, and treated as replaceable commodities.**



**Victorias of Mumbai will no longer be hazardous for horses or for humans because they will be sans horses and battery-operated.**

 **Shun joy-rides on horses, ponies, elephants and camels.**

# Vahana of Hindu Deities

*Humans need to show reverence for all life forms, not only certain animals says Nirmal Nischit*

**H**indu deities mount and travel on animals which are their *vahana*. They are always depicted with them. Should we not then respect them too?

Humans need to show reverence for all life forms, not only certain animals. Having reverence for all life means no killing, exploiting, abusing, harming, using, adorning, or eating any creature, big or small, for food, fashion, entertainment, exhibition, religion, or for any other reason.

<u>Deity</u>	<u>Vahana</u>	<u>Deity</u>	<u>Vahana</u>
Aditya.....	Seven Horses	Jagaddhatri .....	Lion or Dawon
Agni .....	Ram	Kaalrati .....	Donkey
Alakshmi .....	Crow	Kali (demon) .....	Donkey
Ayyappan .....	Horse	Kalki .....	Horse
Bahuchara Mata .....	Cockerel	Kama ...	Parrot and Makara (sea creature)
Bhaira .....	Dog	Kamakhya .....	Snake
Brahma .....	Seven Swans or Hamsa	Kartikya .....	Peacock
Brahmani .....	Hamsa or Swan	Ketu .....	Eagle
Brihaspati .....	Elephant	Khandoba .....	Dog
Budha.....	Horse	Khodiyar .....	Crocodile
Chamunda.....	Owl	Khodiyar Maa ...	Makara (sea creature)
Chandra .....	Ten White Horses	Krishna .....	Garuda (Humanoid Eagle)
.....	Ten Rams	Kubera .....	Horse and Man
.....	Antelope	Kaumari .....	Peacock
Dashaa Maa .....	Camel	Lakshmi .....	Owl and Elephant
Dhavdi .....	Rhinoceros	Maheshvari .....	Nandi Bull
Dhumavati.....	Crow	Manasa .....	Snake
Durga .....	Lion or Dawon	Mariamman .....	Lion or Dawon
Ganesha.....	Rat or Mouse	Meladi Maa .....	Goats
Ganga.....	Makara (sea creature)	Momai Maa .....	Camel
Hadkai Maa .....	Dog	Narmada .....	Makara (sea creature)
Hingraj Mata .....	Hamsa or Swan	Parvati .....	Nandi Bull
Indra .....	White Elephant	.....	Lion or Dawon
.....	and Horse	Pushan .....	Goats
Indrani .....	Elephant	Rahu .....	Lion (blue or black)

<u>Deity</u>	<u>Vahana</u>
Rati .....	Pigeon
Revanta .....	Horse
Saraswati .....	Hamsa or Swan Peacock
Shakti .....	Bull
Shani .....	Crow and Vulture
Shashthi .....	Cat
Sheetala .....	Donkey
Shiva .....	Nandi Bull
Surya .....	Seven Horses
Svapathi .....	Dog
Ushas .....	Seven Cows
Ushtravahini Devi .....	Camel
Vaishnavi .....	Garuda (Humanoid Eagle)

<u>Deity</u>	<u>Vahana</u>
Varahi .....	Water Buffalo
Varuna .....	Seven Swans
.....	Tortoise and Makara (sea creature)
Vayu .....	Thousand Horses
.....	Antelope
Vihot Mata .....	Water Buffalo
Vishnu .....	Garuda (Humanoid Eagle)
.....	and Serpent
Vishwakarma .....	Elephant
Yama .....	Male Water Buffalo
Yamuna .....	Tortoise

**Note: Hanuman, the monkey god, does not have a *vahana*.**

## Significance of a Vegetarian Diet

**S**ome people ask if we cut a goat or a chicken you say it is *jiva himsa*, but you are cutting and eating vegetables, is it not also *himsa*?

The *Vyana Vayu* which is one of the five *pranas*, is connected to all nerves, blood vessels, muscles and joint functions and manages the overall cohesiveness of the body. It can be felt especially at the skin, as it is stimulated by sensation on the outer boundary of the subtle body, which is closest to the skin of the physical body.

Thus, the touch sensation in our body is due to the *Vyana Vayu*.

This *Vyana* is 100% for humans and animals but not so for the plants and trees which have only around 5 to 10%. That's why plants don't feel much pain when they are cut or if you pluck a vegetable or flower. They have a much lesser touch sensation.

The proof can be understood from the following example: If a goat which is eating

grass is suddenly harmed by cutting off a slice of flesh from its leg, it will stop eating and try to attack you. It cannot continue eating grass as the pain will distract it and cause it much suffering. Whereas, if you pluck a mango from a tree, because of this, it will not stop its photosynthesis, or its roots stop absorbing water from the earth, nor will its leaves stop growing on its branches. Nothing will stop within the tree and it will continue its functions. This will not happen when some animal is hurt or harmed since animals (and humans) cannot ignore their pain and continue eating.

Thus, we can infer from this that plants and trees feel much lesser pain when we pluck something from them. That's why a vegetarian diet is better because the *jiva himsa* is lesser as compared to a non-vegetarian diet which involves much more suffering to the creature.



M R Kodhandram from Tiruvannamalai  
is a life member of BWC-India

# Worth the Price

**Dr K Varadarangan, founder of Karunya Musicals, has created two more vegan percussion instruments adding to the existing line that includes the South Indian Mridangam, Tabla and Khol**

**T**he first new vegan SRI (Synthetic Rhythm Indian) *Maddale* (pronounced as Ma-dda-Le) is an indispensable percussion instrument in the *Yakshagana* of Karnataka. The construction is quite similar to the *Mridangam*, the change being only in the construction of the right head.

The second new instrument is the SRI *Dholak*. Although synthetic skin *Dholaks* are available in the market, the Karunya Musicals' *Dholak* is made of quality materials and is therefore long lasting and has a superior tonal quality. The SRI *Dholak* features a fibreglass shell and synthetic drum heads and is equipped with a set of 12 tuning bolts on either side of the instrument. In 2018 Beauty Without Cruelty gave 11% financial assistance towards the cost of its research.

Here is a quick comparison of the prices of Traditional *Mridangam*, *Tabla* and *Dholak* with the SRI vegan *Mridangam*, *Tabla* and *Dholak* respectively.

Name of the instrument	Traditional skin instrument with wooden shell	Synthetic Vegan SRI Instrument
<i>Mridangam</i>	₹ 10,000-15,000	₹ 11,850
<i>Tabla</i>	₹ 10000 and upwards	₹ 11,400
<i>Dholak</i>	₹ 3,000-6,000	₹ 6,400

**Remarks:** Prices of the SRI instruments are compared only with good quality, professionally made traditional instruments.

Note: Prices are exclusive of carry bag, accessories, packing and transportation.



SRI *Dholak*. Photo: Karunya Musicals

## Synthetic Vegan SRI *Dholaks* are now available at a special discounted price of ₹ 4,400.

To encourage the use of non-animal skin vegan *Dholaks*, BWC will give a subsidy of ₹ 1,000 for the first 11 *Dholaks* sold. Karunya Musicals is happy to offer an additional discount of ₹ 1,000 for a limited period.

### Value for money

One of the key advantages of the SRI instruments is value for money which may not be apparent at first sight. The market is flooded with very low priced skin *Mridangams*, *Tablas* and *Dholaks* which are made from poor quality materials. The "Student *Tablas*" which abound the market have very poor tonal quality and are built with virtually scrap materials.

The Vegan Instruments of Karunya Musicals are:

1. Made with fibre glass shells. These shells last for decades and are unaffected by weather and ageing. Traditional wooden shells are susceptible to weather fluctuations and may develop cracks in the long run. The wooden shells require trees to be cut and this has a detrimental impact on the environment and animal habitat.
2. Made of drumheads using synthetic polyester films. The *Syahi* (black patch) is permanently bonded to the synthetic skin. The drumheads do not need replacement for at least 5 years. Contrast this to the skin instruments in which the *Syahi* wears out periodically and needs constant maintenance. In case of *Mridangam*, for example, the *Syahi* may need replacement or repair every 3-4 months if used regularly. Typically the replacement cost is ₹500-1000. Add to this the cost of waiting, travel to the repair shop, loss of opportunities and the distress caused. This amounts to several thousands of rupees annually!
3. Mostly machine made to great precision needing very less manpower for fabrication. Contrast this to the very high level of human labour in the making the traditional skin instruments. Child labour is rampant in this industry.
4. Made with weather resistant materials. The pitch does not vary with temperature and humidity. Traditional skin and wood instruments are highly susceptible to weather conditions.
5. Made with replaceable heads. In the rare event of the heads going bad, these can be readily replaced by the customers themselves. This is not possible with traditional instruments.

6. Travel friendly. Being light weight (about 5 kgs) they can be easily be carried around. Traditional skin instruments are much heavier. A traditional *Mridangam*, for example weighs between 10-15 kgs.
7. Manufactured cleanly as no organic materials are used. Further, the instruments are cleaned using isopropyl alcohol before dispatching to customers.

Although it appears that the SRI instruments are slightly higher priced, the cost savings they offer even in the short term is quite considerable. Imagine being able to use the instruments without any maintenance whatsoever for 5 years and beyond! Moreover killing animals is not just horrific but also has a huge toll on the environment. Rearing animals leads to enormous wastage of water, food grains and leads to green house gas emissions, air and water pollution. What is the price of this? Music from vegan instruments sounds sweeter!

For further information visit:

**[www.karunyamusicals.com](http://www.karunyamusicals.com)**

#### Form IV (See Rule 8)

##### Statement about ownership

**of the newspaper entitled *Compassionate Friend* as required to be published in the first issue every year after the last day of February.**

Place of Publication: Beauty Without Cruelty (India),  
4 Prince of Wales Drive, Wanowrie, Pune 411 040.

Periodicity of Publication: Quarterly.

Printer's Name: Yogesh Dabhade. Nationality: Indian.  
Address: Shree Mudra, 181 Shukrawar Peth,  
Shinde Aali, Pune 411 002.

Publisher's Name: Diana Ratnagar, Chairperson,  
Beauty Without Cruelty (India) Nationality: Indian.  
Address: 4 Prince of Wales Drive Wanowrie,  
Pune 411 040.

Editor's Name: Diana Ratnagar. Nationality: Indian.  
Address: 4 Prince of Wales Drive Wanowrie,  
Pune 411 040.

Names & Addresses of individuals who own the newspaper and partners or shareholders holding more than 1% of the total capital: Chairperson, Beauty Without Cruelty (India),  
4 Prince of Wales Drive, Wanowrie, Pune 411 040.

I, Diana Ratnagar, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Dated: 1st March 2021.

Sd/- Diana Ratnagar  
Signature of Publisher

# Red Alert

**Nirmal Nischit informs exactly what Kumkum, Sindoor, Bindi, Alta, Mehendi, Rangoli, Gulaal, Cochineal and Shellac contain**

**T**ilak or Pottu are religious markings applied on the forehead (even on the upper part of the head) by both men and women. It could be a powder, paste or liquid and is traditionally used for religious reasons and for *pujas*. It could consist of white/grey ashes/*vibhuti*, yellow turmeric/*haldi*, red/green (*kuber*)/black colour and/or sandalwood paste/*gandha*.



**Kumkum** which is red in colour is commonly applied between the eyebrows on the *Ajna chakra* (the third eye or mind's eye) by most women, whereas *Sindoor* is applied by them where their hair is parted.



*Kumkum* is usually made from 95% dried & powdered turmeric and 5% slaked lime (calcium hydroxide of mineral origin) & pure camphor, or by treating the turmeric with alkali so that yellow colour turns to red.

*Kumkum* could also be made from sago/maize/rice powder/starch mixed with coal tar colours (mineral origin). Red sandalwood powder is utilised in some.

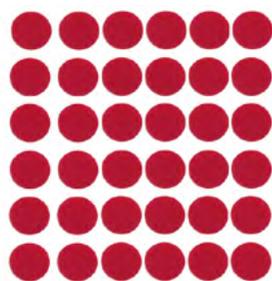
*Kumkum* or *Sindoor* made from saffron is considered the purest and best but it is costly.

Screwpine flower or *Thalampoo* fragrance red and also green *Kumkum* is made in Madurai.

*Kumkum* is often adulterated with lead tetroxide/minium ( $Pb_3O_4$ ) which is a bright red or orange pigment used in the manufacture of batteries and rustproof primer paints. No wonder it causes serious adverse effects on human health when used as an ingredient of *Kumkum* or *Sindoor*.

**Sindoor** is traditionally a mixture of turmeric and alum or lime juice. However, most of what is available for sale is toxic because it is basically vermillion or *Puja Roli* which is made from cinnabar or mercury sulphide to which  $Pb_3O_4$  has been added.

The **Bindi** which comes in various shapes, styles and colours is a sticker worn in place of *Kumkum*. A *Bindi* allergy or contact dermatitis (problems like redness and itchiness) is mainly due to



the use of PTBP (Para Tertiary Butyl Phenol) formaldehyde

resin and/or the use of beeswax. (PTBP is used to bond leather and rubber, particularly shoes.)

**Animal derived ingredients in Kumkum and Sindoor could be ghee, shellac and beeswax.**



**Alta**, the red colour used for painting **feet** and palms that is similar to *Mehendi* is traditionally made from betel leaves, but like *Sindoor* chemical versions are unsuspectingly bought. In addition it could very well contain shellac.

**Mehendi** consists of powdered henna leaves (which release an orange dye when crushed), water, lemon/jagua fruit juice, essential oils and sugar. Paraphenylenediamine, a chemical is added by manufacturers to make it darker. White henna is actually body paint.



Intricate *Mehendi* designs on hands and feet are traditional for Indians. *Mehendi* is also used to dye hair which turns orange and thereafter Indigo (plant origin) is applied to turn the hair black.

**Rangoli** is usually powdered quartz, dry or wet powdered rice or dry flour to which natural or synthetic colours have been added. In addition red brick powder and flower petals could also be used to make pretty patterns on the floor or ground on auspicious days.



**Cochineal** (E120 or C.I. 75470) is the commonly-known name for the red bug. Cantharidine, carminic acid (natural red 4), carmine (aluminium chelate of carminic acid) and crimson lake are synonyms.

Cochineal is a Mexican cactus insect parasite. They are flat, wingless, 5 mm long, oval shaped scale insects. A red colouring agent obtained from the females after they are killed by immersing in hot water, dried and crushed to a fine powder, has been used for dyeing fabrics, particularly wool, for centuries. It is a very common ingredient in cosmetics, hair oils, paints and medicines today.



In some countries, if cochineal is used as a “natural food colouring,” it must be stated on the label, as it can cause toxic and allergic reactions. For example, it can be an ingredient of tomato products, jams, desserts, confectionery, and Maraschino cherries to make them look bright red. India has banned the use of cochineal in foods but this red colouring is ironically easily available as its use is permitted in the pharmaceutical industry for coating allopathic pills, as well as for colouring medicines and ointments.

The crimson dye used to colour fabrics, such as traditional woollen Jamawar shawls, is from cochineal insects. 70,000 insects are killed to produce 500 grams dye.



**Kermes**, kermesic acid or chermes (meaning red/crimson in Farsi) is derived from another crushed insect. In fact, kermes, cochineal, lac and Chinese insects are all crushed bodies of the same family of scale insects. 80% of the world’s shellac derived from lac insects is produced in India.

**Lac** is the only natural resin of animal origin consisting of lac larvae insects’ parts and wings. It is a thick waxy substance excreted by the Indian female scale insect during development and reproduction. 3,00,000 lac-insects are killed to produce 1 kilogram of **shellac**. Lacquer can be red or black depending on the oxide utilised.



**Gulaal gotas** (cannonballs sold during Holi at Jaipur in particular) are made of lac and filled with *gulaal* although rubber balloons containing water are used in some places.

*Gulaal* itself is usually made of mercuric oxide mixed with harmful solvents; unless the colour is eco-friendly in which case, it would be based on talcum powder or a mixture of wheat/rice flour and alum in the ratio 1:2.

### **Alternatives:**

Cochineal Red is an azo dye (E124 or C.I. 16255) which has nothing to do with actual cochineal and is vegan (coal tar), but it is named so since it produces a similar red colour. It is also called Ponceau 4R, C.I. Acid Red 18, Brilliant Scarlet 3R, New Coccine and SX purple. In USA, Norway and Finland, Ponceau 4R is considered carcinogenic therefore banned, but not so in India.

Red aniline dyes like 2 and 40 (considered vegan as products of coal tar) used in place of cochineal in foods and drinks are believed to be carcinogenic. Red 3, Yellow 5 and Yellow 6 are also linked to cancer.

**Pomegranate, annatto seeds, madder roots, beetroot, paprika fruits, cutch heartwood (*katha* consumed in *paan*), and red onion skins produce red colours which can easily replace insect dyes.**

# Vegan Recipe *Cucumber Cake*

**C**ucumber/*Khira/Kankri* originated in India and has been cultivated here for at least 3,000 years. It is considered a vegetable by most people, but scientifically speaking it is a fruit since it develops from flowers and contains seeds. Benefits of consuming cucumbers include preventing constipation, averting dehydration, lowering blood pressure and reducing the risk of kidney stones. They can also help in diabetic management and improve complexion. Other ingredients utilized in this recipe are not only vegan but healthy. Most cakes contain sugar, maida, butter and egg. Whereas this cake contains jaggery, whole wheat flour, coconut oil and flaxmeal instead.

## Cucumber Cake (Indian-style)

(yields 24 slices)

### Dry Ingredients

- 2 cups whole wheat flour
- 1 cup rice flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2 teaspoons powdered cardamom

### Wet Ingredients

- 2 cups very finely grated jaggery
- 3 tablespoons flaxmeal  
(powdered flaxseeds whisked together with 9 tablespoons water)
- ¼ cup apple juice
- ½ cup coconut milk
- 4 tablespoons coconut oil
- 3 cups cucumber peeled, deseeded & grated
- ¾ cup cashews, lightly toasted



### Preparation

- Preheat oven to 350 °F / 180 °C.
- Whisk the dry ingredients together in a bowl and set aside.
- Mix the wet ingredients in a bigger bowl.
- Mix in the dry ingredients.
- Pour the batter into a cake pan, smooth on top and decorate with cashews.
- Bake in the preheated oven for 45 minutes or until a toothpick pricked in centre comes out clean.
- Remove from the oven and unmold after 10 minutes.
- Let cake cool thoroughly before cutting.

### Do visit

[www.bwcindia.org/Web/Recipes/Recipesindex.html](http://www.bwcindia.org/Web/Recipes/Recipesindex.html)  
for an assortment of Beauty Without Cruelty's  
tested and tasted, healthy and delicious vegan recipes.

# Types of Plant Milk

## Grains



Rye



Rice



Millet



Wheat



Oat

## Legumes



Lupin



Pea



Peanut



Soy

## Nuts



Almond



Cashew



Hazelnut



Macadamia



Pistachio

## Seeds



Chia



Flax



Pumpkin



Sesame



Hemp

## Pseudocereals



Amaranth



Buckwheat



Quinoa

## Others



Coconut (fruit; drupe)



Potato (tuber)



Tiger nut (tuber)

