

Brief of Maha Sammatha Mandutha (Mandatus or Manu)

The future king was born "in the beginning of the world" in Jambudvīpa, (dvīpa means an island) Jambu (Jambu Island) (ata lanka , lumeria, kumari kandam, thaprobana, ceylei, Ceylon, thambapanni, serandib names are other names for sri lanka) now Jafna called city of the north part of Sri Lanka. Main port is port of Jambukola patuna (port of jafna). Jambu iland the only habitable continent on earth, to a family descended from the solar race.(Ra Generation / Ravana's / Rao generation) As no leaders or political orders were in existence, the people elected him to be their king. He ascended to the throne with the title *Mahāsammata* ("the Great Elect", He Who is designated by people), and took Manik pala (Manik Pali/ Manik is the name of lady & pali means wife of king) as his queen. As king, he constituted the order of the city-state, the various duties and offices defined for the state, and the boundaries of armies of their protection. He is the creator of martial art called Angam pora. He also compiled the first *dhammasattha* (law treatise).

According to the *Mahāvamsa Tikā* (sub-commentaries), Mahāsammata was the bodhisatta in a previous life. The *Jātaka* commentary identifies the primeval king Mahāmandhātā (Emperor Mandatus) as being the bodhisatta as well, Mahāmandhātā being the great-great-great-great grandson of Mahāsammata. Mahāmandhātā is given as an example of one who could obtain great sense-pleasure (and even to the glory of the gods) in his lifetime, but still had to die. The *Cetiya Jātaka* states that the lifespan of Mahāsammata was an asankheyya long (literally, "cannot be calculated").

Aftermath

The dynasty he founded was to have a line of 63,000 kings. That dynasty eventually fell because people forgot religion (*dharma*). The second dynasty was founded by the founder who took the title Mahāsammata II. That dynasty too eventually fell after another 63,000 kings later. The fall of the second dynasty was followed by the foundation of the third dynasty. The cycle of rising and falling dynasties continued to the day of the historical Buddha, over 2500 years ago. Based on the reporting in the Sinhalese and Burmese chronicles, each of the eleven cycles lasted 800 billion years, meaning the earth is 10 trillion years old. According to tradition, there were 334,569 kings (of the 11 dynasties) from Mahāsammata to the time of the historical Buddha.

According to Theravada tradition, a total of 28 Buddhas have appeared including the historical Buddha. The first 24 Buddhas appeared in the first seven cycles. The last four Buddhas appeared in the most recent four cycles.

Sri Lankan cuisine is known for its particular combinations of herbs, spices, fish, vegetables, rices, and fruits. The cuisine is highly centered around many varieties of rice, as well as coconut which is an ubiquitous plant throughout the country. Seafood also plays a significant role in the cuisine, be it fresh fish or preserved fish. As a country that was a hub in the historic oceanic silk road, contact with foreign traders brought new food items and cultural influences in addition to the local traditions of the country's ethnic groups, all of which have helped shape Sri Lankan cuisine. Influences from Indian (particularly South Indian), Indonesian and Dutch cuisines are most evident with Sri Lankan cuisine sharing close ties to other neighboring South and Southeast Asian cuisines.^[1]

Sri Lanka was historically famous for its cinnamon. The *true cinnamon* tree, or *Cinnamomum verum* used to be botanically named *Cinnamomum zeylanicum* to reflect its Sri Lankan origins. This is a widely utilized spice in Sri Lanka, and has a more delicate, sweet taste in comparison to *Cinnamomum cassia* which is more common in some other South Asian cuisines. Contrasting the local cuisine with those of neighboring regions, Sri Lankan cuisine is characterized by unique spice blends with heavy use of Sri Lankan cinnamon and black

pepper, as well as by the use of ingredients such as [maldive fish](#), [goraka](#) (garcinia cambogia), [pandan leaf](#), [lemongrass](#), and [jaggery](#) made from the kithul palm syrup. Sri Lanka is also a consumer of many varieties of red rice, some of which are considered heirloom rices in the country. Tea is also an important beverage throughout the country, and Sri Lanka is known for producing some of the world's finest tea.

Regions

In areas located on the island's coasts seafood is a standard feature of the local dishes. [Tamil cuisine](#), especially in [Jaffna](#), shares many similarities with [South Indian cuisine](#). [Kandyan Sinhalese](#) cooking is based on the local ingredients of the hill vegetables and fruits.

Common ingredients

Spices: [True cinnamon](#), [black pepper](#), [fennel](#), [cardamom](#), [cloves](#), [fenugreek](#), [nutmeg](#), [mace](#), [cumin](#), [coriander](#), [turmeric](#)

Herbs: [pandan leaf](#), [shallot](#), [goraka](#), [lemongrass](#), [tamarind](#), [garlic](#), [ginger](#), [curry leaf](#), [lime](#), [cayenne pepper](#), [tabasco pepper](#)

Fish: [maldive fish](#), [dried fish](#), [mackerel](#), [tuna](#), [shark](#), [sprats](#), fermented preserved fish

Grains: [white rice](#) (some common varieties are: Samba, Kekulu, Suwandel), [red rice](#) (some common varieties are: Kekulu, Pachchaperumal, Kaluheenati, Madathawalu), [finger millet](#), [hog millet](#), [olu haal](#) (water lily seed)^[a]

Oils: [coconut oil](#), [sesame oil](#), cow [ghee](#), buffalo ghee, [mustard oil](#)

Sweeteners: kithul [jaggery](#), coconut jaggery, [palmyrah](#) jaggery

Vegetables and greens: [gotukola](#), [green papaya](#), [snake beans](#), [bitter melon](#), [snake gourd](#), [luffa](#), [pumpkin](#), [winged bean](#)

Meats: [chicken](#), [pork](#), [goat meat](#), [beef](#)

Yams, roots and tubers: [lotus root](#), [purple yam](#), [tapioca](#), [kohila](#) (*Lasia spinosa*), [Arrowleaf elephant's ear](#)

Other: Coconut milk and grated coconut are ubiquitous in the cuisine, and are freshly prepared almost every day in most households. Maldive fish is heavily used in vegetable dishes to add an [umami](#) flavour.

Fruits: [bananas](#), [mangoes](#), [pineapple](#), [soursop](#), [guava](#), [avocado](#), [orange](#)

SRI LANKAN CUISINE MENU

Salad

Carrot ,green bean , coconut and gotukola or watercress salad

Appetizer

Sri Lankan Fish Cutlets , frisée lettuce with tamarind ketchup

Soup

Herbal Coconut Kenda with jaggery & coconut cream

Entrée

Chicken Buriyani with pineapples & raita

Dessert

Coconut sago with palm & trickle syrup