



श्री सनातन धर्म सभा – दक्षिण आफ्रिका

Shree Sanathan Dharma Sabha of South Africa

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In South Africa, Hindus refer to the Prasadh offered to Hanuman as roṭa. The word roṭa is popular in South Africa (It may be the term used in countries like Mauritius, West Indies and Surinam where Indians settled). However, more research needs to be done before anything conclusive can be said. Anecdotal information indicates that the term roṭa is not used in India, nor are people there familiar with this. In India wheat and jaggery is used to prepare items to offer to Hanuman. However, when one considers the ingredients used to make roṭa in South Africa, one realises that flour/wheat is one of the main ingredients. The mantra that is used to offer prasadh to Hanuman is as follows:

ॐ अपूपानि च पक्वानि मण्डकावटकानि च। पायसं सूपन्नञ्च नैवेद्यम्प्रतिगृह्यता ॥

om apūpāni ca pakvāni maṇḍakāvatakāni ca | pāyasaṁ sūpannañca
naivedyampratigrhyatā | |

The word apūpa means “a kind of fine bread”, “cake”, “wheat” or “cake of flour”. Our ancestors realised that cake/bread made of wheat/flour was essential for Hanuman pooja. Hence they made what we today know as roṭa. There is a strong possibility that roṭa is an adaptation of roṭī which is also made of wheat/flour. While we as South Africans are unique in that we refer to the prasadh of Hanuman as roṭa, we at least have the ingredients (wheat, flour, sugar, milk, etc) correct.

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