

Diet as described by Bhagwad Geeta Chapter 17

The three kinds-the sattwik, the rajasik and tamsik- of food , of worship, austerity, and of gift are discussed in following stanzas

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1. Food:

आहारस्त्वपि सर्वस्य त्रिविधो भवति प्रियः ।

यज्ञस्तपस्तथा दानं तेषां भेदमिमं शृणु ॥ १७-७॥

The food also which is dear to each is three fold, as also sacrifice, austerity (तपस्या, आत्मसंयम, कठोरता) and aims-giving. Hear thou distinction

आयुःसत्त्वबलारोग्यसुखप्रीतिविवर्धनाः ।

रस्याः स्निग्धाः स्थिरा हृद्या आहाराः सात्त्विकप्रियाः ॥ १७-८॥

The foods which increases life, purity, strength, health, joy and cheerfulness (good appetite), which are savory and oleaginous (rich in, covered with, or producing oil; oily.), substantial and agreeable are dear to the Sattvik (pure). , stanza 17-8, Bhagwad Geeta

Explanation: In describing the peculiar taste for foods in good men of spiritual urge (sattwa), it is said that they like only such diet which increases the vitality (Ayush), and not sheer bulk ; which discovers for him as secret strength (bala) to resist the temptations for sense objects; which provides health (arogya) so that he may not too fall ill and suffer a break in regular sadhna. no doubt, food has certain effects upon the eater.

कट्वम्ललवणात्युष्णतीक्ष्णरूक्षविदाहिनः ।

आहारा राजसस्येष्टा दुःखशोकामयप्रदाः ॥ १७-९॥

The foods that are bitter (कड़वा, द्वेषपूर्ण, पीडाकर), sour (कटु, खट्टा, अप्रिय), saline (खारा, नमकीन), excessively hot, pungent (तीखा), dry and burning, are liked by Rajasik and productive of pain, grief and disease Bhagvad Geeta chapter 17, stanza 9

Explanation: Men of energy , the passionate , desire such food that have strong flavour and dense taste. Such a diet, no doubt , creates in all individual, brilliant energies but in their wilderness, they are, to a degree, uncontrollable and, therefore, in their final reactions, they lead the eater towards a life productive of pain , grief and disease.

Type of food men of darkness (Tamasik) choose?

यातयामं गतरसं पूति पर्युषितं च यत् ।

उच्छिष्टमपि चामेध्यं भोजनं तामसप्रियम् ॥ १७-१०॥

That which are stale (बासी, जीर्ण), tasteless, putrid (सड़ा हुआ, दुर्गन्धित) and rotten (सड़ा हुआ), refuse (कचरा, जूठन) and impure, is the food liked by the Tamasik, Bhagvad Geeta 17-10

Explanation: Insanitary and unclean food seems to attract the taste of of all despicable men of insufferable ignorance

and low culture, food that is not fit for
human consumption

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