

Understanding Holistic Concept of Food

Food :Upnishads say every individual has five bodies .

Our first body is environment. If there is poison in the environment , this physical body can not exist. That is called '*annarasmaya kosha*' Food is not only what you eat. Environment is also food. Air is food for our lungs. Water is also food. Heat or warmth is also a kind of food. If you at a place where temperature is minus forty degree centigrade, then no matter how much food you have but you would not be able to exist. So heat also food for our body. Of course one is food that we eat.. Our environment is our first body.

The second is '*pranmaya kosh*'- the energy, life force. You can sense when energy is low and when energy is high. You go a place where there is energy is low, and you feel like running away. You go to a place of high energy, and you feel like staying there. You can feel the effect of eating fresh food in your body. Fresh food has more prana, and frozen food has very little prana. Similarly, you find a difference in eating fresh vegetables, and eating thoroughly baked and cooked vegetables. So the second is pranmaya kosh.

Then is breath. Ninety percent of impurities in our body go out through breath. Our physical body has value because of prana, because of breathing. Only ten percent of impurities are eliminated through urine, stool and sweat.

Next is mind- *manmaya kosha*, the thoughts in the mind

Next *Vigyanmaya kosha*- intuitive awareness or knowledge

Fifth is bliss- Peace and joy are food for the soul

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Source of data: Question Basket book, Q&A by Sri Sri Ravi Shankar