

Conventional Satvik Yoga Food and Nutritional Diet in Ayurveda



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ABSTRACT:-

There has been an increased awareness and interest in health and natural remedies among the general public as well as scientific community. The scientific – spiritual discipline of yoga is an effective and time-tested method for improving our health as well as prevention and management of diseases, especially chronic psychosomatic disorders.

The modern medicine is materialistic and concerned primarily with our body. Drugs are the cornerstone of its management. In contrast, yoga is a holistic system for the integrated development of our physical, mental as well as spiritual aspects. Practice of yoga disciplines, strengthens, quietens and relaxes our body and mind. For prevention as well as management of stress and stress disorders and for achieving psychosomatic relaxation, there is no system as effective and far reaching as yoga. In contrast to negative side effects of drugs, yoga has positive, beneficial “side effects” in terms of improvement of our psychosomatic health.

Keywords: Health, yoga, Aahara, traditional, diseases, physiological, science, body, heart, stress, Organization, respiratory, food, exercise

INTRODUCTION:

Food (Aahara) is one of the tripods of life as per Ayurvedic classics. Indian traditional medicine has incorporated various explanations regarding this vital pillar of life. This includes the classification of foods according to the geographical area and also with respect to the bodily Tri Doshas and mental qualities, different processing methods of food, importance and role of food on the body and mind, wholesome and unwholesome diets and the pattern of metabolism.

Veda means facts and ayurveda means facts or science of life. Ayurveda, which is being practiced in India for thousands of years, is the world's first well prearranged health science that has sound scientific and philosophical basis. Its classical texts are a great source of information about holistic health, herbs, diseases and surgical treatment. Like yoga, ayurveda derives its origin to the hoary Vedas. Hence, it is one of the sub-Vedas (upa-Veda). Vedas describe prayer verses for energetic life of hundred years and beyond, with all the senses in perfect condition

ORGANIZATION OF FOOD-

Food is any substance consumed to make available dietary hold up for the body. It is usually of plant or animal derivation, and contains necessary nutrients, such as carbohydrates, fats, proteins, vitamins, or minerals. The material is ingested by an organism and assimilated by the organism's cells in an effort to produce energy, maintain life, or stimulate growth.

Ayurveda categorizes food in to three categories: Satvic, Rajasic and Tamasic. These types of foods have different effects on the body and the mind.

SATVIC FOOD

Satvic food is one that can be digested easily and brings balance to one's mind. It helps in building immunity and improving the healing response in those who are unwell. such as-Fresh fruits and vegetables, salads, fresh fruit juices, cereals(red rice), Herbal tea, fresh Cow's milk, Dry fruits, Nuts, Honey,Jaggery and freshly cooked Food promote Sattva(a quality of mind which induces clarity, harmony and balance).

RAJASIC FOOD

Rajasic food is one that is oily, aromatic, spicy and attractive to taste This includes non-vegetarian food like meat, fish eggs, chicken, all whole pulses and dals, which are not sprouted, Canned food, Basmati

rice, Sour cream, Paneer, ice-cream, Yeast, Sugar, Pickle, Vinegar, Garlic, Onion and salted foods promote Rajas (a quality of mind which induces energy, aggression and action).

TAMASIC FOOD

Tamasic food includes all kinds that are not fresh and are unnatural, overcooked, stale and processed. Such as-Alcohol, Beef, Chicken, Fish, Pork, Eggs, Frozen food, Micro-waved food, Mushroom, Drugs, Tea, Coffee, Fried food, Fried nuts, etc. promote Tamas (quality of mind which evokes darkness, inertia, resistance and grounding).

Ayurveda identifies six major tastes we need in our diet every day—sweet, sour, salty, pungent, bitter, and astringent. Each of these tastes has specific health-giving effects. When we consistently eat only a few of the tastes, it not only causes health problems but also triggers cravings for unhealthy foods. For instance, fast food contains mostly sweet, sour, and salty tastes. If we eat a steady diet of fast food, we can develop a craving for sweets. The six tastes also affect the Doshas. Different foods cause specific doshas either to increase or decrease. The Doshas increase and decrease on the principle of "like attracts like" (Samanya-Vishesha Siddhanta). Sushruta Samhita states that an individual, whose Doshas are in balance, appetite is normal, body, mind, and senses remain full of bliss, is called a healthy person." By following these simple, time-tested Ayurvedic dietary principles in our daily life, one can enhance his/her health, increase happiness, and uplift the spirit. Ayurveda has considered about the diet in detail. The Ayurvedic diet is one that not only nourishes the body, but also restores balance of 'Tridoshas' which is very much essential for maintaining Health. Depending on our dosha, or constitutional type, some foods can be beneficial, and others should be avoided. These same foods may have the opposite effect on another dosha. The science of Ayurveda teaches that right diet which balances the Doshas is the foundation of healing.

STRENGTHS AND LIMITATIONS OF MODERN MEDICINE

Good health and freedom from disease is the greatest achievement, a blessing indeed and modern medicine, yoga as well as ayurveda aim at it. All these three systems have sound scientific basis and universal outlook. They are complementary and bound to come together. It is gratifying that yoga has started using modern technology and scientific methods while science has started studying the effects of yoga techniques. Modern medicine is based on observation and rational analysis and is objective in its essence. On the other hand subjective experiences, intuitive wisdom and creative illumination are the essence of yoga. The recent advances of modern allopathic medicine are awesome. Powerful drugs

have conquered many infections and decimated epidemics. State of the art diagnostic techniques and advances in surgical procedures, molecular biology and genetic engineering are commendable. However, it primarily depends on drugs which have many harmful side effects. Over-treatment with drugs can have serious consequences. It does not have full answers for many chronic and degenerative diseases whose incidence is increasing rapidly. Many hypertensive and heart patients have to take life-long treatment using drugs that are not only expensive, but have many undesirable side effects. It needs to be emphasized that allopathy does not have all the answers and has its own limitations. Despite spectacular advances, it has not been able to deliver health care to large segments of population, especially in developing countries like India. Our national and international goal of "Health for all by 2000 AD" has remained a pipe-dream. High technology and expensive medicare mean low coverage as escalating diagnostic and curative costs render modern medicare beyond the reach of majority of our citizens. Yesterday's "wonder drugs" are being replaced by today's more powerful and "safer" drugs and this process continues. Resistance to antibacterial drugs, viral infections and autoimmune disorders remain problem areas. Allopathy is far from effective in chronic degenerative, old age and lifestyle disorders which are the bane of modern society.

CONCLUSION:

Ayurveda and modern science have discussed about the hazards of unwholesome diet and the foods to be avoided but, certain methods like using additives and preservation methods are the recent developments in the field of Food and nutrition. Ayurveda advises to consume food in the fresh and hot state, if it is cooked one. This prevents contamination and improves digestion. The methods of food preservation are the traditional one which was in practice thousands of years ago and they are more natural ones and the additives used were also being natural products like salt, sugar, ghee, jiggery, honey etc. which are devoid of any harmful effects. Unlike these natural preservatives, vinegar, chemicals which are non food substances used as added preservatives, the sauces, spice powders used in fast food along with chemical flavoring agents disturb the digestion and lead to serious digestive system disorders and even carcinoma.

The mind which is an important part of body controls the whole body. To keep it fit yoga is must. When the impurities of the mind are eliminated by favoritism, casual manner and rejection the person will be in a state of mental equipoise with constant intellectual alertness and moving stability and will be at calm with self and others. Through yoga human being body may avoid from dangerous diseases. Food is a

necessary obsession for human body similarly yoga is treated as an indispensable thing for human body.

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