



YOGIC DIET FOR HEALTHY LIFE

¹Perna Verma, ²Dr. Preeti Sharma

¹Research Scholar, ²Associate Professor

Home Science

Nirwan University, Jaipur

Abstract- healthy nutrition is essential for maintaining a healthy life, improvement, and ageing, to keep healthful frame weight, and limit the risk of continual diseases. Diet performs an important function in retaining oneself fit and healthful to live a glad life. The yogic idea of meals takes into attention the entire size of human existence like the physical, social, mental, and non-secular and so on. A yogic food plan is a balanced diet that restores stability in any respect stages which aids in a holistic manner of dwelling. Distinctive ingredients produce exceptional outcomes on exceptional booths of the mind. For functions of healthy lifestyles and sound thoughts, the food must be mild, nutritious and Sattvic.

Key words- Yogic diet, Satvic, Rajasic, Tamasic, Balanced diet

Introduction-

What we eat, no longer most effective affects our physical properly-being, however additionally our emotions and mind. A weight-reduction plan that is completely conducive to the practice of Yoga and spiritual development is referred to as Yogic diet. The food regimen should be including can maintain bodily performance and accurate health. The properly-being of a person relies upon greater on perfect nutrients than on something else. Numerous forms of intestinal illnesses, extended susceptibility to infectious sicknesses, lack of high energy and strength of resistance, rickets, scurvy, anaemia or poverty of blood, beriberi, and so forth. Are due to defective nutrition. "You're what you eat" In phrases of Spirituality, there is fact on this simple declaration and it has an even deeper significance. The yogic food regimen is based on the yoga ideas of purity (sattva), nonviolence (ahimsa), and balanced living. It includes ingredients with sattvic characteristics, which increase power and create balance within the thoughts and body. A Yogic weight loss plan is a balanced food plan that ancient Yogis believed had a huge have an impact on no longer only over our bodily properly-being, but also over our mind, and in the long run our emotional and spiritual properly-being. This food regimen also can be called lacto-vegetarian, because of this that it's miles made up of non-animal meals with the exceptions of dairy gadgets and honey. Some people believe it's hard to exchange to a non-animal eating regimen. The aspect you want to recall is that you don't should forestall ingesting meat and fish all of sudden. However you can progressively lessen those meals from your diet. First reduce down on red meat, and then step by step dispose of it out of your food plan. As you discover different vegetarian foods you revel in, you could give up chicken and fish as well. Eating the proper form of meals is vital in accomplishing a wholesome balance for your frame and mind. This form of eating regimen also reveals its basis inside the concept of ahimsa (non-violence) the first Yama (Self-restraint) and Niyama (private observances) particularly, Shaucha (cleanliness/ Purity) and Santosha (contentment) of sage patanjali's 8-fold path of Yoga. For that reason, yogic weight loss plan is generally vegetarian, moderate and pure (unprocessed and unadulterated). The sattvic or yoga food regimen is the fine form of food plan to comply with if you need a healthy body alongside a nonviolent mind. Combine this kind of food regimen with yoga and meditation to decorate the powers of a yogic food plan. For people wanting to lose fats, an excellent yoga food regimen chart for weight reduction will make a distinction. Practice a sattvic life-style and you'll in no way look returned!



According to Ayurveda Six Rasas of the Diet

A good combination of these ensures the health of the digestive system and ensures that fewer toxins are absorbed into our body.

Madhura- Sweet (Lowers Vata and Pitta, Enhances Kapha)

- Most nourishing rasa
- Promotes longevity, strength, and healthy body fluids and tissues
- Helps to gain weight by slow digestion
- Soothing, calming and satisfactory effect on mind
- Consumption in excess can cause obesity, diabetes, lethargy and anxiety
- Foods (Carbohydrates, Protein, Fat): Wheat, rice, dairy, cereals, dates, pumpkins, maple syrup, licorice root, meat, chicken, fish, sugar, honey etc.

Amla - Sour (decreases Vata, increases Pitta and Kapha)

- Awakens thoughts and emotions
- Improves appetite, digestion, and elimination of waste from the body
- Strengthens heart
- Enhances intellectual activities
- Consumption in excess can cause loss of strength, fever, thirst, resentment and jealousy, anger, impatience, hot temper
- Foods (Organic acids): Lemon, citrus fruits, berries, tomatoes, vinegars, pickled and fermented foods, tamarind, wine, salad dressing, yoghurt etc.

Lavan - Salty (decreases Vata, increases Pitta and Kapha)

- Provides hydration
- Stimulates digestion
- Lubricates tissues
- Maintains mineral balance
- Enhances appetite and other tastes, enthusiasm, calms nerves and stops anxiety
- Consumption in excess can cause wrinkles, thirst, loss of strength, baldness, cravings, anger, impatience, lethargy
- Foods (Mineral salts): Table salt, soy sauce, black olives, salted meats, fish, seaweed etc.

Katu - Pungent (increases Vata and Pitta, decreases Kapha)

- Stimulates digestion, improves appetite
- Clears sinuses, stimulates blood circulation, and heightens the senses
- Warms body and promotes sweating
- Relieves nerve pain
- Consumption in excess can cause thirst, depletion of reproductive fluid and strength, fainting, waist/back pain, irritability, anger, impatience

- Foods (Essential oils): Peppers, chillies, onions, garlic, cayenne, black pepper, cloves, ginger, mustard, salsa, raddish, etc.

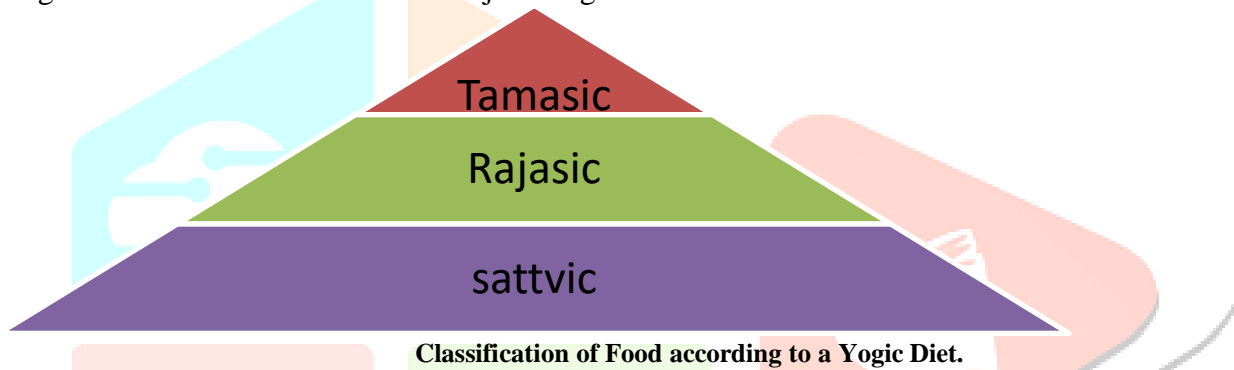
Tikta -Bitter (increases Vata, decreases Pitta and Kapha)

- Detoxifying, help remove waste products from the body
- Reduces excess fat and water
- Relieves thirst and fever
- Antibiotic effect
- Helpful in managing food cravings, clears senses and emotions
- Consumption in excess can cause gas or upset stomach, anxiety, fear, insomnia
- Foods (Alkaloids or glycosides): Green leafy vegetables, green and yellow vegetables, kale, celery, broccoli, sprouts, beets, green, black and most herbal teas etc.

Kashaya - Astringent (increases Vata, decreases Pitta and Kapha)

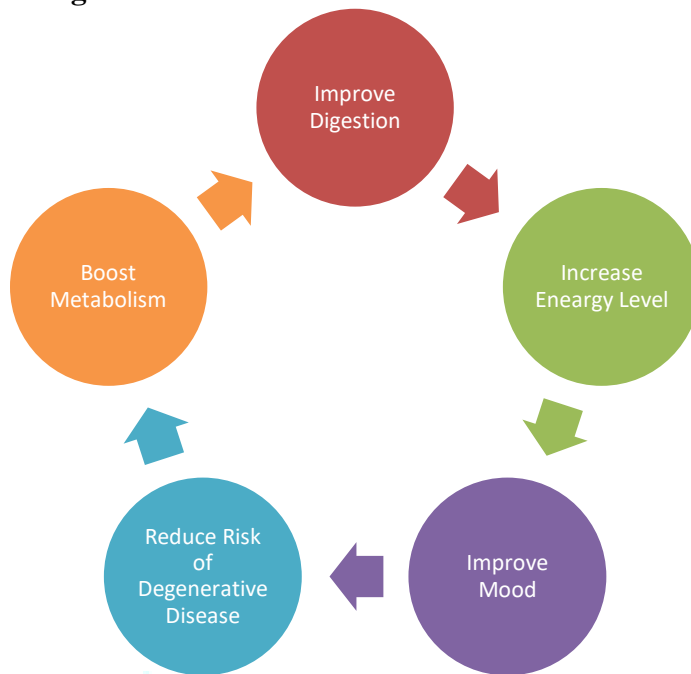
- Cleanses blood and helps maintaining healthy blood sugar level
- Dries moisture and fat
- Cools fiery minds, clears senses and emotions, removes lethargy
- Consumption in excess can cause gas or constipation, thirst, anxiety, worry, fear, insomnia
- Foods (Tannins):Amla, Unripe bananas, green grapes, pomegranates, cranberries, green beans, alfalfa sprouts, okra, lentils, broccoli, green apples, pears, cauliflower, cabbage, tea

Yoga classifies the food into three major categories-



Tamasic	Rajasic	Sattvic
Food which is no longer fresh, it could be more or less spoiled food containing foul odor	Rajasic foods are stimulating, spicy, bitter, sour, pungent, dry and excessively salty	Purest form of diet, nourish the body, keep mind in a peaceful state, increase brain power, increase life, strength, happiness
Harmful effect of tamasic food- dull, lazy, drowsiness, reduce immunity, increase anger	Harmful effect of rajasic food- restlessness, make person uncontrollable,	Benefit of sattvic food- provide calmness, peacefulness, provide energy and make person happy, help to main ideal body weight
Example of tamasic food- alcohol, Tobacco, beef, garlic, onion, fermented foods, meat, twice cooked food	Example of rajasic food- fish ,eggs, milk, salt, coffee, tea, tobacco, green chillies, pepper	Example of sattvic food- cereals, fresh fruits, vegetables, cows milk, nuts, honey, curd

Health Benefits of Yogic Diet-



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- Plant-based vegetarian diet promotes healthier gut micro biomes. Include more fruits and vegetables and whole grains in your diet make your digestive system healthy and it encourages regular bowel movements.
- Include fruits, vegetables and whole grains in your diet it helps to burn more calories throughout the day, even at rest.
- Foods like nuts, whole grains, and legumes have a low glycaemic index which means they're digested more slowly, providing your body with a steady stream of energy. These foods provide protein in vegetarian diet.
- People who have consumed vegetarian diet have lower chances of disease like hypertension, diabetes, cancer, and other chronic disease.
- People who have consumed plant-based foods (such as fruits, vegetables, and whole grains) have a lower risk of depression.
- The satvik diet not only keeps one physically fit, but also mentally agile. It is a diet which balances the body, mind and soul, thereby resulting in longevity of life in an individual.
- The yoga diet believes in eating in moderation, therefore the yoga diet for weight loss is one of the best ways to lose fat, and it also strengthens your body's immunity power at the same time.
- Sattvic foods include ghee, coconut oil, sprouted seeds, etc. These make the food tasty. Moreover, the good fats in the diet help in keeping your brain healthy and your memory sharp.
- Yogic diet improves your blood circulation and makes your skin perfect.

Tips to follow the Yogic Diet-

- Avoid onions and garlic because it can increase heat in the body.
- Include organic food in your diet.
- Use less processed food in your diet.
- Cut down your caffeine and alcohol intake because it is over stimulating your body.
- Drink more water and herbal tea in your daily routine.
- Choose a peaceful place for eating food.
- Chew your food properly.
- Plan a healthy plate which includes all essential vitamin and minerals like carbohydrate, protein, fat, vitamin, minerals and fibre in your diet.
- Eat fresh and seasonal fruits and vegetables.
- Use locally available food.
- Promote kitchen gardening.
- Be vegetarian.

- Avoid harmful chemicals and stimulants in your diet.
- Food should be eaten at a Set Time Every day.
- Eat at regular intervals.
- Take 3-4 meals in a day.
- Eat two hours before sleep.
- Make lunch the biggest meal of the day.
- Eat mostly cooked food at dinner.
- Use spices and herbs in your diet.
- Respect the food and yourself.
- Do some yoga and meditations.
- Start the day with a glass of warm water with lemon juice in it. This cleanses the body and Helps it to get rid of harmful toxins.
- Avoid artificial sweeteners.
- Avoid Soda or fizzy drinks.
- Avoid reheat the food.
- Avoid Foods made or heated in a microwave.
- Avoid Refrigerated items.
- Lunch may be taken around 12 noon.
- Dinner may be taken around 6.30 pm.
- Breakfast must be healthy and nutritious.
- Avoid over eating.
- Eating in the right quantity helps in easy digestion.
- Eat variety of food.
- Do not drink anything after your meal for at least 30 minutes. It is also suggested not to drink anything during your meal, however small sips of warm water are permissible.
- Eat fruit on an empty stomach only.
- Be conscious of food combining. Understand that certain food combinations will result in improper digesting regardless of how you eat. Select foods that digest well when eaten together.
- Avoid ice cold beverages at all times and in all seasons.
- Manage your stress.
- Fasting once in a week.
- Always think positive.

Yogic Diet Sample Menu Plan

Meal	Day 1	Day 2	Day 3
Breakfast	Sweet potato chat Fresh fruit juice	Fruit oats Herbal tea	Fresh fruit salad Milk shake
Lunch	Rice and coconut curry	Rice and vegetable curry	Rice and chickpea curry
Snack	Fruit smoothie /Rice porridge	Vegetable soups/Quinoa salad	Coconut milk Nut mix
Dinner	Brown rice pulav	Quinoa salad	Rava dosa with sambhar

Conclusion- Live a natural simple life. Take simple food that is wholly agreeable to your system. You should have your own menu to suit your constitution. You are yourself the best judge to select a Sattvic diet. You should not become a slave to this food or that food. Simple, natural, non-stimulating, tissue-building, energy-producing, non-alcoholic food and drink will keep the mind calm and pure and will help the people in the attainment of the goal of life.

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