



CLASSICAL EPISTEMOLOGY OF YOGIC DIET

Author 1 : PARMAR SUCHETA

Organization: Mohanlal Sukhadia University, Udaipur, Rajasthan.

Author 2 : PUSHPADEEP PRAJAPAT

Organization: Mohanlal Sukhadia University, Udaipur, Rajasthan.

ABSTRACT

Diet is the base of life. Diet is a food that is regularly consumed. Food nourishes and provides energy to the body. It protects the body from diseases. It also operates, control and regulates body functions and provides strength to the body.

Food which satisfies the senses, fulfill of hunger and simultaneously satisfies the mind which provides peace to the Atma(soul) is called yogic diet. Thus Yogic diet is diet which provides physical nourishment as well as mental and spiritual nourishment and promotes health.

KEYWORDS

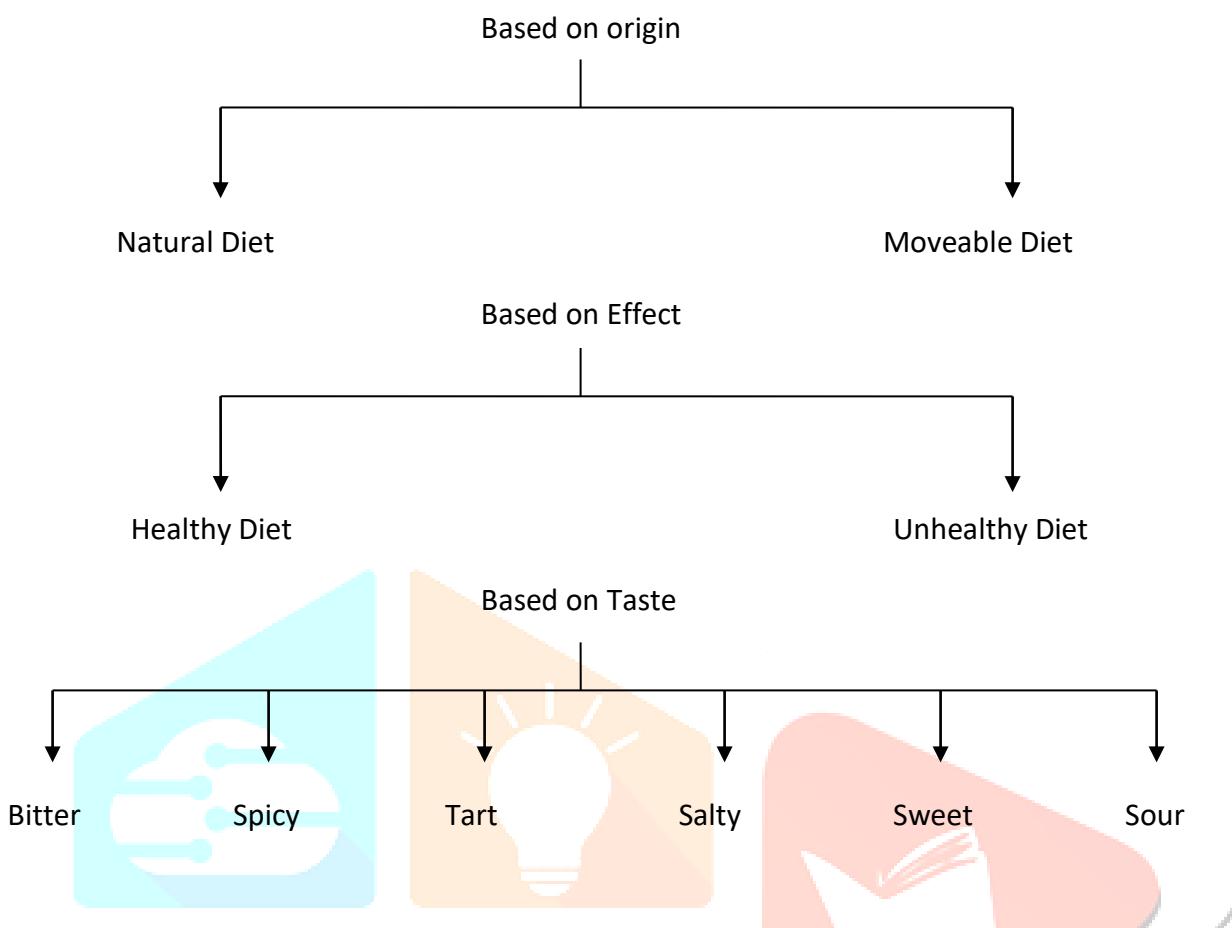
Yoga, Diet, Classical Epistemology, Yogic Diet.

INTRODUCTION

Yoga – Yoga is way of life. It is predominantly concerned with maintaining a state of equanimity at all cost. The basic idea of yoga is to unite the atma or individual soul with the paramatma or the universal soul. It is an art and science of healthy living the word ‘Yoga’ is derived from the Sanskrit root ‘yuj’ meaning ‘To Join’ or ‘To Yoke’ or ‘To Unite’. As per yogic scriptures the practice of yoga leads to the union of individual consciousness with that of the universal consciousness indicating a perfect harmony between the mind and body, *man* and nature.

Yogic Diet – Diet in yoga is named as “Ahara”. Diet that not only fulfills the appetite but also satisfies senses(Indriya), give pleasure to mind(Mann) and provide peace to the soul(Atma) is called yogic diet. Thus yogic diet provide physical mental and spiritual wellbeing. The true substances that are accepted for taking up life is called diet. Taking the taste of the rasas(juices) through gyanindriya (sense of organs) is called diet.

Different Types of Diet



Concept of diet in various texts :

According **Kalpdrooam**

The meaning of diet explains that the one who produces growth, produces strength and sustain the body is diet.

According **NiruktaAhara** is:

“आहार्यतेगलात् अधः नीयतेइतिआहारः ।”

Meaning: the food which is taken below the throat to fulfill the functions of body.

In the book named **Amarkosh** the diet has been called by the names of “Jagdh, Bhojan, Leh, Jaman” etc.

Concept of yogic diet in various texts :

In the **Charak Samhita** it is said that

“प्राणः प्राणभूतामन्मन्मन्लोकोऽभिधावति ।”

Meaning: the life of all beings of the world is food, so the whole world runs towards food.

It is said in the **ChhandogyaUpanishad** “आहारशुद्धौसत्वशुद्धिः सत्वशुद्धौ ध्रुवास्मृतिः ।”

That is the due to the purification of the diet the mind is purified and on the purification of the mind the remembrance is obtained.

In **Yogatatvpnishad** it is said that "अभ्यासकाले प्रथमं शस्त्रं श्रीराज्यं भोजनम् ।"

That is in the initial stage of practice the food of milk and ghee is the best.

Describe yogic diet in **Hath Yoga**

Mitahar "सुस्नाध मधुराहारश्चतुर्थं शविवर्जितः। भुज्यते शिवसंप्रीत्येमिताहारः स उच्यते: ॥"

Agreedable and sweet food leaving the one fourth of stomach free and eaten as offering to please God is called mitahar.

PathyaAahar food should be taken

The most conductive food for the Yogic according to the Hath Pradipika and Gheran Samhita are: good grains, wheat, rice, barley, milk, ghee, jaggery, mishri, honey, dry ginger, parval, ung, urad and such pulses, pure water seasonal green vegetables, brinjal, unripe banana, figs, cucumber, bitter guard etc.

Five leavies vegetables similar to spinach chalashka, kalashaka, patolapatraka,vashtaka and himalochikal are highly recomended.

ApathyaAahar food should be avoide

The food which is harmful is described in hathyoga texts are as:

One should avoid food that taste bitter, sour, pungent, salty, heating heavy, vegetable, oil,sesame and mustard, cured, butter, milk, fish, flesh food, horse gram, garlic, asafetida fried food, alchohole, palm nuts, over ripped jack fruit, pumpkin etc.

CONCLUSION

In the way diet has been described in the texts of yoga and ayurveda. By following this yogic diet a person can stay away from disease arising due to todays lifestyle. If a person comes under the influence of any disease due to other reasons even then by following yogic diet one can get a healthy body again. The amount of toxins in the body is controlled by diet. Provides strength to yoga seekers for worship. Yogic diet is the cause of health and brings about a qualitative changes in physical, mental, social and spiritual aspects.

REFERENCES

Books:

Muktiboshananad S; *Hath Yoga Pradipika*; 3rd edition; Yoga Publication Trust, Munger, Bihar; 1998; PP. 134-142.

Swami NiranjananadaSaraswati; *Gheranda Samhita*; Yoga Publication Trust, Munger, Bihar; 2012; PP.393-399.

ManojVishnoi; *Swaasthya, AahaarevamPoshanVigyaan*; Raghav Publication, New Delhi; 2019; PP. 89-101.

Ayurvedacharya Shri JaydevVidhyalankarenPranitayaMotilalBanarsi Das; Charak Samhita; NavamSanskaran; AstamPundhMudran, Delhi; 2018; Page No. 254.

ChhandogyaUpanishad; Geeta Press Gorakhpur; Vikram Samvat 2099.

Prof. Uma Shankar Sharma 'Rishi'; *Nirukt of Yaska*; Chowkhamba Vidya Bhawan.

Shree MadmarsinhvirachitKhemraj Shree Krishnadas; Amarkosh; 1970.

Websites:

therefinerye9.com/basic-principles-yogic-diet

<http://www.uprtou.ac.in>

