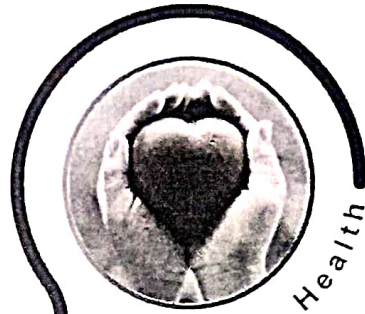


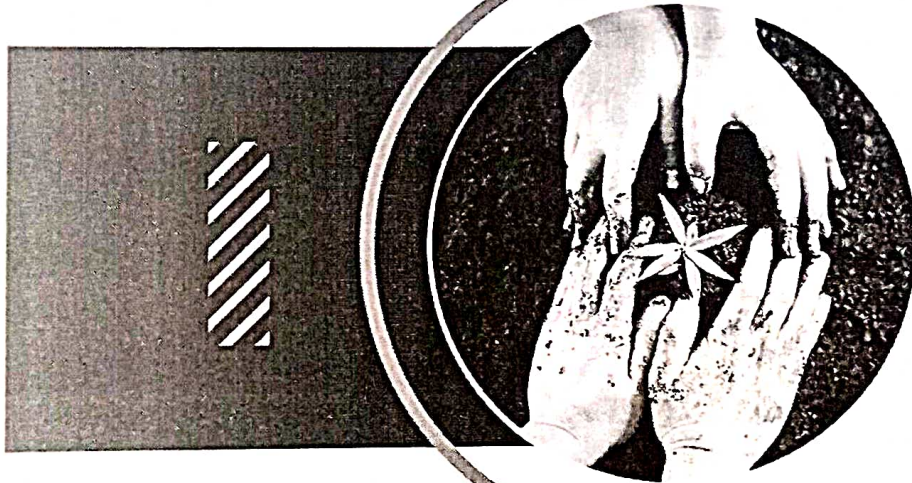


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THE IMPACT OF DIET IN THE OVERALL WELLNESS - BODY, MIND AND SOUL

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ABSTRACT

Moderation and variety is the mantra of the present day concept of dieticians. Moderation in diet, as well as moderation in thinking, recreation and actions is the secret to healthy living. In every culture, food has long played a dual physical and spiritual role, and with that, many rules have been handed down. The Hindus forbid eating beef, the Jewish tradition forbids eating pork, and many Native American tribes prohibit eating foods that are not sacred. Conversely, there are spiritual foods that bestow spiritual power. Indigenous ceremonies are often based on stringent rules regarding what foods to serve.

“You are what you eat” is an old saying. This is based on a teaching from our shastras including Yoga Sutras of Patanjali, Bhagavad Gita, and the various Upanishads. To acquire health and happiness, one needs to live a balanced life. This typically comes from Bhagwad Gita chapter 6 shloka 17 where Krishna says to Arjuna “Yukahara Viharasya yukta yuktachestasya karmasu. Yuktasvapnavabodhasya yoga bhavati duhkha”. It means “the one, whose diet and movements are balanced, whose actions are proper., whose hours of sleeping and waking up are regular, and who follows the path of meditation, is the destroyer of pain or unhappiness.” Eating too much food or starving, and sleeping too much or remaining awake all the time is not health friendly. Such people cannot concentrate or do sadhana. The message is relevant even today, validated by modern scientific research and analysis of data. This article Analyses the impact of diet on body, mind and spiritual growth of the aspirants.

Key Words: Indigenous, Upanishad, Sadhana, Spiritual, Diet, Moderation, Balanced, Mind, Soul, Nutritious Stringent,



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