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Impact of Satvik, Rajasic and Tamasic foods on human body and mind

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Abstract

Holistic health is a fundamental requirement for life. Anyone can succeed in life if he or she is in good health. However, our thoughts, lifestyle, food, and many other factors all have a role in our health. Health care in which food plays a major role. Food is a basic human necessity, and we should prioritise the consumption of nutritious foods in our diets. The 'Yogic Diet' has an enormous impact on a wide range of food types, as can be discovered by a thorough investigation. All three of these classifications of food are found in Ayurveda and the Bhagavad-Gita. There are three types of food, and each has a distinct impact on the human body and psyche. If we do not follow the path of yogic ahara, all foods have a direct impact on our body's Tridoshas.

Keywords: Satvik, Rajasic and Tamsic, yogic diet, human body

Introduction

There is a strong link between food and the human mind according to Ayurvedic beliefs. Quality, appearance, freshness and aroma of food have a direct impact on the psyche. Nutritional quality has an impact on mental and emotional well-being, according to Ayurveda. The three gunas (Qualities) of human beings, Sattva, Rajas, and Tamas, must be understood in order to grasp the interaction between food and the mind. Goodness, optimism, selflessness, and purity are all aspects of sattva. There are many characteristics that govern our behaviours and movement (thinking/working/making decisions), such as energy, anger/passion/aggressiveness and rajas. Sleeping, sitting idly, harbouring bad feelings like jealousy, etc. are all examples of Tamas' influence on mental advancement, motion, and activity.

A 5000-year-old Indian philosophy, yoga mixes physical activity, breathing and food with meditation and relaxation. To achieve self-realization, one must combine physical and mental practises that strengthen one's body while calming the mind. Asana practise focuses on synchronising breath with movement through preparation, counterposes, linked posture sequences, and individual adjustments to postures.

Literature review

Nrsimha Ghosh (2021) ^[1] When following a Sattvic diet, you limit your daily food intake to two meals and avoid reheating any of your meals. The Srimad Bhagavad-Gita mentions it in ancient Hindu literature. All-cause mortality rates will be compared in this study between foods deemed sattvic (those in the diet) and foods and practises considered Rajasic and Tamasic (outside the diet). There are many variables to consider when deciding which diet to follow; therefore, specific words in the texts were used to search Google Scholar, Agricola Medline, CINAHL Plus, Cochrane Library Online, PubMed and Health Source databases along with the following keywords: mortality, all-cause mortality. After a title, abstract, and full-text search, the results were narrowed down. All-cause mortality was the subject of 12 results. A sattvic diet is associated with a variety of health hazards and advantages, according to a total of 58 conflicting outcomes. As a result, no link could be shown between a sattvic diet and a reduction in overall mortality. In order to better comprehend and portray a sattvic diet and its relationship to mortality in general, more research is needed.

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Shraddha S. Bhasarkar, Vrushi Khandekar, Sumeeta Jain (2021) ^[2] you should "let food be your medicine"-Hippocrates. Today's world has developed a system of food intake that has a number of detrimental health implications. Everyone is under a lot of stress in this epidemic era, which leads to anxiety and anxiety disorders. A person's eating habits have changed tremendously due to globalization and urbanization. Anxiety and depression can be caused by an increase in the consumption of junk food and poor eating habits. When it comes to food, Satvik Ahar (Healthy) is the best option, whereas Rajasik and Tamasik Ahar (Unhealthy) are the worst. As a result, avoiding worry is made easier by eating Satvik Ahar (Food) and exercising regularly. Virtual platforms including PubMed, Research Gate, and Google Scholar were used to gather data. They also looked at ayurvedic texts like the Samhitas and other works. Satvik Ahar (Food) has been shown to have a positive effect on anxiety, according to this study.

Dr. Urvashi Sharma, Dr. Ashoka Kumar Sharma (2019) ^[3] the science of life is Ayurveda. You are what you consume, and what you eat is what you are. Ahara is classified into Satvik, Rajasik, and Tamsic groups based on its qualities, which are strongly linked to the state of one's mind. These three types of prakritis exist in both satva and manas, thus whatever we put into our bodies shapes our minds. Satvik cuisine purifies the mind and body, and is calming to the mind and body. Rajasik food increases energy and alertness, while Tamasik food dulls the mind and creates dizziness and disorientation. What we're trying to do is figure out how to use the concept of ahara in order to improve mental health. Research articles and ayurvedic texts will be used to gather information for the study. It's called medhya, and it aids the physical brain and improves mental coordination. If the mind is strong, it is able to command the senses and make beneficial decisions and actions without effort. What we eat has a direct impact on our physical and mental well-being. It's not just the food that has these qualities; it's also the way you think about it. The satvik ahara purifies the mind, allowing for clear vision, positive thoughts, wisdom, and intellect, all of which contribute to our overall well-being on all levels: psychological, interpersonal, and physical.

Stephen Jacobs (2018) ^[4] the holistic milieu is a good place to look for many contemporary kinds of yoga. Holistic discourse emphasizes the importance of physical, mental, and spiritual well-being. This therapeutic discourse typically includes discussion of food and dietary concepts. Art of Living Foundation (AOL), a modern yoga movement, is the center of this research. It examines the AOL's views on food and diet. Using insights from ancient writings on yoga and Ayurveda, AOL justifies its food-related beliefs. As an example, the term sattva, which can be translated as "balance" or "harmony," is used frequently in AOL's and other holistic writers' discourses on eating choices.

Dhanya S., Ramesh N V & Abhayakumar Mishra (2019) ^[5] Vedic medicine includes Ayurveda (the science of life) as one of its subfields. The Atharva Veda considers it an upaveda. For this reason, it is supposed to have emerged from the creator (Brahman) himself before creation as a stream of knowledge that has been passed down from generation to generation since time immemorial, parallel to Vedic literature. Because no one knows when it was not there, it is assumed to be eternal. According to Ayurveda, the mind and body are intertwined when it comes to nutrition. We may use nutrition as a healing tool if we know how to prepare the right foods for our bodies and brains. Food is necessary for a healthy

existence, but it can also be the basis of many ailments if it is consumed in an unhealthy way. This means that in order to get the most out of food, people need to have a basic understanding of its purpose and relevance.

Yogic diet

When a person is disciplined in his eating, sleeping, recreation, and job habits, yoga can help alleviate all of his or her material aches and pains. 6.17 Food is likewise divided into three categories in the Bhagavad-Gita: Sattvik, Rajasik, and Tamasik. It has clarified the three types of food and their impact on the physical and mental health of people. According to the aforementioned definitions

Sattvic, Rajasik, and Tamasic Foods

You are what you consume, and what you eat is what you are. A sattvic diet is ideal if you are able to lead a calm, reflective life. Sattvic and Rajasik diets are best for persons who seek to maintain a meditative state but must live and work in the world. Rajasik meals and Sattvic foods are essential for persons who pursue hard disciplines like Kundalini Yoga or martial arts. Tamasik food should be avoided by anyone who practises any of the above lifestyles.

Sattvic

One can live longer and more healthfully by consuming foods that are dear to individuals who are in the mode of goodness. Foods such as these are rich in fat, flavorful, and satisfying to the soul. 17.8

That which is entire, natural and mild but neither overcooked nor undercooked contributes to a sense of calm alertness and serene vitality. Such foods are known as sattvic. According to folklore, they nourish the soul. In addition to nourishing the body, these foods have no negative impact on the body's general energy level. A perfect harmony of energy states in the meal itself provides vigour to a system that otherwise would be depleted. As a result, they don't drain energy from the body or increase its weight. They also do not irritate it or push it to its limit. Rather, they give a proper balance of nutrients and do not cause an unwarranted sensation of sattvicity. Lightness, attentiveness, and vigour are all qualities that can be gained from these foods.

- Clarity and lightness
- Graceful, peaceful, disciplined, intuitive, sensitive
- More fruit and vegetables, sun foods, and ground foods

Rajasik

Passionate eaters are drawn to foods that are overly sour or salty or hot or pungent or dry or burning. Those who eat these meals are miserable and sick. 17.9

Rajasik foods are those that have been cooked a lot to enhance their flavour appeal, those that stimulate the nerve system, speed up metabolism, and activate. Coffee, tea, and tobacco are commonly referred to be rajasic foods. These foods will give you a boost of energy, but not in the way you'd expect. When it comes to the human body, these stimuli are more akin to "creature comforts" that encourage the body to engage in more physical activity, as well as more sensory pleasures. Rajasik cuisine is a delicacy for the aficionado and the connoisseur alike. It's enticing to eat more since it's seasoned and prepared to perfection with generous amounts of rich sauces, which diverts one's attention from one's own internal signals.

- Forcefulness and willpower
- Active, positive, demanding

- Stimulating herbs and spices, many earth foods

Tamasic

To individuals in the mode of darkness, food that has been sitting for more than three hours, food that has been rotting, and food that is merely unappetizing are all treasured. 17.10

Foods that are "dead," partially ruined, heavily processed, preserved, lack life, and the vitality of foods that are alive or that have just been prepared are classified as tamasic because of their lack of vitality. Foods like this make you feel sluggish and heavy, and they nourish primarily the baser parts of your body. Toxic foods can keep a person alive, but their bodies will gain weight, their functions will slow down, and they are more prone to develop diseases of degeneration and buildup of excessive matter if they are consumed on a regular basis (Obesity, arthritis, hardening of the arteries, and so forth.) Foods like this may increase the mass of the body, but they have no effect on its vitality, energy, or consciousness.

Tamasic food irritates the stomach. They stimulate or energeise, but not in a positive or pleasurable way. It is possible to act cruelly or carelessly because of a feeling of restlessness and lack of ease. An authoritarian, dictatorial disposition may result from eating Tamasic cuisine.

- Functioning from need and instinct
- Impulsive, dull, angry, confused
- Meat, fish, poultry, eggs, alcohol, intoxicating drugs

Health benefits of fasting

Men and women may respond differently to intermittent fasting and alternate-day fasting, although both may help lower blood sugar levels and improve insulin resistance. Inflammatory diseases like multiple sclerosis may benefit from fasting, which has been demonstrated to reduce various markers of inflammation in several trials.

Fasting may help lower blood pressure, triglycerides, and cholesterol while also reducing the risk of coronary heart disease. Theoretically, cutting out all or some of your favorite foods and beverages could help you lose more weight over time. Weight loss and fat loss can be achieved through fasting, which may aid to boost metabolism and preserve lean muscle mass. Fasting has been shown to slow down the ageing process in animals and even extend life expectancy, but human studies are scarce.

Fasting has been shown to inhibit tumour growth in animal models and test tubes and to boost the efficacy of chemotherapy. Talk to your doctor first if you have any underlying health concerns or plan to fast for more than 24 hours. Fasting is also not suggested without medical supervision for those over the age of 18, adolescents, or those who are severely underweight in most situations.

Impact of Satvik, Rajasic and Tamasic foods

According to Ayurveda, Satvik, Rajasic, and Tamasic meals are the three main food classes.

Satvic Foods

These foods are fresh, fragrant, and seasonal, and they help the mind to function at its maximum capacity. Whole grains, millets, fresh fruits and vegetables, milk and milk products, preferably made from cow's milk, nuts, and honey are all included in this category of foods. The mildness of these meals necessitates that they not be over or undercooked.

Satvic meals are thought to boost vitality, stamina, and immunity. They are a source of inspiration, joy, and lightheartedness. While they keep us awake, they don't

influence our overall energy levels. They aid in achieving a harmonious state of mind and body.

Impact of Sattvic diet on the body

All three aspects of the body, mind, and soul can benefit greatly from a Yogic diet or Sattvic diet. The following are a few examples.

- The Sattvic diet dictates that the day begin with a glass of warm water with lemon juice in it. It acts as an alkaline, which aids in the removal of toxins from the body and aids in the removal of waste products. The body's organs can work better and the risk of illness and disease can be reduced by frequent cleansing.
- The Sattvic diet is well-known for increasing mental agility and adaptability. As a result, it promotes health and long life for the one who does it.
- An important part of the Sattvic diet is a focus on cooling foods including green leafy vegetables and fruits, as well as sprouts and sprouted grains. As a result, the body is able to digest the meal quickly, resulting in a regular bowel movement, clear skin, etc.
- Ghee, coconut oil, sprouted seeds, and other Satvik foods are among the most popular in the world right now. These not only enhance the flavour of the food, but they also aid to keep your brain and memory in peak condition.

Rajasic Foods

In keeping with the name, this is the diet for the Rajas (kings). To eat these meals is to savour their spiciness, tartness and saltiness. Rajasic foods include tea, coffee, pepper, tobacco, non-vegetarian meals, and green chilies. Increasing the flavour of these items by frying or overcooking them can energeise and speed up metabolism.

Consuming Rajasic foods can lead to an imbalance of the mind and body, as the mind becomes restless, unruly and tries to satisfy its desires. Seductive pleasure and physical activity tend to be the primary goals of these types of products. If you're looking for a diet that will give you a burst of energy, this one isn't for you.

Impact of Rajasic Food on the Body

- They stay goal-oriented and objective in life, as long as they take Rajasic food in moderation, as it stabilizes the mind. They are steadfast in their pursuit of their goals, and they don't take no for an answer. However, a restless nature that craves recognition and admiration typically accompanies a go-getter attitude.
- In general, people who follow the Rajasic diet tend to be more self-centered, aggressive, and prone to worry. This leads them to turn to rage, hatred, and manipulation as a means of coping with their insatiable appetite for more and more.

Rajasic food has a reputation for being over stimulating to the body and mind. Hyperactivity and exhaustion may result as a result of this. In order to sleep or rest, the mind is constantly agitated and unable to switch off.

Tamasic Foods

It is thought that the food is rotting, left overs, or foods that have been kept overnight and eaten the next day are all tamasic. Meals that have been canned or refrigerated as well as foods that have been fermented or stale are all tamasic. Alcohol, cigarettes, onions, garlic, and fermented foods like

vinegar are all common foods.

Consuming these foods may lead to weight gain because they don't provide any nourishment or mental stimulation to the body. Chronic disorders including obesity, arthritis, heart disease, and others may be exacerbated or even caused by consuming certain foods, which induce toxic buildup in the body. Laziness, dullness, and sluggishness are all side effects of using these products.

Isn't our food what defines us? Ayurveda says so. Our personality is a reflection of our mental state, which is influenced by our diet. Tamasic food can be digested by people who have powerful minds. However, in order to lead a healthy and good life, we must eat a wholesome Satvik diet and practice Yoga.

Impact of Tamasic Food on the Body

- It is well-known that a tamasic diet can impair the body's ability to fight disease, destabilize the immune system, and alter normal neural pathways in the brain.
- Ayurveda claims that someone who eats a tamasic diet will be filled with dark, powerful urges like greed or rage, as well as a lack of adequate cognitive and thinking skills and a sense of lethargy. To achieve transcendence over the gunas, one must be someone who is not considered to be capable of attaining enlightenment.
- When it comes to fighting disease, the Tamasic diet is widely regarded as damaging the body's natural defences and causing a breakdown in immune system function. Tamasic cuisine has been linked to a wide range of mental health issues, including Alzheimer's disease and schizophrenia.

Conclusion

Ayurveda places a high value on a healthy diet. Simple, digestible, and small in quantity are the Ayurvedic guidelines for a healthy diet. A diet low in protein should be taken one to two times by someone with a poor digestive system. Water should be consumed 30 minutes after a meal. In contrast, folks who have a good digestive system are able to drink water with their food. It is best to avoid alcoholic beverages, caffeine, and tea altogether. Diet and the five components and triads are inextricably linked. Intermittent fasting and mithahar are adequate to boost our immune system and overall well-being. The yogic diet is a great way to combat the effects of ageing and live a long, healthy, and tranquil life.

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