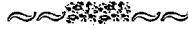


The foods which promote life, vitality, strength, health, joy and cheerfulness, which are juicy, bland, nourishing and agreeable are dear to the sāttvika type of people. 8

*Comment:—*

The foods, which promote life, vitality, strength, purity, health, happiness\* and peace, which are sweet and juicy (fruit, milk etc.,) which provide strength to the heart and lungs, and which are oily such as butter, ghee, almonds, cashewnut and raisins etc., are dear to the sāttvika type of men. These can be of four kinds—those which are eaten, are drunk, licked, and those which are sucked. A person, who likes such foods is of sāttvika temperament.



कट्वम्ललवणात्युष्णतीक्ष्णरूक्षविदाहिनः ।

आहारा राजसस्येष्टा दुःखशोकामयप्रदाः ॥ ९ ॥

kaṭvamlalavaṇātyuṣṇatīkṣṇarūkṣavidāhinaḥ

āhārā rājasasyeṣṭā duḥkhaśokāmayapradāḥ

Foods which are bitter, sour, saltish, very hot, pungent, dry, scorching and producing pain, grief and disease, are liked, by the rājasika type of persons. 9

*Comment:—*

Foods which are bitter, such as 'Karelā' and aloe plant, sour, such as tamarind and lemon, saltish, having excessive alkaline and salts, and which are very hot viz., steaming, pungent such as chilies, and dry such as, parched grains (lacking butter, milk etc.,) and which cause burning such as mustard etc.

'Āhārā rājasasyeṣṭā'—Such foods (which are eaten, drunk, licked and sucked), are liked by the rājasika type of persons.

\* Though the favourable foods are dear even to the passionate but their love for them will change into poison (18/38). Similarly the ignorant also like them but their liking for them will conduce them to sleep, indolence and heedlessness (entertainment, ill talk and evil habits etc.) (18/39).

Thus a man's faith, is known by the food he takes.

'Duhkhaśokāmayapradāh'—Such foods, produce pain, grief and disease. When a person eats such food, he experiences pain and a burning sensation, in the throat, tongue and palate etc. He is not pleased, but is rather grieved after eating such foods and these cause sickness, in the body.



यातयामं गतरसं पूति पर्युषितं च यत्।  
उच्छिष्टमपि चामेध्यं भोजनं तामसप्रियम् ॥ १० ॥

yātayāmaṁ gatarasaṁ pūti paryuṣitaṁ ca yat  
ucchiṣṭamapi cāmedhyaṁ bhojanaṁ tāmasapriyaṁ

That which is, half-cooked or half-ripe, insipid, putrid, stale, polluted and impure, is the food, dear to the tāmasa. 10

*Comment:—*

'Yātayāmaṁ'—It means half-cooked, half-ripe, overcooked and overripe food and off-season fruit and vegetables etc., kept usable through refrigeration etc.

'Gatarasaṁ'—The fruits etc., which lose their juice due to exposure etc., of which the essence has been taken out through machinery are 'Gatarasaṁ'.

'Pūti'—Putrid foods, are those of which the smell is offensive, these are onion and garlic etc. Moreover wine etc.,\* which are

\* In the scriptures a drunkard has been called a great sinner—He who steals gold, he who drinks wine, he who has sexual intercourse with his preceptor's wife and he who murders a Brāhmaṇa—these four are great sinners and the fifth great sinner is he who keeps their company. It means that drinking is one of the worst evils, worse than even the non-vegetarian diet.

The holy water of the Ganges purifies everything. But the goblet is not purified even with it. So how much impure a drunkard is—one can't imagine.

Its preparation involves a lot of violence. It kills the germs of righteousness i.e., the feelings and impressions of righteousness are destroyed by drinking wine and a man has a downfall.