

that a person studies books, keeps company, visits places and is engaged in different sorts of activities, according to his sāttvika, rājasa or tāmasa, temperament.

'Teṣāṁ bhedamimam śṛṇu'—Lord Kṛṣṇa asks Arjuna, to note the distinction of sacrifice, austerity and charity, according to a man's temperament. A man, offers charity to a Brāhmaṇa (member of the priest class), while another person offers charity, to a common man. Some keep company with virtuous persons, whose food and conduct etc., are pure, while others keep company with evil persons.\*

It means, that people of sāttvika temperament like sāttvika (good) food, company, environment and actions, etc., while people of rājasika (passionate) temperament, have rājasika tastes, and those of tāmasika (ignorant) temperament, like food, company, environment and actions, which are not sanctioned by scriptures.

**Appendix**—Two kinds of actions are performed by a man according to his temperament—secular and scriptural. Therefore here within 'food', the secular actions (eating, drinking and the way of living etc.,) and within 'austerity, sacrifice and charity' the scriptural actions should be taken (understood).



आयुःसत्त्वबलारोग्यसुखप्रीतिविवर्धनाः ।

रस्याः स्निग्धाः स्थिरा हृद्या आहाराः सात्त्विकप्रियाः ॥ ८ ॥

āyusattvabalārogyasukhaprītivivardhanāḥ

rasyāḥ snigdḥāḥ sthīrā hr̥dyā āhārāḥ sāt̥tvikapriyāḥ

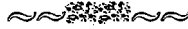
and charity are given. Pilgrimage and fast etc., can also be included in them and they may occupy secondary positions.

\* As among animals deer accompany deer, cows accompany cows and horses accompany horses, similarly fools keep company with fools and the learned have friendship with the learned because friendship is maintained among persons of the same temperament and conduct.

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).