

Qualities (गुण) in the Bhagavad Gita

	सात्विक (Sattvic)	राजसिक (Rajasic)	तामसिक (Tamasic)
आहार (Food)	The foods that increase life, purity, strength, health, joy, and cheerfulness, which are savory, soft, nourishing, and agreeable are dear to the Sattvic people. [Gita 17.8]	The foods that are overly bitter, sour, salty, hot, pungent, and dry are liked by the Rajasic and produce pain, grief, and disease. [Gita 17.9]	That which is rotten, tasteless, putrid, stale, rejected, and impure is the food liked by the Tamasic. [Gita 17.10]
दान (Gift)	That gift which is given in a suitable place and time to a worthy person, knowing it to be a duty to give, without expecting anything in return is held to be Sattvic. [Gita 17.20]	And, that gift which is given with the intention of receiving something in return, or expecting a reward, or begrudgingly, is considered to be Rajasic. [Gita 17.21]	The gift that is given in the wrong place and at the wrong time, to unworthy persons, without respect or with insult, is declared to be of a Tamasic nature. [Gita 17.22]
ज्ञान (Knowledge)	That by which one sees the unified and indestructible reality in all beings, know that knowledge to be Sattvic. [Gita 18.20]	The knowledge, by which one perceives the manifold entities of different kinds, as varying from one another, is said to be Rajasic. [Gita 18.21]	But that which clings blindly to one idea as if it were all, without logic, significance, or insight, is called Tamasic. [Gita 18.22]
क्रिया (Action)	Action which is ordained by the scriptures, that is performed without a sense of doership and without attachment, or aversion by one, who seeks no reward, is said to be Sattvic. [Gita 18.23]	But action which is performed with great effort by one who seeks to gratify his desires or is done by a egoistic feeling, that is said to be Rajasic. [Gita 18.24]	Action which is undertaken from delusion, without regard to consequences, or to loss, or to one's capacity or to injury to others is said to be Tamasic. [Gita 18.25]
कर्ता (Doer)	The doer who is free from attachment, is non-egoistic, is endowed with firmness and zeal, and who is unaffected by success and failure, is called Sattvic. [Gita 18.26]	The doer who is passionate, who eagerly seeks the fruits of action, who is greedy, oppressive by nature, impure, who is moved by joy and sorrow, is said to be Rajasic. [Gita 18.27]	The doer, who is careless, indiscriminate, obstinate, stubborn, vulgar, lazy, despondent and procrastinative, is said to be Tamasic. [Gita 18.28]
सुख (Pleasure)	That happiness, which is like poison at first due to worldly attachment, but as nectar at the end. That which springs from the placidity of mind, brought about by meditation on God, is called Sattvic. [Gita 18.37]	Happiness, which is derived from the contact of senses with their objects and which is like nectar at first but as poison at the end, is said to be Rajasic. [Gita 18.38]	Happiness which deludes the self both at the beginning and at the end, and which arises from sleep, laziness and carelessness, is said to be Tamasic. [Gita 18.39]