

which are savoury and oleaginous, substantial and agreeable, are liked by the Sâtvic.

कटुम्ललवणः त्र्युष्णतीक्ष्णरूक्षविदाहिनः ॥

आहारा राजसस्येष्टा दुःखशोकानयप्रदाः ॥६॥

XVII. 9.

कटुम्ललवणः त्र्युष्णतीक्ष्णरूक्षविदाहिनः Those that are कटुः bitter अम्लः sour लवणः saline त्र्युष्णः excessively hot तीक्ष्णः pungent रूक्षः dry and विदाही burning दुःखशोकानयप्रदाः are productive of दुःखं pain शोकं grief and अमयं disease आहाराः the foods राजसस्य by the Râjasic इष्टाः are liked.

The foods that are bitter, sour, saline excessively hot, pungent, dry and burning, are liked by the Râjasic, and are productive of pain, grief and disease.

[*Excessively*—should be construed with each of the seven, thus, excessively bitter, excessively sour, and so on.]

यातयामं गतरसं पूति पर्युषितं च यत् ॥

उच्छिष्टमपि चामेध्यं भोजनं तामसप्रियम् ॥१०॥

XVII. 10.

यातयामम् That which is stale गतरसम् become tasteless पूति which is stinking पर्युषितं cooked over-night उच्छिष्टं which is refuse अमेध्यं impure च and यत् which भोजनं the food तामसप्रियं liked by the Tâmasic.

That which is stale and become tasteless, which is stinking and cooked over-night, which is refuse and impure, is the food liked by the Tâmasic.