

[ *Austerities*—which cause pain to himself and to other living beings.

*Possessed.....attachment*—may also be interpreted as, 'possessed of lust, attachment and power.'

*All the organs of the body*: the aggregate of all the elements composing the body.]

आहारस्त्वपि सर्वस्य त्रिविधो भवति प्रियः ॥

यज्ञस्तपस्तथा दानं तेषां भेदमिमं शृणु ॥७॥

XVII. 7.

सर्वस्य By each of them अपि also आहारः food तु indeed त्रिविधः threefold प्रियः liked भवति is तथा as also यज्ञः Yajna तपः austerity दानं alms-giving च and तेषां their इमम् this भेदं distinction शृणु do thou hear.

The food also which is liked by each of them is threefold, as also Yajna, austerity and alms-giving. Do thou hear this, their distinction.

आयुःसत्त्वबलारोग्यसुखप्रीतिविवर्धनाः ॥

रस्याः क्षिग्धाः स्थिरा हृद्या

आहाराः सात्त्विकप्रियाः ॥८॥

XVII. 8.

आयुःसत्त्वबलारोग्यसुखप्रीतिविवर्धनाः Those which augment आयुः vitality सत्त्वं energy बलं strength आरोग्यं health सुखं cheerfulness and प्रीतिः appetite रस्याः which are savoury क्षिग्धाः oleaginous स्थिराः substantial हृद्याः agreeable आहाराः the foods सात्त्विक-प्रियाः (are) liked by the Sâtvic.

The foods which augment vitality, energy, strength, health, cheerfulness and appetite,