

gives a prolonged sustenance to the consumer. The non-substantial food gets quickly digested. It gives no vigour to the body. But the food that is hard to digest weakens the digestive organs and hinders longevity. Time and place have their part to play in the consumption of the foods mentioned herein. Breakfast should necessarily be light. Supper should be so adjusted that while going to bed at night, the digestive organs also have the needed rest. Attention may be paid to the partaking of warmth-giving foods in cold countries and of those that have a cooling effect in hot countries.

Eat as much as you require in the day time; but reduce the food as much as you can at night.

— Sri Ramakrishna

कटुवम्ललवणात्युष्णतीक्ष्णरूक्षविदाहिनः ।

आहारा राजसस्येष्टा दुःखशोकामयप्रदाः ॥ ९

कटु-अम्ल-लवण-अति-उष्ण तीक्ष्ण-रूक्ष-वि-दाहिनः ।

आहाराः राजसस्य इष्टाः दुःख-शोक-आमय-प्रदाः ॥

*kaṭvamla lavaṇātyuṣṇa tīkṣṇa rūkṣa vidāhinaḥ ।*

*āhārā rājasasye 'ṣṭā duḥkha śokāmaya pradāḥ ॥*

कटुः *kaṭuḥ* (those that are) bitter अम्लः *amlaḥ* sour लवणः *lavaṇaḥ* saline अत्युष्णः *atyuṣṇaḥ* excessively hot तीक्ष्णः *tīkṣṇaḥ* pungent रूक्षः *rūkṣaḥ* dry विदाही *vidāhī* burning आहाराः *āhārāḥ* foods राजसस्य *rājasasya* of the Rajasika इष्टाः *iṣṭāḥ* are liked दुःखशोक आमयप्रदाः *duḥkha śoka āmaya pradāḥ* are productive of pain, grief and disease

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