

manifesting different tastes at different periods of their pregnancy.

EXPLAINING THE RAJASIC TYPE OF MEN AND THEIR TASTE IN FOOD, THE LORD SAYS:

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

Men of energy, the 'passionate,' desire such food (*Rajasasya ishtaah*) that have strong flavour and dense taste. Bitter, sour, saltish, very hot, pungent, harsh, burning tastes are to the liking of all vigorous men, restlessly striving to fulfil their uncontrolled passions and desires (*Rajasic*).

Such a diet, no doubt, creates in an individual brilliant energies, but in their wildness, they are, to a degree, uncontrollable; and therefore, in their final reactions they lead the eater towards a life productive of 'PAIN, GRIEF AND DISEASE.'

A student of these discussions in the Geeta is NOT justified, if he considers that, by a control of diet the thought-discipline in himself will also be brought about. From these stanzas, we have to understand that, when the texture of thought improves, the individual finds himself