

There is tingling and burning in the tongue; the eyes get bloodshot and tears trickle down profusely; the nostrils water copiously; the head reels; the stomach burns—these are the characteristics of the *Rajasika* foods. They tell upon the duration of the life of the consumer, they are definitely injurious to spiritual practices.

यातयामं गतरसं पूति पर्युषितं च यत् ।

उच्छिष्टमपि चामेध्यं भोजनं तामसप्रियम् ॥ १०

यात-यागम् गत-रसम् पूति परि-उषितम् च यत् ।

उद्-शिष्टम् अपि च अ-मेध्यम् भोजनम् तामस-प्रियम् ॥

*yātayāmaṁ gatarasaṁ pūti paryusitam ca yat ।*

*ucchiṣṭam api cā 'medhyam bhojanam tāmasapriyam ॥*

यातयामम् *yāta yāmaṁ* (is) stale गतरसम् *gata rasam* is tasteless पूति *pūti* putrid पर्युषितम् *paryuṣitam* rotten च *ca* and यत् *yat* which उच्छिष्टम् *ucchiṣṭam* refuse अपि *api* also च *ca* and अमेध्यम् *amedhyam* impure भोजनम् *bhojanam* food तामसप्रियम् *tāmasa priyam* liked by the Tamasika

That which is stale, tasteless, stinking, cooked overnight, refuse and impure is the food liked by the Tamasika. 10

Discrimination has to be used in regard to the food cooked overnight. There are certain kinds of food which cannot be used immediately after cooking, but have to be kept for hours or even days before being used. There are others which have to be consumed soon after preparation. The fitness for consumption or otherwise of a food article is self-revealed. A fruit kept long loses its attractive