

Food and Health

Vegetarianism promotes a natural way of life. However despite its implicit message of universal love and non-violence, the concept has not spread, as much it should have. This may be because it is usually an inward-looking habit, and best cultivated in mind.

In India, a vegetarian is usually a lacto-vegetarian. In the Western World, vegetarians are sub-divided as “vegans” (pure vegetarians who do not take any food coming from animal kingdom), lacto vegetarians, who use dairy products of vegetable kingdom, and lacto-ova-vegetarians.

The western science considers food as something to sustain the human body only, whereas Indian science considers food as something that sustains not only the body, but also maintain purity of heart, mind and soul.

Vegetarian food provides an infinite variety of flavors whereas non vegetarian foods have hardly any taste of their own. Infact non vegetarian food has to be seasoned with ingredients from the vegetable kingdom to make it palatable.

A vegetarian diet is more useful in the treatment of liver disorders like last stage of liver failures when the dietary intake of fat needs to be reduced.



