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# YogiDay 07 of 30 Days of Yogic Journey — Yogic Sukshma & Sthula Vyayama Practice, Yogic Diet and Its Benefits



Saatvik Life · Following

3 min read · May 7, 2023



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## Summary

- Prayer
- Yogic Sukshma & Sthula Vyayama Practice
- What is Yogic Diet?
- Types of Yogic Diet
- Benefits of Yogic Diet
- Closing Prayer
- What's Next?

## Prayer

As per our daily routine, we started today's session by preparing ourselves for prayer by sitting in the “Sukhasana” pose and the “Gyan” mudra.

We chant “OM” 3 times, followed by prayers which are:

gururbrahmā gururviṣṇuḥ gururdevo maheśvaraḥ .  
guruḥ sākṣāt parabrahma tasmai śrī gurave namaḥ ..

## Yogic Sukshma & Sthula Vyayama Practice

I stand up in an alert position before starting Yogic Sukshma Vyayama practices

As a part of today's yoga practice, we practiced 7 yogic sukshma vyayama and 2 yogic sthula vyayama which are mentioned in the previous articles.

## What is Yogic Diet?

Diet in yoga is named as 'Ahara'. Diet that is wholly conducive to the practice of Yoga and spiritual progress is called "Yogic diet".

The diet that not only fulfils the appetite but also satisfies senses (**indriya**), give pleasure to mind (**man**) and provide peace to the soul (**Atma**) is called "yogic diet". Thus yogic diet provides Physical, mental and spiritual well-being.

The yogic diet focuses on the consumption of natural, unprocessed foods.

The yogic diet is a balanced combination of:

- Fruits
- Nuts
- Vegetables
- Grains
- Lentils and Beans
- Dairy Products



Courtesy: <https://www.freepik.com/>

## Types of Yogic Diet

Yoga divides the food into three major categories which are:

### Tamasik

It increases pessimism, weakness, laziness, and doubt.

The yoga practitioners mentioned that this dietary pattern makes one dull, enhances anger and criminal tendency, and impedes spiritual progress.

The life expectancy is low, and it is bad for health.

The foods in this diet include meats from big tamed animals, onions, mushrooms, stale, undercooked-and highly fried foods, high-fat fried foods, salt, sugar, spices, chilies pepper, butter, and liquor; medicines and stimulants are also included.

## **Rajasik**

It produces jealousy, anger, unfaithfulness, fantasies, and selfishness.

It is recommended to leaders and fighters since it may cause excitement, confidence, and an increase in intelligence. The foods in this diet are bitter, tart, salty, spicy, hot, and dry; they also include white sugar, radishes, and fried foods.

## **Saatvik**

It increases energy, produces happiness, calmness, and mental clarity. It could enhance longevity, health, and spirituality.

The foods in this diet are fresh, juicy, nutritious, and tasty, thus including the consumption of fresh fruits and vegetables, sprouted grains, roots, tubers, nuts, cow milk, curd, and honey.

The Saatvik dietary pattern appears to be similar to a modern but prudent dietary pattern.

## **Benefits of Yogic Diet**

The yogic diet focuses on the consumption of natural, unprocessed foods that promote spiritual, mental, and physical health and aligns with yogic philosophy.

Following are the benefits of yogic diet if you follow regularly:

- Improves the digestion
- Boosts the immune system
- Maintain overall health & wellbeing
- Increases the energy level in the body
- Improve mood
- Reduces the risk of chronic diseases

## **Relaxation**

After intensive yogic practice, we perform the “Shavasana” yoga poses to relax our body and mind.

## Closing Prayer

We end today’s session by chanting “OM”.

## What’s Next?

Nothing decides yet, it will be a surprise for me as well.

**Stay Healthy. Eat Healthy. Live Longer.**

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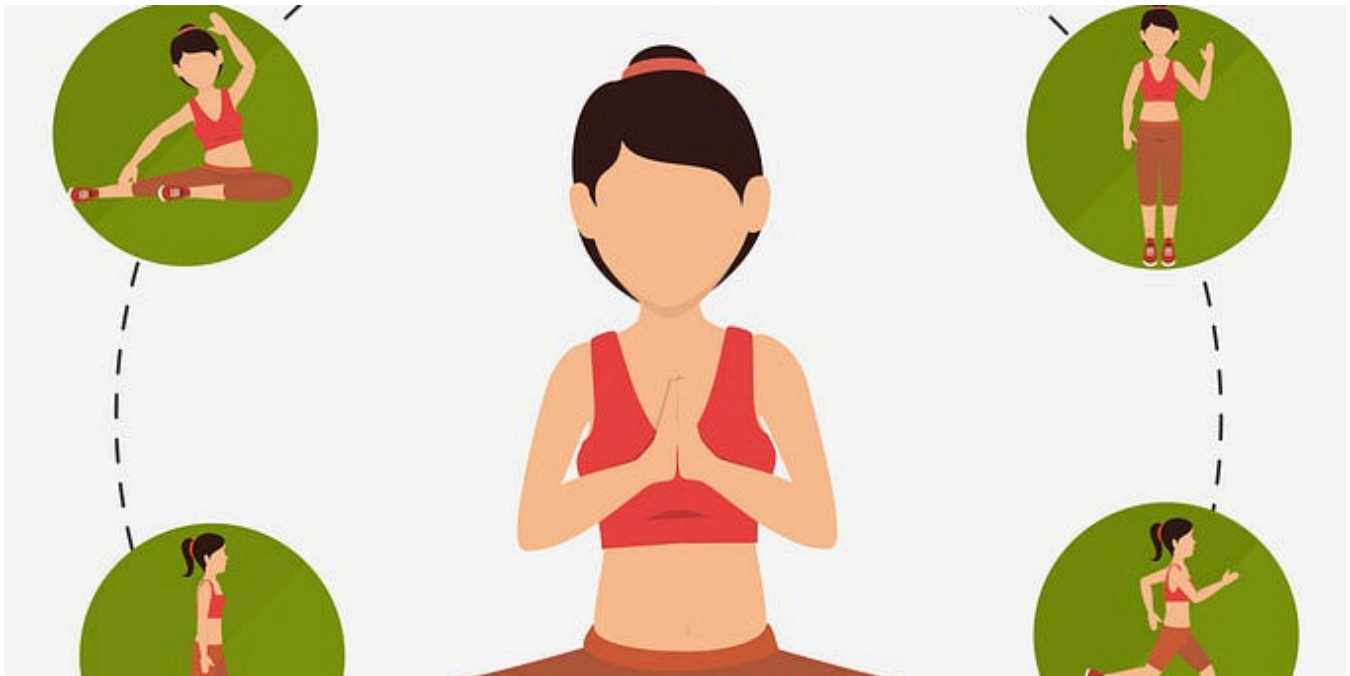
## Written by Saatvik Life

8 Followers

A Journey to stay healthy and live longer

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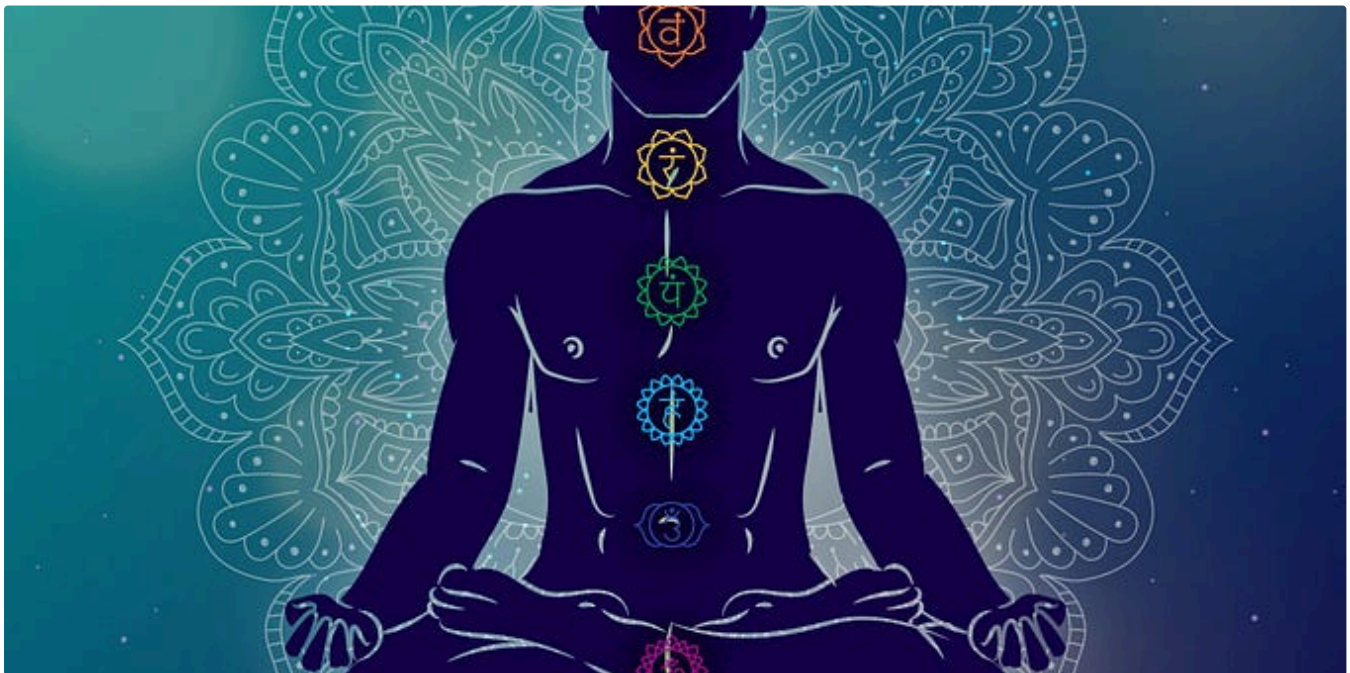


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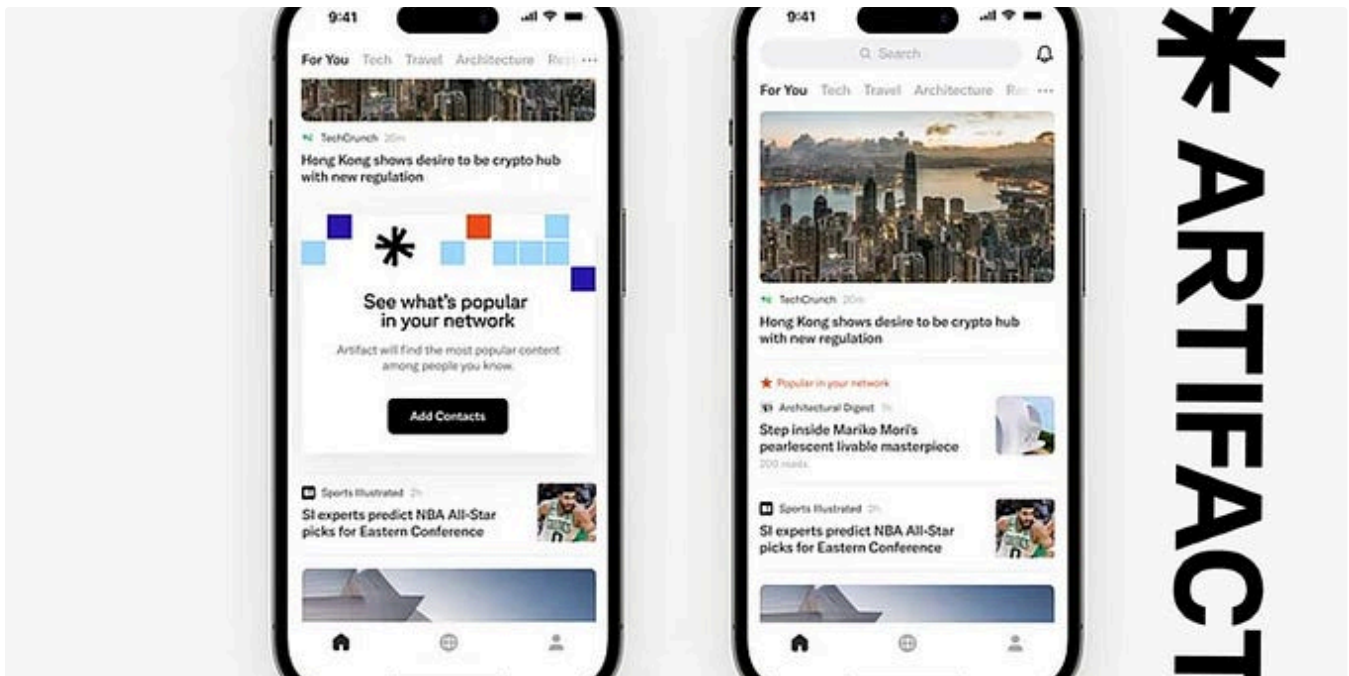



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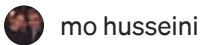
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