

# WHAT TO EAT & HOW TO EAT

**Apart from the yoga poses, this section mainly deals with the food we consume everyday. This will tremendously helps us to progress in the yoga.**

## What is Digestion ?

The aim of yoga poses is not only to stimulate and give massages to the internal organs, but it also aims to give the good mental digestion which means any difficult situation must be accepted and face them in a challenging with full of joy.

## what is food?

Food is anything which gives us energy and good health to all the organs of the body.

### How to eat?

As we have already shown, the digestive system is one of the most dynamic of all operations taking place within the human body. The system digests virtually anything edible providing enough time is allowed to enable the individual organs to carry out their inter-related duties. The digestive tract has a unique capability of secreting the exact combination of juices required for a particular mixture of foods. However, it must be emphasized that it can only successfully complete this process providing it is not hampered by the presence of great quantities of food eaten too quickly. Therefore eat slowly. In this way the body receives more nutrition from the food and you will enjoy your meal to a greater extent.

Here are some more suggestions to bear in mind:

1. Always take small mouthfuls.
2. Non-fried solid food should be chewed about thirty times; fried foods a little longer.
3. Try to keep general conversation to a minimum until the end of the meal.
4. Try to eliminate all thoughts of difficulties or problems from your mind during the meal. Calmness is conducive to good digestion, whereas tension and anger result in indigestion.

These suggestions may seem too demanding at the outset, and we agree. We don't intend this advice to become strict practice; however, we do feel that the benefits to be secured from these suggestions are sufficient to warrant not only a mention here, but also application at your dinner table.

## **Nutrients and their role in the body**

Food can be divided into four general categories as follows:

1. *Carbohydrates and fats* provide our body with its energy requirements. The greatest amount of energy consumed goes into maintaining the correct body temperature. In fact, about seventy five percent of the energy in the body is required for this purpose, depending on the climate. The remaining energy is utilized by the muscles throughout the body, whether for the internal organs such as the heart, lungs, etc., or for the outer limbs such as the arms or legs. Fats also form protective layers which shield the delicate body organs from injury and allow storage of energy for future use. However, over-consumption of these foods leads to overweight. Butter and oils are almost pure fat, while refined sugar is practically one hundred percent carbohydrate. This latter category also includes food such as potatoes, rice and bread, which are predominantly carbohydrate, containing very little fat.
2. *Proteins* are the remarkable materials from which new cell tissues are built. Proteins are needed to repair worn-out tissues, as well as being essential to growth and muscular development. They are also necessary for the production of special substances that build up the body's immunity. There are large numbers of different proteins, all of which perform a definite role. Proteins are needed by everyone, but are required in greater quantities during childhood, adolescence, pregnancy and lactation, or any time the body is constantly expending a lot of energy. Proteins are an essential part of our diet and are abundantly present in such foods as milk, cheese, meat, fish, eggs, grains, beans, lentils, nuts, etc.
3. *Mineral salts* are yet another category of the essential elements required by the body. They are present in minute quantities but are nevertheless vital in the maintenance of correct body functioning. The kinds of mineral salts present in the body are numerous and varied, with each carrying out diversified functions. Some, such as phosphorus and calcium, are necessary for the building of strong teeth and bones. Phosphorus is also essential in the functioning of the brain cells. These two minerals are found in green vegetables, cheese, soya beans, potatoes and fish.

Iron, which is needed in greater quantities by women than men, is important in the production of haemoglobin, a protein in the blood cells. Without iron the blood is unable to transport oxygen throughout the body and so unable to perform its duties. The best sources of iron are meat, eggs, raisins, spinach, whole grain cereals, liver, apricots and potatoes.

In the body there are only a few grains of iodine, yet it is one of the most important minerals. The majority of iodine absorbed by the body is utilized by the thyroid glands in the production of thyroxine, which is essential in regulating the body metabolism. It also directly controls the growth rate of the body and as such is especially needed during pregnancy, childhood and adolescence. Iodine is found in iodized salt, seafood and vegetables.

Salt in the form of sodium chloride is also essential for the maintenance of the normal acid-base balance in the body. Without it we could not live. Remember, however, that too much salt tends to raise the blood pressure and causes swelling in the legs. So a moderate amount of salt is recommended, although during warm weather the intake should be raised.

4. *Vitamins* are the fourth and last category in our list, but far from the least important. At the same time, a great deal of uncertainty of the function of vitamins is held by scientists and laymen alike. The specific way in which vitamins work is not positively known but it is widely believed that they act as a catalyst for numerous chemical reactions within the body. We will briefly discuss the role of the different vitamins.

Vitamin A is needed by all important organs of the body. It is essential for the health of the respiratory, digestive and urinary tracts. It keeps the mucous membranes of the nose, throat and windpipe strong and healthy, helping to prevent colds and other infections of this region.

Vitamin A is also concerned with the growth and development of the body and aids in reproduction and lactation. It keeps the skin smooth and clear and is essential for keenness of vision. When this vitamin is absent all tissues suffer. The skin becomes thick and rough, the eyes become dull and lustreless, and infections commonly occur over the entire body. The best sources of vitamin A are cream, butter, whole milk, egg yolk and carrots, together with numerous other fruits and vegetables.

Vitamin B complex consists of more than a dozen different vitamins. Some are required for the transference of energy in the cells, while others are used in the formation of red blood cells. One of the most important is thiamine (vitamin B1), which is concerned with the nerves and muscles. Neither can work properly if there is a deficiency of thiamine. Without sufficient quantities of thiamine the body would be in a perpetual state of aches and pains. It is most prevalent in liver, brewer's yeast, peanuts, whole grain cereals, meat and eggs.

Riboflavin is another important member of the vitamin B complex. It is necessary for the maintenance of healthy skin and eyes, but possibly its most important function is in the production of enzymes that help to digest food. Niacin, another member of this group, is also important to the digestive system. These elements of vitamin B complex are found in liver, eggs, milk, cheese and whole grain cereals.

Vitamin C is the great healing vitamin of the body. It is essential for building bones, maintenance of the walls of the smaller blood vessels, strengthening the teeth and gums, and in aiding the absorption of iron from the digestive tract. Vitamin C is also required by the body in large quantities during disease. It is found abundantly in fresh fruits, leafy vegetables, potatoes and tomatoes.

Vitamin D is necessary for the development of strong healthy bones. Its chief function is to maintain the correct balance between calcium and phosphorus in the body. Its deficiency causes a disease called rickets, during which the bones become soft and pliable. It can be obtained from milk and eggs, but is unique in that the body produces its own supply by the interaction of the sun and the natural skin oils. The body therefore produces much of its own vitamin D and does not depend on food to supply its requirements.

Vitamin E is still a mystery to modern scientists, but it is believed to influence the reproductive functions and muscular activities of the body. It is contained in whole grain cereals, green vegetables, coconut oil and other vegetable oils.

Vitamin K is necessary for the process of blood clotting and is found in green vegetables, soya beans, tomatoes and eggs.

There are over twenty known vitamins and the ones we have mentioned are the most important. You will notice that these vitamins are present in a great variety of foods; therefore it is not necessary to worry about your vitamin intake. If you eat a sensible mixed diet it is a certainty that you will never be deficient in vitamins. The same is true for all essential requirements in the body, for a healthy body has the ability to transform one type of foodstuff into another as required. Many yogic practices, especially surya namaskara and

pranayama, increase the efficiency of this transformation process. A person who is able to gain control of his system can live on a simple diet and transform it internally to other substances as his body requires.

Remember fats and carbohydrates give energy; proteins are mainly for growth and maintenance; minerals and vitamins are for protection, control and regulation of biological processes.

## **FOOD & PREPARATION**

In order to receive the greatest possible benefits from the foods you buy, it is preferable to avoid over- refined foods such as white rice, flour and white sugar. Nature has provided us with all the nutrients we need, so why buy artificial and adulterated foods? There are also several preparation scenes that we can offer to enable you to of time the most from your food. However, we stress that you should not be come to fanatical in the following of food rules in general but rather treat them as you do your cooking – in other words, don't overdo it!

1. Rinse off surface dirt, but do not scrub too hard to avoid washing away all the nutrients in the skin.
2. Cook vegetables in as little liquid as possible.
3. Save the liquid to make soups or gravy etc.
4. Steaming or baking vegetables is better than boiling or frying away their nutrients value.
5. Do not overcook vegetables.
6. When frying use as little oil as possible.

Remember, good and thoughtful food preparation is also essential for good digestion in a direct manner. Tasteless, monotonous and badly prepared food does not stimulate the appetite and the salivary and gastric glands secrete less juices than required.

Better alternatives:

The following chart will enable you to avoid foods that are either detrimental to digestion or processed so that they lose their prana and nutritional value.

This chart is solely for your guidance. If you are unable to obtain these foods do not worry; they are only preferred foods, not essentials.

Foods to avoid:

1. Denatured foods:  
White flour, white bread, cakes and buns; polished white rice.
2. White sugar, sweets, jam, sweet syrups, fruit in syrups, light treacle, heavily sugared drinks and glucose drinks.
3. Fats and oil of animal origin; saturated acid fats.
4. Heat treated, canned foods; processed foods in which artificial sweeteners, flavourings and chemical preservatives are used (always read the small type on labels before purchasing).

Foods to use:

1. Whole wheat, barley, rye or corn flour bread; whole or partially polished rice.
2. Honey, brown sugar, molasses, black treacle; fresh fruit.
3. Vegetable oil and clarified butter.
4. Fresh foods, naturally processed foods; processed foods like dried fruits or lentils, organically grown products.

# WHAT KRISHNA SAID IN BAGAVAT GITA ABOUT HOW FOOD AFFECTS THE CHARACTER

CHAP 17 SLOKA 8,9 & 10

Ayusatvabalarogya sukhapreetivivardhanah

Rasyahsnigdha sthira hridya aharah satvikapriyah

When Satva-Guna grows in the recipient out of his good fortune, he begins to like a diet that is naturally sweet, luscious, pultaceous and ripe; such food that possess good appearance as well as soft feel. It is genial to the tongue, delicious, juicy and having perpetual sweetness. It is not hard due to charring but soft and succulent. It is similar to an indication from Sadguru, apparently miniscule yet dispelling entire distress of worldly matters! Likewise, it may be small in amount but provides immense satisfaction.

Thus, those possessing benign traits, which are sweet, succulent, attractive and ultimately beneficial, naturally like such foods or diets. Partha, such benign diet grants long life to the person. Satvik diet is like rainfall that keeps enhancing waters of the river of life day by day. Furthermore, such Satvik diet enhances Satvik traits in the body like Sun, which causes daybreak. While one partakes of Satvik luscious food, mind also becomes strong along with the body. Therefore there is no room for disease whatever and health inhabits completely for certain. A Satvik diet is indeed beneficial for the body since it imparts health, happiness and comfort.

Now, I shall speak of those types of food, which one ancies while Rajo-Guna predominates.

“Katvamla lavanatyushna rukshavidahinah

Ahara rajasasyeshta dukkhashokamayapradah”

The food that is bitter as gall, as if deadly poison; or else, that which is sour and burning hot for the tongue as if lime-kiln; or, so salty as if salt and water are added in equal proportions! Rajasik ones like such food; in addition, they like food that is piping hot, as if they are swallowing literal fire! They are fond of foods that are extremely savoury and hot to such an extent where even whirlwind would come to shame! They like foods that are dry as ash and sharp as point of crowbar ('Pahaar'). Moreover, that requires breaking violently under teeth. In spite of already being very hot and spicy, they like to add powdered mustard to that food which makes tingling of nose and eyes and which is full of stench. They are fond of chutneys so fiery where even live embers look mild! However, in spite of their greedy tongues they are never satiated of food they partake of. In fact, they devour verily fire itself under the pretext of food! They have penchant for ginger and cloves that cause burning sensations throughout the body and then they keep rolling in bed or on the floor, drinking water uninterruptedly to sooth down burning!

Partha, indeed that is not food but verily sleeping snakes in the form of diseases; the intoxicants ingested leads to flare of disease, which are sinister on after another. Therefore, Partha, fruits of Rajasik diet are disease and distress alone! Thus, I described the Rajasik diet so far and also delved upon the way it is distressing ultimately in clear terms.

Now, let Me speak in detail about the diet which Tamasik one relish most; do not hesitate to listen even though it is obnoxious and disgusting to listen!

Yatayamam gatarasam pooti paryushitam cha yat

Ucchishtamapi chameddhyam bhojanam tamasapriyam

Those who prefer to eat leftovers and used food in plenty do not recognize utter loss they would be subjected to; they consume such foods with penchant like buffalo that devours fermented and sour cakes made of groundnut and cotton seeds ('Ambon'); they indulge in half-baked or raw items which are sapless and dry like ash, those Tamasik ones! They do not consider ripe and succulent items as being food at all! If ever they get good food, they preserve it until it becomes stale and stinking like tiger that conserves killed prey!

Furthermore, rotten food because of keeping for long and which is tasteless and pultaceous and infested by germs, he mixes all that like a child with his hands and feels happy while enjoying that with his wife using single platter for both! However, not satisfied with even such food, that sinner consumes forbidden food. Look at the marvel; he especially prefers food that is culpable; he likes forbidden drinks (like liquors) and food (meat and the like) with penchant and greed. In fact, he becomes owner of sins instantly, the moment he puts morsels of such forbidden food in his mouth. It is not food but verily ingestion of pain and suffering!

Does anybody wish to experience pain of his head being chopped off or the agony of jumping into fire? Nevertheless, the Tamasik one is prepared to endure even that too!

Therefore, Srinivasa (Sri Krishna) asked Partha, whether it was necessary any more to delve upon the results which such Tamasik diet give rise to, as a separate description!

## **DISORDERS OF DIGESTION**

Digestive ailments are extremely common throughout the world. There are very few of us who have not suffered from a stomach or abdominal problem at least once in our lives. Yoga has much to offer in preventing or removing these types of ailments. Therefore this entire topic is devoted to the most common digestive ailments and how one can gain relief through yoga practices.

Many writers insist that the digestive system is the source of nearly all other diseases. Their reasoning is that many of the diseases and minor ailments which inflict our body are caused by autopoisoning. In other words, toxins enter the body via the digestive system from bad or dirty food or because of the build-up of waste products in the bowels which are reabsorbed into the bloodstream. Actually, we don't want to delve too deeply in this subject at this stage, but we would like to point out that in our opinion it is the mind that has the largest part to play in all types of diseases. One should remember, however, that the mind and body are intimately related, so that mistreatment of one will automatically lead to repercussions on the other. That is, if one has mental conflicts then these will reflect in one way or another within the body, possibly in the digestive system. Or to put the same idea in other words: mental problems, whether small or large, tend to weaken the body; under these circumstances the body loses its natural resistance to infection, and disease can result. On the other hand, it is possible to quote various instances where disease definitely does originate from the digestive system. For example, if one accidentally eats contaminated food then it is very difficult to assign the cause to the mind. The cause clearly lies in poisoning of the digestive system. At the same time, however, it must be remembered that the digestive system would be less vulnerable to infection if it is in the best possible health. Mental conflicts detract from this. Of course there is a limit to this resistance. If you ate half a kilogram of cyanide it is highly unlikely that you would survive even if you were totally without mental problems. This dispute has to be approached sensibly without dogmatic assertion to support either view. The mind-body complex is an integrated unit. Each affects the other. Therefore all diseases are caused by various factors which can originate within the mind or the body. It is the same with digestive ailments – they can be caused by both mental and physical reasons though more likely a combination will be nearest the truth.

Yoga can offer much in the way of removing and preventing digestive disorders. There are many yogic techniques that clean out the digestive system, such as kunjla kriya, and there are others which will be discussed later. Many digestive ailments, such as ulcers and constipation, are caused mainly by nervous tension or worries. Yoga practices in general aim at calming the mind and removing the conflict. In this way, many of these types of ailments fade away through the practice of yoga. Let us briefly discuss the most common digestive ailments and how yoga can help to remove them.

### **Constipation**

This abnormal functioning of the bowels can manifest in three distinct ways:

1. The defecation may occur with insufficient frequency.
2. Stool may be insufficient in quantity.

### 3. Stool may be abnormally hard and dry.

Any of these definitions could be classified as constipation. However, we must emphasize that each person is different, so that one healthy person empties his bowels after each meal while another will do so once a day. There are also some people who defecate only once a week yet are considered healthy.

It is popularly believed that one must have a good motion every day or be overwhelmed by due consequences. This is totally incorrect and has caused more constipation in itself by making people worry without reason. If you are constipated then you will know it, for the symptoms will clearly manifest; that is, mental depression, loss of appetite, dull headache, possibly nausea, foul smelling breath, thickly coated tongue and a general feeling of heaviness and discomfort in the abdomen.

Much has been written about the constipated artist who is unable to create and the constipated scientist who is unable to think. We quote the following from the book, *A Menchen Chrestomathy* by H.L. Menchen: "There has never lived a poet in the whole history of the world, ancient or modern, near or far, who ever managed to write great poetry, or even passably fair and decent poetry, at a time when he was suffering from stenosis (restriction) at any point along the thirty odd foot, via dolorosa, running from the pylorus to the sigmoid flexure (near rectum)... He is stumped and helpless. The more he tries, the more vividly he will be conscious of his impotence. Sweat will stand out in beads upon his brow; he will fish patiently for the elusive thought; he will try coaxing and subterfuge; he will retire to his ivory tower; he will tempt the invisible powers with black coffee, tea and alcohol and the alkaloids- but he will not write his poem or iron out his syllogism, or find his way into ... Striving in the face of such an interior obstacle is the most cruel of enterprises- a business more nerve-racking and exhausting than reading a newspaper or watching a bad play."

While one is constipated, it is so tempting to strain the bowels, which can easily lead to haemorrhoids, hernia, prolapse of the rectum and a number of other undesirable yet common ailments. So if you are constipated, be careful that you do not overstrain.

There are two types of constipation – colic and dyschezic. Colic constipation is caused by delay in the movement of the faeces to the rectum. This is often the result of a diet that contains little or no indigestible residue. In other words, it is necessary to eat food that contains a sufficient amount of roughage or material which the digestive system is unable to digest. It is this waste product that partly stimulates movement within the large intestine. Without this, the relevant muscles become lazy. Other intestinal ailments and pain can also curtail the normal muscular movements (peristalsis) of the intestines. Another common cause of colic constipation is obstruction within the large intestine, which slows down the rate of movement of the faeces. This is often caused by masses of hard, dry faeces. There are various yogic practices which are of great help in this type of complaint. The most important ones are shankhprakashana and basti.

The second type of constipation, namely dyschezic, is caused by difficulty or inability to defecate completely. In other words, the rectum is always filled with faeces even immediately after defecation. This is caused either by insufficient functioning of the defecation reflex and muscles or by an obstruction in the region of the rectum. This obstruction is often a foreign object; in fact such strange things as spoons and forks and cigarette lighters have been found to be the cause of this form of constipation.



Probably the most common cause of inefficient defecation is an habitual tendency to ignore the natural urge to go to the toilet, which may be caused by lack of time or privacy and by unpleasant surroundings. Under these circumstances one should make efforts to change their habits or environment if possible. There are many other causes of constipation, but the ones we have mentioned are the most frequent.

Constipation is aggravated by fear of its consequences. Also some people if they fail to defecate strictly according to their normal routine immediately start to take steps to remedy what they think is a serious state of constipation. Both these situations encourage the excessive use of laxatives. Though the use of laxatives may be necessary they should be avoided as much as possible. Laxatives in general tend to violently empty the bowels and in the long run detract from its natural functioning. Try to use mild laxatives in preference to more drastic types, if you must use laxatives at all.

If you are or have been an habitual user of laxatives and you suddenly stop, don't expect to have the same movement that you obtained through the use of laxatives. You must almost expect no bowel movement for a few days since the bowels are totally empty; don't immediately assume that you are once more constipated. There will be a normal movement only when the bowels are sufficiently filled.

In conclusion we can say that constipation can arise because of various factors. The most common are incorrect diet, insufficient exercise, mental and emotional upsets, inconsistent toilet habits, weak abdominal muscles and consumption of too many laxatives. Here are some suggestions which may help you prevent or remove constipation.

- Don't listen to too many so-called experts. They tend to create more problems than cures, by assuming that any slight inconsistency in your toilet habits is the sign of impending doom – the onset of chronic constipation. Many people who previously did not suffer from constipation eventually do so because they are persuaded or worried into it.
- The volume of stool and the frequency of defecation can be regulated in a more normal manner by adding cereal bran and vegetables to the diet. These foods contain cellulose, hemicellulose and lignin which stimulate intestinal movement. Furthermore, cellulose and hemicellulose are partly digested by bacteria in the colon with the formation of fatty acids. These act as natural laxatives. Prune juice is useful for it contains the natural laxative diphenylisatin.
- Drink plenty of liquids.
- Reduce your dependence on commercial laxatives as much as possible.
- Try to establish a regular bowel habit at a suitable time during the day. In the morning before breakfast is to be preferred, for this is the time when you are most likely to be relaxed physically, emotionally and mentally.
- Practise asanas every morning to help in emptying out the bowels. Many asanas are useful for constipation but the following are particularly recommended: *supta pawanmuktasana*, *utthanpadasana*, *kawachalasana*, *surya namaskara*, *bhujangasana*, *marjariasana* and *shalabhasana*. There are many more – in fact we can say that most asanas are helpful for treating constipation.
- There are various yogic practices that are specifically designed to clean out the digestive system. As such they are very useful for relieving constipation. The most important practices are *shankhprakhshalana*, *basti*, *navli*, *agnisar kriya* and *moola shodhana*.

There are many people who have turned to yoga in order to rid themselves of constipation. Often this was as a last resort, every other method having failed. They have usually found great improvement in their condition.

The last point to remember is that chronic tension plays a vital role in constipation. One of the basic aims of yoga is to bring mental and emotional peace into one's life. As such, all practices of yoga including asanas, pranayama and meditational practices make an indirect contribution to removing constipation. Most commercial cures aim at removing the manifestation, namely physical constipation, whereas yoga aims at the root cause – mental and emotional constipation. If this more subtle form of constipation is removed, then the physical by-product will automatically disappear.

### **Food poisoning and digestive infections**

Food poisoning results from eating food which is contaminated with certain types of bacteria. These organisms are generally of the paratyphoid group of bacteria, salmonella and less usually staphylococci. A disease known as botulism is far more serious although it does not occur very frequently. This bacteria is generally found in canned foods that have been incorrectly processed. The body gets rid of these infections by vomiting and diarrhoea. Generally, infections are cleaned out quite quickly and the body soon recovers.

To prevent food poisoning great care should be taken to ensure that the preparation of food is carried out as hygienically as possible. Food that has been cooked and left to cool for future consumption should always be well covered and kept in a cool place. This is essential because harmful bacteria tend to multiply at the highest rate in warm food. Another important point to remember is that people suffering from cuts or sores on their hands should not touch food that is to be eaten. In hot climates and during the summer more care should be taken in connection with food and water.

Yoga cleaning techniques such as kunjla kriya, shankhprakhshana, etc. help to eliminate harmful bacteria that might have accumulated in the digestive tract. Furthermore, yoga practices in general will increase the body's resistance to bacteria, and so reduce the tendency of bacterial diseases to occur. This also applies to more serious diseases such as dysentery, but if these do occur one should immediately seek expert advice and treatment. Don't delay even in the slightest.

### **Indigestion**

This is also called dyspepsia and is caused by eating too quickly or eating under continual nervous tension. In fact, the reason that people eat rapidly is generally because they are nervous and under stress. Under these conditions the food is insufficiently chewed and broken down in the mouth for normal processing by the stomach. Furthermore, the correct quantities of saliva and gastric juices are not secreted. This results in indigestion. Yoga is once more of great help. It makes one more relaxed and therefore more able to eat food slowly and with more enjoyment.

Of course, indigestion can also be caused by eating too much food, especially if the food is rich. Yoga will not help you directly to solve this problem. You must find your own solution.

How do we know our human body?

The entire human body is made up of 5 elements. They are sky, air, fire and land. Sky is the base for all the things. The air is dynamic and high running force, Prana is the most important life force for all living things.

Fire causes digestion and spread energy to all our body. In addition, the plant also performs the work of decomposition and destruction.

Water helps keep the body cool and continues to protect and grow plants.

The land provides food and shelter for all living species. In general, these five serve as the source of all life and unification of the whole world. But, if these 5 elements are losing equilibrium, they cause disease and life threatening.

Every troll in nature is constantly changing. EX: The heat, the humidity, the climate the people have to readjust themselves to this change.

Everyone has these gigantic 5 elements. However, each person varies in size. For healthy health, these 5 great elements need to be in perfect balance, without any deviation. For example, if the land is overweight, obesity, water exposure, colds, fires high fever, irritation, boils.

For mind, if the mood of the land is too much, there will be fatigue and frustration. Aversion and anxiety can be caused by increased fire quality. Fear and sorrow by the land.

The effects of excessive use of 6 tastes causes

sweets include: cysts, diabetes, obesity, hypertension, eye irritation, indigestion, vomiting, gas, laziness, shortness of breath and other hypocritical symptoms.

Sour(புளிப்பு): Irritation, itching, dizziness, rapid aging, etc.

Salt (உப்பு): irritation, cyst, bleeding, skin diseases, shortness of skin, shortened skin, youthful bald head.

Spicy(காரம்): aches, tingling, loss of consciousness, dry mouth, pain, weakness, irritability, drowsiness, fever, excessive appetite, decreased child's vitality.

Bitter(கசப்பு): All rheumatism, lethargy, weakness, fractures, aches, tingling, headaches, tightness, seizures, decreased vitality of the baby.

Astringent(துவர்ப்பு): Rheumatic diseases such as pain, constipation, dehydration, lethargy, loss of thirst, loss of life cells for the baby.

Vatha pitha kaba

V- vatha – increase

P- pitha. – decrease

K- kaba = – balance

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Platinum

— v      p      k

Drumstick

— v = p = k

ladies finger

— v      p = k

White pumpkin

— v      p      k

Ra mango

— v      p      k

Lemon

— v = p = k =

Bottle gourd

— v      p      k

Ridge gourd

— v      p      k

Snake gourd

— v      p      k

Bitter gourd

— v      p      k

Turkey berry

— v      p      k

Amla

— v      p      k

Banana

— v      p      k

Pomegranate

— v      p      k

Grapes

— v      p      k

Pineapple

— v      p      k

Mango

-v p k  
BlackBerry

- v p k  
Dates

- v p k=  
Jackfruit

- v p k  
Guava

-v p k  
Soursop(sita furit)

- v p k  
Amaranths dubious(red spinach)

- v p k  
Alternathera sessilis(ponnanganni keerai)

- v p k  
Moringa (drums stick leave)

- v p k  
Sesbania grandiflora  
(ahathi keerai)

- v p k  
Curry leaves

- v p k  
Centella asiatica(thudhuvalai)

- v p k  
Spinach (pasalai keerai)

- v p k  
Spinach stalk( keerai thandu)

- v p k  
Banana stem

- v p k  
Adament creeper

- v p k  
Banana flower

- v p k

Potatoes

— v p k=

Taroroot

— v p k

Palmyra plam

— v p k

Radish

— v p k

Onion

— v= p k

Ginger

— v p k

Cashew nuts

— v p k

Honey

— v= p= k=

Palm jaggery

— v= p= k=

Jaggery

— v p k

Sugar

— v p k