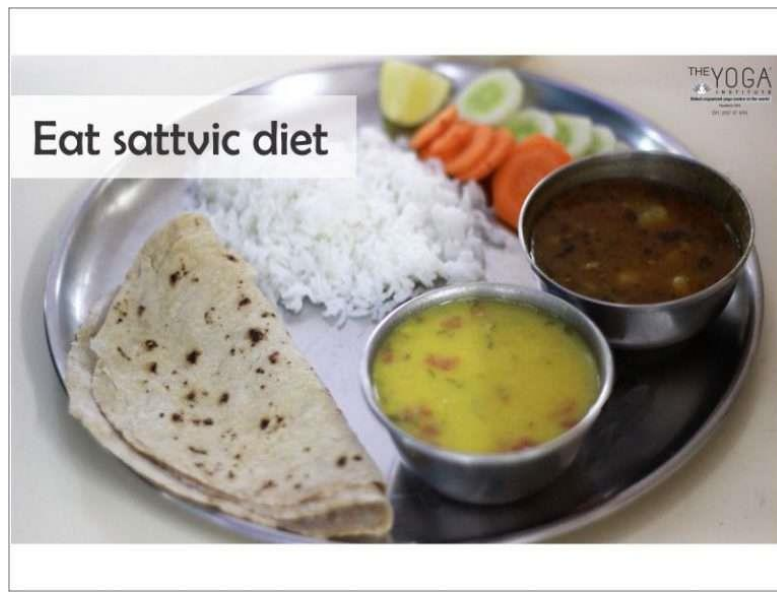


## SATTVIC DIET



A *Sattvik diet* is a pure vegetarian diet which includes seasonal fresh fruit, ample of fresh vegetables, whole grain, pulses, sprouts, dried nuts, seeds, honey, fresh herbs, milk and dairy products which are free from animal rennet. These foods raise sattva or our consciousness levels. Sattvik foods are cooked and eaten with love, gratitude and awareness. A sattvik person is calm, peaceful, serene, amicable, full of energy, enthusiasm, health, hope, aspirations, creativity and balanced personality. An added advantage of sattvic diet -helps to keep the weight in check and very effective method of weight loss. A sattvik food will become tamasic when over processed, kept for a longer period or deep-fried.



### ***Bhagvad Gita guidelines on Diet & Gunas***

The food individuals eat influences their thought processes and nature and vice versa. The Chhāndogya Upaniṣhad also emphasises on satvik foods since eating such foods purifies the mind and becomes part of our pure consciousness. “āhāra śhuddhau sattva śhuddhiḥ” (7.26.2) People with pure mind prefer pure sattvik food.

### ***Diet & Gunas***

What is a Guna? The three Gunas are groupings of different qualities of energy in prakriti (physical matter.) Any living being has Gunas, and it is one of three “propensities” of the mind, body and soul or consciousness. The three gunas are Sattva, Rajas and Tamas gunas. These categories define and reflect our health, behaviour, thinking and diet.

- Sattvic means purity, health, harmony and well-being.
- Rajasic means stress, anger, activity and restlessness.
- Tamasic means dullness, laziness and lethargy.

#### Rajas

The rajas mind is active, intense, and has the potential to become incendiary and aggressive. Those with a rajas-like mind are prone to argument and can be challenging.

#### Tamas

The tamas mind is lethargic, slow, and has the potential to become negative and destructive. Those with a tamas-like mind are prone to disengaging from situations and becoming lazy.

#### Sattva

The sattva mind is balanced and pure. When a person finds a sense of truth and light in their life, they are more open to creating sattvic qualities in their mind. Many people might perpetuate sattvic qualities in any given moment, but truly sattvic people are particularly rare.

Every one of us has all these three gunas, but their proportion varies. For example- **Tamas guna** is required for adequate rest and sleep, **Rajas guna** necessary for work and **Sattva** for fulfilling

aspirations in life. **A yogic way of life aims to increase the Sattva guna to nurture consciousness via healthy body and mind.**

Foods we eat will impact us on the physical, emotional, mental and spiritual level. Diet plays a pivotal role to progress towards the realisation of a spiritual path.

## **Benefits of Sattvic Diet**

**Yogic diet, or *sattvic* diet benefits the body, mind and soul in innumerable ways. Few of them are as follows**

- **In the yogic diet, it is a rule to start the day with a glass of *warm water* with lemon juice in it. This cleanses the body and helps it to get rid of harmful toxins. By the process of regular detoxification, organs in the body can function well, as a result of which the body is devoid of ailments and diseases.**
- **The *satvik* diet not only keeps one physically fit, but also mentally agile. It is a diet which balances the body, mind and soul, thereby resulting in longevity of life in an individual.**
- **The yoga diet believes in eating in moderation, therefore the yoga diet for weight loss is one of the best ways to lose fat, and it also strengthens your body's immunity power at the same time. Following the diet along with a few minutes of yoga, *pranayama* or some physical activity will keep you away from all types of lifestyle diseases like blood pressure, *diabetes*, etc.**
- ***Sattvic* diet includes green leafy vegetables, fruits and sprouts and is devoid of heat inducing foods like meat, fish, onion, garlic, etc. Therefore, it does not take much of hard work for the digestive system to digest the food; the end result of which is proper bowel movement, clear skin, etc.**

- **Sattvic** foods include **ghee**, coconut oil, sprouted seeds, etc. These make the food tasty. Moreover, the good fats in the diet help in keeping your brain healthy and your memory sharp.

### **Foods to Avoid When Following Sattvic Diet Plan**

- All types of non-vegetarian food like animal protein, fish and eggs.
- Processed food like white sugar, *maida* etc.
- Junk, oily and fried food
- Onion, garlic, or food which is spicy
- Artificial sweeteners
- Soda or fizzy drinks
- Alcohol
- Caffeinated beverages like tea, coffee, etc.
- Foods made or heated in a microwave
- Stale food
- Refrigerated items
- Tobacco

**The sattvic diet** is the best type of diet to follow if you wish to have a healthy body along with a peaceful mind. Combine this type of diet with yoga and meditation to enhance the powers of a yogic diet. For people wanting to lose fat, a good yoga diet chart for weight loss will make a difference. Practice a *sattvic* lifestyle, and you will never look back!