

Ayurveda - Vol. 7 : Dietary norms - 1

Ayurvedic and Spiritual perspectives on Diet

(English)

Authors

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(‘Sainthood’ or ‘Stage of a Guru’ denotes 70-79 % spiritual level,
‘Stage of a Sadguru’ denotes 80-89 %, ‘Stage of a Paratpar Guru’
denotes 90% and above, whereas ‘God’ denotes 100% spiritual level.)

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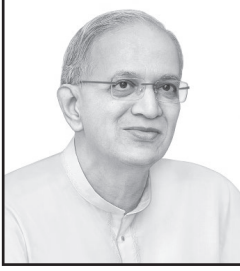


Sanatan Sanstha

Sanatan’s Texts on Ayurveda

Read, put into practice and get rid of any disease from its source !

Brief introduction to the unique mission of Sachchidananda Parabrahman (Dr) Athavale, Founder of Sanatan Sanstha

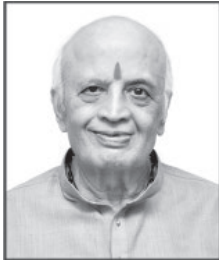


1. Established 'Sanatan Sanstha' to propagate Spirituality.
2. Proponent of 'Hindu Rashtra' (Divine Rule) ^(Note) and commencement of its mission (Year 1998).
3. Propounder of 'Gurukrupayoga' for faster God-realisation : By performing spiritual practice as per 'Gurukrupayoga', 125 seekers have become Saints and 1,046 seekers are progressing towards Sainthood as of 3.9.2023.
4. Creation of unique Spiritual texts on various topics.
5. Research on spiritual remedies for physical, psychological distress and that caused by negative energies.
6. Research using scientific instruments on religious rituals and events that are beyond the comprehension of the intellect.
7. Presenting the research conducted on sattvik Art-forms.
8. Founder-Editor of fiery Hindu Periodical 'Sanatan Prabhat'.
9. Uniting and guiding Saints, Sects, devout Hindus, etc. so as to establish the 'Hindu Rashtra'.
10. Recognising the coming dreadful times, guiding and preparing Texts to protect lives.

(Note : हीनञ्च दूषयत्येव हिन्दुरित्युच्यते प्रिये ।, meaning - One who eliminates the inferior *Raja-Tama* components in himself is a Hindu. A Nation of such *sattvik* people is called 'Hindu Rashtra'.)

(For complete introduction, visit - www.Sanatan.org)

Introduction to Authors



Sanatan Sanstha's Sadguru, Doctor & Vaidyacharya Vasant Balaji Athavale

[M.D. (Paediatrics), D.C.H., F.A.M.S.]

Sadguru (Dr) Vasant Balaji Athavale was a renowned Paediatrician. He founded the Paediatrics Department in 1959 in Lokmanya Tilak Mahanagarpalika Hospital, Mumbai. He was Professor and Head of this Department from 1960 to 1990. He was the Chairman of the 'International Conference on Alternative Medicine' in Bangkok in 1980. In 1996, He received the international honour for the 'Best author of books on Ayurveda'. In 2001 and in 2012 respectively, He was honoured with the 'Lifetime Achievement Award' in an International conference on 'Ayurveda and Hepatic Disorders' and by the Indian Academy of Paediatrics.

1. The journey from being a seeker to becoming a disciple

A. Selflessness and the attitude of sacrifice, which are essential for spiritual practice : He started noting down higher level philosophical thoughts on Spirituality in 1980. He toiled day and night to create a vast treasure of knowledge on Spirituality. Very altruistically, He donated this treasure to Sanatan Sanstha in 1990, soon after it was established. This sacrifice, before He became a Saint, indicates the level of His spiritual practice and seekership. Due to His writings, Sanatan's Texts are now becoming inclusive in the true sense.

B. In 2004, He became a disciple of Sachchidananda Parabrahman (Dr) Athavale (A great Saint who is also His younger brother and the Founder of Sanatan Sanstha, the world-renowned spiritual organisation).

2. Attaining Sainthood

On 16.12.2012, He reached Sainthood due to His spiritual emotion, intense yearning, inquisitive nature and humility.

A. He attained Sainthood by performing spiritual practice through various Paths of Spirituality : Every person performs spiritual practice as per some path of Spirituality, becomes introverted, progresses spiritually and thus moves towards Sainthood. However, Dr Vasant Athavale attained Sainthood by performing spiritual practice as per Karmayoga (Path of action) by serving His patients, Jnanyoga (Path of knowledge) by writing Texts, Bhaktiyoga (Path of devotion) and Gurukrupayoga (Path of Guru's grace).

3. Active in seva for Sanatan's mission until His last breath

He kept performing satseva for Sanatan's mission until His last breath. When He came to know of Divine particles found in Sanatan's Ashram, He inquisitively studied the subject, contemplated on how to conduct research on this topic from a scientific perspective and gave His own suggestions.

He renounced His body on 9.11.2013 at the age of 80.

Dr Kamlesh Vasant Athavale

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The co-author, Dr Kamlesh V Athavale, is the son of Sadguru (Dr) VB Athavale. He has achieved success in examinations of M.D. (Paediatrics), D.N.B., M.N.A.M.S. (India) and F.A.A.P. (Paediatrics and Neonatology, USA).

He is working as a Neonatologist at the Duke University Medical Centre (USA). He is also Director of Neonatology at Nash General Hospital.

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Modern medicine has conducted an in-depth study of the composition of practically all food items and has derived the amount and percentage of proteins, fats, carbohydrates, Vitamins and minerals in them. It describes in detail, the functions of these components and the effects of their being deficient or in excess. It also gives guidelines to make one's diet a balanced one.

Ayurveda describes the effects of various biological properties of food such as cold, hot, warm, heavy and light and their action on the human body. It elucidates the effect of the taste of food on the body and the mind. It gives guidelines to adjust one's diet as per one's constitution, season, age, etc. It gives in detail the effect of every food item on various tissues and organs of the body and describes dietetic incompatibilities. It also enlists in detail, food items which are beneficial or harmful in various diseases and how one should vary the diet in the different stages of the disease. Ayurveda emphasises on the importance of following the recommendations and restrictions of diet, as advised by the physician in various diseases. Ayurveda gives details of the arrangement in the kitchen, the arrangement of food items in a dish and emphasises on the importance of hygiene. It also describes how one should serve the courses of food and the rituals one should follow before, during and after meals.

Ayurveda states that one should not indulge in eating tasty dishes. Food should be selected after considering its qualities and considering one's age, constitution, digestive power, the season, etc.





Based on the effects of food on the mind, Ayurveda classifies food into three types - sattvik (Sattva predominant) food, which promotes good qualities, rajasik (Raja predominant) food, which stimulates emotions and tamasik (Tama predominant) food, which results in laziness and lethargy.

Ayurveda emphasises that one should never criticize food and should eat it with respect by giving due attention to its taste and aroma. Our life activities, as well as our energy, strength, intelligence, memory, lustre of the skin, etc. depend on food. It is important to maintain the body strong and healthy by consuming an appropriate diet, so that one can enjoy worldly pleasures by following the rules of Dharma (Righteousness) and undertake spiritual practice to attain Moksha (Final Liberation), which is the state of eternal Bliss. As food helps one attain eternal Bliss, food itself is considered to be 'Brahman'. This Text will prove useful to everyone including students and physicians. By studying and following the guidelines given in this Text, everyone can enjoy a long, healthy, useful and happy life.

Shri Vishnu is the Deity who controls the production, digestion and utilisation of food. We pray unto Shri Vishnu to bless everyone with a Divine life. - **Authors**



In the 'Hindu Rashtra (Nation)', Ayurveda will be taught in every school and college. As a result, citizens will be well-informed about maintaining good health from childhood itself. Consequently, they will be able to ward off ailments and related conditions. - **Paratpar Guru (Dr) Athavale (11.3.2019)**

