

Text series on 'Āchārdharma' : Sāttvik Diet - Vol. 3

# Dietary norms and the underlying spiritual science

(English)

**Compiler**

Proponent of the 'Hindu Rashtra'

**Sachchidānanda Parabrahman (Dr) Jayant Athavale**

(For elucidation of 'Sachchidānanda Parabrahman', see Pg. 10)



**Sanatan Sanstha**

Over 9.17 million copies of 359 Sanatan's Texts published as of November 2022 in Marathi, Hindi, Gujarati, Kannada, Tamil, Telugu, Malayalam, Bengali, Odia, Assamese, Gurumukhi, English, Nepali, Serbian, French, German and Spanish.

## Introductory Contents

- |  |          |
|--|----------|
| <b>1. Introduction to the Compiler</b>           | <b>5</b> |
| <b>2. Understand the uniqueness of this Text</b> | <b>8</b> |
| <b>3. Preface</b>                                | <b>9</b> |

## Contents

- |   |           |
|---|-----------|
| <b>1. Food : Origin and Definition</b>  | <b>11</b> |
| <b>2. Āhār (Diet)</b>   | <b>12</b> |
| <b>3. Importance of diet</b>  | <b>13</b> |
| <b>4. Dietary norms</b>   | <b>25</b> |
| 4A. The reasons for formulation of dietary norms  | 25        |
| 4B. Importance of strictly following the dietary norms  | 25        |
| 4C. Spiritual benefits of following the dietary norms   | 27        |
| 4D. Some rules regarding diet   | 28        |
| 4E. Which food items should be avoided ?  | 37        |
| 4F. Sin incurred upon eating unacceptable food  | 50        |
| 4G. Remedies and atonement for nullifying the sin incurred by eating prohibited food  | 53        |
| 4H. An individual who eats food only after it has been offered first to Goddess Bhagawatī, never incurs the sin of eating prohibited food | 54        |
| <b>5. How much should be the diet ?</b>   | <b>55</b> |
| 5A. What is mean by <i>Mitāhār</i>  | 55        |
| 5B. Diet should be only enough to keep alive  | 56        |
| <b>6. Upavās (Fasting)</b>  | <b>57</b> |
| <b>7. Rules of diet should be followed for how many days ?</b>  | <b>58</b> |

### Point 3 of Introductory Contents

#### 卐 ————— Preface ————— 卐

Our Scriptures have recommended certain dietary norms for individuals to lead a healthy and happy life; however, over the past 100 years or so, we have forgotten the importance of our Scriptures and hence, ignored these norms. In fact, we have forgotten several major and minor dietary norms such as not eating unless hungry, not eating at times other than the stipulated meal times, not eating leftovers, making seasonal changes in diet, not eating food given by those who have earned it by unrighteous means. Some of these norms and their underlying science have been elaborated in this Text. Even if we follow these norms strictly, there will be no need to go to a doctor for reasons of health.

We pray unto the Holy feet of Shrī Guru that may everyone understand the disadvantages of following a modern diet and begin consuming food items prepared by the Indian method and may they have a good physical, mental and spiritual health. - **Compiler**

#### 卐 ————— 卐

Shrīchitshakti (Mrs) Anjali Gadgil, one of the two spiritual Successors to Sachchidānanda Parabrahman (Dr) Jayant Athavale, used to obtain subtle knowledge earlier through 'A Scholar' or 'Gurutattva'.

**Note :** 1. For non-English and spiritual words used in this Text, please see the Glossary at the end of this text.

2. From the perspective of completing the topic, points from other reference Texts have been included. At the end of such points, the reference number is the superscript in brackets and their details are mentioned in 'Bibliography' at the end of the Text.