

Ayurveda - Vol. 9 : Dietary norms - 3

**Medicinal properties of Foodgrains,
Pulses, Vegetables, Fruits and Spices**

(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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Publisher : Sanatan Bharatiya Sanskruti Sanstha,
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Post - 'ONGC', Devad, Taluka Panvel,
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Front Cover Concept : Mr Ajay Pingale, Ms Bhavini Kapadia

In January 2021, the original Volume of 'Diet is Divine - Part 2' (First edition was published on 2.4.2003) has been divided into 2 Volumes - 'Medicinal properties of foodgrains, pulses, vegetables, fruits and spices' and 'Medicinal properties of milk products, dry fruits, oil, etc.'. Translated from the original Marathi Text 'Dhanye, dali, bhajya, fale ani masale yanche aushadhi gunadharma'.

First Edition : Putrada Ekadashi, Kaliyug Varsha 5122 (24.1.2021)

First Reprint : Shri Ganesh Chaturthi, Kaliyug Varsha 5125 (19.9.2023)

Translation by : Dr Ajay Joshi

Printing Press : D.S. Printers, Satara

Offering price : ₹ 130/-

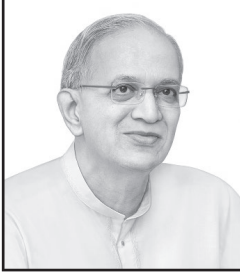
ISBN 978-93-89098-62-4



Text number : 73

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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.

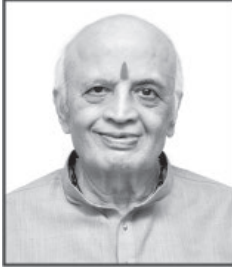
(Note : हीनञ्च दूषयत्येव हिन्दुरित्युच्यते प्रिये ।, meaning - One who eliminates the inferior *Raja-Tama* components in himself is a Hindu. A Nation of such *sattvik* people is called 'Hindu Rashtra'.)

(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

M.D. (Paediatrics), D.N.B., M.N.A.M.S.

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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.



Preface



The word 'Ayurveda' means the 'Veda of life', that is, knowledge about life. Sages like Charak and Sushrut have always insisted that whatever information and knowledge are available for a useful and happy life should be incorporated in Ayurveda. All medical sciences should be considered as branches of Ayurveda.

Modern medicine provides detailed information on the functions of proteins, fats, carbohydrates, Vitamins, minerals and water and their quantity in every food item. It describes in detail the ill-effects of consuming these food items inadequately or excessively. It also describes a balanced diet and the proportion in which various food items should be included in the diet.

Another special feature of Ayurveda is that it has studied in depth, the qualities of each food item and their effects on the three doshas namely Vata, Pitta and Kapha, tissues like body fluids, blood, etc. and organs like the heart, brain, etc.

Ayurveda accords an equal or rather a greater importance to diet than medication in ailments; hence, a Vaidya advises observance of dietary restrictions to maintain good health in every individual and to cure the patient. It emphasises that a patient may not take medication but he should certainly observe dietary restrictions. The reason is that one takes medicines in small doses of a teaspoonful or a tablet; however, food is consumed in a large quantity.

Ayurveda has classified food items and has stated the most beneficial and most harmful food item in each class.



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To facilitate handling of this Text, it has been divided into two volumes for the sake of convenience of the readers. The science of dietetics will be understood totally only after reading both these volumes.

This Text is useful not only to Vaidyas, doctors and students but to every individual. If one takes diet by studying this book, one can enjoy a long, healthy, useful and happy life.

Deity Vishnu is the Deity of food. We fervently pray unto Deity Vishnu to bless everyone with the best possible food so as to make physical, mental & spiritual progress and through it enjoy the Bliss of the divine nectar. - **Authors**

ॐ विष्णवे नमो, विष्णवे नमो, विष्णवे नमः ॥

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Reason for mentioning use of alcohol and meat in Ayurveda

Since Ayurveda is a science, it describes the qualities of meat and alcohol along with other aspects. Consumption of these items in daily life is contraindicated in Hindu Scriptures as well as in Ayurveda. From ancient times, Ayurveda has considered consuming these only as the last resort to save an individual's life. Only from this perspective, meat and alcohol have been mentioned in this Text.

Detailed information on how to prepare medicines such as kadha, ghrut (Ghee used in medicines), vati (Tablets), etc. mentioned at various places in this Text has been provided in Sanatan's Text - 'Ayurvedic remedies on cough, TB, asthma, hiccups, etc.'

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The reason for the honorific Sachchidananda Parabrahman for Dr Jayant Athavale

As per the instructions of Saptarshi through Saptarshi Jeevanadipatti, Paratpar Guru (Dr) Athavale is being addressed as Sachchidananda Parabrahman (Dr) Athavale since 13.6.2022. The intent in the instruction is that everyone benefits from the Divine Principle in Him. - **H.H. Sandeep Alshi, Compiler of Sanatan's Texts (24.7.2022)**