

Yogic Concept of Diet, Mindful Eating and Fasting

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Abstract: *The importance of yogic diet is immensely significant for maintaining good health and spiritual upliftment. In Ayurveda, food is classified into 12 groups and The Bhagavadgita also classifies food as Sattvik, Rajasik and Tamasik. It has elucidated the three categories of food and its effect on human body and mind. All the foods are directly affected on Tridos has of our body if we are not following the path of yogic ahara. Mindful eating and fasting plays a significant role for spiritual journey. Nutritional status potentially influences immune responses; however, how nutritional signals regulate cellular dynamics and functionality remains obscure. The present review-based research article systemically discussed different concepts related with yogic diet, mindful eating and fasting in daily life of an individual..*

Keywords: Yogic Diet, Mindful Eating and Fasting.