

# The Sattvic Diet a Lifestyle Choice Exploration

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**Abstract:** *Ancient yogis believed food to be the creator of the life force that sustains our bodies and keeps us in good health. Therefore, it is essential for us to make the right food choices for healthy living. According to Shrimad Bhagwat Gita, the significance of a sattvic diet is that it's light in nature, easy to digest, mildly cooling, refreshing, and not disturbing to the mind. It is rich in prana (purity), so promotes positive thoughts, happiness, and satisfaction. The Ayurvedic Cookbook says, 'It not only meets your physical requirements of protein, carbohydrates, and fats but also nourishes your body and mind. This modern life pattern is greatly impacting us in a negative way to us but we are unable to realize it. Though it is developing rapidly there are many disadvantages. Human health is affected by Mass deforestation, pollution, and climate alterations are major problems that are causing. The preservative food we contain is mixed with chemicals to make them long last, which is the cause of many diseases.*

*Although Sattvic's diet includes many healthy foods, it is highly restrictive. Added sugar processed foods, meat, eggs, poultry fried foods, ginger garlic, caffeinated beverages, and alcohol are a few items that are off-limits when following the Sattvic diet*

**Keywords:** Sattvic, Ayurvedic Food, Rajasic Food, Tamasic Food, Healthy Diet, Vegetarian Diet.

## I. INTRODUCTION

According to Ayurveda, Sattva is the pure quality of spiritual goodness and equanimity, manifested as intelligence, awareness, virtue, and joy. Sattvic foods promote the purity of both body and mind. In particular, a Sattvik diet is intended to cultivate a calm, clear, and compassionate mind. Sattvik foods are the foods which are eaten by yogis from old times. It is an ancient food, Sattvic foods are good for health and mind, and it doesn't contain any kind of meat or flesh. Food is the creator of life force, it nourishes our body and keeps us in good health so it is very important for us to decide and make the right choice for the food we consume in order to keep our body and health in good condition. **Shrimad Bhagavat Gita** tells us Sattvik food can be very useful and rich for our body as it's easy to digest, mildly cooling, and pure so it keeps our mind and body fresh all the time. It promotes positive thoughts happiness and satisfaction as it is good for the mind too. Looking good and feeling good go hand in hand. If you have a healthy lifestyle, your diet and nutrition are set, and you're working out, you're going to feel good.

**Research Methodology-**The Researcher has used secondary data collection methods to conduct the research study.

### Objective of Study

To explore Sattvik food concept.

### Three Types of Food:

Ayurveda categorizes food ingredients into three distinct attributes or Gunas - namely sattva, rajas, and Tamasic. Sattva involves essence, consisting of refreshing, flavourful, light, ripe, and succulent foods that provide energy. Rajas is associated with activity and consists of prominently salty, bitter, spicy foods that are hot and dry, triggering negative emotions of anger, jealousy, greed, nervousness, and irritation. Tamasic types of foods are inherently decayed, with a foul odour, and comprise junk, processed, very oily items that consume lots of energy and are difficult to digest and assimilate in the body.

**Sattvic Foods:** A Sattvic diet simply means light and healthy food. It does not go to any extremes of taste – neither too sweet nor too salty or spicy – just moderate. Plainly put, Sattvik food is that which purifies the body and calms the mind. A Sattvik diet consists of pure food (not processed) that is light in potency, and rich in prana (life force). Sattvik

foods include fresh vegetarian eatables, both raw and cooked, like fruits, vegetables, cereals, rice, milk, fresh breads, and lentils. Cooked food, consumed within three to four hours of preparation, can be considered Sattvik.

**Rajasic Foods:** Rajasic foods include unnecessary spicy foods, excessively salty foods, and soft drinks. All foods produced by harming living beings (such as meat and fish) are Rajasic or Tamasic in nature, and should, therefore, be avoided. A Rajasic diet can aggravate Pitta and Vata (types of doshas or constitutions of your body) levels in the body. These foods stimulate the body and mind into action. When taken in excess, such foods can cause hyperactivity, restlessness, anger, irritability, and sleeplessness. They also increase the level of toxins in the blood.

**Tamasic Foods:** Tamasic foods are spoiled, tasteless, unclean, and harmful food items. This category includes most deep-fried or processed foods, hard liquor, meat, fish, and eggs. It can be noted that all Sattvik foods are vegetarian, but many vegetarian eatables may be categorized as rajasic or Tamasic. Tamasic foods are those which dull the mind and bring inertia, confusion, and disorientation. Stale or reheated food, items that are too oily or heavy on the stomach, and artificial foods come under this category. Tamasic food can also increase the aggressive quality of Rajas toward violence.

#### **Sattvic Foods Ingredients:**

Sattvic food is organic and seasonal. Sattvic food contains Nuts, seeds, and oils. Fresh nuts and seeds that have not been overly roasted and salted include almonds, hemp seeds, coconuts, pine nuts, walnuts, sesame seeds (til), pumpkin seeds, and flax seeds. Red palm oil is considered to be highly Sattvik. Oils should be of good quality and cold-pressed. Fruits are an important part of the Sattvik diet and all fruits are Sattvik. Dairy products like yogurt and cheese (paneer), Butter, and ghee. Milk should be freshly milked from a cow. Most mild vegetables are considered Sattvik. Garlic, onion, leeks, shallots as well as fungus yeasts, molds, and mushrooms are not Sattvik. Sweet Potatoes and rice are considered highly Sattvik. Whole grains provide nourishment. Some include organic rice, whole wheat, spelt, oatmeal, and barley. Sometimes the grains are lightly roasted before cooking to remove some of their heavy quality. In Legumes Mung beans, lentils, yellow split peas, chickpeas, aduki beans, common beans, organic tofu, and bean sprouts are considered Sattvik if well prepared. In general, the smaller the bean, the easier to digest. In Sattvik food these are the Sweeteners- raw honey, jaggery, or raw sugar (not refined). Palm jaggery and coconut palm sugar are other choices. Sattvik spices are herbs/leaves, including basil and coriander. Spices in the new Sattvik list may include cardamom, cinnamon, cumin, fennel, fenugreek, black pepper, fresh ginger and turmeric, Himalayan salt, or unbleached sea salt, not iodized salt for use in Sattvik food.

#### **Importance of Sattvik Food:**

Sattvik diet means the food that contains Sattva (pure, clean, energy, nature, strong, wise) quality (Guna). The purpose of foods is to provide energy, vitality, and stability to both body and mind. Sattvik foods are pure, clean natural, energy-providing, and non-meat items. Sattvik foods provide health to the body and mind. These foods are grown in nature naturally without chemicals used for ripening. Sattvik foods produce calmness and peace of mind as non-Sattvik foods create volatile emotions and aggression. These foods are consumed fresh when the aroma and flavor are intact. These are not canned or stored in cold storage. Sattvic foods cleanse the body and soul. Sattvic foods are seasonal vegetables, fruits, nuts, seeds, legumes, whole grains, oils, and dairy products. All fruits are Sattvik. Diet influences thinking also so if someone consumes Sattvik food regularly his thinking will also be pure and honest like the food consumed. Food should be tasty, fresh, and natural as well as nutritious. That's why foods having excessive amounts of salt, spices, animal products, and oil are not recommended for good health. Most vegetables are Sattvic except the pungent ones such as garlic, onion, and, hot peppers. Vegetables must be fresh and clean. Similarly, beans are also a part of the Sattvic diet. Beans can be consumed as cooked or as sprouts. Most of the grains are also Sattvik and they can be mildly cooked or roasted but not overcooked or over roasted.

Ayurveda, the ancient practice of Indian medicine that originated thousands of years ago, not only offers wonderful remedies for numerous ailments but also provides useful insights regarding lifestyle habits, to enhance longevity, overall wellbeing, and quality of life. Besides herbal concoctions like kadhas to boost immunity and yoga asanas to strengthen muscles, the antique Ayurvedic manuscripts also highlight the merits of Sattvic diet or Sattvic diet, for a fit body and a sound mind

### **Health Benefits of Sattvik Foods:**

Sattvik foods are vegetarian and affect both the physical and psychological health as they provide nutritional elements as well as antioxidants without any cruelty to animals. Right food choices are our need to keep ourselves healthy and fit. Sattvik foods provide the basic nutrition of protein, carbohydrates, and fats in addition to essential nutrients, vitamins, and trace elements which our body badly needs. They nourish you completely taking care of both body and soul. Sattvik foods create positivity, peace, and happiness. Sattvik foods if cooked must be consumed within 3 hours of cooking. Sattvic foods have the following health benefits:

### **Significance of Sattvik foods:**

When following a Sattvik diet according to Ayurveda, you predominantly eat foods that have a high level of prana or life force. One of the reasons to do this is to help develop and foster your higher self and a mind that finds it easier to contemplate and comprehend deeper teachings and truths. It also facilitates a sense of spiritual contentment, all the while keeping you grounded and able to carry on with everyday life. What determines the prana level of food depends on a variety of factors, such as the environment it's grown in, its level of freshness, the way it is prepared, and the way it is consumed."

Sattvic diets are the inclusion of ground and sun foods. The definition of Sun food is any type of vegetable that grows for a meter or more above ground and is dense in "sun energy". Ground foods are types of food that grow within a meter of ground, sattvic foods are grown foods that draw in earth energy and are very high in minerals and nutrients.

Yoga Sutra advocates the concept of "Ahimsa" or non-violence and compassion towards society and the planet. Ahimsa and compassion in its simplest form can be practiced by everyone at least thrice a day when we sit down to eat, by choosing vegetarianism."

The Sattvik diet is a vegetarian diet that's based on Ayurvedic principles. Sattvic diet is more popular among yoga enthusiasts because yoga and Sattvic diet are directly connected to each other's. By this combination of yoga and a Sattvic diet, a person can achieve disease-free and joyful life.

## **II. CONCLUSION**

According to the Bhagavad Gita, sattvic food gives life, purity, strength, health, joy, and cheerfulness. Food that is fresh and pure is known to have "prana" or positive energy in it. And sattvic food is known to be full of "prana" and life-giving properties. Sattvic food is always freshly made and along with the body it also nourishes the mind. Sattvik food has many health-inducing properties. Fresh fruits, dry fruits, grains, and legumes like rice and dal, milk, and milk products are all examples of sattvic foods. The recipes are made using fresh, seasonal, and local ingredients that seamlessly integrate the "sattvic" and modern ways of life.

In today's time all we contain is toxic things whether it is related to mind, body, or food. The human body is extremely affected by modern lifestyles eating patterns or diet, also deforestation and pollution-like factors indirectly affect them. In today's time, foods are not pure and chemical mixed so they can be preserved for a long time. Such chemicals can cause serious diseases and create various health issues for the human body. Sattvik food deals with such total health problems and provides health benefits.

Sattvic food has cured many diseases such as obesity, thyroid, hair fall, nutrition deficiency, diabetes, stress, etc. Sattvic food has a huge positive impact on health without taking medicine. Sattvic food has cured many diseases such as high blood pressure, diabetes, high stress, impure skin, hair fall, obesity, thyroid, etc. The best thing about sattvic food is that they don't give any side effects. Sattvic food detoxes the body completely. The first step towards health is understanding what to eat. Eating healthy does not have to be complicated. It's so simple & easy! All we have to do is stop eating man-made products and get back to what Mother Nature designed us to eat - fruits, vegetables, greens, sprouts, nuts & seeds. Sattvik food diet is not only about food it is also about how to eat, and when to eat. It is the Ayurveda concept of living life more manner full and meaningful way.

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