

# PLANNED VEGETARIAN FOOD AS A MEDICINE IN HUMAN LIFE

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**Abstract:** In this paper effects of planned vegetarian food as a medicine in human life and living being. Food has been the primary concern of humankind and the destinies of individuals are greatly influence by it. People must eat to live and what they eat will affect in a high degree to their ability to keep well, to work, to be happy and to live long. Vegetarian food which provides our body all the nutrients does influence our health status. If the individual is fed, it helps him to achieve a state of health which enables him to play a responsible role in the society. The concept of vegetarian food takes into consideration, the total dimension of human existence. Apart from the atoms and molecules, from which our gross physical body is made of, we all possess Prana, Mind, Intellect, Emotions and Spiritual Dimensions. There is a very popular saying “You are, what you eat”. It may be interpreted as the body and all its components are made directly or indirectly from the food it is fed. Doctors and Scientists of modern times have now added a new corollary to this old adage i.e. “ what we eat, directly affects our brain and behavior”. Eating highly refined and processed foods, lead to Colon Cancer, Haemorrhoids, Irritable Bowel Syndrome, Constipation and Gall Stones. Alcohol, Carbonated Beverages and Caffeine containing drinks such as coffee may lead to Bladder Cancer. The planned vegetarian food “the food one eats, the mind one has” can be interpreted in modern language as the food one eats, in fact affects the way one feels, behaves, reacts or uses one’s intellect.

**Key words:** Vegetarian Food Medicine Human Life.

## Introduction:

Food plays an important role in our life we take it as a normal routine act in daily life. With an intelligent eating and adequate breaks may find that can extend the amount of quality time available during the day quite significantly. Vegetarian Diet means a person who does not eat meat for health and religious reason. Planned diet is the diet which restores balance at all levels, it composed of proteins carbohydrates, fats, vitamins, minerals and trace elements. A planned vegetarian diet provides all these elements on condition that it is well balanced and variety. A vegetarian diet is recommended for both moral reason and health reason with an understanding of the power and effects of vibrations and thoughts attention is also given to the quality of our consciousness during the preparation of food ensuring that only highest spiritual vibration enter into the food during preparation. Addictive and harmful substances like alcohol tobacco are avoided, garlic, onion etc are tamsic food also be avoided.

## Good vegetarian diet:

A good vegetarian diet provides adequate protein. It contain right choice of starches. Value of saturated and unsaturated fats. It contains good quality of vitamins and amino acids.

## Maintain sound health:

A proper planned vegetarian diet maintain good health. “Health is Wealth”. It is in our hand to create sound health, we are our best doctors for this we should know that where, what, how to eat and how to prepare. Because every persons requirements are different. Food is one kind of medicine. Vegetarian diet includes that the body requirement according to vata, pitha, khapha, according to seasons summer, winter and rainy in changing weather and one’s own working conditions. We must remember that he is not suffering from any chronic disease. These are very important at the time of proper planning the vegetarian diet.

In a particular climate in particular body which particular food can be conduction. It is a medicine for our body. Health have four dimensions- Maintenance of Physical health, Mental health. Social health and Spiritual health.

A good food gives a good health, good health contributes to create a positive thoughts through this we get mental health. Mental health has an important role in creating social health and spiritual health. Much attention should be given to our thoughts.

## Effects of food on mind:

The ancient people have already defined and divided the food in three parts, i.e. Satvik, Rajasik and Tamsic. Here under concentrate on satvik food because the quotation says that “As the food so is the mind”

**Tamasic food:** Name itself says that it is a tamasic food, which have intoxicating heating static, pungent, heavy these are not easy to digest and include sleep and lethargy. Wine and smoking are also molded under this head these cause man’s degradation.

**Rajasik Food:** Here also name itself says that warriors and boarder security force people can have this type of food. These are such foods that tickle the plate and are taken when one is under the sway of sense fried food is consider in this category. Some times this type of food is also not healthy for the body and creates so many illness and disease in body and mind.

**Sattvic food:** Name itself presents that its common for all dimensions of society. Fruits vegetables and food cooked in the spiritually right manner are categorized in this food. There are good for health soul and mind. Few good foods are dairy products, milk, curd, cream butter cheese vegetables herbs and shrubs. It gives health wealth and happiness in all the walks of everybody’s life.

**Honey:** honey is one of the complete food. It is one of the best forms of sugar available, valuable food and natural creative. Figs, dates, raisins bananas are sweet fruits excellent for healthy mind.

**Cereal Food:** These are integrated part of our dietary system and essential for growth and development of the body. Rice, Wheat, Oats Barley are good when properly combined with fruits and vegetables dairy products. Fruits nuts are rich in fats and proteins. But rank low in mineral salts. Leguminous vegetables such as pear, beans, lentils in the ripen ad state are richer in protein. The leafy and juicy vegetables are very rich and have great nutritive and medical value. Tomatoes, cucumbers, green peppers radishes asparagus and curly flowers green vegetables are most beneficial when taken raw with dressing of lemon juice and alive oil.

The richest source of all nutritious elements are in the living food i.e., raw vegetables, fresh fruits, sprouts unrefined cereals some nuts seeds everything is adequately supplied by living food. Vitamins enzymes and fiber are very important in the body activities. Good source of fiber is fruits vegetables, legumes grains etc.

#### **Fixing the time and eating pattern:**

The final effect of intake diet is depends upon the following factors

**Quality of Food:** it should be sattvic and more in the natural form.

**Quantity of food:** Half of the stomach should be filled with food, one-fourth with liquid and rest one-fourth should be empty for the free flow of air.

**Common pattern of eating:** Here under is one of the common pattern of well planned vegetarian diet it may be modify according to the need.

**Breakfast:** Seasonally available fruits, sprouts, salads, butter milk, soup, fruit or vegetable juice.

**Lunch:** Uncooked diet i.e raw salads, ( cucumber, carrot, radish, beetroot, tamato dhania patti/palak/pudina cabbageetc ) seasonal fruits i.e. papaya, apple, mosambi, orange, guava, pineapple, mango, grapes etc. vegetables chutney, sprouts ( wheat, moong, moth, chana, methi, ragi alfa-alfa etc) . vegetables soup or buttermilk. Cooked steamed vegetables, cooked whole pulses, whole grams Roti/wheat/dahlia/ unpolished cooked rice/vegetablesoup/buttermilk.

**Dinner:** steamed green vegetables,vegetavles soup/buttermilk vegetables chutney, roti.

**Avoid:** coffee, tea, smoking, tobacco, alcohol soda etc, Non-vegetarian food, frozen/processed/fast/preserved/refined/coloured/flavoured/deodorized food/ bottled created drinks. White flour, white sugar etc. saturated fats/hydrogenated oils. Overeating/untimely eating, late lunch, late dinner, late sleep, oily and fixed foods, stress, anger, worry, hurry depression, anxiety etc, avoid indulgence in all unnatural physical, psychological habits. And taking water immediately before and after food.

**Reduce:** Salt, Sweets, Chillies / spices and pulses.

**Follow:** Regular eating of natural diet preferably two times in a day. Chew well and eat with a peaceful mind. Drink plenty of water, practice exercise in any form, fasting one day in a week with only liquids and prayer/yoganidra/ meditation or relaxation twice in aday.

**State of mind while preparing the food:**

The process of cooking is one of the most important part of vegetarian diet, feel yourself a new bride totally in love seeing only the beloved and concerned with preparing with deep love clean the raw food and prepared in the remembrance and praise given to such food is called Brahma Bhojan. It is become a medicine and also blessings.

Just sit there for 10 minutes when you finish. When we going to offer the food to god, we might have good meditation, visualize going to god with small container of food feel yourself suspended in white light as god accepts the food with love then return into the body. Mix the containers food with non-offered food. If you maintain faith that what was done on the basis of the godly directions and in gods remembrance.

**State of mind while you eating:**

Sit together while taking meals and share blessings of god on us. Don't allow to take food while watching T.V., before you eat give drishti to food with pure loving relationship with god. Have every bite in the remembrance of Supreme power, this food purifies energies the mind & body. The vibration enter in food and give you opportunity to come close to god proper digestion can also be had if you eat slowly feel the teast of food, realize the sweetness and effects of the same. It is an important to take food in a slowly, experiencing the teast of food without any disturbance.

**Depth of vegetarian diet:**

Taking care of one body is a primary duty healthy body combined with four basic principles of life. Dharma, Arth, Kama and Moksha. To attain good health it is essential to follow rules of good nutrition regular exercise. There are four pillars to keep body in perfect harmony nutrition diet, proper lifestyle adequate sleep and regular exercise without diet the raising rates of problematic conditions diabetics and high blood pressure is driving an increasing number of people to find alternative healthy dietary lifestyle.

Vegetarian diet is useful and beneficial in preventing protecting people from disease, well planned vegetarian diet can be helpful, nutritionally adequate and provide health benefits in the prevention and treatment of certain diseases. These diets are suitable for people of all stages of the life, cycle including during pregnancy, nursing, infancy, childhood, adulthood and old age particular benefits of vegetarians diets offer specifically identified nutritional benefits vegetarian diet is based on plant food sources. It is typically low in cholesterol. Hence we can say that vegetarian diet is preventive. It stop diseases before they happen.

**Guide lines:**

Increase protein intake. To get the require amount of protein we can combine beans, lentils, soya nut butters cereals. Meet require Iron for iron food peans whole grain breads, peas, spinach, peaches apricots seeds. Reduce fat. If we want to reduce fat in our diet must retain from following foods ice cream, whole milk, French fries, lots of nuts cheese etc.

**Helpful substance in vegetarian diet:**

Most of the doctors reveals that high blood pressure can be treated by presence of fiber in our intake we can achieve. Reduce level of blood cholesterol, reduce risks of heart disease, low blood pressure, more weight control/ reduce weight, blood glucose control, reduce risk of cancer, healthier digestive system and reduced fat level/ increase flexibility.

**Role of vegetarian diet in prevention of chronic diseases:**

By well planned and balanced vegetarian diet can contribute to certain type of life threatening diseases.

Cancer: Cancer is one of the leading cause of death in the world risks of acquiring pancreatic cancer can be reduced through higher intake of dried fruits, soya based products and legumes prostate. Cancer can be prevented by increasing the amount of tomatoes and dried fruits, lungs cancer can be prevented by consuming onions green tea, garlic, Herbs also prevent respiratory problems. Other diseases like Osteoporosis, Diabetics, Strocks, Bowal diseases, Hypertension etc., also can be cured and prevented by taking regularly vegetarian foods like cauliflowers broccoli, cabbage, Brussels sprouts palak pudina cucumber carrot etc.

**Vegetarian diet as a Therapy:**

According to therapy the food must be taken in natural form, fresh seasonal fruits, fresh green leafy vegetables and sprouts are excellent. Diets are broadly classified into three kinds.

Eliminative Diet: Liquids- Lemon, citric, juices, tender coconut water, vegetables soups, buttermilk etc

Soothing Diet: Fruits, salads, boiled/steamed vegetables, sprouts, vegetables chutney etc.

Constructive diet: Wholesome flour, unpolished rice, little pulses, sprouts curd etc.

Being alkaline these diets helps in imparting health, purifying the body and rendering it immune to disease. To this end a proper combination of food is necessary our diet must consist of at least 20% acidic and 80% alkaline food for preserving health. A balanced food is must for individual seeking good health.

**Review literature:**

According to WHO Good health is a state of complete physical, mental and social well being and not merely the absence of disease or infirmity.

Balance diet utterly means the habit of moderate food. It is also a concept of Indian philosophy, particularly yoga, that integrates awareness about planned satvic vegetarian food<sup>1</sup> deistic balanced diet and consumption habits and its effect on one's body and mind.

Ancient and medical era Indian literature on balanced diet are of two categories, one relates to philosophical discussion of moderate diet and proper nutrition the other one relates to details about food concept discussed<sup>2</sup> in Sandliya Upanishad and Taittiriya Upanishad. The Bhagwad Gita includes various on balanced food<sup>3</sup> in Chapter 6 it states in verse 6-16 and 6-17 that yogi must neither eat too much nor too little, neither sleep too much nor little.

Hatha Yoga Pradipika states that avoid<sup>4</sup> foods with excessive amounts of sour, salt, bitterness, oil, spices unripe vegetables, fermented food or alcohol. Consuming moderate amounts of fresh vital and satwic food<sup>5</sup>.

Charak samhita and Sushruta Samhita are among the two largest surviving compendium on Nutrition and diet<sup>6</sup> that have survived from ancient and medical periods of India.

The diet again plays pivotal role in controlling the BP<sup>7</sup>. The low fat, high fiber diet is the mantra behind selection of diet HT<sup>8</sup>. the salt intake must be restricted considerably since the salt intake enhances the fluid retention in the body<sup>9</sup>.

The food should be natural and fresh and should put extra load on the digestive system. Also, the food should not add the fat to the body<sup>10</sup>. The foods having diuretic quality may be preferred more to take out the excessive water retention in the body<sup>11</sup>, if any. They are barley water, tender coconut water etc. The fresh and juicy fruits, vegetables in raw form, sprouts and salads should be preferred and this consumed in more quantity<sup>12</sup>. If the kidney is functioning properly water can be taken in more quantity to balance the viscosity of the blood<sup>13</sup>. All the oily and fried foods, tinned and canned foods, fast foods, non-vegetarian food items should be avoided as it may elevate the BP by adding to the triggering factors like obesity<sup>14</sup> or hypercholesterolemia etc. In the yogic language only the satvic foods should be consumed. The sedentary workers must not add the calories rather they must think of burning the calories<sup>15</sup>.

**Conclusion:**

So we must adopt a properly planned vegetarian diet in our lifestyle for good healthy health prevention from disease and treatment for certain diseases also.

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