

Yoga and Diet

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Abstract

*When diet is wrong medicine is of no use.
When diet is correct medicine is of no need.
Ayurveda Proverb*

'Isn't it enough just to practice the Yoga asanas/ posesthan to regulate food?' wonder many. In itself practicing Yoga asanas is one of the most beneficial regimes, but when complemented with the healthy food habits, it can really create wonders. In fact eating the right food is an essential part of living a Yogic life. Proper diet is important in yoga - it improves health, reduces the need for medication and in some cases reverse all signs of disease. In yoga, diet can improve mood, energy levels and overall wellbeing.

Introduction

The yogic diet is grounded on the yoga principles of chastity, pacifism and balanced living. It consists of foods with static rates which increase energy and produce balance in the mind and body. Yoga is an ancient art that connects the mind and body. It's an exercise that we perform by balancing the rudiments of our bodies. In addition, it helps us meditate and relax also yoga helps us keep control of our bodies as well as mind. It's a great channel for releasing our stress and anxiety.

Yoga gained fissionability gradationally and is now spread in all regions of the world. It unites people in harmony and peace. Yogic diet is free of pungent and sour particulars. Non-veg food potables are also rigorously avoided. Alacto-submissive with tolerable quantum of cereal but not much of beats is recommended. Egg is however considered as non-flesh food, isn't recommended in yoga because of its high protein contents. Yoga diet is principally a low protein diet. Asana should rather be rehearsed on an empty stomach. However, a mug of light tea or milk may be taken before doing asana, if this is delicate. Asanas may be rehearsed without discomfort one hour after a veritably light

mess. After a heavy mess at least four hours should be given before exercising asanas.

Food may be taken half an hour after completing asanas.

Classification of food according to a yogic diet

Yoga classifies the into three major categories: -

❖ Tamasic Food:

The tamasic food is stale food which is no longer fresh. It could be more or less spoiled food containing foul door. When a person consumes the tamasic food he becomes dull, lazy and always in a state of drowsiness. Consuming tamasic food could reduce immunity towards diseases.

❖ Rajastic Food:

The rajastic foods are stimulating, spicy,bitter,sour,pungent, dry and excessively salty. The people who have a tendency to consume this food often are over ambitious and their mind might be in a state of restlessness and uncontrollable.

❖ Satvic Food:

Satvic food is known to be the purest form of diet. The satvic food along with nourishing the body it keeps the human mind in a peaceful state. The consumption of satvic food makes a person's mind to function at its maximum potential.

Importance f Yoga

It is said that yoga has begun from Hinduism and is being rehearsed every moment in the world. People have learned about the rates of yoga and accepted it as exercise and contemplation. Firstly, yoga isn't only a form of exercise, but it's an ancient knowledge of living in a healthy, happy and peaceful way. It helps in attaining inner peace and spiritual knowledge.

Yoga is the art of living life through the internal, spiritual and physical path. It helps in achieving stability and attention in the knowledge of the inner tone. It helps in learning about mind, emotion and physical requirements and how to manage with life's challenges.

Yoga works at the position of body, mind and energy; regular practice of yoga brings positive changes in the body, including strong muscles, flexibility, tolerance and a good health.

It creates a balance of physical and internal discipline to calm the body and mind; It helps in managing stress and anxiety. Yoga posture power is known for the development of flexibility and tone-confidence in the body.

Importance of Diet

Yogic diet a balanced diet that restores balance at all levels to aid in a holistic lifestyle.

Your diet should be free of chemicals:

Another common belief is that yogic foods should be free of stimulants and chemicals. You should abstain from alcohol, tobacco, caffeine and synthetic and processed sugars. These foods have the potential to divert your attention and may even disrupt your yoga routine.

Yoga believes in food eating:

It is believed that one should eat a vegetarian diet. This is because animal proteins contain a lot of uric acid and other toxins. Some are removed but rest is applied to the muscles and joints. This can lead to arthritis and cancer. Therefore, they prefer to eat high quality protein, which is found in vegetables, green leafy vegetables and dairy products. They do not contaminate your internal system and are easily digested.

Eating two hours before asana and sleeping:

You should avoid eating two hours before exercising. The same rule applies when you go to bed. This is because they believe that energy should not be given to digestion. When you do yoga, you need to put forth effort to create the right conditions. Also, you should make sure that before going to bed, the food is well digested.

You should fast one day a week:

Choose one day of the week. You can try fruit juices and water with any food you choose, it should be cleansing the mind and body.

We believe we are healthy as long as our body does not show any signs of abnormality. Just as we believe that pink feet are normal and a good indicator of a healthy body, they may not be healthy in reality. That's when understanding what our body is trying to say is important. Some seemingly normal symptoms may actually indicate a serious problem. Here we have talked about a few symptoms that should be addressed immediately to avoid further complications.

Effect of diet in yoga

The modern urban palate has been tempted to such a wide range that it is no longer satisfied with the subtleflavours of traditional cuisine. Modern diets come with low calories total fat, saturated fat, bad cholesterol, refined sugar, and excess salt. When such foods are eaten the result is that the amount of nutrients and calories decreases leading to diseases such as obesity, diabetes, and so on. Adopting a balanced yogic diet in the current lifestyle is necessary in a systematic way.

Foods to avoid when following yoga diet plan

The foods that you should abstain from while on a yogic diet are the following:

All types of non-vegetarian food like animal protein, fish and eggs.

- ❖ Processed food like white sugar, maida etc.
- ❖ Junk, oily and fried food.
- ❖ Onion, garlic or food which is spicy.
- ❖ Artificial sweeteners
- ❖ Soda or fizzy drinks
- ❖ Alcohol
- ❖ Caffeinated beverages like coffee etc.
- ❖ Foods made or heated in a microwave.
- ❖ Stale food
- ❖ Refrigerated items
- ❖ Tobacco

Conclusion

So it can be said that yoga is a miracle and if practiced it will guide you for the rest of your life. 20-30 minutes of Yoga a day can change your life permanently by improving the balance

between your physical, mental and spiritual health. We may eat the right kind of food at the right price but if we do not keep up with our time then the whole system goes to toss and the natural rhythm of the body is disturbed. It is therefore very important to eat at the same time every day and to eat from time to time. What we eat affects not only our physical health but also our emotions and thoughts. Yoga, however, does not divide food into proteins, carbohydrates or fats, but rather divides its effects on the body and mind into three types - Satva, Rajas and Tamas. Tamasic diet is a type of food that makes us weak or lazy, while Rajasic foods are the ones that bring activity or restlessness. Although, Sattvic food is a genre that makes you feel light and energetic.

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