

## **IMPORTANCE OF PATHYAAHARFORYOG SIDDHI**

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### **ABSTRACT**

Yoga is an old tradition, which is now regarded as a science. Yoga is not only helpful to attain *Samadhi* or *moksha* but is also very useful to cure and prevent many ailments arising due to present day's hectic life style. It not only focuses on physical well-being but also on mental and spiritual well-being. Regular practice of yoga promotes strength, flexibility and self-control along with calmness and well-being. A healthy life style includes healthy diet and healthy habits. A lot has been explained about the diet and life style to be followed by yoga practitioners in literatures. There are mainly six factors responsible for good yoga practice, known as *Yoga siddhikar bhavas*. Along with these six factors diet plays an important role. Proper diet is responsible not only for maintenance of health but also to provide sufficient energy and flexibility to yoga practitioner. Present work used the vast knowledge spread in *yoga* treaties as material to throw a light on *pathya and apathy* related to yoga practises. Matter collected from different treaties is discussed and used to propose a diet module for yoga practitioners. This module advocates the inclusion of *satvikahar* for *yoga* practitioners to maintain flexibility and provide energy.

**Keywords:** *Apathy, Pathya, Yoga, Yog Siddhi Kar Bhava.*

### **INTRODUCTION**

Yoga is an old tradition, which is now regarded as a science. Yoga is not only helpful to attain *Samadhi* or *moksha* but is also very useful to cure and prevent many ailments arising due to present day's hectic life style. It not only focuses on physical well-being but also on mental and spiritual well-being. Regular

practice of yoga promotes strength, flexibility and self-control along with calmness and well-being. To achieve these benefits regular yoga practice is must. A healthy diet and good life style is necessary to maintain this regularity. A healthy life style includes healthy diet and healthy habits. A lot has been explained about

the diet and life style to be followed by yoga practitioners in literatures. A practitioner should follow these instructions honestly to attain better results of yoga practices.

There are mainly six factors responsible for good yoga practice, known as *Yoga siddhikar bhavas*<sup>1</sup>. These are *utsaha, sahasa, dhairya, gyana, nischaya and janasangharityag*. Six factors are known as *yogvinashak bhavas*<sup>2</sup> i.e. *atyaahar, prayas, prajalp, niyamgrah, jansag and laulya*. Out of these *bhavas* *ahar* plays a vital role.

#### **Importance of diet for yoga practitioners:**

A good and healthy diet is must for good yoga practice. It should be balanced not only qualitatively but also quantitatively. *Atyaahar* or over eating is contra indicated for yoga practitioners.

#### **Diet and Yogsiddhikar bhavas:**

A review of *yogsiddhikar bhavas* has been done keeping the current life style and work environment in mind.

**Utsaha:** In present scenario word *Utsaha* refers to excessive efforts beyond the limit of practitioner. A new comer in the field of yoga only focus on the physical aspect of yoga while as per definition any activity done by a practitioner should be *sukhkar* as well as *sthir-takarak*. It is observed that a practitioner often focuses on doing more and more *asanas* and *dhyan* but ignores the dietary aspect. So a practitioner should consume sufficient food of good quality.

**Sahas:** A practitioner should avoid excessive *upavas*. It comes under the category of *sahas*. Normally practitioners use dieting for quick weight loss. But it affects their energy level.

Hence a proper diet as is necessary for practitioner.

#### **Yogic diet:**

Yogic diet should be helpful to yogic practice and spiritual progress. Food has a strong connection with mind. Food plays an important part in yogic practices. The food should be light, nutritious and *satvic*. *Satvik*<sup>3</sup> food increases the duration of life, purify ones existence, and give strength, happiness, health, and satisfaction.

#### **What is Satvik food?**

As per *Bhagvatgeeta* *Satvik* food is that food which increases *ayu, satva, bal, aarogya, sukh and preeti* and which is *snigdhassthir and hridaya*.

#### **What is appropriate amount of food?**

A yoga practitioner should have *mitahar* i.e. moderate diet. If a person practices yoga without taking *mitahara*<sup>4</sup>, he may incur various diseases and obtains no success. Sage *charak*<sup>5</sup> also prescribes that amount of diet should be in such a way so that it does not produce any interference to daily routine and digests easily.

#### **What a yogi should eat?**

A yogi should eat *godhum* (wheat), *shali, yav* (barley), *shashtik, ksheer* (milk) *ajya* (ghee), *khand* (jiggery), *navneet* (butter), *sita* (sugar), *madhu* (honey), *shunthi* (ginger), *patol* etc. These should be clean fresh and devoid of *tusha* (chaff). These things are explained as *grahyaahar*<sup>6</sup> (acceptable diet) for *yogi* in classics.

This diet should fulfil the energy requirement of practitioner without causing any disturbance in digestion and practice. Hence in classics use of substances which are good source of energy are prescribed for practitioner like jiggery, honey etc. Here one thing should be clear that consumption of sweets is not prescribed for practitioner.

Food for *yogi* could be categorised in following manner.

### 1. Energy Providing Substances.

#### 2. Cereals

#### 3. Vegetables.

#### 4. Fruits.

#### 5. Milk Products.

### 1. Energy Providing Substances.

*Yogi* could use *ajya* (*ghee*), *khand* (jiggery), *navneet* (butter), *sita* (sugar), *madhu* (honey) to provide energy to him for practise.

### 2. Cereals:

Among cereals *yogi* could consume *shali*, *yav* (barley), *godhum* (wheat), *mudga* (green gram), *mash* (black gram), *chanak* (gram). *Kullatha*, and *masoor* are contraindicated for

*yogi*. All these cereals should be without husk (*tush*).

### 3. Vegetables.

Among vegetables *Rambha dand* (stem of banana), root of banana, *vartaki* (brinjal), *patol* (*Trichosanthes cucumeria*), *panas* (jackfruit), *karkati* (*Cucumis melo*), *kantkantak* are indicated for *yogis*. *Balshak* (unripe vegetables), *kalshak* (seasonal vegetables), *vastuk* (*Chenopodium album*) and *hilmochika* are preferred among vegetables. *Kushmand* (*Cucurbita maxima*), *tumbi* (*Lagenariasiceraria*), *kapittha* (*Feronialimonia*) *lashun* (*Allium sativum*) are contraindicated for *yogi*.

### 4. Fruits.

*Panch Rambha* (five types of banana), *panas* (jackfruit), *udumbar* (Country fig), *narikel*, *dadim*, *draksha*, *dhatri*, *jambu*, *ela*, *lavang*, *paurush*, *haritaki*, *kharjur* are consumable for *yogi*. *Kadamb*, *jambir*, *nimba*, *lakuch*, *kamrang*, *priyal* are contra indicated for *yogi*.

### 5. Milk Products.

*Ghee* (cow fat), *ksheer* (milk), *navneet* (butter) are indicated while *dadhi* (curd) and *takra* (buttermilk) are contraindicated for *yogi*.

**Table 1:** Protocol for yoga practitioner:

Si.No.	Food Items	Sevaniya	Varjya
1.	Fruits	<i>Panch Rambha</i> (five types of banana), <i>panas</i> (jackfruit), <i>udumbar</i> (Country fig), <i>narikel</i> , <i>dadim</i> etc.	<i>Kadamb</i> , <i>jambir</i> , <i>nimba</i> , <i>lakuch</i> , <i>kamrang</i> , <i>priya</i> etc.
2.	Vegetables	<i>Rambha dand</i> (stem of banana), <i>vartaki</i> (brinjal), <i>patol</i> ( <i>Trichosanthes cucumeria</i> ), <i>panas</i> (jackfruit), <i>karkati</i> ( <i>Cucumis melo</i> ), <i>kantkantak</i> etc.	<i>Kushmand</i> ( <i>Cucurbita maxima</i> ), <i>tumbi</i> ( <i>Lagenariasiceraria</i> ), <i>kapittha</i> ( <i>Feronialimonia</i> ) <i>lashun</i> ( <i>Allium sativum</i> ) etc.
3.	Cereals		
4.	Energy providing	<i>ajya</i> ( <i>ghee</i> ), <i>khand</i> (jiggery), <i>navneet</i> (butter), <i>sita</i> (sugar), <i>madhu</i> (honey)	Refined oil, sweets, chocolate, ice creams etc.

5.	Milk Products	<i>Ghee</i> (cow fat), <i>ksheer</i> (milk), <i>navneet</i> (butter)	<i>dadhi</i> (curd) and <i>takra</i> (butter-milk)
6.	Other	<i>dhairya</i> , <i>gyana</i> , <i>nischaya</i> and <i>janasanghaparityag</i>	<i>utsaha</i> , <i>sahasa</i> , <i>atyaahar</i> , <i>prayas</i> , <i>prajalp</i> , <i>niyamgrah</i> , <i>laulya</i>

## CONCLUSION

So on the basis of classics it can be concluded that yogi should avoid hard i.e. not easily digestible foods. He should not consume sinful and putrid food. Very hot and very cold food should be avoided by yogi. Food items with very cooling or very exciting effects are also avoidable for yogi.

Here putrid cold food is contraindicated because a food after three hours of cooking is considered as *tamasik* food and yogi should only consume *satvik* food. A food with altered taste and smell is also considered as *tamsik* food. Nowadays due to facility of refrigerators a bad practice of consumption of stored cooked food is in fashion. It should be avoided by practitioner because refrigerated food may be considered as left over and putrid with altered taste and smell. Hence refrigerated food is *tamasik* and should be avoided by practitioner. Very hot, *katuamla*, *lavan*, *atitikshna*, and *vidahi* food items are contraindicated during *yogabhyas* as these are *rajasik* in nature. Hence a yoga practitioner should consume food which is easily digestible (*laghupaki*), agreeable (*priya*), soothing (*snigdha*), nourishing to body (*dhatupraposhanam*).

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