



## Spotlight

the best possible way within yourself and outside of yourself, how you eat and what you eat becomes very important. And it is also ecologically cheaper to eat vegetarian!

In Yoga, we do not look at foods in terms of vitamins, minerals or proteins. We categorize it in the three following ways: positive pranic

cut it, does your body say yes or no to onion? The body definitely says no – tears flow, but still you won't leave it! Asafoetida is also one of the negative pranic items, but is generally used in small quantities. Brinjal (eggplant) is the only vegetable that actually has some poison in it. There is a certain

enzyme in brinjal which is capable of damaging the hypothalamus. Especially children should avoid this vegetable. Eat chilli in the early morning and see how you feel, or just give up chilli for 30 days and after 30 days, put little chilli into the system – immediately you will have diarrhoea. The body wants to throw

the chilli out: it treats it like poison.

It happened once. During the British era, one of the English generals was retired. The Indian soldiers, who were under him, who loved him, wanted to give him a party. They invited him and served him real tasty food. He liked it and ate it. Next day morning, he went to the toilet. Coming out he said, "Now I know why the Indians use water, not paper... It would anyway catch

fire!" Coffee and tea are very powerful nervous stimulants. In the morning, when you are listless and itching to go back to bed, one sip of coffee and you are bursting with energy. It pushes you for some time then dumps you again and you will need one more dose. Constant abuse of nervous stimulants will destroy the stamina. It will reduce the ability to store energy and make the old age more difficult. Only these seven

food items are negative pranic, Tomato and root tubers like

Potato are zero pranic, all others are positive pranic. If you eat the right kind of food, it definitely has influence, not only upon your body, the very way you think and feel could be altered

Courtesy: Sadhguru Jaggi Vasudev

Isha Foundation

## When It Comes To Food – Ask Your Body

As Told to Rupali Dean by Sadhguru Jaggi Vasudev of Isha Foundation

food, negative pranic food and zero pranic food. Positive pranic substances are those which, when consumed, add prana (vital energy) to your system. Negative pranic substances take away prana. Zero pranic food neither adds nor takes away – it is only eaten for taste. Negative pranic substances are garlic, onion, asafoetida, brinjal, chilli, coffee and tea. Needless to say, all drugs, intoxicants and other nervous stimulants are also negative pranic. Garlic is a powerful medicine if used properly. In Ayurveda they say, every leaf, every root found on this planet has some medicinal value. But we can't grab all the leaves and roots in the forest and start eating them. When we have a specific problem, using garlic as medicine is okay, but simply using it as foodstuff is not advisable. Even before you eat an onion, when you



Should you eat vegetarian or non-vegetarian? What kind of food you eat should not depend on values and ethics, but on what your body is most comfortable with. When it comes to food, don't ask your doctors, don't ask nutrition experts – ask your body, with what kind of food it is really happy. Just experiment with different kinds of foods and see. If your body feels very agile, energetic and nice, that means the body is happy. If the body feels lethargic and it needs to be pumped up with caffeine or nicotine to stay awake, the body is not happy. You can do the following – today go on a fruit diet, tomorrow just eat uncooked vegetables, the day after tomorrow cooked vegetables, the next day meat. Just see with which food your body is most comfortable, and eat that. If you were a tiger, I would have advised you to eat meat. What the system is designed for, that is what you should eat. If you want to live in