

## DIET

## Pranic foods

Did you know that what you eat can have a positive or negative influence on your life? Yoga classifies foods into positive pranic food, negative pranic food and zero pranic food

Sadhguru Jaggi Vasudev

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In Yoga, we do not look at foods in terms of vitamins, minerals or proteins. We categorize food in the three following ways – positive *pranic* food, and negative *pranic* food, zero *pranic* food. Positive substances are those which, when consumed, add *prana* to the system. The *pranic* energy, the vital energy in the body, will increase. If you consume negative *pranic* substances, they take away *prana* from the system. They will stimulate you on a nervous level but it will take away your vital energies. Zero *pranic* food neither adds nor takes away. It is only eaten for taste.

Negative *pranic* substances:

- Garlic is definitely a very powerful medicine if it is used properly. But if you put it in everyday food and eat it, it can cause much damage to you.
- Onion: The body does not prefer onion. It shows it dislikes with irritation that the eye feels when we chop it.
- Asafoetida is also one of the negative *pranic* items but is generally used in small quantities.
- Brinjal 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. Children should avoid this vegetable.
- Chilli can be experimented with. However, if we abstain from it for some time and then take it, the body will reject it.
- Coffee or tea are very powerful nervous stimulants. Constant abuse of nervous stimulants will destroy the stamina in the long run. It will reduce the energy storage ability and make the period of old age a bit difficult. Needless to say, all drugs and other nervous stimulants are negative *pranic*.



Emotional instability is very much depended on the food that we eat. If we avoid food with negative *pranic* substances, we'll find that it becomes easy to attain emotional balance. The negative *pranic* affects only these seven to eight food items, the rest all being positive.

**Photo: Steve Woods**