

## Nectar of Governance

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### Part 11: Diet strategies



Human form of body consists of four quotients, namely body, mind, intelligence and soul (consciousness). These four quotients can be named as Physical Quotient (PQ), Emotional Quotient (EQ), Intellectual Quotient (IQ) and Spiritual Quotient (SQ) respectively. Since all the quotients are the essential parts of our existence, one should have complete knowledge of them and also know the authentic way of handling them. Ironically, people in general are not at all aware of

these four quotients precisely, but systematically spend 25 to 30 years in advancing in intellectual quotient by means of various educational qualifications. It can be said that any sincere person who is engaged in handling these four quotients is in full charge of his life, thus fulfilling the criteria for life governance. Such a person would become a perfect maintainer of any governing process or system with full contribution.

In the governance of human existence, proper handling of Physical Quotient (PQ), namely body, becomes the fundamental activity. Since mind, intelligence and consciousness cannot have any existence without proper body maintenance, PQ assumes utmost importance. Generally, people think that providing food is only the maintaining process for the body. But, that proves to be wrong many times, yet they don't realize the truth. Diet strategies are very important for the proper governance of body, as would be narrated hereafter.

Efficient maintenance of body involves the knowledge of diet, fasting, disease and cure. Unless, one is aware of these four aspects, one cannot properly take care of health. Diet is the most essential part of these four aspects that ensures proper nourishment. Fasting gives an opportunity to the body for repairing itself internally, thereby keeping itself fit without troubles. Disease is a symptom of some disorder in the body that arises on account of some imbalance. It is essentially the reaction of the body to any unwanted action done intentionally or inadvertently. The process of cleansing impurities in the body reflects in the form of a disease. When such situation arises, suitable cure or treatment

methods should be adopted. Any person who is aware of these four essential components of PQ can easily handle diseases and treatment strategies. In fact, the diet itself is a best therapy for many diseases. Let's understand the diet strategies to kick start perfect governance of PQ.

Diet is essentially divided into three categories, namely eliminative diet, supportive diet and nourishing diet. Eliminative diet helps in flushing out all the toxins in the body, thus protecting it from diseases. All fruit juices come under the eliminative diet. However, the best eliminative diet is lemon juice with honey. Everyday should start only with eliminative diet, not with tea or coffee, for a long lasting healthy life. If someone can do fasting with eliminative diet, that would be the best overhauling process for the body. Fruit diet is termed supportive diet. It is recommended essentially when a person is recovering from illness. It is a very good practice to make fruits as full meals in one of the dinners in a week. You can name it as "fruit dinner" and continue with all love and satisfaction. Fruit dinner is the best remedy for one who is suffering from constipation, for fruits contain large amount of fibers. Consuming staple food in the form of rice, *chapatis* and other food preparations is termed as nourishing diet. The most important note to get prepared for nourishing diet is to abstain from water at least 45 minutes before one commences food intake. Water should be taken only after 45 minutes of completing the food intake. Water consumed immediately after food intake is termed as poison as per Ayurveda (*bhojanante visamvari*). Also one should maintain at least six hours gap between two full meals. Concluding a nourishing diet with diluted butter milk will always be beneficial and recommended.

Let's understand the diet strategies suggested by Bhagavad-Gita. The knowledge of Bhagavad-Gita gives complete wholesome diet prescriptions for a healthy life as under:

***āyuh-sattva-balārogya- sukha-prīti-vivardhanāḥ  
rasyāḥ snigdhaḥ sthirā hr̥dyā āhārāḥ sāttvika-priyāḥ***

"Foods dear to those in the mode of goodness increase the duration of life, purify one's existence and give strength, health and satisfaction. Such foods are juicy, fatty, wholesome, and pleasing to the heart."(BG 17.8)

But the diet that causes distress, misery and disease is very appreciated by people who are in the mode of passion. Majority of people fall under this category. Bhagavad-Gita (17.9) narrates such food as, "Foods that are too bitter, too sour, salty, hot, pungent, dry, and burning are dear to those in mode of passion. Such foods cause distress, misery and disease." In the present times, people are dying of eating these diets without knowing the consequences and keeping the most valuable health at total risk. There is another category of people who are in the mode of ignorance who like a food that is altogether different than the above two types mentioned.



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*yāta-yāmaṁ gata-rasaṁ pūti paryuṣitaṁ ca yat  
ucchiṣṭam api cāmedhyaṁ bhojanaṁ tāmasa-priyam*

“Food prepared more than three hours before being eaten, food that is tasteless, decomposed and putrid, and food consisting of remnants and untouchable things is dear to those in mode of ignorance.”(BG 17.10)

Intelligent persons should decide their diet strategies to increase the duration of life, purify the mind and aid bodily strength. This is the only purpose of diet. Such a diet strategy not only ensures healthy body, but also keeps the mind peaceful, and sharp. Under these conditions, the human being can cultivate higher level of spiritual activities, thus fulfilling the purpose of life. Such people lead a very exemplary life and lead people who follow them with full confidence towards a most rewarding goal. It is mandatory that people take diet strategies seriously rather than consuming food to satisfy their taste buds.

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