

Benefits of Yogic Diet for learners - A healthy foundation for healthy future

Evolution is better than revolution!!!! Healthy eating is perhaps the single most important act in achieving good vigour and vitality, because nourishment of the body's tissues forms a foundation for nourishment of the mind and emotions. Therefore, the types of foods we choose to eat reflect the level of our conscious development. Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body and a holistic approach to health and wellbeing. In ancient times, food was considered medicine. The principles of healthy eating were well-known and the healing properties of foods and herbs were used to correct imbalances.

At RBK School, Mira road we believe learning is similar to meditation where a learner need better concentration and focus to perform in academics and co-curricular activities. Different foods produce different effects on different compartments of the brain. For purposes of meditation, the food should be light, nutritious and Sattvic. Milk, fruits, almonds, butter/ghee, honey, green gram, Bengal gram soaked in water overnight, different cereals etc are all very helpful in improving concentration in learners.

In itself, practicing yoga 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 healthy life.

SATVIC FOOD

Sattvic foods are those which purify the body and calm the mind

RAJASIC FOOD

They stimulate the body and mind into action. In excess, these foods can cause hyperactivity, restlessness, anger, irritability, and sleeplessness

TAMASIC FOOD

Tamasic food are those which dull the mind and bring about inertia, confusion and disorientation

Cooked food that is consumed within 3-4 hours can be considered sattvic

Stale or reheated food, oily or heavy food and food containing artificial preservatives fall under this category

Examples - Fresh fruits, green leafy vegetables, nuts, grains, fresh milk , certain spices

Examples – Spicy food, onion, garlic, tea, coffee, fried food

Example – Non vegetarian diet, stale food, excessive intake of fats, oil, sugary food

We might eat the right kind of food in the right quantity but if we are irregular with our timings then the whole system goes for a toss and the natural rhythm of the body is hampered. Therefore it is of prime importance to eat food at the same time every day and eat it at regular intervals.

A Yogic diet is a balanced diet that ancient Yogis believed had a huge influence not only over our physical wellbeing, but also over our thoughts, and ultimately our emotional and spiritual wellbeing. This diet can also be called lacto-vegetarian, which means that it is made up of non-animal foods with the exceptions of dairy items and honey.

However, there are also some general principles for healthy eating according to yogic diet that can be useful to us all:

- Do not eat too much or too little.
- Warm, well-cooked foods are best.
- Fresh, tasty, whole grains and organic foods are best.
- Never rush eating, chew food properly.
- Eat in more than you eat out.
- Avoid too much of snacking.
- Avoid eating wrong combination of food.
- Switch to a primarily vegetarian diet.
- Drink plenty of water.
- Avoid eating heavy meal after sunset.