



A study of the effects of yogic diet on some selected disorders

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Abstract

The significance of dietary intake has been recognized since antiquity, as evidenced by its mention in ancient texts such as the Sri Bhagavad Gita and Ayurveda. Over time, the diversity of diets has increased, leading to a lack of order. Consequently, it is imperative to regulate dietary intake as necessary, and research has commenced to investigate treatments that incorporate naturopathy or other dietary regimens. This brief research essay endeavours to explore this topic by conducting an experimental study on individuals of varying ages and genders. The Pre-Questionnaire – Diet – Sample – Post Questionnaire format was employed in a study involving individuals with common obesity, diabetes, and arthritis, particularly knee pain. The concept of obesity was explored in relation to the associated disorders, including diabetes, which is considered the primary disease. The consumption of an improper diet at inappropriate times, coupled with psychological factors, can lead to fatal outcomes. Consequently, rheumatism is another disorder that is on the rise. To address these conditions, the study provided sample diets consisting of sattvic, rajasi, and tamasi diets as described in the Bhagavad Gita, as well as vegetarian, fruit-based, non-dietary, or fasting diets. Positive effects were observed in individuals with these disorders. Additionally, incorporating yoga, pranayama, and other naturopathic methods can yield expected results in a shorter timeframe.

Keywords: Yogic diet, disorders

Introduction

Ti samarthachi swari| Baisoniya Rastyawari| Shodhan
Patrawaliche Kari je Nijlilene ||
Sheet Padlya Drushtiprat| Te Mukhi Uchluni Ghalit|
He karnyache Hach Het| Anna Parbhramha
Kalvaavayache||
Kaa Ki Garrjit Saange Shruti| Anna Hech Bramha Niguti|
Annam Bramheti Aisi Ukti| Upnishadathayee Ase||
Tyachi Patwaavayaa Khun| Shite Vechati Dayaghan
Tyachya|
Samanya janaa Laagu Bhawarth Jo Kalalaa Nase||

The above excerpt is derived from the 'Sri Gajanan Vijay Granth'. It posits that food is a manifestation of Brahma and serves as the ultimate purpose of life. Each constituent particle of food is deemed to be of utmost significance, a notion that is further elaborated upon in the text. However, this concept is not easily comprehensible to the layperson. A wealth of information pertaining to this subject can be found in a variety of ancient texts, including the Upanishads, Ayurvedic texts, Hatpradipika, Srimad Bhagavadgita, as well as contemporary dietary guides. This paper aims to provide a comprehensive overview of these sources, while also examining various types of diets, the use of diet as a form of treatment, the components of a healthy diet, and the potential positive or negative effects of diet on the human body.

The efficacy of dietary interventions in treating certain disorders has been reported to yield positive outcomes for patients. In this study, we aim to investigate this phenomenon through the administration of a questionnaire. The relevance of this topic spans across various historical periods, as evidenced by the wealth of information available in both ancient and contemporary literature. The dietary

regimen prescribed for patients is tailored to their specific needs and requirements. Additionally, the practice of yoga has been identified as a crucial component in maintaining optimal health. The incorporation of asanas and pranayama into one's routine has been shown to promote overall well-being. Furthermore, adherence to the principles of a sattvic diet, also known as the yogic diet, is essential for achieving optimal health outcomes. By adopting these ancient dietary practices in conjunction with yoga, patients may experience significant improvements in their health, provided that they make substantial changes to their current dietary habits.

Yogic diet

In order to maintain physical fitness, pranayama yoga is considered an essential practice, alongside a prescribed diet known as the 'Yogic Diet'. The yogic diet is recommended by yoga as a means to promote healthy, strong, and long-lasting life. It is suggested that individuals make incremental changes to their diet on a daily basis, in order to experience the benefits of a sattvic or yogic diet. The importance of food as a source of energy and vitality for human survival is comparable to that of life itself. Therefore, it is imperative that the food we consume is of high quality and nutritional value.

The preparation of yogic food adheres to a specific discipline, which entails the consumption of solely vegetarian fare. The integrity of the food is a crucial criterion that must be met. The term "Satvika" refers to the approach or technique employed in the preparation of the food. The initial aspect of this diet's Satvika nature is the inclination to create it, while the second aspect is the individual's desire to consume the food prepared in the most Satvika manner, thereby achieving the ultimate level of Satvik.

Foods included in yogic diet

- Leafy vegetables- Vegetables with a mild smell should be used. Like fenugreek, spinach.
- Grains- Polished rice, wheat, gram in pulses.
- Pulses- General pulses like green gram, Tur
- Flavouring spices- cardamom, basil leaves, cinnamon, coriander, cumin, fennel, ginger, fenugreek, turmeric, asparagus.
- Fruits- Juicy fruits like grape, pomegranate.
- Food processing for yogic diet is generally steamed. Leafy vegetables, raw pulses in broken state, green gram or unpolished rice. Having milk and rice or milk and wheat puffs. Drink fruit juice. Etc.

Research method

The research done here is practical or applied research or Applied Research. Although this research does not add new knowledge, this research is closely related to daily practices. This research helps in solving common problems. The purpose behind this is to change the current and unsatisfactory status of the business. The conclusions drawn from this are useful. That is why research has been conducted on an experimental basis.

Statement of the problem

The research process commences with the identification of a subject, akin to the scientific method. The researcher must determine the research topic, which is subsequently refined into a specific research problem.

The selection of a research topic of particular interest is followed by an assessment of the feasibility of studying the subject using available scientific methods and expert guidance. Subsequently, the problem statement is formulated by determining the specific objectives to be achieved. The evolving social landscape and dietary changes have prompted recognition of the value of ancient heritage and literature as a reference for addressing contemporary dietary disorders. This has led to the formulation of the research problem.

Hypothesis

A hypothesis is a statement made as a possible answer or explanation to the research problem after the specific areas have been converted into a research problem. Hence the direction of the research is determined. The subject of study can be handled more precisely. A hypothesis should be theoretically clear, simple, specific, relevant to the research problem, and observable. Therefore, three hypotheses were proposed here as possible.

1. Controlling obesity and diabetes and opportunistic disorders through various dietary treatment methods can lead to positive changes.
2. Ancient yogic diet is useful in treating disorders even today.
3. Yogic diet is not acceptable in modern times.

Sample selection

Due to constraints such as time, effort, and financial resources, it is impractical for researchers to investigate the entirety of a research topic. Consequently, a representative sample must be selected to ensure fairness and representativeness, and to enable the generalization of findings to the entire population. In this study, individuals of varying ages and genders were chosen as a representative sample to investigate the effects of obesity, diabetes, and knee pain over an 11-day period.

Measuring materials

For the research, some materials were taken for help, food sample was given, and it is as follows-

Food items included in yogic diet

- Meal time – Morning 11 to 1pm / Evening 7.00 to 8.30pm.
- Drink – 1/1 cup morning and evening.
- Breakfast- 8am to 9am / Evening – none.
- Coconut water / Juice / Honey / Lemon water / Divyamrut / Soybean coffee
- Breakfast – Flatten Rice/ Upma/ Shira/ Shavaya Upma/ Paratha without oil/ Thalipeeth/ Pulses/ Dates/ Pomegranate etc. the fruit
- Diet – Rice
- (Morning)Veggies/Sprouts- Mung/Chawli/Math/Spinach/Methi/Bhendi/Dodka/Padval/Poli/Phulka/Bhari
- Dal- Moong/Masoor
- Salad/lettuce- cabbage/carrot/tomato/radish/cucumber/sprouts/beet
- Chutney/ Buttermilk
- Diet (night) - Abstain from rice-
- Fresh, unpeeled vegetables
- Polly/Phulka/Bhakri
- Dal / Salad / Salad / Buttermilk
- To Avoid – All unprocessed foods – Bread, Loaf, Biscuits

Fruit – Kale, Chickpea, Mango, Grape.

Milk, milk products, sweets, curd, lassi

Tea/Coffee

Vegetables/ Pulses- Vang / Gawar / Potato / Patna / Yam / Gram

Dry Fruits / artificial fat solids, / Fried Foods /snacks / Wafers etc.

Sugar, salt, sago, flour, milk minimum

Cold Drink, Ice Cream, Butter, Cheese

Questionnaires were devised for data collection, while the Fat Fold Machine was utilized to assess the adiposity of obese individuals. A laboratory report for blood glucose measurement was solicited, and all participants were weighed using a fork.

Data collection

Upon identifying the research problem and determining the study's direction, the researcher proceeds to select a sample and gather pertinent information from both primary and secondary sources. This process, known as fact-finding, involves conventional data collection methods such as observation, questionnaires, interviews, and schedules, tailored to the research topic at hand.

The collection of secondary data encompasses personal and public records. Personal records comprise autobiographies, biographies, daily letters, and memoirs, while public records include government reports, rare documents, and various research reports. Published sources consist of articles, records from international organizations, commission and committee reports, research institutes, books, current papers, and magazines. In the present study, data has been gathered through both these means.

Primary data collection

The individuals selected as the sample were interviewed at the beginning of the study. Also, questions were asked in

order to understand the weight, fat content, name and nature of the disease or disorder, and the pattern of diet can be seen further.

Following is a sample diet. And after 11 days the questionnaire was filled again to see the difference, weight, fat content, blood sugar were recorded along with the feedback, a sample of this is attached below.

Secondary data collection

In this, research papers related to the subject were viewed through the internet. Some materials were available at the yoga point location and one was found on the ‘SVYASA’ website. Obesity prevention of diet. Mandlik Guruji, Dr. Mrs. Vidya Deshpande and Mr. Praveen Deshpande's research papers are required to be mentioned here. They tested 116 patients, 100 of whom saw a reduction in surgeon obesity, and 16 had no effect. Articles published from time to time in various newspapers became important in this regard, collection of information and references were obtained from various books in the library.

Lectures on diet by Shri Pravin Deshpande, Naturopath, Nashik and Shweta Pardeshi, Nagar were important in this regard. A lot of information received from them is as follows-

- Body is forms by food, and it spoils by food.

- Food is the medicine for that, understand the rules of diet, so accept it now.
- Food is saviour, Food is harmful, food is cause of Various disorders

The Annamaya kosha is responsible for the physical development of the body, which is sustained through the consumption of various dietary elements from birth. However, the importance of consuming the appropriate diet is often overlooked, leading to the development of food-related disorders. The root cause of such disorders lies in improper dietary habits, which can be remedied by adopting a proper diet.

Data analysis and interpretaion

After collecting the available information, previous collection rules can be re-examined, new rules and new concepts may emerge

The process of analysis includes coding the questionnaire, classifying the data, filling the data by making tables and charts. After this analysis it becomes easy and convenient to draw conclusions regarding the topic. The origin of the findings can be checked from the tables and charts that follow this analysis.

Table 1: Questionnaire analysis

No.	Statement/Question	Yes	Percentage	No	Percentage
1	Change in physical complaints was noticed. (Weight loss, blood sugar reduction, knee pain reduction)	27	90%	3	10%
2	Have you changed tea, coffee?	27	90%	3	10%
3	Have you changed your diet?	27	90%	3	10%
4	Did the amount of water increase?	27	90%	3	10%
5	Did you stop Junk food?	27	90%	3	10%
6	Did you eat fruit, vegetable, or fast?	20	67%	10	33%
7	Did you notice the difference after fasting scientifically?	20	67%	10	33%
8	Will you continue?	18	60%	22	40%

A sample of men and women of various ages were selected for the experimental procedure, three of whom stopped the treatment halfway through so they did not notice any change.

15 women were selected for observation for obesity, 8 for rheumatoid arthritis and 7 for diabetes. People who fast by eating fasting foods as a form of faith feel tired afterwards or feel no change f. No. Liked the fast of R and said that after that positive change in enthusiasm and growth and disorder was felt by some people i.e. ten people. No. Didn't do it. It made a difference as they got the rest of their dietary patterns but the rate of change was less, suggesting that fasting in the right way makes a big difference.

But 60 percent people showed eagerness to continue and the rest showed readiness to continue as best they could.

Conclusion

It is commonly believed that there is no correlation between ancient and modern diets. However, historical disparities in lifestyle, values, habits, preferences, and sources of enjoyment would have influenced dietary practices. The advent of Western influence and global communication has led to significant changes in food consumption patterns, which persist to this day.

The scientific approach and research methodology have prompted a comprehensive analysis of dietary components,

their significance for the human body, and the food sources that contain them. Additionally, complementary medicines have been developed from these ingredients. The study has revealed that food preparation and consumption practices, as well as the use of storage methods, equipment, and chemicals, have a significant impact on human health.

The absorption and digestion of food, the impact of specific foods on health, and the timing of meals in relation to digestion and potential harm to other organs have all been extensively explored in Indian culture. The Bhagavadgita, Charaka Samhita, and Ayurveda scriptures provide clear guidance on these matters, categorizing foods as Satvik, Rajas, or Tamas.

Adhering to natural laws of nutrition does not result in deformities. In the event of a disorder caused by non-compliance with these laws, a natural diet serves as a remedy and restores health. The root cause of such disorders is often dietary in nature. Therefore, it is important to carefully consider the origin, processing, and use of potentially harmful chemicals in food ingredients, as indicated on product packaging.

The food procured from such sources is deemed to be the least refined and prepared with sattvic emotions. Ingesting it with a tranquil and satisfied demeanour is believed to confer perpetual health benefits. Following an 11-day period of scrutiny and analysis, it was observed that individuals who

also incorporated fruits and vegetables into their diet experienced a favourable alteration in their weight and ailments.

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