

Harmful effects of a non-sāttvik Diet

Preface

While we benefit by having a *sāttvik* diet, we have to face harmful effects if we have a non-*sāttvik* diet. The older generation was physically healthy even at the age of 80-90 years. Their eyes, teeth and other organs used to function well till the very end of their lives. The older generation did not have to battle disorders such as indigestion, acidity, constipation etc. However, today in the name of 'Green Revolution', chemical fertilizers are used, chemical insecticides are sprayed on fruits, vegetables, fodder etc. As a result, many items such as grains, fruits, vegetables, milk etc. have become poisonous. Can such a diet ever be *sāttvik*? Can we remain healthy by having such a diet? This Holy text highlights the harmful effects of a poisonous diet and suggests remedies.

Today, the tendency to drink alcohol has also increased. In fact, alcohol is not a 'food' item. Despite this, alcohol is consumed before meals and at other times too. This Holy text highlights the harmful effects of consuming alcohol; a subtle-picture is also presented to emphasize this point. The negative energies try to inflict distress on the people through the medium of diet. This Holy text also mentions what precautions should be taken to fend off such distress.

We pray at the Holy feet of Shrī Guru - 'May everyone understand the harmful effects of a non-*sāttvik* diet, may all have only *sāttvik* food items and may their physical, psychological and spiritual health be sound'. - Compiler

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(An asterisk [*] sign has been placed alongside important points)

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