

Satvik Food with Balance Diet Approach

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Abstract

To attend the maximum spiritual growth the yoga practitioner needs to consume special food called Satvik diet. The present paper discusses the need for balancing the Satvik diet in terms of protein. The food included in Satvik diet are natural fresh fruits and vegetables, grains, pulses, honey, nuts, milk, ginger etc. For the proper maintenance of body, all the nutrients (carbohydrate, fat, protein, vitamins, minerals and water) must be present in right amount in diet called balance diet. Although Satvik food contain all the nutrients in good amount but less in protein. Except pulses all the other foods included in Satvik food are less in protein. In balance diet the protein should provide 10 % of the daily needs of energy. As per recommended dietary allowances 0.8 grams of protein per kilogram of body weight is desired for sedentary adult. As far as the health of human is concern, the protein is important as protein in the form of enzyme, antibodies, haemoglobin is vital for body and helps in new cells formation. As the protein we get is through the food only and hence food must be adequate in protein. Therefore, in Satvik diet if the sources of protein is not well taken care, will lead to various health problems to Yogi. The work concludes that Satvik diet when balanced with vegetarian protein sources may not only help in the spiritual growth but at the same time promote mental and body health with elevated level of energy and good immunity.

Kew words: Satvik food, protein, balance diet, yogi, health.

1. Introduction

Yoga is an art of health lifestyle in India over the ages. It helps in maintaining healthy body, peaceful mind and purify soul. It is observed that yogic practices prevent and control many breathing related illnesses. The yoga practices include exercising (asanas), relaxation or rest, pranayama (respiratory manipulate), meditation and satvik diet. Satvik diet is

recommended for all the yoga practitioner as satvik food is easily get digested by our body, nourishes our body, helps in maintaining proper weight and in this way form the basis for good health and happiness.

The yogic food regimen is a vegetarian food plan which incorporates vegetables, grains, fruits and other vegetarian food in

which all meats (beef, fowl, seafood etc) is strictly excluded. A yogic food is a diet that ancient yogis believed had a massive impact not only over our physical wellbeing, but additionally over our thoughts and in the end our emotional and spiritual wellbeing. In yogic literature meals which might be beneficial to us for spiritual development are said to be satvik or pure. Satvik foods as said smooth to digest and provide nourishment for mental and spiritual wellbeing.

A satvik food regimen is an arrangement that locations significance on seasonal meals commodities, milk and its merchandise, sparkling seasonal fruits, nuts, seeds, fats and oils, seasonal vegetables, lentils and complete grains. Satvik foods are clean, juicy, light, scrumptious and nutritious. these ingredients supply appropriate amount of energy to the frame. Later the food is well standard by means of the body and absorbs properly to perform daily basis working with none problem (Varsha, Sharma, & Tripathy, 2020) (Pandey, 2020).

1. Classification of Yogic Food & Importance of Satvik Food for Yogi

Eating food that promotes spiritual growth is a part of yoga. Plenty of the yogic prescriptions for food come from the Yama's and Niyamas, as articulated in Patanjali's Yoga sutra. There is some food that can be proved hurdles in spiritual development and is threat to the mental peace. The knowledge of those food is therefore necessary to yogi or yoga practitioner that may produce problem to their spiritual journey. The yogis must also know which kind of food is beneficial to them from spiritual development point of view. The meals we consume is important to keep our body and health in properly state of affairs. As per yogic science on the basis of food's effect on body and thoughts that promotes the particular guna out of the three gunas are classified as Rajasik food, Satvik food and Tamsik food.

1.1. Satvik meals: All foods which help one to be clean, non-violent,

and harmonious, are Satvik food. They are simple, provide nourishment and additionally help to hold the frame-mind-spirit stability. They nourish the inner power, peace and mental stability. It includes all the meals, which do not pull power from the body and do not make one feel heavy. They deliver one alertness, energy, and create a profound focus. Foods included in Satvik foods are natural fresh edible fruits and green vegetables, grains, pulses, honey, nuts, jaggery, milk and milk products, ginger etc. Milk, in particular freshly drawn from the cow, is considered as ideal Satvik food. In contrast of fresh milk (Satvik), the processed milk like khoa is considered to be the Rajasik food.

1.2. Rajasik meals: Rajasik meals consist of sour (pickles), spicy (garlic, onion), salty ingredients and also include alcohol, coffee tea etc. A Rajasik food is believed to increase Pitta and Vata within the body. Rajasik food can stimulate and put mind into movement when taken in extra and can aggravate hyperactivity, restlessness, anger, irritability, and sleeplessness. They are responsible for aggression and passion. Additionally, they growth the extent of pollutants within the blood. All meals produced by using harming residing beings are Rajasik or Tamsik in nature, and need to, therefore, be averted in yogic meals.

1.3. Tamsik meals: Tamsik elements are spoiled, tasteless, unclean, and harmful food objects. This class includes maximum deep-fried or processed ingredients, hard liquor, meat, fish, and eggs. Tamsik meals are the ones which dull the mind and convey inertia, confusion, and disorientation. Stale or reheated meals items which can be too oily or heavy at the belly, and prepared by using artificial ingredients comes under this category. Tamsik food may be responsible for violence behavior (Kulkarni, 2023) (Yogesh, 2023).

Consumption of satvik foods, which are known for their purity and wholesomeness, can lead to improved

digestion, increased energy levels, and enhanced mental clarity. Therefore, the yoga practitioner must exclude Rajasik and Tamsik food from his diet and should include satvik food in his diet. This approach also aligns with the principles of Ayurveda, which emphasizes the consumption of fresh, natural, and seasonal foods for optimal health.

2. Balanced Diet:

Balanced diet is diet that contains all the nutrients in proper proportion. It meets our necessities for all the essential nutrients and includes macronutrients like carbohydrates, protein and fat, Micronutrients (vitamins and minerals) and water in balance amount for the proper mental and body growth, for proper maintenance of body. Balance diet improve our immunity and helps to fight various diseases. It also offers safety margin and reserves of nutrients to withstand diet related deficiency diseases (Madhu, Yadav, & Singh, 2023). Balanced diet is getting the right quantity of nutrients from various food items to maintain our fitness as no single food can provide the precise amount of all critical nutrients needed by our body. Table 1 is showing the recommended daily allowances requirement as per ICMR 2020. It is simple to acquire formulating balanced food plan through manner of incorporating all the five essential food groups (given in Table 2) as mentioned by ICMR (Madhu, Yadav, & Singh, 2023) (Simmonds, 1923). Balanced diet should exclude sure meals objects which are not good for our health like refined grains, processed food items, trans fat and delicate sugars etc. (RDA, 2020.) (Goswami, et al., 2017)

2.1. Composition of a Balanced diet

The composition of balanced diet varies consistent with age, sex, bodily condition of the frame, social cultural habits and locally to be had meals. Macronutrients like carbohydrate, fat and protein constantly wished in big quantity (in gm). Micronutrients like vitamins and minerals

are required in less amounts (in mg and mcg). In a right balanced food regimen 50-60% of general energy must come from carbohydrates, 10-15% from proteins, and 20-30% calorie from both seen and invisible fats.

3. Importance of Protein

Among macronutrients protein is very importance because of its various function other than contributing energy. Proteins are critical to all residing organism and are vital to life for various motives. Protein is essential constituent of tissue and cellular of the body. They form the critical element of muscle and critical fluid of body (blood). The protein in the shape of enzymes and hormones are involved with huge range of critical metabolic procedure inside the body. All enzymes are essentially protein, and are chargeable for the chemical, mechanical and electric energy producing the capabilities of life. Similarly, to the nervous system, a mechanism of chemical control operates through the discharge of “chemical messenger “into the blood move of the endocrine glands. These chemical controlling substances are referred to as hormones, which is also a protein. Proteins are a part of the structure of chromosome and control cell activity and cell division. Protein supply frame constructing material and make the good loss that occur due to wear and tear. Proteins are required for growth. Our immunological defense system is also a protein system. Proteins as antibody assist the body to protect in opposition to infection. (Reddy, 1999) (Gopalan, Rama Sastri , & Balasubramanian, 2004). As per recommended dietary allowances 0.8 grams of protein per kilogram of body weight is desired for sedentary adult for good health.

4. Limitations of Satvik Food as per Balanced Diet

Satvik food is often considered as safe, organic, and energetic food. However, there are certain limitations of satvik food when it comes to a balanced diet. Firstly,

satvik food primarily focuses on vegetarian options, which may limit the intake of certain essential nutrients found in animal-based products. These nutrients include complete proteins, vitamin B12, iron, and omega-3 fatty acids, which are important for overall health and wellbeing. Secondly, satvik food promotes the consumption of fresh and minimally processed ingredients, which is beneficial for obtaining maximum nutrition. However, this may be challenging for yogi individuals with busy schedules or limited access to fresh produce. Additionally, satvik food tends to exclude foods that are influenced by chemical fertilizers or sprays, which may limit the variety of options available and make it difficult to meet certain nutritional requirements. Lastly, satvik food may lack diversity in terms of flavors and culinary techniques. This can make it monotonous and less enjoyable for individuals who prefer a wider range of flavors in their diet. These limitations highlight the importance of incorporating a variety of foods from different food groups to ensure a well-rounded and balanced diet (Johri, 2021).

5. Balancing of Satvik Diet

The main concern with satvik diet is low amount of protein and the quality of protein. The food included in satvik diet are fruits, vegetables, cereals milk etc., which are less in protein. Table 3 is showing the quantities of proteins in various food articles included in satvik food. It can be seen from the Table 3, that most of the items included in satvik food is less in protein. So consuming the satvik diet without balancing its protein part as per the requirement of balance diet may lead to various protein deficiency diseases in yogi and that will count for poor spiritual development of yogi.

To overcome the problem of getting lower protein from satvik diet, there is need to include more and more vegetarian food items rich in protein. Model Diet plan on consumption of 2110 Kcal/day for sedentary work comprises cereals and

millets 275g/day, Pulses/ flesh 80g/day, Milk/curd 300g/day, green leafy vegetable 100g/day, other vegetables 200g/day, root and tuber (Excluding potato)1150g/day, Fruits 30g/day, nuts/seeds 25g/day fats and Oil spices 10g/day. For cereals and millets, its recommended to consume 50% as whole grains and for non-vegetarians can substitute every 30 grams of pulses with 50 grams of Eggs/ fish/ meat (Deepthi , et al., 2023) so we can substitute flesh with pulses. Soy bean protein (32-34%) is extraordinary inside the plant institution as it's far almost equal to animal meats besides it wishes higher processing if you want to put it to use within the frame. The green peas which content around 25-27% protein is also a good option along with Amaranth (12-16%), Walnut (26%), Cashew nut (15.3-21.2%), Chickpeas (19-25%)and peanut (25%) given in Table 3. The adequacy of protein in diet is also decided by quality of protein. If the quality of protein is high, then the quantity of protein required in diet less. In this context milk is beneficial. The quality of milk protein is superior but it is present in small amount (3.5-4.5 %) as it contains high amount of water (88-92 %). So one need to consume some high volume of milk. The problem of consuming high amount of milk is it not easily get digested and some have lactose intolerance problem. So in satvik diet the milk can be included in moderate amount and pulses, lentils, nuts other vegetarian food contain fair amount of protein should be included in bulk amount. (Food and nutrition handbook for extension workers, 2015) (Xiao , Zou, Hu, Zhu, & Wei, 2023) (Qin, Wang, & Luo, 2022). So the cereal-legume-dairy composition of the food plan for fairly active person must be 3:1:2.5 to meet daily protein requirements.

6. Conclusion

The work concludes that yoga practitioner should consume satvik diet for mental peace, healthy body and purity of soul. Balance diet containing right amount of various nutrients is necessary for keeping

ourselves fit and making ourselves free from nutrient deficiency diseases. Satvik food is a good source of various nutrients but less in protein. There is a need to enhance protein content of a Satvik diet to satisfy the requirements of a balanced diet. By incorporating a variety of plant-based proteins such as lentils, beans, and nuts, individuals can ensure they are meeting their nutritional needs. By balancing vegetable and dairy proteins, individuals can eliminate any potential nutrient deficiencies and ensure a well-rounded diet. Satvik food with protein balancing offers a wide range of benefits that contribute to overall health and wellbeing. Therefore, by adopting a satvik food with protein balancing approach, a yoga practitioner can not only grow spiritually but at the same time be able to maintain good health and overall wellbeing.

Table 1 Recommended Daily Allowances Requirement As Per ICMR 2020 Guidelines

Age group*	Category		Energy requirement (kcal/ day)	Consumption unit (CU)	Protein requirement (g/ day)
Adult men (19-39 years)	Sedentary work		2110	1.0	42.9
	Moderate work		2710	1.3	
	Heavy work		3470	1.6	
	Sedentary work		1660	0.8	36.3
	Moderate work		2130	1.0	
	Heavy work		2720	1.3	
Adult women (19-39 years)	Pregnant (Trimester)	II	+350		+7.6
		III			+17.6
	Lactating (Months)	0-6	+600	-	+13.6
		7-12	+520		+10.6
Infants	6-12 months		670	0.3	8.8
	1-3 years		1010	0.5	9.2
Children	4-6 years		1360	0.6	12.8
	7-9 years		1700	0.8	19.0
Boys	10 – 12 y		2220	1.1	26.2
Girls	10 – 12 y		2060	1.0	26.6
Boys	13 – 15 y		2860	1.4	36.4
Girls	13 – 15 y		2400	1.1	34.4
Boys	16 – 18 y		3320	1.6	45.1
Girls	16 – 18 y		2500	1.2	37.3

Source: (RDA, 2020.)

Table 2 Food Groups With Sources and Nutrients

Food Group Main	Sources		Nutrients
Cereal and Millets	All cereal and their products such as Wheat, rice, maize, millets such as jowar, bajra, ragi (Nagali), semolina, poha, bread, noodles, pizza, puffed cereals		Carbohydrates, partially complete proteins, fiber (except rice), B complex vitamins, some are rich in iron or calcium.

Protective Foods	<p>i) Yellow, orange and red fruits and vegetables such as mango, papaya, carrots, pumpkin. Green leafy vegetables such as spinach, fenugreek (clove), colocasia.</p> <p>ii) All citrus fruits, guava, tomato, pineapple, amia.</p>		<p>i) Rich source of Carotene, iron, folic acid, fibre, other vitamins and minerals.</p> <p>ii) Rich source of ascorbic acid</p>
Protein or body building foods	<p>i) All pulses, nuts and oilseeds such as Bengal gram, green gram, red gram, black gram, lentil (Masur), soyabeans, sprouts, groundnuts, sesame (Til), almonds.</p> <p>ii) Milk and milk products such as whole milk, skim milk, curds, paneer, cheese, ice cream, buttermilk.</p> <p>iii) Meat, fish, poultry, egg.</p>		<p>i) Partially complete proteins, carbohydrates, iron, B-complex vitamins B1, B2, niacin. Soya bean and oilseeds provides fat. Sprouts provide vitamin C.</p> <p>ii) Complete protein, calcium, phosphorous, fat, vitamins A, B2, B12, cholesterol.</p> <p>iii) Protein, iron, fat, cholesterol, vitamins A, B1, B2, B12, niacin.</p>
Secondary protective group	<p>i) All other fruits and vegetables not included in protective food group such as brinjal, beans, gourd vegetables, lady's finger, potato, onion yarn, colocasia, radish, beetroot.</p> <p>ii) Banana, apple, chikoo, grapes, melons, pears.</p>		<p>i) Carbohydrates, fibre, small amounts of vitamins and minerals.</p> <p>ii) Carbohydrates, fibre, small amounts of vitamins and minerals.</p>
Fats and oils, sugar and jaggery	<p>i) All fats such as vanaspati, margarine, shortenings, fresh cream, non-dairy cream, butter, clarified butter.</p> <p>ii) All oils such as groundnut, corn, soya, rice bran, sesame, salad, oil, olive oil, fish oils.</p> <p>iii) Sugar, jaggery, honey, molasses, chocolates, jam, jellies, marmalade.</p>		<p>i) Calories, oils provide vitamin E and essential fatty acids.</p> <p>ii) Fats provide vitamins A and D.</p> <p>iii) Only calories. Jaggery, honey and preserves give very small amounts of minerals.</p>

Source: (Ahirrao & Desale, 2019)

Table 3 Sources of Plant Protein With Its Percentage

Sources of Protein		Protein %	References
Vegetables	Spinach	2.9-5.35	(Lasya, 2022)
	Green Peas	24.2-27.5	(Dahl, et al., 2012)
	Broccoli	2.5-5.7	(Wadmare , Gadhe, & Joshi, 2019)
	Brussel Sprout	3	(Wadmare , Gadhe, & Joshi, 2019)
Cereals	Rice	7.3-15.4	(Zahra & Jabeen, 2020)
	Amaranth	12-16	(Pathan & Siddiqui, 2022)
	Quinoa	12-18.6	(Olivera, et al., 2022)
	Buckwheat	8.5-18.5	(Jin, et al., 2020)
	Soyabean	32-34	(Smith, 2009)
	Oats	11-20	(Paudel, et al., 2011)
Lentils, Pulses and Legumes	Chickpeas	19-25	(Patil, 2023)
	Cowpeas	19.4-32.5	(Jayathilake, Visvanathan, Deen , Bangamuwage, & Jayawardana, 2019)
	Black Beans	8.86-21.25	(Nguyen, 2023)
	Kidney Beans	8.86-21.25	(Nguyen, 2023)
	Mung Beans	17.36-27	(Zhu, Sun, & FitzGerald, 2018)
	Brown Lentil	18	(Wadmare , Gadhe, & Joshi, 2019)
	Red Lentil	24	(Wadmare , Gadhe, & Joshi, 2019)
	Yellow Lentil	22	(Wadmare , Gadhe, & Joshi, 2019)
	Black Lentil	26	(Wadmare , Gadhe, & Joshi, 2019)
Seeds	Soyabean	32-34	(Smith, 2009)
	Pumpkin Seeds	18	(Sharma & Saini, 2022)
	Flaxseeds	18	(Sharma & Saini, 2022)
Nuts	Chia seeds	18-25	(Alamri, 2020)
	Almonds	13	(Lackey & Fleming, 2021)
	Cashew nut	15.3-21.2	(Mendes, et al., 2019)
	Walnut	26	(Cucchiara, et al., 2021)
	Pistachio	20	(Bulló, 2015)
	Peanut	25	(Grosso, et al., 2015)

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