



The Yoga Practitioner Must Be A Vegetarian. Why? A Literature Review Analysis

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ABSTRACT

The study aimed to check literature background and results of the vegetarianism and yoga. The study analyses and taken consideration the articles which discusses and review the food and yoga relation, through its effects. The study is based on secondary data base. The analysis depicts that the vegetarianism has multi-faceted effect and multiple benefits across various domains in one's life as holistic development and sustainable well-being.

Keywords: Yoga, Vegetarianism, health, self-realisation, inner peace etc:

Introduction

Food is the element that gives energy to all human beings. When we take food, it will become particles inside the mouth, then it went to stomach after mastication, it will transfer then move small intestine for absorption, the move to large intestine, from there absorbed the water required to the body, the rest will move out as waste as excretion. The organisms are divided according to their habits as herbivorous, carnivorous and as omnivorous. Most humans are like to eat all the things for fun, experience variety and for nourishment. Even vegetarians are also forced to take non-vegetarian for nourishment purpose and according to the food availability or according to regional practices. The non-vegetarian is not designed for the human, it is a fact because the digestive system is not designed to eat meat or flesh.

Yoga meant the union of mind and spirit with God. The yoga is the activity of stretching and bending, which allows to enter 'prana' in one's mind-body and spirit. The prana can detoxify, rejuvenate, rebuild and renew one's all physic, mind and soul. The prana can dissolve, throw out the toxins, diseased cells, germs and can full fill one's mind with peace and happiness. The spirit will be in the path of self-realization and inner peace.

Again, there is the food classification available is vegetarian and non-vegetarian. Apart from that Satvic- Rajasic- Thamo foods are available. Along with all classifications, Vegetarian food is considered as the most auspicious and suitable food for the followers of yoga and yogis.

Scope

The study covers the discussions which had published in various. The article's scope is to bring all the supporting literatures regarding the yoga, vegetarianism, and in connection with the yoga and vegetarian food habits. The scope is wide because there is daily updation in connection with yoga and vegetarianism, its various effects, benefits, methods, styles and many modifications and alterations are coming, flowing and establishing. The filtration and seconding the relevant facts from authentic sources are comes under the purview of the article.

Significance

The importance of the study is perpetual, holistic and universal. Because the study meant and developed to establish authenticity of vegetarianism and its positive effects on each yoga practicing individuals. Yoga is a practical form of holistic development under one practice. The relevance of the study is that as a non-side effected practice at least expense is yoga and itself is unique method. The study's relevance is in this literature analysis study, to emphasis the significance of the yogic-vegetarian' style and life, through the incredible studies made in various times.

Research Methodology

The study was conducted through the secondary data, review and analysis of the literature. The past published informations are taken as per the purview of the study. The sources of the literature reviewed are articles, published by the authors through scientific journals, online portals, online magazines, websites etc.

Objectives

- i) To find the importance of vegetarian diet
- ii) To emphasize the studies on vegetarian diet and yoga
- iii) To understand the benefits vegetarian diet and yoga

Hypothesis

H₀: *There is no relationship between yoga and vegetarianism for a healthy life*

H₀: *There is no relationship between yoga and vegetarianism for self – realization and inner peace.*

H₀: *There is no important relationship between yoga and vegetarianism*

Literature Review

Human is an animal like any other animal. The wild animals are eating the other creatures that are normal and designed their digestive system to intake. When a non-vegetarian food is in the vegetarian digestive system, it will disturb the entire system. Meat increases the risk and the cholesterol in the body, which is a reason to make disease to the heart. Another reason is that flesh is not an easily digestible food. Male required 24 hours to digest meat food in full and female required 18 hours to finish the digestion (ekamyogashala). Ahimsa, the non-violence is the first and foremost principle of yoga. When not kill and not in take animals is harming or threaten the animal life. People who follow a vegetarian diet attempt to be more ethical and emphatic. With the vegetarian way of living you take responsibility for your actions and behavior (oceanicyoga). A follower of yoga must avoid tamasic eatables, which all can make one and all dull, creates unconnected to one's self, inactive and lazy(himalayanyogaashram). Bhagavad Gita recommends sattva and vegetarian food to uphold energy, wellbeing, inclination, power, and longevity (Yogamoha). Karma, the act, is have an equivalent and opposite reaction and will deliver the effects of acts as same as the fruits which are seed sowed (nepalyogateachertraining).

A vegetarian diet tends to be lighter and cleaner, leading to more energy and easier movements through the asanas (aurawellnesscenter). The selection of vegetarianism strengthens the yogic life by creates innermost harmony and self-realization (swan-yoga-goa). Eating of natural foods keep the body trim and flexible, the mind clear and sharp and makes both body and mind receptive for the yoga practice (Sivannda). From food has arisen power [virya], strictness [tapasya], chant, accomplishment, and the world itself" (Prashna Upanishad 6.4). "By food, indeed, do all the breaths [pranas, life forces] become great" (Taittiriya Upanishad 1.5.4). Vegetarian food allows me to practice the yoga asanas to their final fruition quite easily (alakhyyoga).Vegetarian food makes ethical, increase flexibility and relaxing (tirisulayoga). "Wheat, rice, barley, good corns, milk, ghee, jaggery, honey, dried ginger, vegetables, moong beans and pure water are very beneficial to those who practice yoga." (Hatha Yoga Pradipika). Srimad Bhagwad Geeta states, "You are what you eat," emphasizing the importance of mindful food consumption as it influences our behavior (Srimad Bhagavat Gita). Let food be thy medicine and medicine be thy food (Hippocrates). Yoga Diet is a vegan diet, it's also a highly energizing diet and one that creates a calmer and peaceful mind (onegreenplanet). People who follow vegetarian diets can get all the nutrients they need. However, they must be careful to eat a wide variety of foods to meet their nutritional needs. Nutrients vegetarians may need to focus on include (medlineplus). British Dietetic Association, has affirmed that a well-planned vegan diet can support healthy living in people of all ages (albertschweitzerfoundation). vegetarian were at strong side, probably because of higher level of mental state, problem –solving and adjustment ability (Geary et al.). Sattvic food is found in a lacto-vegetarian, whole food diet which includes grains, vegetables, pulses, fruit, nuts, seeds, milk and milk products. Vegetarian food detoxifies, cleans and purifies the body and increases our resistance to illness and promotes wellbeing of both body and mind. God's light dwells in animals as well as in humans (yogaindailylife). Ahara in the yogic diet consists of foods that create balance and strength for a calmer and peaceful mind (news9live). Patanjali's Yoga Sutras (one of yoga's primary texts), as indicating veganism as a practice that leads to self-realization (Yoga Sutras). The vegetarian diet that may reduce risk of chronic disease include lower intakes of saturated fat and cholesterol and higher intakes of fruits, vegetables, whole grains, nuts, soy products, fiber. Strict vegetarians have lower risk of cancers of female organs and also prostate cancer (World cancer research fund).

Ornish, D., Brown, S. E., Scherwitz, L. W., Billings, J. H., Armstrong, W. T., Ports, T. A., and Brand, R. J. (1990) their article titled "Can Lifestyle Changes Reverse Coronary Heart Disease? The Lifestyle Heart Trial". Ornish and colleagues present findings from the Lifestyle Heart Trial, examining the potential of lifestyle changes, including yoga, in reversing coronary heart disease and promoting cardiovascular health.

Selvamurthy, W., Ray, U. S., Hegde, K. S., Sharma, R. P., Ranganathan, S., & Bhatnagar, O. P. (1998) their article titled " Physiological Responses to Cold in Subjects Practicing Yoga Regularly and in Controls". The article examine the physiological responses to cold in individuals practicing yoga regularly, highlighting the potential benefits of yoga in enhancing tolerance to environmental stressors.

Riley, D. (2004) The article "Hatha Yoga and the Treatment of Illness", explores the therapeutic applications of Hatha Yoga, providing insights into specific yoga postures and practices can be utilized in the treatment of various illnesses.

Kolasinski, S. L., Garfinkel, M., Tsai, A. G., Matz, W., Van Dyke, A., and Schumacher Jr, H. R. (2005). their article titled " Iyengar Yoga for Treating Symptoms of Osteoarthritis of the Knees: A Pilot Study", examining the effectiveness of Iyengar Yoga in alleviating symptoms of osteoarthritis in the knees, providing valuable insights into the therapeutic potential of yoga for joint health.

Sarang, S. P., and Telles, S. (2006) their article titled “Changes in P300 following two yoga-based relaxation techniques” discussed that an event-related potential in the brain, following two yoga-based relaxation techniques, providing neurophysiological evidence for the impact of yoga on cognitive processes.

Smith, C., Hancock, H., Blake-Mortimer, J., and Eckert, K. (2007) their article titled “A Randomised Comparative Trial of Yoga and Relaxation to Reduce Stress and Anxiety.” Discussed about a randomized trial comparing the effectiveness of yoga and relaxation in reducing stress and anxiety, providing valuable information on the potential benefits of yoga for mental well-being.

McCall, T. (2007). The article “Yoga as Medicine: The Yogic Prescription for Health and Healing”, explores the medicinal applications of yoga, offering a comprehensive overview of how specific yoga practices can be utilized as therapeutic interventions for various health conditions.

Streeter, C. C., Jensen, J. E., Perlmutter, R. M., Cabral, H. J., Tian, H., Terhune, D. B., and Renshaw, P. F. (2007) their article titled “Yoga Asana Sessions Increase Brain GABA Levels: A Pilot Study, investigate the impact of yoga asanas on brain GABA levels, suggesting a potential neurobiological mechanism underlying the positive effects of yoga on mood and stress.

Craig WJ., and Mangels A R. (2009) their article discussed the in article titled” results of an evidence-based review showed that a vegetarian diet is associated with a lower risk of death from ischemic heart disease”shown that the vegetarian diet have lower low-density lipoprotein cholesterol levels, lower blood pressure, lower rates of hypertension and type 2 diabetes, lower body mass index, lower overall cancer rates and have modestly lower risk of cancer - gastro-intestinal cancers.

Kiecolt-Glaser, J. K., Christian, L., Preston, H., Houts, C. R., Malarkey, W. B., and Emery, C. F. (2010) their article titled “Stress, Inflammation, and Yoga Practice”, investigates the relationship between yoga practice and stress reduction, exploring the potential anti-inflammatory effects associated with regular yoga sessions.

Ross, A., and Thomas, S. (2010) their article titled “The Health Benefits of Yoga and Exercise: A Review of Comparison Studies” conduct a review comparing the health benefits of yoga and exercise, offering insights into the unique contributions of yoga to overall well-being.

Michalsen, A., Jaitler, M., Brunnhuber, S., Lütke, R., Büsing, A., Musial, F., and Dobos, G. J. (2011). their article titled “Iyengar Yoga for Distressed Women: A 3-Armed Randomized Controlled Trial”, investigates the effects of Iyengar Yoga on distressed women, assessing its impact on mental well-being and providing evidence for the therapeutic potential of yoga in addressing emotional distress.

Moss, A. S., Dhruva, A., Hecht, F. M., and Schneider, C. (2012). their article titled “Yoga Effects on Mood and Quality of Life in Patients with HIV: A Randomized Controlled Trial”. , conduct a randomized controlled trial exploring the effects of yoga on mood and quality of life in patients with HIV, contributing valuable insights into the holistic benefits of yoga in a specific medical population.

Telles, S., Singh, N., Joshi, M., and Balkrishna, A. (2014) their article titled “Blood pressure and Purdue Pegboard scores in individuals with hypertension after alternate nostril breathing, breath awareness, and no intervention”, explore the effects of alternate nostril breathing and breath awareness on blood pressure and Purdue Pegboard scores in individuals with hypertension, providing evidence for the cardiovascular benefits of specific yoga practices.

Telles, S., Singh, N., Joshi, M., and Balkrishna, A. (2015) their article titled “Post-traumatic Stress Symptoms and Heart Rate Variability in Bihar Flood Survivors Following Yoga: A Randomized Controlled Study,investigates the impact of yoga on post-traumatic stress symptoms and heart rate variability in flood survivors, highlighting the potential therapeutic role of yoga in managing trauma-related distress.

Sharma, M., and Knowlden, A. P. (2015) their article titled “Role of Yoga in Preventing and Controlling Type 2 Diabetes Mellitus”, explore the role of yoga in preventing and controlling Type 2 Diabetes Mellitus, offering insights into the potential therapeutic applications of yoga for individuals at risk of or managing diabetes.

Cramer, Holger.et.al. (2018) his article discussed that the Vegetarian diet practitioners more often included meditation as part of their yoga practice and more often chose yoga because it had a holistic focus, and was perceived to treat the cause and not the symptoms of their health complaint.

Hargreaves, Shila Minari.et.al (2021) their article discussed that the choice of adopting a vegetarian diet could have positive outcomes, such as better physical health, positive feelings related to the adoption of a morally correct attitude, an increased sense of belonging and lower environmental impact.

Research Gap

The study reveals that there is no secondary text data analysis was not done in any of the recent years. The study depicts that there is no further studies have been carried out regionally or locally regarding the availability of food items and the life style or culture and food culture existing in each area or region.

Analysis

The secondary text data analysis shown that the vegetarian foods in taking individuals are enjoying a holistic healthy life. They have less cardiac problems, diabetics, cancer, high blood pressure, cholesterol like life style diseases. The people with yoga practicing are enjoying mindfulness, happiness and self-realization than the others. The vegetarian yoga life followers are calmers, self – adjusting, inclined and long living.

Findings

The findings of the study can be summarized as there is complete well-being among the vegetarian yoga practicing people than the simple vegetarians or who are non-vegetarians but are practicing yoga. The complete vegetarians are who all practice the yoga are more blessed than anyone else in terms of all total health and in all terms of life and achievement.

Future scope of the study

The study is considered only a generalised version but the study can be conducted across the cultures, nations, regions and peculiarity of life style based on urban, rural and semi – urban etc: The scope never ends because the derivation and metrics of life is dynamic in every day. The study can be conducted on as longitudinal for more précised and accurate analysis.

Conclusion

Human is a social animal but like other animals created by God only. Like wild animals, human is not supposed to kill and eat other beings. The man is not tomb for other creatures' deadbody. The ultimate thing is that each and every yoga practicing people should strictly follow the 'eight rules' of yoga. Then only one will able to be in peace with divinity, to be in peace with other animals and to the universe and to be in peace with self, the inner important core.

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