

FUNDAMENTALS OF HEALTH AND HYGIENE - 3
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One should get up in ब्रह्ममुहूर्त (4AM - night is nine hours only - it is called त्रियामा - one याम is three hours) --

ब्राह्मे मुहूर्ते बुद्ध्येत धर्मार्थौ चानुचिन्तयेत् ।
कायक्लेशाश्च तन्मूलान् वेदतत्त्वार्थमेव च ॥ मनुस्मृतिः , 4-92

One should get up in the early hours - should think about the physical pains to be taken up to achieve

धर्म and अर्थ (money) - and also think about ब्रह्मन् (the तत्त्वम् / noumenon of वेद) .

Why today many people are suffering from **obesity and belly** ? --

भुक्त्वा शतपदं गच्छेत् शनैस्तेन तु जायते ।
अन्नसंघातशैथिल्यं ग्रीवाजानुकटीसुखम् ॥
भुक्त्वोपविशतस्तुन्दं शयानस्य तु पुष्टता ।
आयुश्चङ्क्रममाणस्य मृत्युर्धावति धावतः ॥ -- आयुर्वेदः

One should walk for at least hundred feet after meals - by that slowly the food would get settled - there will be comfort in the neck , knees and waist (at an advanced age and stage problems related to these three places will be there) .

After meals if one --- sits he (she) would get **belly** - lays down (may / may not sleep) there will be **obesity** - walks (stroll) for some time his longevity would increase - runs , death comes running .

नातिस्थूलं नातिसूक्ष्मम् (सुश्रुतः) -- the body should be neither too fatty nor too lean .

अति सर्वत्र वर्जयेत् -- too much is dangerous ----- too much eating / drinking / reading / watching / talking / sleeping etc.

(अतिदानात्बलिर्बद्धो ह्यतिमानात् सुयोधनः ।
विनष्टो रावणो लौल्यात् अति सर्वत्र वर्जयेत् - हितोपदेशः)

कालभोजनम्(चरकसूत्रम् of **Patanjali**) -- one should have meals (regularly) at the same time .

हितं भुञ्ज्यात् मितं भुञ्ज्यात् न भुञ्ज्यात् अमितं हितम् ।

हितमिष्टं च भुञ्जीयात् एष धर्मः सनातनः ॥

One should consume food --- that is suitable to his constitution - in limited quantity . Even if it is suitable should not eat in excess - eat that is suitable as well as liked --- this is सनातनधर्म (the perennial 'धर्म' - the term is pregnant with meaning and hence untranslatable) .

अनात्मवन्तः पशुवत् भुञ्जते ये प्रमाणतः ।

रोगानीकस्य ते मूलम् अजीर्णं प्राप्नुवन्ति हि ॥ चरकसंहिता

Those , who , without being mindful (Mindful Eating) , just like animals , go on eating something or the other without limit , would end up in a number of diseases - incur indigestion - that is the cause of all diseases .

उष्णमश्नीयात् स्निग्धमश्नीयात् मात्रावदश्नीयात् जीर्णमश्नीयात् वीर्याविरुद्धमश्नीयात् इष्टे देशे शनीयात् नातिद्रुतमश्नीयात् नातिविलंबितमश्नीयात् अजल्पन् अहसन् तन्मना भुञ्जीत आत्मानमभिसमीक्ष्य भुञ्जीत -- चरकसूत्रम्

One should eat --- food that is hot , oily and limited - after digesting the earlier eaten food - food that is made of mutually non hostile items (oil and ghee are mutually hostile) - sitting in a pleasant place - without hurry - without delay - without talking / laughing - with mind applied on food only - having thought of his own body (how much is required for his body - it varies from person to person) .

तूष्णीम् अन्नानि भुञ्जीत - चरकसूत्रम्

One should keep mum while having food .