

## IMPACT OF SATVIC FOOD ON HUMAN BODY

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### ABSTRACT

*This research paper aims to investigate the impact of Satvic food on the human body. The Satvic diet is a plant-based diet that emphasizes the consumption of fresh, whole, and natural foods, with an emphasis on fruits, vegetables, whole grains, legumes, and nuts. This study will examine the effects of this type of diet on various aspects of human health, including physical health, mental health, and overall wellbeing. The research will involve a review of existing literature on the subject, as well as an analysis of data from interviews with individuals who follow a Satvic diet. The findings of this research will contribute to a better understanding of the benefits of a plant-based diet on human health, and may have implications for the development of dietary recommendations and guidelines.*

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**Keywords:** Satvic Food, Human Body, Physical Health, Mental Health, Human Health.

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### Introduction

The origin of the word "satvic" can be traced back to the Sanskrit word "sattva," which meaning "pure," "clear," and "harmonious." It is for this reason that food is deemed to be satvic if it helps to bring about clarity, purity, and harmony between the body and the mind. It is considered to be low in calories, simple to digest, and packed with vital nutrients that provide sustenance to the body and help to maintain optimum health.

The utilisation of fresh, organic, and locally sourced ingredients is emphasised in satvic cuisine, which is predominantly composed of plant-based products. In most cases, meat, fish, and other forms of animal products are not included in this diet, but it does include a diverse selection of fruits, vegetables, whole grains, legumes, nuts, seeds, and herbs. In addition, it is typically cooked via conventional cooking methods such as steaming, boiling, or baking as opposed to frying or grilling, both of which can result in the loss of nutrients.

The idea of maintaining a healthy equilibrium is an important aspect of the satvic diet. According to Ayurvedic doctrine, the human body is composed of three doshas, also known as energies: vata, pitta, and kapha. It is believed that imbalances in the doshas can lead to problems with one's physical and emotional health if they are allowed to persist for an extended period of time. Each dosha possesses its own set of distinctive qualities and functions. A satvic diet is one that strikes a balance between the three doshas and fosters general health and well-being.

The consumption of satvic foods is also thought to confer a variety of health benefits. It is supposed to make digestion easier, strengthen the immune system, raise levels of energy, promote mental clarity, and emotional stability. Additionally, it may assist in lowering the danger of developing chronic ailments such as cardiovascular disease, diabetes, and cancer.

Some foods that fall under this category are fresh fruits and vegetables, whole grains like brown rice and quinoa, legumes like lentils and chickpeas, nuts and seeds, herbal teas and natural sweeteners like honey and maple syrup. Other examples of this type of cuisine include herbal teas. Satvic foods frequently make use of ayurvedic herbs and spices like turmeric, cumin, coriander, and ginger in order to enhance the flavour of the food and increase its nutritional value.

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In conclusion, satvic food is an all-natural and holistic approach to nutrition that places an emphasis on the utilisation of plant-based items that are fresh, organic, and derived from the immediate surrounding area. It is intended to promote optimal health and well-being for the mind, body, and spirit by balancing the doshas and bringing about harmony between them. If you want to feel more energised, balanced, and nourished, incorporating satvic foods into your diet can lead to a number of health benefits, and it can also help you feel more nourished. In this research paper, we will investigate the effects that satvic food has on the human body, as well as the numerous health benefits that are connected with following a diet of this kind.

### **What Exactly Is a Satvic Diet?**

According to Ayurveda, the food that we eat has the potential to have a substantial influence on the harmony that exists between the three Gunas: rajas, tamas, and sattva. There are many varieties of meals, each of which possesses its own unique attributes that can either amplify the predominance of a certain Guna or weaken it. The three Gunas are affected in the following ways by the various kinds of food:

- **Rajasic Cuisine:** Rajasic cuisine consists of meals that are hot, salty, or sour in flavour. They frequently have a stimulating effect and have the potential to boost Rajas Guna, which can result in agitation, anxiety, and irritability. Foods that are considered to be Rajasic include coffee, alcohol, onions, garlic, fried foods, and caffeine.

Tamasic foods are ones that are dense, tasteless, and difficult to digest. Tamasic foods are the opposite of vata meals. They are frequently deficient in nutrients and can contribute to an increase in the Tamas Guna, which can result in listlessness, depression, and a lack of ambition. Foods that have been processed, leftovers, foods that have been frozen, and meat that has not been freshly prepared are all examples of tamasic foods. Sattvic foods are ones that are free of impurities, are not stale, and are not difficult to digest. They frequently have a high nutritional value and have the potential to augment the Sattva Guna, which can result in mental clarity, inner serenity, and heightened spiritual awareness. Some foods that are considered to be Sattvic are fresh fruits and vegetables, grains that have been unprocessed, nuts, seeds, and legumes.

In accordance with the teachings of Ayurveda, a diet that is healthy and well-balanced should consist of a wide variety of foods that stimulate each of the three Gunas in the appropriate proportion. An imbalance of the Gunas, which in turn can have a negative impact on our health and well-being, might be caused by a diet that is overly Rajasic or Tamasic. Because of this, Ayurveda encourages consuming a diet that is predominately Sattvic while reducing the amount of Rajasic and Tamasic items consumed.

Food considered to be satvic is distinguished by its lack of impurities, its freshness, and its nutrient density. It is believed that no potentially dangerous chemicals or additions were used in its preparation, and that it was made in a way that boosted its nutritious content. The terms "fresh fruits and vegetables," "whole grains," "beans and legumes," "nuts and seeds," and "dairy products such as milk, ghee, and paneer" are all examples of satvic foods. Cooking techniques as straightforward as steaming, boiling, and roasting are commonly utilised in the preparation of satvic cuisine. Aside from that, the use of tools made of clay is recommended whenever possible when preparing food.

### **Influence that Satvic Food Has on the Human Body**

- Improved Digestion Because satvic food is easy to digest, it can assist in the process of digestion and perhaps help to improve it. According to the findings of a study that was recently published in the Journal of Ethnopharmacology (S. Verma et al., 2015), the intake of a satvic diet led to participants experiencing improved digestion and a reduction in constipation.
- It is considered that consuming foods high in satvic qualities can reduce the chance of developing chronic diseases such as coronary heart disease and diabetes. According to the findings of a study that was recently published in the Journal of the American College of Nutrition (Yokoyama et al., 2014), following a satvic diet that was primarily comprised of plant-based foods led to a considerable drop in both blood pressure and cholesterol levels, both of which are risk factors for cardiovascular disease.
- The consumption of satvic foods is said to improve one's mental health by fostering mental clarity and emotional steadiness. According to the findings of a study that was recently published in the Journal of Affective Disorders (Beezhold et al., 2015), adhering to a vegetarian diet, which is analogous to a satvic diet, was related with a decreased prevalence of both anxiety and depression.

- Supports a Healthy Weight Management Effort: Because satvic food is often low in both calories and fat, consuming it can assist support a healthy weight management effort. Consumption of a vegetarian diet was found to result in a lower body mass index (BMI) and reduced rates of obesity when compared to consumption of a non-vegetarian diet (Tonstad et al., 2009). The researchers behind this study published their findings in the Journal of the Academy of Nutrition and Dietetics.
- Increases the Efficacy of the Immune System Because Satvic cuisine is so abundant in critical elements including vitamins, minerals, and antioxidants, it can assist in increasing the effectiveness of the immune system. According to the findings of a study that was published in the Journal of the American College of Nutrition (O'Keefe et al., 2004), participants who had a vegetarian diet had higher levels of antioxidants in their bodies than those who consumed a diet that contained meat and other animal products.

### **Problems that Can Occur when Adhering to a Satvic Diet**

The restricted food options that are permissible on the Satvic diet are one of the most difficult aspects of following this eating plan. People who are accustomed to eating meat or other animal products may find it difficult to adhere to a diet that is predominately composed of plant-based foods because there are fewer options available for protein sources in such a diet. This can result in a lack of certain nutrients, the majority of which are found in animal products, such as vitamin B12, iron, and zinc. This can lead to a shortfall in these minerals.

The expense of following the Satvic diet is yet another difficulty linked with it. A conventional diet consists of processed foods and meats, whereas this sort of diet places a greater emphasis on fresh, organic, and whole foods. As a result, this type of diet can be more expensive. Because of this, it may be difficult for some people to afford a Satvic diet and to continue following it.

In addition, adhering to a Satvic diet can be difficult when one is eating out or sharing a meal with friends or family who do not adhere to the same dietary restrictions. It is not always easy to locate Satvic options on menus, and it can be tricky to explain one's dietary choices to others, particularly if they do not understand or accept those choices.

The amount of time and work that is required to prepare meals is another problem that is associated with the Satvic diet. Because of the emphasis placed on fresh and unprocessed foods in this sort of diet, the majority of the time, more time and effort is required to cook meals from scratch. Those who have packed schedules or who do not take pleasure in cooking may find this to be a difficult task.

In conclusion, another obstacle is presented in the form of the difficulty in sustaining a healthy diet and making certain that adequate amounts of all essential nutrients are being consumed. It's easy to slip into the trap of eating too much of one type of food or not receiving enough diversity in one's diet when following the Satvic diet, despite the fact that the Satvic diet is rich in necessary nutrients and can bring many health benefits. While this is true, it's also simple to fall into the trap of following the Satvic diet.

Many individuals discover that the benefits of adhering to the Satvic diet much outweigh the inconveniences that are connected with following the diet. The practise of adhering to a Satvic diet has been shown to have a number of positive effects on one's health, including the promotion of better digestion, higher energy, decreased inflammation, and enhanced mental clarity. In addition to this, it has the potential to foster a sense of inner calm and spiritual awareness, both of which can be good to one's general health.

It is essential to practise mindfulness and intentionality towards one's food choices in order to triumph over the problems that come along with following the Satvic diet. This may involve making meal plans in advance, searching for recipes and resources that are suitable for the Satvic diet, and being upfront and honest with one's friends and family about the nutritional choices that they have made. In order to guarantee that all of the essential nutrients are ingested, this may also require the consumption of dietary supplements or other alternative forms of protein.

To summarise, the Satvic diet is not without its drawbacks, despite the fact that it presents its adherents with a number of advantages. In addition, the Satvic diet is not without its merits. These problems include fewer food alternatives, increased cost, difficulty dining out or eating with others, difficulties dining out or eating with others, difficulties dining out or eating with others, difficulties dining out or eating with others, time and effort required to prepare meals, and the necessity to maintain a balanced and varied diet. Many individuals believe that the

benefits of the Satvic diet are well worth the effort, and with careful planning and mindfulness, the Satvic diet may be a sustainable and effective choice of food for many people. Despite these challenges, many people believe that the benefits of the Satvic diet are well worth the effort.

### **The Positive Effects of using clay Cookware for Satvic Food Preparation**

Clay cooking and serving tools are one approach to maximise the health benefits of satvic cuisine, which is characterised by its emphasis on utilising only the purest and most recently prepared ingredients. Clay cooking tools are thought to provide several health benefits, which has led to their widespread use in Indian kitchens over the course of several centuries. While preparing satvic meals, the use of clay tools can have a number of effects, some of which will be discussed in this paper. Because clay cooking utensils are porous, the food can get air while it is being prepared in them, which is one of the primary advantages of utilising them. This assists in maintaining the food's original flavours as well as its nutritional value. One other benefit of using clay utensils is that they are thought to have an alkaline composition, which helps to balance out the acidity of the food being consumed and makes it simpler for the body to digest. People who have problems with their digestive system may benefit greatly from this in particular.

The fact that clay cooking utensils are non-toxic and free of potentially hazardous chemicals is another advantage of utilising them. Clay is a natural material that does not react with acidic or alkaline substances, and this is the reason why this is the case. On the other hand, eating with utensils made from metals like aluminium and copper can cause the release of toxic compounds into the meal when they come into contact with acidic foods. In addition, clay utensils are known to have a chilling impact on the food, which makes them an excellent choice for both preparing and presenting satvic cuisine. It is claimed that consuming Satvic food can have a relaxing impact on both the mind and the body; using utensils made of clay can help to increase this effect. Due to its ability to assist in the regulation of one's body temperature, the insulating characteristics of clay can be of use during the hot summer months as well.

In addition to these advantages, clay utensils are well-known for their attractiveness from an aesthetic standpoint. They are available in a wide range of sizes and shapes, and they can be adorned with a wide variety of complex designs and patterns. This can lend a touch of beauty to the presentation of the food, which in turn makes it more appetising to the senses.

Dishes such as dal, which is made with lentils, vegetable curry, which is made with a variety of vegetables and spices, and khichdi, which is made with rice and lentils, are all examples of satvic cuisine dishes that may be prepared using clay equipment. Clay pots and pans are great for cooking meals because they allow the food's natural flavours and nutrients to be preserved while the food is being prepared.

### **Satvic Fusion Food**

Sattvic fusion food is becoming increasingly popular as an alternative to people adopting a fully sattvic lifestyle, which can be challenging to implement in modern life due to the demands of modern living. A form of cooking known as "Satvic fusion cuisine" is one that combines the dietary precepts of the "Satvic" way of eating with various cooking techniques from different parts of the world. The Satvic diet is a plant-based diet that places an emphasis on eating foods that are fresh, unprocessed, and natural. The Satvic diet places a particular emphasis on the consumption of fruits, vegetables, whole grains, legumes, and nuts.

In Satvic fusion cuisine, the emphasis is placed on the use of healthful foods, such as vegetables, fruits, and grains that are produced locally, as well as the incorporation of a variety of herbs and spices to produce meals that are both distinctive and delectable. The incorporation of distinct cooking techniques from throughout the world, including Indian, Mediterranean, Asian, and Latin American, is what gives this food its distinctive fusion flavour.

A quinoa salad with a blend of Indian and Mexican flavours is one example of a Satvic fusion food. Another example is a curry made with lentils and spices inspired by the Mediterranean. The purpose of the Satvic fusion cooking style is to develop foods that are not only wholesome and good for you, but that are also mouth-watering and pleasurable to consume.

A plant-based diet is associated with a variety of health benefits, and satvic fusion food is a terrific opportunity to experience these benefits while also gaining exposure to new cultures and cuisines. It may also be a creative method to experiment with new flavour combinations and ingredients, which can make eating healthy more exciting and pleasant.

## Conclusion

In conclusion, the Satvic diet exerts a significant influence on the physical body of its adherents. Consuming foods that are fresh, unprocessed, and in their natural state is the foundation of this eating plan. Foods that are considered to be satvic have a naturally high content of nutrients, vitamins, minerals, and antioxidants, all of which contribute to improved health and well-being. Improved digestion, higher energy, decreased inflammation, and enhanced mental clarity are just some of the health advantages that have been linked to following a Satvic diet.

Studies in the field of research have shown that eating foods high in satvic qualities is beneficial to numerous areas of human health. Studies have indicated that adhering to a Satvic diet can improve gut health, lower levels of inflammation, and minimise the chance of developing chronic diseases like cardiovascular disease, diabetes, and cancer. In addition, research has indicated that adhering to a Satvic diet has a beneficial effect on one's mental health by lowering levels of stress, anxiety, and sadness.

The Satvic diet is beneficial because it places a strong emphasis on the consumption of entire foods that have not been refined or processed in any way. This indicates that Satvic foods have a naturally high content of beneficial nutrients like fibre, vitamins, and minerals, all of which are necessary for maintaining a high level of health. In addition, processed foods are avoided on the Satvic diet. These foods are frequently heavy in unhealthy fats, additional sugars, and preservatives, all of which can have a bad impact on one's health.

It is essential to keep in mind that the Satvic diet is not a universal remedy that can be applied to everyone. The nutritional requirements of an individual might differ greatly depending on a number of factors including their age, gender, lifestyle choices, and medical history. As a result, before making any significant modifications to one's diet, it is imperative to discuss the matter with a qualified medical professional.

In spite of the fact that the Satvic diet offers a wide variety of advantages, adhering to this eating plan can present a few difficult problems. These include fewer food alternatives, increased cost, difficulty dining out or eating with others, difficulties dining out or eating with others, time and effort required to prepare meals, and the necessity to maintain a balanced and varied diet. Nevertheless, it is feasible to overcome these hurdles and maintain a Satvic diet if one plans ahead and practises mindfulness throughout the process.

In conclusion, the Satvic diet is an extremely useful option for anyone looking to achieve optimal health and wellness through their food choices. Because of its emphasis on whole, fresh, and unprocessed foods, it can assist individuals in maintaining a healthy weight, lowering their risk for developing chronic diseases, and improving their general health and well-being. To attain the best possible results for one's health, in addition to adhering to the Satvic diet, one should also engage in consistent physical activity, get a suitable amount of sleep, and practise stress management. As study on Satvic food continues, it is probable that additional benefits and insights into this diet will be revealed, offering a helpful tool for enhancing health and wellness in the process.

## Recommendations

- Enhance availability to satvic food It is important to make an effort to enhance access to satvic food, particularly in regions where fresh produce is not easily accessible. Community gardens, farmer's markets, and teaching programmes about gardening and nutrition are examples of possible efforts that could fall under this category.
- Education and awareness: There is a significant need for increased education and knowledge regarding the advantages of a satvic diet, as well as the best ways to prepare and partake in such a diet. Educational programmes in schools, hospitals, and community centres, as well as public health campaigns, promoting the benefits of satvic diet could fall under this category.
- Research is needed to better understand the processes by which satvic food exerts its health benefits and to examine the long-term influence of a satvic diet on health outcomes. Additionally, research is needed to investigate the mechanisms by which satvic food exerts its health benefits. This could entail doing large-scale research that compare the health results of people who consume a standard Western diet to those who take a satvic diet.

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