

CLASSIFICATION OF FOODS

There are various methods of classifying food ingredients. But, the presently known, accepted and taught in the curriculum is far from its practical relation with the Health. Let us go through all the types and find out which of them can really help us in the promotion of Health.

(1) **Normal - (As taught in our academic curriculum)** –

Main Constituents – Carbohydrates, Proteins and Fats.

Subsidiary – Vitamins, Minerals, Trace Elements etc.

Their Role – To create energy, Heat, Construct new cells, Calorie Theory, This & that, that & this, etc. etc. All that we have learnt in our school & collage.

(2) **Traditional** – (As per our Indian Tradition i.e. Bhagvat Geeta, Ayurveda & Yoga) – Satvik Diet, Rajasik Diet & Tamasik Diet. i.e. Effect of Diet on Behavioral Character and Vice Versa.

(3) **Naturopathic** – In Nature Cure the food is classified in three different ways. And even if it is classified in three different ways, out of three two are same as the traditional one with difference in the way of nomenclature due to the different way of interpreting the role of food in the overall Metabolism and Health.

(a) **Non Concentrated Foods (Sattvik) & Concentrated Foods (Rajasik & Tamasik)** - All the Fruits & Vegetables in their Natural form (Natural, Uncooked form) are covered under the Non Concentrated Foods' category and are supposed to be Sattvik in their nature. Carbohydrates, Proteins & Fats come under Concentrated Foods' category and are supposed to be Rajasik & Tamasik in their nature. Non Concentrated – Sattvik ones if undergone the drastic cooking processes loose their Satvik Nature and get converted in to Rajasik & Tamasik character.

(b) **Alkaline Foods (Sattvik) & Acidic Foods (Rajasik & Tamasik)** - Our blood just alkaline, pH 7.4. This alkaline pH is maintained with the help of alkaline mineral salts which we get in their most natural form i.e. Sattvik, Non Concentrated, Uncooked Form. So, these foods are called as Alkaline Food, the food which after digestion supplies alkaline ingredients to the blood. Rest all types of foods are Acidic Foods as they release acidic products in the blood stream, which in turn starts losing its alkaline nature & starts getting converted in to acidic nature. Alkaline foods are also called as **Positive Foods** and Acidic foods as **Negative Foods**.

Hence, in general, all exclusive Rajasik – Tamasik, Concentrated, Acidic and to some extent many of the cooked types of foods i.e. Negative Foods are Hazardous To Health.

(c) **Subtle Foods (Aakash, Vayu, Tej)& Gross Foods (Aap, Prithvi)** - Nature has created our bodies from / with the help of, Five Elements i.e. Ether (Space), Air, Sun, Water & Earth (Aakash, Vayu, Tej, Aap & Prithvi). So, in Nature Cure it is believed that all these five elements are our Foods as well as Medicines. This Principle is called as 'The Principle of Five Fold Food Medicine'. The matter is found in three forms, namely – Gaseous, Liquid and Solid. Our body is a physical matter and if it is composed from these five elements, so let us try to divide them in the three forms of matter.

Ether, Space, Aakash – It is an empty space. That is, matter wise it has no existence. The funny part of it is that even though we can see it, it has no existence. According to the mathematical formula of Density, Density is inversely proportional to Volume. And this formula applies completely to Aakash. As it is not a matter, its Density is Zero and its volume is Infinite. So is its role in the maintenance of our Body & its Health. Rest, Entertainment, Sleep, Positive thinking, Positive outlook, Positive behavior, Spiritual procedures like Dhyan – Dharana, Fasting etc. are covered under the Principle of Aakash. When we under these procedures body vitality does not have any vital function to be carried out in the body, so it diverts herself towards the most vital function, next vital to digestion, i.e. cleaning , purification of the body. Thus it helps Nature – Mother Nature – to improve the quality of the blood. So, Aakash is believed to be The Food & Medicine also. Our ancestors have rightly said 'Langhanam Peramaushadham !' (Fasting Is The Supreme Medicine !)

Air, Vayu – It is found in the first form of the matter i.e. Gaseous. Again as per the Formula of Density, its density is very low and inversely its volume is tremendous, so is its role in the metabolism of our body and obviously in the maintenance of Health & also to increase the purity of blood. So, Air is also The Food & Medicine.

Sun, Tej – Sun is our first father, our main source of energy. Sun rays are in wave form, we can see them but, they are not matter. Applying the formula of Density, it also has very less density and inverse amount of volume and so is its role in the maintenance of body and Health. Sun is responsible for many functions in our body. It creates Vitamin – D, promotes blood circulation, helps elimination of toxins (metabolic bi-products) through sweating etc. thus Sun also helps us to improve the quality and purity of blood so Sun also is our Food as well as Medicine.

**Therefore, all these three Elements are, called as Subtle Foods.
More Subtle they are, Greater is their Health Value !**

Water, Aap – The second form of matter – Liquid. It is always said that 'Water Is Life !' Our body contains about 70 % of its weight as water. Whenever there is the reduction of water content in the body, we suffer some problem or the other.

UNDERLYING WORKING PRINCIPLES

(1) **Newton's Third Law** – Law of Action And Reaction - For every action there is equal and opposite reaction.

(2) **Liquids attain their level** - Liquid flow from higher level to lower level. (Especially for Enema).

(3) **Effect of temperature on the system** –
Cold – Contraction (muscles, skin, nerves and blood vessels),
Hot – Expansion and Relaxation (same as above),
Hot and Cold (alternate) – Passive exercise.

(4) **Stimulating Effect** – Nerves, Glands (to regulate secretions).

(5) **Lubrication Effect** – Lubrication to the old dry coatings of the colon through enema.

METHODS OF USE

Packs [water and mud], compresses, bandages, foment, jets, showers, sprays, douches, enemas, imbibitions, irrigation, gargling, splash, achamanas and various types of partial or full baths are some of the important Hydro- Thermo- Therapeutic procedures which prove effective when used properly. That is how water helps maintain purity of blood, so it is also Food as well as Medicine.

Earth, Prithvi – Nature has designed our body to digest the foods which She has created for us. Depending upon the food we eat, the water content of the natural foods vary from 60 to 95-98 %. ‘Drink the food and eat the milk !’ goes the saying. It directs upon the importance of mastication, which is technically called as Flaturism, i.e. mastication of every morsel at least 32 times. Digestion is a chain chemical reaction, in which every reaction depends upon the previous one. If oral digestion becomes proper, i.e. mixing of saliva with the food and convert the solid into liquid totally, we will automatically drink it. Similarly, milk i.e. every liquid food we take in should be treated like a solid food swirl it thoroughly and then swallow it. If this method be followed it will become very clear that the idea that raw, uncooked food is difficult to digest is a misconception.

Role Of Roughage – These are polysaccharides with strong bonds which makes them indigestible. Because of this ‘Scientists’ in the previous generation thought it to be useless and therefore was rejected from the foods. Also, due to the so called ideas of ‘sophistication’ the concept of refining was developed for the vested interests of commercial industrialists. Due to this people suffered of digestive disorders, which ‘they’ realized after spoiling the health of almost three to four generations. Catalysts (a chemical term) are those which doesn't take part in the chemical reaction but, chemical reaction cannot take place in its absence. Roughage are the catalysts of digestive processes. We cannot swallow the food unless the roughage part is crushed into pulp.

So, it makes you masticate the food thoroughly. While masticating teeth get exercise and gums get massage. While passing through esophagus it brushes the inner lining due to which peristalsis is promoted and any matter sticking to the inner surface is scrapped with. It increases the porosity of chime due to which gastric and duodenal digestion becomes proper. Obviously, every drop of digested food is absorbed in the circulation while passing through small intestine. The property of roughage is to swell up by absorbing water. During the process of digestion it swells up by absorbing water and the bulk of the residue increases and promotes colon peristalsis so that, the disposal / evacuation of this undigested toxic bulk becomes proper and total / complete. Thus, it is a catalyst. As creation of Hunger and its satisfaction also is a biochemical reaction which takes place properly only because of mastication, automatically it is satisfied in less amount of food. Also, due to the presence of indigestible roughage matter, physical feeling of heaviness in the stomach, which people misinterpret for satisfaction of hunger is also 'satisfied'.

Combinations Of foods – Carbohydrates are digested in the mouth after mastication for 20 to 30 seconds, in salivary medium with the help of ptyalin. Proteins are digested in stomach in the highly acidic medium (HCl 1.2 to 1.5 Normal) with the help of Rennin, Pepsin and certain micro organisms for about 2.5 to 4 hours depending upon the type of food we have taken. Fats are digested in duodenum in and with the help of bile, which is highly alkaline, for about 20 to 30 minutes. In Nature Cure it is believed that Mother Nature never commit any mistake. When it has designed three different organs with different designs, digestive medium, digestive enzymes and digestion period for three different food ingredients, then they should not be taken in the same meal at a time. From this principle has evolved a theory called as Principle of Mono Diet and Theory of Combination of Foods.

- (1) No two concentrated foods should be mixed together.
- (2) As many as non concentrated foods can be mixed together.
- (3) One concentrated food and as many as non concentrated foods can be mixed together.

No Breakfast Plan and Other Rules – 0.0 hrs. to Noon is believed to be the period of elimination, body cannot carry out two vital functions at a time and both digestion and elimination are some of the most vital functions in the body. So, as far as possible avoid breakfast, take that before you start your office work see that food taken before is digested in stomach, if this is not possible have ample fruit or vegetable juices, fruits or such easily digestible food stuffs. Have at least 8 hrs'. gap between two meals, have a gap of at least 3 hrs. between supper and sleep. Due to health problems if you happen to undergo a fast or diet regimens like Liquid Diet, Fruit Diet, Restricted Diet etc., then daily you must take Non Violent type of Enema twice a day combined with other Eliminative Naturopathic Treatment. Every day one must do some sort or other type of Exercise, all ending with prominent Abdominal Exercises.

Spiritual Concept

The Traditional Indian Spiritual Culture thinks about food in very different manner. According to this concept the food is divided in three groups.

(1) Kanwal Aahar, (the food which is actually taken through mouth).

The % of this food is believed to be only 40% of the actual requirement of the body.

(2) Rom Aahar, (the requirement of the body which is fulfilled through our skin, nose, eyes, etc.). The % of this is believed to be about 30%.

(3) Sushumna Aahar, (the requirement of the body which is fulfilled through the nervous system). The % of this is believed to be about 30%.

This type of analysis is very parallel to the Subtle Food and Gross Food Concept.

Calorie Theory

Our body is always compared with a Machine. But, the rules of machine are conveniently applied to the body. The main fact is ignored that Human body is Self Created, Self Working, Self Healing and Living Entity. Where as machine is created by human being , operated by human being , repaired by human being whenever necessary and A Non Living Entity. Philosophy and Science (not only in India but, world over) believes that Super Natural Power called God (if one does not believe in it, you may call it as Nature or Science) has created it. Aatma, Pranashakti, Jeevanshakti, Vitality, Vital force (whatever you call it is the real and main source of energy and its quantity is decided, fixed and inherent at the time of birth. All the Fundamental Laws of Physics, Chemistry and Biology are followed by this body with reference to the concept of above mentioned Aatma. Food is not the source of energy but the building material of the body.

In case of machines, output is always less than input and maximum standard efficiency is believed to be 90 % . All the functions in the body are carried out by energy which is said to be getting through the food we eat. If the body is working to the most of its efficiency, if the input is, say, 100 units of fuel, then it will give 90 units of energy. Digestion is a process which requires maximum expenditure of energy. Let us use the rule of 90 % . So, it will get 80 % of body energy. Now, to digest 100 units of food, as per the rule of 90 %, digestion should require 110 units of energy and this calculation does not match. We can get the reply only by the co-ordination with the theory of Aatma to be the only and ultimate source of energy.

Author :

Dr. Ashok Babulal Jhamwar.

Expert In Health Culture and Nature Cure,

Panchtatva Swasthya - Sanskar Kendra,
686 / 2A+ 2B, Flat No. 7, Ganga Jamuna,
Bibawewadi, Pune 411037.
Phone No. - (020) 24214085,
Mobile No. – 9922760095.
E-Mail – ashokbj49@yahoo.co.in.