

9. Read the following passage carefully.

We may now mention a few practical methods to alter one's guna composition in the positive direction.

1. It is held that vegetarian food is *intrinsically*¹ *sattvic*, whereas non-vegetarian food is *rajasic*. It is true that the plant kingdom is *essentially*² *sattvic*. On the other hand, the animal kingdom is of a significantly *rajasic* temper. Thus, vegetarian food could assist in adding to the corpus of *sattvic* qualities. Likewise, animal food might add to the fund of *rajasic* qualities.
2. The *Gita* (XVII8-10) says that a *sattvic* person tends to prefer succulent, soft, firm and satisfying food which increases inner and outer strength and prolongs life. A *rajasic* person is likely to opt for violently pungent, sour, hot, acrid, rough and burning food. A *tamasic* person is inclined towards cold, impure, stale, rotten, or tasteless food. Thus, there may be some cause and effect relationship between food habits and *gunas*.
3. Alternate nostril deep breathing is another effective means to improve *sattwa*. During inhalation one can will that *sattvic* qualities like *contentment*³, gratitude, modesty, etc., are being absorbed within. On the other hand, *rajasic* qualities like anger, vanity, greed, etc., can be willed to be purged through the other nostril during exhalation. Patience and perseverance are required to produce intrinsic changes in one's personality by this process. The knowledge of this art has been with India for centuries. Apart from this, such a discipline also adds to longevity and *reduction*⁴ of tension and stress.
4. *Satsang* (company of sacred literature and/or holy individuals) is another way to create a purifying impact on the subtle mind. Association with holy men, or reading of sacred books where the former option is not available, usually, provides practical guidelines to solve ethical problems.

(a) Answer the following questions briefly :

- (i) What is the difference between vegetarian and non-vegetarian food ?
- (ii) How does vegetarian food assist in enhancing *sattvic* qualities ?
- (iii) What type of food is preferred by *rajasic* persons ?
- (iv) What is needed to bring about intrinsic changes in one's personality ?
- (v) What do you understand by *Satsang* ?

VALUE POINTS

The passage is about :

Importance of food in changing one's *gunas*

Para 1

- vegetarian food, *sattvic*
- non-vegetarian, *rajasic*
- vegetarian food adds to *sattvic* qualities

Para 2

- *sattvic* person prefers soft, firm, food, adds to inner strength
- *rajasic* person likes sour, hot, acrid food
- *tamasic* person likes stale, rotten food

Para 3

- deep breathing improves *sattwa*, inhale and will, *sattvic* qualities, will to leave *rajasic* qualities like anger, develop patience and perseverance

Para 4

- *satsang*, creates purifying effect, associated with holy men or books

GLOSSARY

1. intrinsically : basically
2. essentially : necessarily
3. contentment : satisfaction
4. reduction : reducing

(b) Fill in the blanks with suitable words.

- (i) A rajasic person likes to opt for pungent and burning food.
(ii) Patience is required to produce intrinsic changes in one's personality.
(iii) If you associate with holy persons, you can solve ethical problems.

(c) Answer the following questions :

- (i) The synonym of 'succulent' in paragraph 2 is _____ .
(a) juicy (b) solid
(c) watery (d) dry
- (ii) The antonym of 'modesty' in paragraph 3 is _____ .
(a) soft (b) arrogance
(c) disobedience (d) proud

Space for Answers

Ans 1} Vegetarian food is intrinsically sattvic, whereas non-vegetarian food is rajasic.

Ans 2} Vegetarian food could assist in adding to the corpus of sattvic qualities.

Ans 3} A rajasic person is likely to opt for violently pungent, sour, hot, acrid, rough and burning food.

Ans 4} Patience and perseverance are required to produce intrinsic changes in one's personality.

Ans 5} Satsang is another way to create a purifying impact on the subtle mind. Association with the holy men or reading of sacred books where the former option is not available, usually provides practical guidelines to solve ethical problems.