

# जैन भोजन पद्धति : विज्ञान के परिप्रेक्ष्य में

## Jain Food System: Scientific Evaluation

Dr. Anil Kumar Jain  
Jaipur

# Food Revolutions

- Present day life style has changed our food habits.
- Fast food powered by food revolutions created various new diseases among masses.

Food Revolution	Purpose	Side Effect
White Revolution	Milk	Glucose imbalance
Green Revolution	Food grain	Hormone imbalance
Pink Revolution	Meat & Poultry	Microbial imbalance
Blue Revolution	Fisharies	??

# Our Old Tradition

- We have to look into our old traditions
- Food is classified into 3 categories
  1. Tamsik (तामसिक): involve violence of microbes & insects
  2. Rajsik (राजसिक): very rich diet crating laziness
  3. Satvik (सात्विक): good for healthy life
- In all Indian religions, Satvik food is recommended for practicing religion
- Jain religion explained Satvik food in detail

# Jain system of food: Guidelines

- Don't use inedible (अभक्ष्य त्याग)
- Use fresh grocery (मर्यादित भोजन)
- Use boiled & filtered water (छने पानी का प्रयोग)
- Keep kitchen bacteria free (रसोई शुद्धि)
- Control taste (रस त्याग)
- Take food only in day time (रात्रि भोजन निषेध)
- Take less food than appetite and practice fasting (उनोदर और उपवास)

# Don't use inedible (अभक्ष्य त्याग)

- Non-edibles are classified in 5 groups. One should not use food which involve following
  1. Involve killing of 2 to 4 sensed living being (insects) (त्रस घात)
  2. Involve killing of more one sensed living being (बहु स्थावर घात)
  3. Anti diet (विरुद्ध आहार)
  4. Spoiled involve taste change (चलित रस)
  5. Unserviceable (अनुपसेव्य)
- Fast food
- Fusion food

# Fresh grocery (मर्यादित भोजन)

- Food spoils after certain time, a lot of small living being like bacteria are generated in abundance.
- One should use it before the expiry dates.
- Jainacharyas have provides time limit for various grocery items.

## Expiry Time (अमर्यादित भोजन)

	खाद्य पदार्थ	सर्दी	गर्मी	बरसात
(1)	आटा	7 दिन	5 दिन	3 दिन
(2)	खाण्ड	1 माह	15 दिन	7 दिन
(3)	रोटी व पकी दाल	6 घण्टे	6 घण्टे	6 घण्टे
(4)	पकी सब्जी	12 घण्टे	12 घण्टे	12 घण्टे
(5)	तले पदार्थ	24 घण्टे	24 घण्टे	24 घण्टे

Mentioning manufacturing and expiry dates on all consumables is compulsory

# Use of boiled & filtered (छन्ने पानी का प्रयोग)

- Simple filtered well water: up to 48 minutes
- Water with anti bacterial such as gloves etc.: 6 hours
- Warm water: 12 hours
- Boiled water: 24 hours



# Bacteria free kitchen (रसोई शुद्धि)

One should keep following point in mind in preparing bacteria free food

- Cleanliness of food material (द्रव्य शुद्धि)
- अन्न, जल, दूध, दही, घी, तेल, खांड, वनस्पति शुद्धि, ईंधन शुद्धि तथा सकरा विधि शुद्धि
- Cleanliness of kitchen (क्षेत्र शुद्धि)
- दुर्गन्ध रहित, समुचित प्रकाश और वायु युक्त साफ़ सुधरा स्थान
- Proper time (काल शुद्धि)
- रात्रिकाल, शोक के समय, ग्रहण के समय तथा प्रभावना काल रहित समय
- Pleasant mind (भाव शुद्धि)
- वात्सल्य और करुणा से युक्त भाव

# Control taste (रस त्याग)

- Seven eatables that make food tasty
- Salt, green vegetables, sugar, ghee fat, milk, curd and oil
- Not to use one of the above item one by one in week days.
- Purpose: control on taste, maintaining balance in the body, healthy living
- Avoid salt to control BP
- Avoid sugar to control diabetics
- Avoid ghee and oil to cholesterol

# Only day time food (રાત્રિ ભોજન નિષેધ)

- More insects in night may spoil food
- Eating at least 6 hours before sleeping help in proper digestion – Doctors' advice

# Less eating & practicing fasting (उनोदर और उपवास)

- Eating less food than appetite helps in maintaining good health
- Fasting helps in treating diseases
- Nobel prize of 2016 to Dr Y Ohsumi for Autophagy. Fasting helps in removing unwanted cells in the body
- Nobel prize of 2017 to Jeffrey Hall, Rosbash & Young for solar control body metabolism.
- Dr. Heather Weir (Harvard): effect of fasting on ageing
- Many are working on intermittent fasting.

# Conclusion

- Jain food System is very well developed and based on scientific thinking.
- One can avoid killing of small living being by practicing this process.
- Consumption of such food is hygienic and good for health and good for practicing Jainism.
- Jain food system has scientific foundation.

# Thanks for listening