

Vegetarianism and yoga

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WHAT IS FOOD ?

NOURISHMENT. FOR

BODY ANNAMAYA KOSA. PHYSICAL BODY

1. FOOD. 2. EXERCISE 3. RELAXATION

1. TYPE QUANTITY, QUALITY, FREQUENCY, MENTAL
STATE

2. EXERCISE ; GENERAL AND SPECIFIC - AGE FITNESS etc

3. RELAXATION : CONSCIOUS WAY TO RELAX YOGA

SOURCE OF ENERGY IS FOOD

SOURCE OF ENERGY. IS SUN

**PRIMARY SOURCE : OF STORED SUN'S ENERGY IS
PLANTS**

SECONDARY SOURCE: ANIMALS AND INSECTS

TERTIARY SOURCE : BIRDS, FEEDING ON INSECTS etc

DEGREES OF MANIFEST CONSCIOUSNESS



Yoga respects consciousness

Creation is varying degrees of manifest consciousness

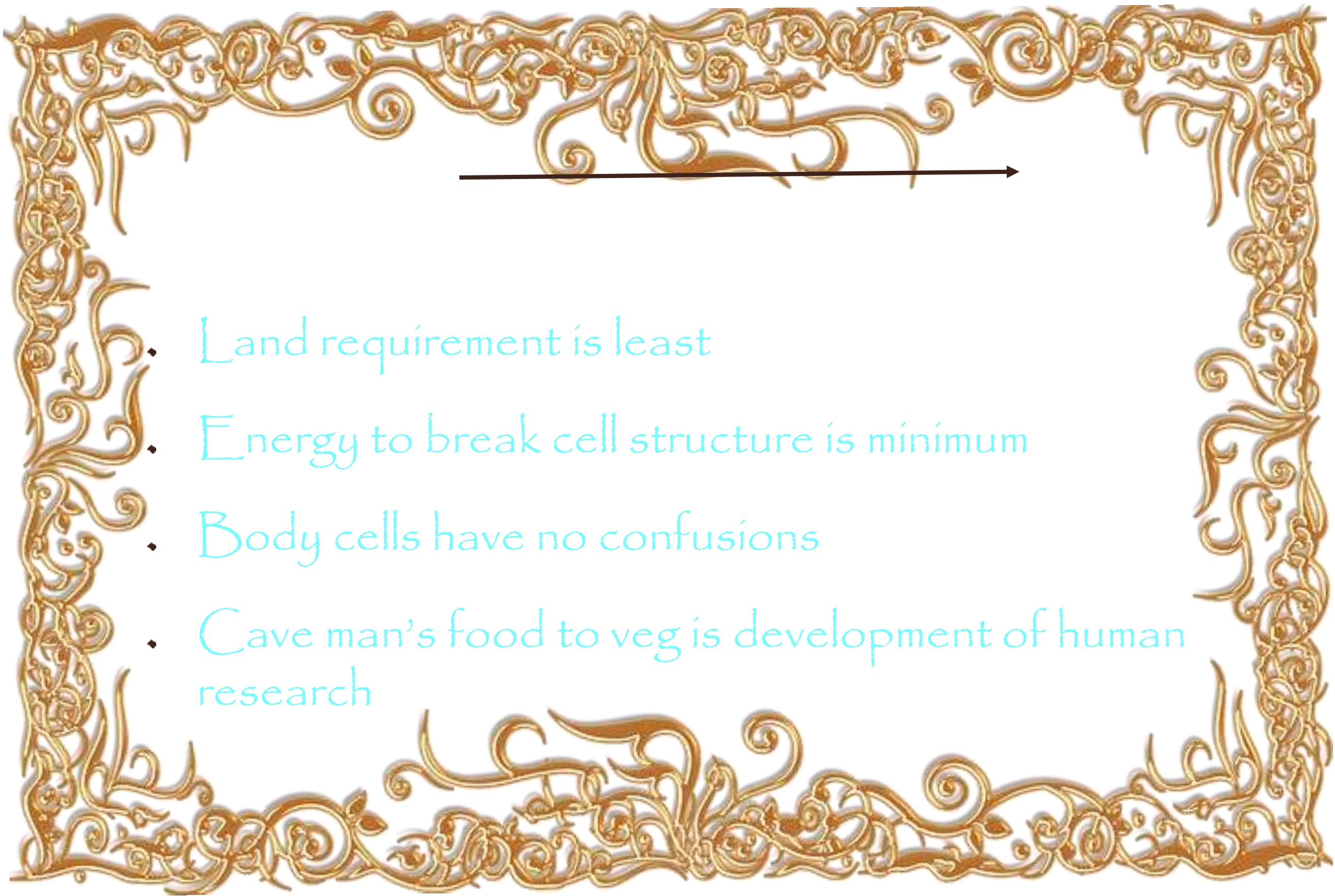
Matter has least free consciousness. Next is

Plants ~ freedom called self growth. Next is

Animals ~ freedom of locomotion. Next is

Human being ~ freedom to organize. Highest degree

OTHER CONSIDERATIONS

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- Land requirement is least
 - Energy to break cell structure is minimum
 - Body cells have no confusions
 - Cave man's food to veg is development of human research

Yoga therapy research

Scriptural research
and understanding



Naturopathy college

Ayurveda college

MD Anderson cancer research

Research into yoga applications

Holistic health

South Pole research

International
research
University courses
Fundamental
yoga research