

Role and Importance of Yogic Diet for Health Tourist

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Abstract

Holistic health is the basic need of life. If health is good, anybody can get the success in his life. But health depends on our thinking, life style, diet and many aspects. In which food plays a very important role in care of health. Food is a natural need of life, in our diet we should concentrate for that food which is good for health. If we search deeply, there are many types of food, in which 'Yogic Diet' has it's a good importance. The 'Yogic Diet' affected not only the body but also the mind. The 'Yogic Diet' maintained the health and developed a positive attitude in a person (Health Tourist). In this present time a 'Health Tourist' deal with 'Yogic Life style' in health tourism, in which the whole concentration on his diet. A 'Yogic Diet' gives a good health to the health tourist who visits to the purpose of health. Health Tourism teaches to a 'Health Tourist' about daily routine through diet. With 'Yogic Diet' a 'Health Tourist' also makes his holistic life style creative.

Key words: Yogic diet, Health tourism, Health tourist

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Introduction:

Health Tourism is a form of tourism to preserve, enhance & retrieve physical & mental health of individuals that taken over 24 hours and less than a year (health tourism) & divides in three parts. The first is natural means those tourists who use take only natural treatment therapy like Yoga, Ayurveda etc. The second part is wellness tourism, in which health tourist used natural and medical both treatment therapies. But in wellness tourism a tourist utilizes lifestyle and spirituality very deeply. In wellness tourism there are many psychological treatment therapies. The third part of health tourism is medical tourism, in which tourist visit to the purpose of physical health and to live free from illness. In this visit, his purpose is also a tour package with cultural and social attraction.

Today in this increasing generation due to life style disorder mostly peoples are moving to natural life style. In fact natural life style is very useful to the peoples through which they could maintain their health. To keep the health natural a 'Yogic Diet' is very important. A 'Yogic Diet' keeps the body very active and gives peace to the mind. A 'Yogic Diet' is full from purity and positivity which gives a new life style to the 'Health Tourist'.

Health Tourism and Health Tourist

Health Tourism is a new tourism product which developed in India and today is becoming very famous. In this tourism a health tourist is conscious for his holistic health. He considers for those treatment, through which he can live a long life.

The concept of Health Tourism is very ancient. In ancient time tourists visit with religious feelings to his health. Today peoples visit for many purpose like- Business, Meeting, to increase cultural relation etc. But the main ancient reason of visiting is health.

According to IUOTO, (1973) "Health Tourism is the provision of health facilities utilizing natural resource of country in particular, Mineral, Water and Climate".

According to Tabbich, (2001) "Health Tourism is any kind of travel to make yourself or a member of your family healthier".

A Health Tourist goes for many kind of travels according to his purpose of health, the nature base health tourist travels towards nature to give the importance nature base health therapy .we can understand as -

Health Tourist is that person who travels for fulfill the purpose of good health through -

- Health Care
- Maintenance

The main objective of 'Health Tourist' is learns those techniques of nature base health therapy which can help him to stay healthy for a long time.

Yoga

Yoga literally means "union". It is a union of breath and the body, the mind and muscles and most importantly union of the self to the divine. Yoga is a scientific system of physical and mental practices that originated in India more than three thousand years ago. Its purpose is to help each one of us achieve our highest potential and to experience enduring health and happiness. With Yoga, we can extend our healthy, productive years far beyond the accepted norm and, at the same time; improve the quality of our lives.

Yoga is a 5000-year-old Indian philosophy that combines exercise, breathing, diet, relaxation and meditation. It is a combination of physical and mental disciplines which make the body stronger and healthier and the mind calmer and more controlled, helping towards self-

realisation. It emphasizes the relationship of body, mind and breath, the synchronisation of the breath and movement, the use of preparation, counter pose, sequences of linked postures and modification of postures to suit individual needs.

Yoga is the art of skilful living. It has many aspects. It is about getting to know yourself. Integrating the many aspects of ourselves and putting us in control of our minds; the effects are holistic, bringing about health awareness and a change of attitude towards ourselves and the world around us. We cannot practise Yoga without changes happening within ourselves, becoming more aware that it influences our life and the way we live.

The practice can be low impact but it can also be very demanding. The beauty of Yoga is that it is accessible to everyone, as the session can be adapted to each person's level of fitness or state of health. For those who love Yoga, it becomes a way of life. Whether your path is physical, mental, and spiritual or a combination, yoga is for everyone.

Yogic Diet

A *sattvic* diet, also referred to as a yoga diet or sentient diet, is a diet based on foods that—according to Ayurveda and Yoga, are strong in the *sattva guna*, and lead to clarity and *upeksa*

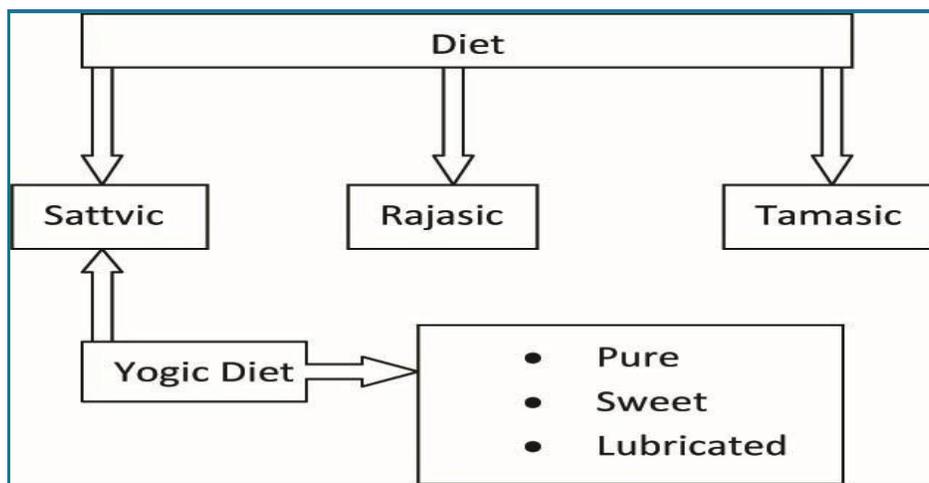
(equanimity) of mind while also being beneficial to the body.

Such food include water, cereal, grains, legumes, vegetables, fruits, nuts, unpasteurized and unhomogenized fresh milk and fresh milk derivatives (mostly ghee, but also butter, cream, cheese (*paneer*), and yogurt (*lassi*), and raw honey.

Foods that this system considers neither positive nor negative are *rajasic*, while those that harm the mind or body are *tamasic*.

Foods that are kept overnight (leftovers) are considered *tamasic*, as they lose their vital essences and may have grown microorganisms. Any foods that involve the harm of another being are also considered *tamasic*, and overly-sweet foods are considered *rajasic*. Too much spice, sugar, or salt may render what was a *sattvic* food to become *rajasic* or *tamasic*.

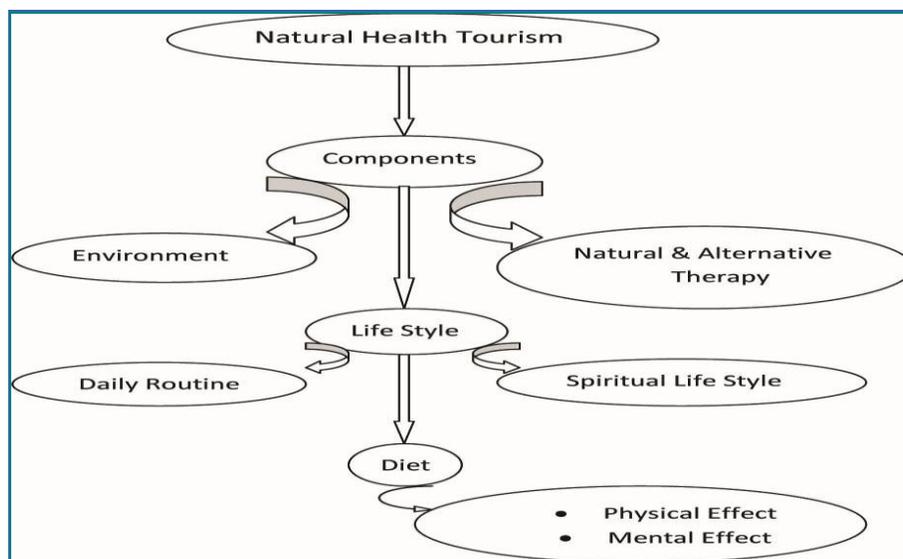
Foods that are considered the most *sattvic* of all are fresh milk from a happy cow (see the dairy section), and fruit fallen from a tree. This is because there is absolutely no harm done to the organism from which the nutrients came, but the organism gave the food willingly and with blessings.



Yogic Diet and Health Tourist

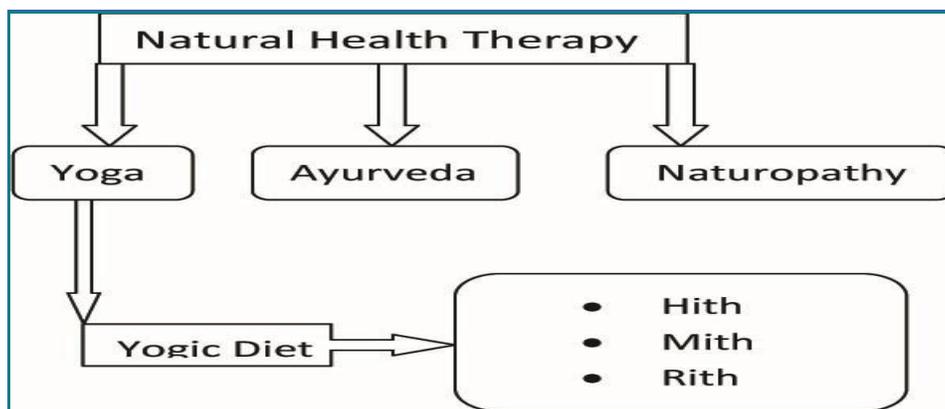
Which diet gives the energy, beautifulness, smartness and pleasure to the body, that food is able to eat and opposite this which diet loses the vital energy and increase the laziness that food is not able to eat. A healthy diet pampers the body very strongly. The healthy diet changed the both conditions of body and mind, but opposite this

an unhealthy diet affected not only the body but also the mind. The diet is a natural and necessary need of life. A diet has a important place in life style of a 'Health Tourist'. A pure and *satvic* diet gives also peace to the mind with health, it can be explain as



This diagram shows that diet is a important aspect for 'Health Tourist'. A 'Health Tourist' must maintain his diet management according to Yoga aspects (Hith, Rith, Mith). Who takes the necessary diet according to the health, called *Hithbhoji*. Such a person eats only for health not for taste. Secondly, who takes a little diet according to the need of body and for digestion,

called *Mithbhoji* and finally *Rith* is related to purity, love and consciousness. It means which food cooked by true love and feelings. In *Rith* the main concentration on the feelings of that person who cooked the food and how much pure and true her/his feelings. Who eats the food which is cooked by pure feelings and consciousness, called *Rithbhoji*.



Thus a 'Health Tourist' can make his body and mind healthy to follow 'Yogic Diet'. A good diet brings many changes in 'Health Tourist' like

- Best Daily Routine
- Changes in Behaviour
- Thoughts
- Peace of mind
- Physical and Mental Excellence

When we analysed the figure related to diet, we find that in present time stress is growing on due to modernity and due to this stress life style disorders are increasing. Today peoples face many problems. A 'Yogic Diet' plays an important role to maintain life style and a 'Health Tourist' get the rest and peace of mind. We can understand as

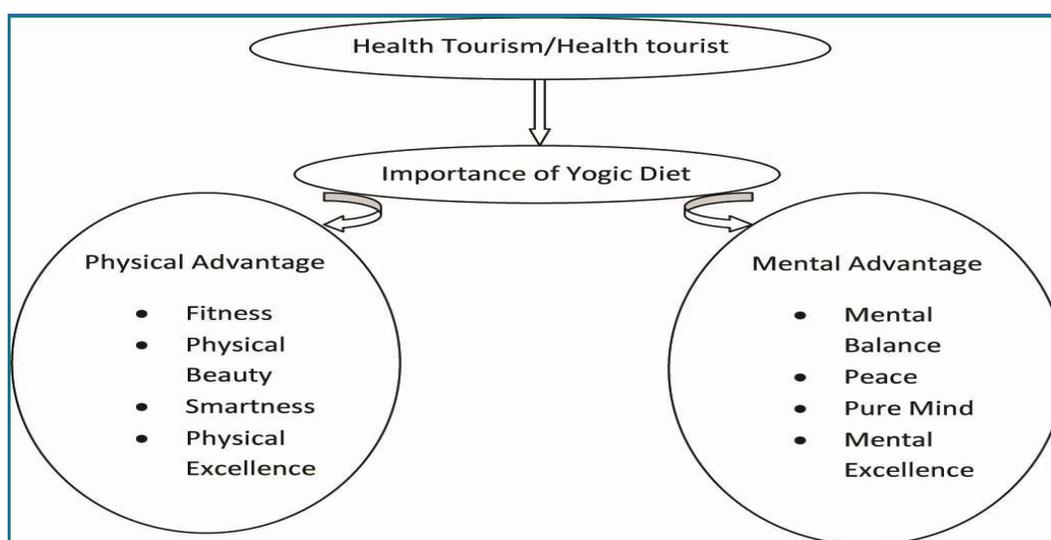
Diet Table Analysis:



Finding & Results:

When we diagnose this research paper, we find that 'Yogic Diet' is very important to a 'Health Tourist'. A 'Health Tourist' can develop his physical and mental progress through 'Yogic

diet'. We can understand the importance of 'Yogic Diet' of 'Health Tourist' as



Discussion and Suggestions:

According to the analysis of this research paper a 'Yogic Diet' is very important in the life of 'Health Tourist'. A health tourist takes yogic diet to his physical fitness on the bases of his purpose of health which is clarified by the help of many diagrams. When a tourist travels to the purpose of health, he/she must remember some necessary points; as

- Quality of food
- Mental condition while eating
- What to eat?
- How to Eat?
- How much to eat?
- 'What' and 'what not' to eat?
- Hard work
- Management of daily routine

Methodology:

For this theoretical research paper we used many books, Journals, internet etc. related to 'Health Tourist' & 'Yogic Diet'. As well as researcher develops the relation between 'Yogic Diet' and 'Health Tourist' with personal thinking and the researcher used many diagrams to make this research paper scientific which shows the importance of a research.

Conclusions:

In natural health tourism a 'Yogic Diet' has a very important place. This research paper proves that the 'Yogic Diet' is best for 'Health Tourist' to give. As 'Yogic Diet' gives the beauty, smartness, fitness and physical excellence to the body, so it gives the peace, relax mental strength and mental excellence to the mind. In fact a 'Health Tourist' can progress in his life with the use of 'Yogic Diet'.

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