



# Indian Food Patterns and Triguna Theory of Personality

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## Abstract:

*Triguna personality model is well defined in Bhagwat Gita chapter 17. It is related to physical, social, psychological, and spiritual aspect of personality. Triguna means three qualities or gunas of Prakriti, i.e., Sattva means balanced, Rajas means passionate, and Tamas means dull. Indian food patterns are also governed by Gunas and they influence our whole personality.*

*Triguna is a system that is related to the physical, psychological, and spiritual aspect of personality. The Indian perspective of personality is shown in the Triguna theory. This perspective is more advanced and complex as compared to the western perspective of personality. In Indian philosophy it is believed that universe is made up of the union of two elements that is Purusha, the male and Prakriti, the female. Purusha is stable while Prakriti is changeable. It consists of three elements called three Gunas that is Sattva Guna, Rajas Guna and Tamas Guna. Sattva Guna indicates Satvic which means a balanced or positive personality, Rajas Guna indicates Rajic means king's personality and Tamas Guna is related to Tamas meaning darkness, it indicates a negative personality. These three different personalities possess their own style of living, behavioral and thinking patterns, food habits and life philosophy. Indian researchers have deliberated on this concept of Triguna and wellbeing (Verma, Y.; Tiwari, G.K.; Pandey, A.; and Pandey, R; {2020}, Das, R.C.; {1991}, Khanna, P; Singh, K; Singh, S; Verma, V; {2013}, Ravindra, P.N.; Prashanth, B; {2021})*

*These three different personalities possess their own style of living, behavioral and thinking patterns, food habits and life philosophy. Our food ingredients/materials, food quality, it's cooking procedure, food diet and food habits effect both our mind and body. In Indian culture food is classified into three main categories, i.e., Sattvic food, Rajasic food and Tamasic food. A discussion of these three categories is being done below:*

## 1. Sattvic Food and Sattvic Personality

It is a non-stimulating vegetarian food and is also referred to as the positive food. It consists of seasonal fresh vegetables except garlic and onion, milk, milk products, curd and pure ghee, seasonal fruits and fresh fruit juices, sweeteners like honey, dates and figs, grains like rice, millet, oats, corn, nuts, legumes, etc., vegetable oil, herbs and spices like turmeric, ginger, cinnamon, coriander, fennel and cardamom.

A sattvic person always prefers sattvic food. It is a natural force that leads to our cognitive process and behavior. It makes a man balanced and healthy. Qualities that constitute positive personality are positive energy, goodness, happiness, constructive and caring attitude, etc. This positive food provides him peace of mind.

## 2. Rajasic Food and Rajasic Personality

Rajasic food is called king's diet. It consists of spicy, flavored, rich and stimulating food. Such food provides energy to perform the task actively. It activates the whole system (especially nervous system). Rajasic Food Includes starchy and fried food like fast food, junk food and fermented food. Spicy, hot, bitter, sour and pungent food, spices like red chilly, black pepper and stimulants like onion and garlic, drinks like tea, coffee, soda, alcohol, etc., chocolate, pickles and yogurt.

The characteristics of Rajasic personality are that they are energetic, harsh, highly active and bold. They are goal oriented and show aggression in achievement of their goal. They are self-centered and future oriented. They possess artificial feeling of love and affection. They enjoy less in their family life. They like negative type of food, as a result of which they may suffer from hyper acidity, obesity, arthritis, diabetes, depression and anxiety.

## 3. Tamasic Food and Tamasic Personality

Non vegetarian, oily and fried food is called Tamasic food. It is associated with the dark side of personality. Tamasic food consists of non vegetarian food like red meat, chicken and fish, vegetables like onion, garlic and mushroom, fermented or chemically created food like vinegar, preservatives or artificial ingredients, bakery items like pastry cake and bread, drinks like alcohol, recreational drugs, leftover and stale food, overcooked food, fried and burned food, frozen and canned foods, refined grains (Paul, T; 2013).

The characteristics of Tamasic personality are that they possess mental dullness, confusion, laziness and ignorance, they are regressive in behavior, they are more emotional and moodier, they show strong bonds of love and affection, they are dominated by others Tamasic person, they will age faster, they have long sleep of more than eight hours. Anger, anxiety, frustration, aggression and boredom are their common fetures.

## 4. Triguna for Life

If we compare Sattva, Rajas and Tamas, sattvic diet promotes love, awareness, happiness while the Rajasic diet has a stimulating effect on mind and body. Tamasic diet, on the contrary has a dulling effect on the mind. This is a food pyramid in which Tamasic food is at the lowest level and the Sattvic food is at the highest. Those who are at tamasic level should gradually develop a Rajasic diet and then move on to Sattvic diet. Through this process, the goal of happiness and stress-free life can be achieved. These three elements exist in all personalities. Person to person they differ in degree, but not in kind. A person may possess the Sattva guna in highest amount while Rajas or Tamas in low quantity. In such a case, Sattva would dominate the individual's personality. But sometimes overeating or re-eating of Sattvic food can be Tamasic in quality. A person should take Tamasic food in limited amount to keep his body light. With some effort and awareness, we can manage and balance these gunas. Everyone should have a desire to be dominated by Sattvic personality because it provides a happy life.

## References

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