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Historical review of Indian cultural heritage *Bhagavad Gita* for discovery of ancient theory of personality and food pattern as per the specific personality and its Homoeopathic correlation with miasmatic constitution theory, for better diet schedule in health and disease

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Abstract

Historical review is the secondary formal qualitative research where some historical events such as personality, and diet as per personality is discovered from our Hindu spiritual literature *Bhagavad Gita*, is compared with our Homoeopathic science. A diet schedule is then planned taking concept of classification of foods as per three personalities from *Bhagavad Gita* which are compared with three miasmatic constitutions of Homoeopathy along with exercise schedule, work schedule, rest schedule and psychosocial living schedule. It is found that *Bhagavad Gita* classification of personalities i.e., *Sattvic* personality, *Rajasic* personality and *Tamasic* personality is similar to Homoeopathic classification of personalities i.e. *Psoric* constitution, *Sycotic* constitution and *Syphilitic* constitution respectively and with Freudian classification of dominant '*superego*' personalities, dominant '*ego*' personalities and dominant '*Id*' personalities respectively. However, in Homoeopathy, specific diet for specific constitution is not described. So, in this paper, specific foods for *Psoric* constitution are derived from *Sattvic* (Simple, and aesthetic) personalities' favourite wholesome natural foods derived from *Bhagavad Gita*. The specific foods for *Sycotic* constitution are derived from *Rajasic* (Royal) personalities' favourite concentrated refined food from *Bhagavad Gita*. The specific foods for *Syphilitic* constitution are derived from *Tamasic* personalities' favourite dry, preserved foods and alcoholic drinks (which are supposed to be rejected) from *Bhagavad Gita*. On the basis of *Bhagavad Gita*, our daily exercises, rest, work and psychosocial tension-free living with comparison to Freud's theory of personalities and its defense mechanisms, is organized and expressed. Lastly, benefit of some of Indian foods are analysed. Homoeopathic miasms constitutions provides antimiasmatic medicines and *Bhagavad Gita* personalities provides foods and diet schedule as per personality. Both together provide us a success in curing disease and healthy living.

Keywords: Historical review of *Bhagavad Gita* for discovery of ancient personalities pattern, Personality-wise favourite foods in *Bhagavad Gita*, Comparative study of personalities of *Bhagavad Gita* with Homoeopathic constitutions

Introduction

Exploratory research otherwise known as interpretive research is herewith utilized for the discovery of personalities and their concern diet schedule from our ancient Indian cultural heritage *Bhagavad Gita*, and compared with Homoeopathy literature to clarify the concept, and a hypothesis is formulated in the context of diet application. Then the validation of research hypothesis is done by scientific and comparative method. The conclusion drawn by this process is called *exploratory research* is expressed as follows:

- Historical review of personalities i.e., *Sattvic*, *Rajasic* and *Tamasic* personalities and their favourite foods dealing with diet schedule during treatment is accomplished from our Indian cultural heritage *Bhagavad Gita*.
- Data analysis is done by comparative method with Freudian theory of personalities and defense mechanisms and with Homoeopathy theory of personalities *Psora*, *Sycosis* and *Syphilis* for initial framework to clarify its scope.
- Logical synthesis by *inductive logic* or *deductive logic* is done for defining problem so that its diet application in treatment of disease and preservation of health can be

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accomplished.

- *Research Hypothesis* and *objective formulation* for not only specific diet as per personality but also for exercise, rest, work, peaceful living schedule as per personality is done.
- Exploratory research: Drawing conclusion by Primary validation with Scientific analysis, and Case studies is made.

Review of Literature

Definition of exploratory research: “Exploratory research means research conducted for formulating a problem for more clear investigation. It is generally conducted when a little is known about a topic of interest. It is done to provide insight, and understanding, and to develop a hypothesis” [1].

Types of exploratory research

- **Primary research method:** “Primary research is research carried out by somebody, the researcher, or someone working on his behalf, to explore certain problem which require an in-depth study” [1]. Primary research is carried out by (i) Focus group, (ii) Survey, (iii) Open ended questions, (iv) Observations.
- **Secondary research method:** “This method includes where data already existed, either through being naturally generated (Customs, Folk medicine and spiritual data) or having been collected by another individual e.g., reviewing available literature and/or data from customs, folk medicines and from traditional medicine literature search, case studies”^[1]. This secondary research method we call as *historical review*, which are the glorified Indian cultural heritage, Indian folk medicines and Indian traditional medicines.
- **Informal qualitative approaches:** “These include discussions and comparisons of similar literatures from different customs, folk medicines, spiritual literature and traditional medicine literatures” [1].
- **Formal qualitative research:** “It is done through in-depth interviews or literature study of focus group (cross-sectional studies), projective methods, case studies or pilot studies” [1].

Ancient Hindu Literature *Bhagavad Gita*: The *Bhagavad Gita*, the most ancient 5000 years ago spiritual and aesthetic literature of Hindus, had described how to live healthy life being a Yogi is mentioned in its 6th chapter and 17th verse [2]. Moreover, three types of personalities loving three types foods as per their personalities mentioned in *Bhagavad Gita* in 17th chapter of verses 8, 9, and 10. They are *Sattvic* personalities [3] fond of *Sattvic* food, *Rajasic* personalities [4] fond of *Rajasic* food and *Tamasic* personalities [5] fond of *Tamasic* food.

Comparison of personalities as found in *Bhagavad Gita* and their favourite foods with Freud’s concept of *Id*, *Ego* and *Superego* dominant personalities

The *Sattvic* personality people are delicate, well behaved, creative, artistic and benevolent and conscientious equivalent to Freudian ‘Superego’ (conscientious) dominant personality people. They prefer *sattvic* [3] foods such as fruits, roots, whole grains, milk, curd, butter, honey in its natural and wholesome form which makes not only physically healthy but also make mentally aesthetic and creative and conscientious.

The *Rajasic* personality people are royal category of robust, brave, like daring works, war, games, power loving and selfish equivalent to Freudian ‘Ego’ (reality governed) dominant personality people. They prefer *Rajasic* [4] foods such as spiced grain, process milk based sweet products like cheese, pannir, milk concentrate sweets i.e., peda, Sandesh etc., and non-veg. spiced preparations e.g., spiced fish, meat, chicken etc., which not only gives pleasure and excitement but also give maximum energy for their daring and hard work and to be mentally serious to utilize the opportunities perfectly.

The *Tamasic* personality people are lazy, cowardice, jealousy, quarrelsome and vindictive equivalent to Freudian ‘Id’ (pleasure seeking) dominant personality people. They like *Tamasic* [5] food such as deep fermented food such as countryside alcohol, dry fish, junk food, and indulged in various intoxicants which gives them instant pleasure and make them sleepy, lazy, anger in trifles, suicidal and homicidal tendencies.

Research hypothesis

- On critical analysis of historical review of personality of our spiritual literature *Bhagavad Gita*’s favourite foods as per personality found in verses 8, 9, 10, of 17th chapter of *Bhagavad Gita*.
- On comparison, the similar three personality classification found in three miasms constitutions of Homoeopathy as well as in three Freud’s personalities i.e., ‘Superego’ dominant personality people, ‘ego’ dominant personality people and ‘Id’ dominant personality people.
- Then by logical synthesis, the inductive logic is done to construct a valid research hypothesis i.e., (i) the favourite food of each personality of *Bhagavad Gita* can be applicable to Homoeopathy’s three miasms constitutions for preservation of health and best diet schedule during homoeopathic treatment because homoeopathy’s three miasms constitutions are similar to three personalities of *Bhagavad Gita*. (ii) The exercises, rest, work, and mental tension relieving process are classified as per *Bhagavad Gita*’s three personalities for prevention of psychosomatic and nutritional deficiency diseases, building immunity and harmonious living.
- Research hypothesis then is verified by scientific analysis, and case studies.
- Then an apparent conclusion is to be drawn, to form the valid hypothesis the conclusion of exploratory research.

Objectives

- The favourite food of each personality of *Bhagavad Gita* can be applicable to Homoeopathy’s each miasm constitution for preservation of health and prevention of nutritional diseases and building immunity, and is best diet schedule during homoeopathic treatment because homoeopathy’s three miasms constitutions are similar to three personalities of *Bhagavad Gita*.
- The exercises, rest, work, and mental tension relieving process are to be classified as per *Bhagavad Gita*’s three personalities’ characteristics for prevention of psychosomatic diseases, and harmonious living and easy recovery from disease.

Methodology

- In historical review of personalities of *Bhagavad Gita*, I studied those personalities and those personality favourite foods in scientific contour, then research hypothesis and objectives are proved by comparative study.
- Then research hypothesis is verified by case studies to construct the probable conclusion by which we either

reject them as superstitions or simply a ritual or conclude as a valid hypothesis outcome of exploratory research.

Relevance study by comparison of personality related preferred foods as in Hindu's spiritual literature *Bhagavad Gita* with Homoeopathic approach of disease management is illustrated in Table 1

Table 1: Comparison of personality related preferred foods as in Hindu's spiritual literature *Bhagavad Gita* with Homoeopathic approach of disease management.

	<i>Bhagavad Gita</i> approach for Yoga and personality and each personality related food pattern for healthy living	Homoeopathic approach for personalities and their diet schedule for sound health and disease management
Yoga vs. Homoeopathy philosophy	“ <i>Yukta aharabiharasya, Yukta chestasyakarmasu / Yukta swapnababodhasya, Yogavabati Dhukha</i> ” 17 6 th Chapter of <i>Bhagavad Gita</i> ² . This verse means “When man in perfect rhythm and harmony of optimum nutrient foods intake, and in its life style where he does honest works, and also having sound sleep and conscientious, he gets rid of Sorrows, become Yogi”.	Same thing also found in Homoeopathy in aphorism 9 of Organon of Medicine that “In the healthy condition of man, the spiritual vital force (autocracy), the dynamics that animates the material body (organism) rules with unbounded sway, and retains all the parts of the organism in admirable, harmonious, vital operation, as regards both sensations and functions, so that our indwelling, reason-gifted mind can freely employ this living, healthy instrument for the higher purposes of our existence” ^[6] . So, when there is harmonious interplay of nutrition, thoughts and action our vital force works harmoniously and we do not suffer disease and live for higher purpose of life e.g., creativity, problem solving and achieving goal.
Sattvic personality of <i>Bhagavad Gita</i> (Superego dominant conscientious personalities) vs. Psoric miasm constitution	<i>Ayusatwabalaarogya, Sukha pritiibardhanah Rasyahsnigdhashtirahrudya, Ahara sattwikapriyah</i> 8 17 th Chapter <i>Bhagavad Gita</i> ³ states Sattvic personality for their development of aesthetic paramount knowledge and creativeness they like <i>sattvic diet</i> such as fruits, roots, whole grains, milk, curd, butter, honey in its natural form. Superego (conscientiousness) is developed in people of naturalistic in their diet and living.	<i>Psoric constitution</i> ^[7] people in Homoeopathy are similar to Sattvic personality for their development of aesthetic paramount knowledge and creativeness. Psoric constitution patients are ‘mentally alert; their quick and active in their motions. This activity is very pronounced, and especially pronounced is the keenness of mind’ ^[8] . In aphorism 259, of 6 th edition of Organon of medicine Master Hahnemann instruct us “During treatment everything must be removed from <i>diet and regimen</i> which can have any medicinal action, in order that small dose may not be overwhelmed and extinguished or disturbed by any foreign medicinal irritant” ^[9] . The <i>Sattvic</i> personality favourite foods which are natural, (not processed and no preservative added) wholesome organic foods for both health and disease such as whole fruits, roots, whole grains, milk and curd.
Rajasic personality of <i>Bhagavad Gita</i> vs. Sycotic miasm constitution	<i>Katu amla labanaatiusma, Tikmarukhyabidahina Ahara rajasyasresta, dukhasoka maya pradah</i> 9 17 Chapter of <i>Bhagavad Gita</i> ^[4] states <i>Rajasic</i> personality which are robust, brave, like daring works, war and want to rule and selfish. For the development of their strong body for the soldiers and players they like <i>Rajasic diet</i> such as spiced grain, processed milk products like Peda, Sandesh etcetra, non veg. spiced preparation (spiced fish, meat, chicken etc.). The ego dominant realistic personalities due to their preferred high refined and energetic food not only strong and brave but also know where to attack and where to retreat, adopt with situation and wait for opportunity equivalent to <i>Bhagavad Gita</i> 's <i>Rajasic</i> personalities.	The <i>Sycotic</i> constitution ^[7] people in Homoeopathy are similar to <i>Rajasic</i> personality for example, “which are exceedingly suspicious. When this suspicion turned upon others, leads to worse form of jealousy. Because of basic suspicion and jealousy, patient will resort to any and all means of vindicating themselves in their own light. Sycosis is quarrelsome and has tendency to harm others. Sycotic patient is cross and irritable; and fixed ideas” ^[10] . For the development of their strong body and competitive spirit of players and to develop strong fighting instinct to soldiers, they like and also need <i>Rajasic diet</i> such as spiced grain, processed milk products like Peda, Sandesh etcetra, non veg. Spiced preparation (spiced fish, meat, chicken etcetra). As Master Hahnemann advised in aphorism 259 of 6 th edition of organon of Medicine, the <i>Rajasic</i> foods such as ‘tea, coffee, spicy soup, onion, garlic and ginger added foods should not be given during sickness which will interfere in action of Homoeopathic medicine’ ^[9] . If patient desire some <i>Rajasic</i> food, the counter part of that food in <i>Sattvic</i> food can be provided in moderate amount. For example, a hypertensive patient desiring tea, we can give apple or carrot juice which contain fructose and antioxidants which are natural rejuvenating substance.
Tamasic personality of <i>Bhagavad Gita</i> vs. Syphilitic miasm constitution	<i>Yata yamagatarasam, putiprayusitam cha yat Uchistamapi cha amedhyam, Vojonamtamasapriyam</i> 10 17 th Chapter, <i>Bhagavad Gita</i> ⁵ states <i>Tamasic</i> personality which are lazy, cowardice, jealous, quarrelsome and vindictive like that of <i>Tamasic</i> personality and they like tamasic food such as junk food, processed food, preserved food, dry fish and non-veg pickles equivalent to Id dominant pleasure seeking personalities finds instant pleasure in intoxicants, dry fish, alcohol and preserved foods. They have no patience to wait and do crimes.	The <i>Syphilitic</i> constitution ^[7] people in Homoeopathy are similar to <i>Tamasic</i> personality which are ‘mentally dull, heavy, stupid, and especially stubborn, sullen, morose, and usually suspicious’ ^[11] , develop suicidal or homicidal tendency. The <i>Tamasic</i> food which act as exciting cause and maintaining cause of some of Gastro-intestinal and other related chronic disease should be removed immediately as per aphorism 260 of the 6 th edition of Organon of Medicine, ‘and the innate desire of food in acute disease, his inner desire may be satisfied by moderate bound’ ^[9] as described in aphorism 263 of the 6 th edition of Organon of Medicine. For example, when a diabetes mellitus patient desires sugar, where sugar is forbidden, he can be given natural form of sugar Carrot or cucumber which contain minimal amount of sugar. Scientific approach: The natural sugar found in fruits and roots are fructose which is not absorbed immediately. Fructose is converted to glucose by enzyme fructase and then will be absorbed. Moreover, we are providing minimal amounts of fructose with lot of vitamins, antioxidants and fibers which will satisfy the patient's craving but with less sugar. The refined and process sugar used in <i>Rajasic</i> and <i>Tamasic</i> diet totally should be forbidden.

The *Bhagavad Gita*'s stated personalities are similar to Homoeopathic constitutions (personality) classification as stated in ‘Sensations and Complaints in General chapter of Boger Boenninghausen's Characteristics and Repertory such as *Constitution*, *Psoric*^[7], *Constitution*, *Sycotic*^[7] and *Constitution*, *Syphilitic*^[7]. These constitutions' symptoms are called by Herbert A. Roberts as ‘miasmatic

symptomatology’ i.e., *Psoric state*, *Sycotic state*^[10] and *Syphilitic state*^[11].

Clinical application: All the three *Bhagavad Gita*'s personalities and their favourite foods are explained scientifically as follows:

- *Sattvic food* i.e. food in natural form e.g., whole fruits

(pericarp of apples and mangoes are rich in antioxidants e.g., quercetin conjugates in peels of apple ^[12] and mangiferin in peels of mangoes) ^[13], roots, milk and curd, whole grains (red covering of rice grain is rich in thiamine) and whole pulses and honey in their natural form. In cooking, oil free cooking is advised. If in boiled vegetables, coconut paste or ground nut paste or Cashew paste or Wall-nut paste is added and fried no need to add extra oil and we get required natural essential fatty acids as well as proteins. The natural oil in them is sufficient enough to fry the vegetables. Jowar roti (bread made of Jowar), Bajra roti (bread made of Bajra), finger millets' roti (bread made of finger millets) is popular in India which are alternative to wheat bread are better choice in old age for prevention of Celiac disease (CD)/gluten-sensitive enteropathy because non-celiac gluten sensitivity (NCGS) may also develop in later adulthood ^[14]. Pakhal bhath (Fermented rice) with curd is naturally rich in probiotics and prebiotics and vitamins from yeast source taken in eastern part of India especially Odisha and Bengal which ensures good sleep and cool feeling.

- *Sattvic* foods required for children, students and scholars and professors and preachers those had dedicated their life for studies, research and teaching and in Homoeopathy, *Psoric* constitution people.
- *Sattvic* food required for sick people for recovery of all constitutions i.e. recovery of *Psoric* constitution patients, *Sycotic* constitution patients and *Syphilitic* constitution patients and in first trimester of pregnancy.
- *Rajasic food* i.e. processed and concentrated food e.g., concentrated fruit juice or root juice, milk powder or protein powder, milk base sweets, ice creams, processed grains and pulses, non-veg spiced and fried foods. In non-veg food, fish is always better, next to it chicken. Red meat should not be taken. In oil, especially sunflower oil, soyabean oil, olive oil, rice-bran oil or butter or ghee (prepared from butter in India) should be used preparing foods which prevent atherosclerosis due to rich in Omega-3 fatty acids ^[15]. Lemon when added to tea, it becomes *Sattvic* food used for refreshment after work. Caution: Non-veg food should be restricted in case of gout or in high serum uric acid level. In case of stomach cancer or Colon cancer, non-veg food is strictly restricted because Japanese suffer more in stomach cancer due to more fish and dry fish intake and Americans suffer more colon cancer due to more beef intake.
- *Rajasic* foods required for player or students of play school, Military people or students of military school, hard workers and in Homoeopathy for *Sycotic* constitution people because they are brave and jealousy, competitive, selfish and mal-active.
- *Rajasic* foods required after recovery for rehabilitation and after first trimester of pregnancy for best growth of the infant.
- *Tamasic food* i.e. Junk food, preserved food, intoxicants, cold drinks, stimulant drinks or tonic for sexual life which should be avoided in healthy state because many dyes and preservatives are allergic to many people and carcinogenic. Clostridium botulinum a food poisoning bacterium grows mostly in non-veg preserved foods. More homocysteine which is the cause of heart disease is found in non-veg eaters.

- The *Tamasic* food sometimes becomes medicine. For example, in collapse condition in snow or in winter alcoholic drink saves life. Sexual stimulants help the impotent people for their sexual life. Carbonated cold drinks help digestion. Beer drink rejuvenates from social tension. This *Tamasic* foods should be used only in above specific conditions only to save life.
- *Tamasic* foods not at all required to treat disease state of *Syphilitic* constitution people in Homoeopathy but syphilitic constitution patients should be provided *Rajasic* foods after Homoeopathic treatment because *Rajasic* foods are tasty and energising.

Expansion of classification and its clinical application on the basis of personalities of *Bhagavad Gita*, for exercises, rest, work, and relieving social tensions, a thoughtful submission

Classification of mental and physical exercises based on *Bhagavad Gita* personalities

- ***Sattvic* exercises:** Asanas, aerobics, walking, jogging which is must for preservation of health and healthy life maintenance and physiotherapy in disease state.
- ***Sattvic* breathing exercises:** Flute or blowing musical instruments should be played. Pranayamas can be practiced twice daily every day.
- ***Sattvic* mental exercises:** Creativity in the form of poems writing, novel and short stories writing, explanatory notes, and research work in academic field.
- ***Rajasic* exercises:** Running, Body building exercises, outdoor game is the category of *Rajasic* exercises. ***Rajasic* breathing exercises:** Deep breathing exercises, staircase riding etc. are the *Rajasic* breathing exercises. ***Rajasic* mental exercises:** Competitive spirit before examination. Doing research work. Writing patriotic songs, patriotic short stories, and patriotic novels etc.
- ***Tamasic* exercises:** Sedentary life should be avoided. Fighting should be avoided.
- **Re-direction:** 1. Instinct of fighting should be redirected to Marshal, Art sports. 2. Jealousy should be redirected to competitive spirit.

Classification of rest on *Bhagavad Gita* personalities

- ***Sattvic* rest:** Sleeping earlier about 10 P.M. and rising at 5-6 A.M. Savasana, Meditation, entertainment in the form of listening spiritual songs (Bhajana in Hindu custom), observing spiritual movies.
- ***Rajasic* rest:** Luxurious cushions rest should be avoided which causes backpain. Patriotic drama or movie should be seen. Minimal sensual pleasure (pleasures as rest) should be enjoyed with wife. Sports and games should be enjoyed with sportsman spirit i.e. even loser should be praised for their talent and looser should greet the winner.
- ***Tamasic* rest:** Drug induced sleep should be avoided. Sadistic pleasure should be avoided.
- **Re-direction:** 1. Sadistic pleasure should be converted to benevolence pleasure. 2. Punishments should be redirected to corrective measures.

Classification of work based on *Bhagavad Gita* personalities

- ***Sattvic* work:** Rit Bhuk: Rit bhuk is last phrase of Hit Bhuk, Mit Bhuk and Rit Bhuk ^[16] is an axiom of great

physician Bhagbhatt's instruction to be healthy i.e. take nutritious diet (Hit Bhuk comprising Sattvic foods), Take moderate in amount (Mit Bhuk, Half of our hunger should be filled by Sattvic foods, ¼ of the our hunger should be satisfied by water or juice and remaining ¼ part of the hunger should be empty for proper mixing and grinding of foods) and lastly eat food which is earned by fair means (Rit Bhuk). Rit Bhuk incorporates doing benevolent work that gives you peace along with money. For example, Helping, teaching and preaching are best work which gives peace of mind. Any work done with sincerity and for country is God's work. *Nasti tyagatsamamsukha* (means there is no pleasure other than sacrifice) is the sacrifice which every person should do for his family, institutions, village and country in the form of donation, free service, free counselling and should get aesthetic pleasure.

- **Rajasic work:** Hard and daring work. Competitive spirit. Joining military for country. Sports for country. Games for school, and college. These daring physical work also keep you fit and healthy.
- **Tamasic work:** Use of Drugs for driving long is forbidden. Quarrel and fighting are to be avoided.
- **Re-directions:** 1. Sincere and benevolent works are to be done instead of deceitful and selfish work on the concept of 'work is worship'. 2. If our earning to be through fair means, we have to do enough work for what we are paid for (Rit Bhuk). Even by little earning if we get a psychological satisfaction, and that is the enough for our living which not only give peace to mind but also prevents psycho-somatic diseases. This is because spiritual people remain happy with little earning and engaged all the time in creativity e.g., spiritual poems, and spiritual commentary writings or in spiritual literature study.

Classification of Bhagavad Gita based technique to relieving mental tension

- **Sattvic mental tension relief:** 'Karman eva adihikarante, Ma faleshukadachana' [17] this 47th verse of chapter 2, of Bhagavad Gita means we have only to do work but result and appreciation is not in our hand. This verse found in Bhagavad Gita is the rational advice which teaches us not to be worry for one which is not in your hand, is equivalent to Freudian defense mechanism *Sublimation* [18] in psychology where the unconscious impulses are directed into socially acceptable form. So, the socially acceptable form is when work's result is not in our hand, we should not take tension for not getting result but we have to keep up trying till we get result. Thus, once failure in competitive examination or in research is not the last one. Keep up trying because we learn better from failure. The Sattvic constitution people relieve their tension also by consolation that this is not for us we should be satisfied with our present wealth and should not take tension by accumulating more wealth as described in verse 8, chapter 14 of 7th Canto of Bhagavatam that 'Yavad bhriyeta jatharam tavat svatvam hi dehinam/ Adhikam yobhimanyetasa steno dandamarhati' [19] that means we should accumulate wealth that is only needed for our living. Unnecessarily accumulating wealth causes mental and physical

anxiety of loss and causes us greedy as a result we suffer psychosomatic disease. This verse suits to simply living people for not to be worry if we have less wealth.

- **Exception:** For business men more wealth is needed for their business expansion.
This above verse of Bhagavatam is equivalent to Freudian Defense mechanism of denial's *Rationalisation* [18] in psychology. *Rationalisation* means those things not needed to them. Sour grapes and sweet lemon are the best examples of *rationalization*. If there is no money to buy grapes, we assume that grapes are sour and eat available cheaper lemon juice adding sugar and consider as equivalent sweet drink to that of grape juice.
- **Rajasic way of relieving mental tension:** *Rajasic* (Royal) type of people relieve their tension by forwarding their tension to other side which is equivalent to Freudian defense mechanism known as *Projection* [18] i.e. to relocate the tension causing impulse to others. For example, if we are scolded by our Boss for a work not done, we can scold our junior to do hard work and solve the same problem as told by Boss. *Displacement* [18] is a safer Freudian defense mechanism where the tension causing impulse is redirected to safer one. This type of defense is used by people when final Cricket match occurs. Some people break the TV or others electronic visual items if their nation is defeated.

Tamasic way of relieving mental tension: *Defense mechanism of escape* i.e. to avoid tension either

- **Going away from tension. Re-direction:** Face the problem as that of sports, and solve. Master Hahnemann instructed us dare to be wise (Aude Saphire) to defend Homoeopathy when it faced criticism from Orthodox physicians.
- **Taking some intoxicant to forget tension:** Re-direction: To reduce tension, take lemon, tea with sugar or lemon, sugar solution and solve the problem because vitamin C found in lemon relieves mental tension and activates the brain.
- **Some people also leave the job. Re-direction:** Establish your own plant or workshop.
- **And, some people start day dreaming of success instead of finding a solution. Re-direction:** Working hard with guide to achieve the goal.

The above re-directions are to be practiced in *Tamasic* personality people which is equivalent to *Syphilitic* constitution people in Homoeopathy. All these defense mechanisms of escape should be avoided and they should be taught the re-direction process mentioned above. Re-direction process is the *Sattvic* process meant for betterment.

Clinical application of Sattvic food Turmeric root: Prevention of post COVID pneumonia or post COVID heart attack through our spice Turmeric root powder.

Turmeric root is the spice considered in Indian Hindu culture as *Sattvic* food rich in antioxidants curcumin [20]. Turmeric root powder is added to rice (Haldi-Bhath) and offered to Hindu belief God. Here is a case how turmeric root powder prevented post-COVID pneumonia and heart attack in worst climatic condition and reduced CRP (C-reactive protein) and D-Dimer level more than expectation

in 7 days is as follows:

Case 1: Myself Dr. Sudhansu Sekhar Moharana (author of this article) the then aged 59 years in the year 2021, male person suffered from COVID-19 on 1st day May of 2021. My 55% of lungs were affected and I was with 6 liters of oxygen / hour with 40 mgs of prednisolone in intravenous

route twice per day and oral doxycycline 100mgs twice daily and low molecular weight heparin subcutaneous injections twice daily. I was cured and discharged on 18th May 2021 from Yenepoya Medical College Hospital. When I was discharged was unable to walk, my CRP was 4.37mg/L and D-Dimer was 452.3ng/ml vide Figure 1.

REG/SP NO	ADDRESS / PHONE	NAME	Dr. SUDHANSU SEKHAR MOHARANA
		0.0% [1-6%]	
Basophil		0.1% [1%]	
Monocyte		3.2% [1-10%]	
Wbc		10.58 [9-138]	
Urea -Blood		21mg/dl [19-43mg/dl]	
Creatinine		0.7mg/dl [0.62-1.1mg/dl]	
Albumin -Serum		3.3gm/dl [3.2-4.4gm/dl]	
Alkaline Phosphatase -Serum		64U/L [60-170U/L]	
Spot / Ast		26U/L [35U/L]	
Spot / Alt		65U/L [45U/L]	
Total Protein		6.3gm/dl [6.3-8.2gm/dl]	
Total Bilirubin		0.4mg/dl [2mg/dl]	
Indirect Bilirubin		0.4mg/dl [1.1mg/dl]	
Globulin-Serum		3.0gm/dl [2.5-3.5gm/dl]	
Direct Bilirubin		0.0mg/dl [0.2mg/dl]	
Albumin/Globulin Ratio		1.1RATIO [1.2-1.5RATIO]	
Sodium		137mmol/L [137-145mmol/L]	
Potassium		4.0mmol/L [3.4-5mmol/L]	
Chloride		101mmol/L [98-107mmol/L]	
Crp		4.37mg/L [5mg/L]	
D-Dimer			
RESULT		452.3 ng/ml	

PREPARED BY : DR KHADEEJA BIND SALAM
GOPIKA

VERIFIED BY : DR SANTHOSH / DR
Dr. GOPIKA
Kmc : 116938

FOLLOW UP IN MEDICINE OPD AFTER 7DAYS

KINDLY PRESERVE THIS DISCHARGE SUMMARY AND BRING IT FOR REVIEW

FOR EMERGENCY CARE CONTACT : 0824 2204668 / 2204669 / 2204670

FOR SAMPLE COLLECTION AT HOME CONTACT : 9686985055

<http://192.168.5.30/BackBone//ward/frmSumPreview.aspx?Action=Print&preview=y...> 18-05-2021

Fig 1: CRP and D-Dimer levels at discharge (post-COVID-19 infection). Initial CRP was 4.37 mg/L and D-Dimer 452.3 ng/ml

After discharge, I was given anticoagulant APIXABAN 2.5mgs, B.D. and oral steroid (prednisolone) 30mgs per day and was in tapering process. My room was locked for 17 days without any cleaning. Moreover, heavy rains were there due to effect of the then Gujarat cyclone. Generally, people die of post COVID pneumonia or post COVID heart attack due to thrombosis. I realized that in this condition I may suffer again post COVID pneumonia. So, to prevent me

from adverse situation, I took ½ teaspoonful of turmeric powder with pinch of black pepper powder (to increase bioavailability of curcumin) in warm water three times a day i.e. After breakfast, after lunch, and after dinner. After 7 days, when I went for follow up, my CRP and D-Dimer was tested and found CRP 2.515mg/L and D-Dimer 101.5 ng/ml vide Figure 2 and Figure 3.

Yenepoya Medical College Hospital Laboratory
Accredited Laboratory as per ISO 15189 : 2012 by National Accreditation Board for Testing and Calibration Laboratories
UNDER THE CONSTITUENT COLLEGE OF YENEPLOYA (DEEMED TO BE UNIVERSITY)
University Road, Deralakatte, Mangaluru - 575 018 Ph : 2204668 / 69 / 70 Fax : 0824 - 2204664
Request No : 1459703 Reg.Date : 01-02-2020/12:23
Name : Dr SUDHANSU SHEKAR MOHARANA , Age / Sex : 59 Years / Male
Reg No : 4083646 /
Ref . By Dr : Dr MEDICINE-II Reporting Date : 25-05-2021/10:43

Specimen : BLOOD Collection Date/Time : 25-05-2021/09:38

Results	Biological Reference Interval	Units
MICROBIOLOGY		
CRP	Upto	5 mg/L
Methodology : CLIA		
End Of Report		

Neha Haswani, M.D
Asst. Professor, Microbiology

RESULT ENTERED BY : MAL7073 - 25-05-2021 / 10:33
RESULT VERIFIED BY : MAL7073 - 25-05-2021 / 10:43
* marked tests are not included in NABL Accredited scope.

Fig 2: Follow-up CRP levels after 7 days of turmeric root powder supplementation. CRP reduced to 2.515 mg/L

Yenepoya Medical College Hospital Laboratory
Accredited Laboratory as per ISO 15189 : 2012 by National Accreditation Board for Testing and Calibration Laboratories
UNDER THE CONSTITUENT COLLEGE OF YENEPLOYA (DEEMED TO BE UNIVERSITY)
University Road, Deralakatte, Mangaluru - 575 018 Ph : 2204668 / 69 / 70 Fax : 0824 - 2204664
Request No : 1459703 Reg.Date : 01-02-2020/12:23
Name : Dr SUDHANSU SHEKAR MOHARANA , Age / Sex : 59 Years / Male
Reg No : 4083646 /
Ref . By Dr : Dr MEDICINE-II Reporting Date : 25-05-2021/11:03

Specimen : BLOOD / WHOLE BLOOD / WHOLE BLOOD EDTA Collection Date/Time : 25-05-2021/09:38

Results	Biological Reference Interval
PATHOLOGY	
*D-DIMER	
Methodology : Enzyme Linked Fluorescent Immunoassay (ELFA)	
RESULT 101.5	<500 ng/ml
CBC (COMPLETE BLOOD COUNT)	
HEMOGLOBIN	
Methodology : Sodium Lauryl Sulphate method	
13.7	13 17 gm/dl
TOTAL LEUCOCYTE COUNT	
Methodology : Flow Cytometry	
13.41	4 11 x10 ³ /μL
DIFFERENTIAL LEUCOCYTE COUNT	
NEUTROPHIL	
89.0	40 75 %
LYMPHOCYTE	
6.5	25 40 %
EOSINOPHIL	
0.5	1 6 %
MONOCYTE	
3.9	1 10 %
BASOPHIL	
0.1	Upto 1 %
PLATELET COUNT	
Methodology : Electrical Impedance	
163	150 450 x10 ³ /μL
RBC COUNT	
Methodology : Electrical Impedance	
5.27	4.5 5.5 million/cumm
PCV (PACKED CELL VOLUME)	
Methodology : Electrical Impedance	
43.2	40 50 %
MCV	
Methodology : Calculated	
82.0	80 100 fl
MCH	
Methodology : Calculated	
26.0	27 31 pg
MCHC	
Methodology : Calculated	
31.7	32 36 gm/dl
MPV	
Methodology : Calculated	
9.1	9 13 fl
End Of Report	

Dr Renuka Patil, M.D
Asst. Professor, Pathology

RESULT ENTERED BY : PRAMEELA RUBY3479 - 25-05-2021 / 09:56
RESULT VERIFIED BY : PRAMEELA RUBY3479 - 25-05-2021 / 09:59
NOTE: This report is valid only for the tests and conditions mentioned overleaf.

Fig 3: Follow-up D-Dimer levels after 7 days of turmeric root powder supplementation. D-Dimer reduced to 101.5 ng/ml

Case 2: I had a case of severe urticarial rash ^[21] after taking

any food in Indian lady 'Y' of 53 years old after returning from long stay (1 year) in America on 3rd February 2003. She was under modern medicine treatment. Modern medicine skin specialists advised anti-histamins and rose water for application in body. After all these treatments, when no result achieved, they consulted me. I took the case and rash were red and itching severely after taking any food except carrot. The swelling remained for 5 minutes then vanishes but itching remains all the day. She had lost 7 kilograms in 7 days due to starvation as every food causing rash except carrot. She liked ice creams, cold drinks, drinks little cold water at a time but baths in warm water. Her tongue was moist. Sweating more in axilla, palm and sole. Sleeps 6-7 hours/day. No dreams usually. She was singer, did much painting, remains in cleanliness and well dressed. She was tall and beautiful, high aim, wants things to be done immediately. Very hypersensitive mind and had not attended menopause till age of 53. Cycle normal, lasts for 3-4 days, with normal flow. Menarche at 13 years of age. She had two children alive, No significant past history. F/H of Atopic bronchial asthma, and allergy. Total eosinophil count was done and found to be above normal i.e. 650cells / cmm and *Entamoeba histolytica* cysts vide, Figure 4.

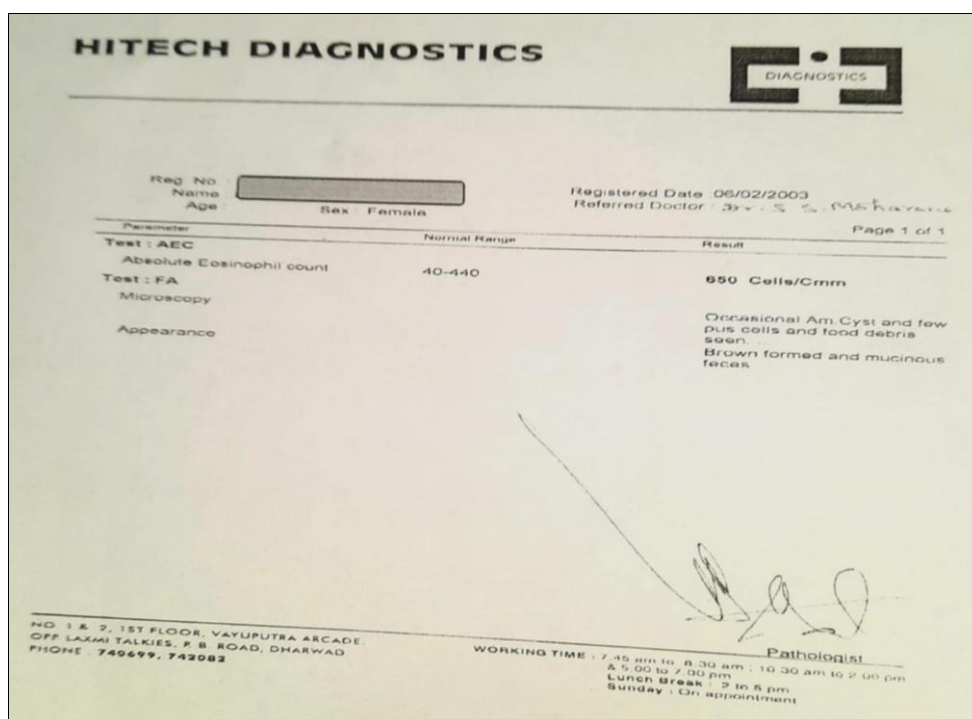


Fig 4: Stool examination of Patient ‘Y’ showing *Entamoeba histolytica* cysts, associated with chronic urticarial rash

Differential Field: Artistic, Change of environment causes aggravation, F/H Atopic bronchial asthma and allergy. Repertorisation by 2nd edition of Murphy's repertory ^[22] shown in Table 2.

Table 2: Repertorisation by Murphy's Repertory (2nd Edition)

Medicine	Allergy, hives and swelling with	Fastidious	Fastidious cleanliness	Ambitious	Skin, itching	Total
Ars.alb.	3	3	2	2	3	5/13
Carb-ac.	3	0	0	2	2	3/7
Nat-m	3	2	0	0	3	3/8
Rhus-t.	3	0	0	0	3	2/6
Sulphur	3	1	0	2	3	4/6

Post-repertorial result analysis: Arsenicum album reveals as highest scoring total value as well as highest rubrics coverage and patient was artistic in painting and singing well. Thus, I prescribed Arsenicum album Q2, once daily along with Cynodon dactylon mother tincture 10 drops thrice daily with water before $\frac{1}{2}$ an hour of food thinking the cause of her urticarial rash might be due to Entamoeba histolytica, as its cysts found in stool test. Urticarial rash

and itching relieved. She had no urticarial rash in taking Jawar Roti and rice with normal curry. I told them tapering of allopathic drugs but they were so happy that they stopped the all the modern medicine. Patient was in high dose of anti-histamins, so I immediately told them to test urine routine and microscopic test on 24th February 2003 and trace of albumin in urine found vide Figure 5.

(Hospital) Phone : 0836-441633
D. B. H. P'S
Dr. B. D. Jatti Homoeopathic Medical College
& Hospital, Dharwad

Name Smt. / Shri: [Redacted]
Age: 33 Years Sex Male/Female Date: 24.2.03
Ref by Dr. S. S. Moharana

URINE :

Sugar : - Nil
Albumin : - Trace
Microscopy : - Plenty of sperm / HPT
Ketone : - 0-1 pmw / HPT
Bile Salts :
Bile Pigment :
Urobilinogen :

Stool Microscopy :

SIGNATURE

Fig 5: Urine routine test of Patient 'Y' showing trace albumin following prolonged use of anti-histamines prior to homoeopathic treatment

Then I increased the potency to Arsenicum album Q3 only, in alternate day. This time medicine work well, and able to eat Indian fermented food such as Idli, Dosh, and khajur (dates) but still allergic to Jaggery, beans and coconut water. Her blood pressure was 130/106 mmHg and pulse rate was 73/minutes and Haemoglobin was 11.8 gm%. No ova or

cyst were seen in stool test. Stool was brown colour without mucus. As blood pressure was still same, and Arsenicum album is her constitutional medicine I increased to the Arsenicum album Q6 in two days intervals. Then on 10th March 2004 her blood pressure was normal and there was no trace of albumin in urine vide Figure 6.

(Hospital) Phone : 0836-441633
D. B. H. P'S
Dr. B. D. Jatti Homoeopathic Medical College
& Hospital, Dharwad

Name Smt. / Shri: [Redacted]
Age: 33 Years Sex Male/Female Date: 10.3.04
Ref by Dr. S. S. Moharana

URINE :

Sugar : - Nil
Albumin : - Nil
Microscopy : - 1-2 sperm / HPT
Ketone : - 2-3 pmw / HPT
Bile Salts :
Bile Pigment :
Urobilinogen :

Stool Microscopy :

SIGNATURE

Fig 6: Urine test of Patient 'Y' after treatment with Arsenicum album Q6, showing no trace of albumin and normal blood pressure

This time she was allergic to only laddu, jaggery, sweets, milk, and milk products. On 9th July 2003 patient while was on Arsenicum album Q6 in two days intervals reported me having petechial haemorrhage in many parts of body. So, I asked her to do immediately test BT, CT, Platelet count and

Prothrombin time test and her Haemoglobin was 12.6 gm/dl., Platelets count was 2.66 lakh/cmm, Bleeding time-1 minute and 51 seconds, Clotting time-3 minutes and 43 seconds, Prothrombin time-27.3 seconds, the control is 13 seconds, INR-1.49 vide Figure 7.

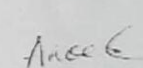
NMR SCAN CENTRE		CLUB ROAD, HUBLI - 580 020		Ph. : 2228342 / 2228343 Fax : 0886 - 2353464	
				CLINICAL LABORATORY	
Lab No :		Date :	09-07-2003		
Name :		Ref. By Dr. :	S. A. Mahajan		
Age :	55 yrs	Gender :	Female		
Haematology Report					
Estimate	Observed Values	Ref. Range			
Haemoglobin	12.6 gm/dl	M 14 - 17 gm/dl F 12 - 15 gm/dl			
Platelets	2.66 Lakh / cmm	1.5 - 5.0 Lakh / cmm			
Coagulation Report					
Bleeding Time	1 min 51 sec	1 - 3 min			
Clotting Time	3 min 43 sec	3 - 6 min			
Prothrombin Time	TEST : 27.3 sec CONTROLL : 13.0 sec INR : 1.49				
 Dr. (Mrs) Asha Deshpande M.D. (Pa) Consulting Pathologist					
Get well soon					

Fig 7: Blood profile of Patient 'Y' showing prolonged Prothrombin Time (27.3 seconds; control 13 seconds, INR 1.49) and petechial haemorrhage, later managed with Alfalfa mother tincture

Arsenicum album is a great anti-haemorrhagic remedy i.e. 2nd grade medicine in rubric 'Haemorrhage, tendency to' in Boger Boennighausen's Characteristics and Repertory. In spite of individualized medicine Arsenicum album petechial haemorrhage found in skin means she might have deficiency of vitamin K (anti-haemorrhagic factor) due to taking very less food due to food allergies. So, I wanted the substitution of natural vitamin K from our Alfalfa mother tincture which will either supplement vitamin K and other anti-haemorrhagic substances, as plants bear holistic adaptation, along with continuing the Arsenicum album Q6 in two days intervals. I advised her to take Alfalfa mother tincture 10 drops thrice daily (which is natural source of vitamin A, B₆, C, E, K and Magnesium, Calcium, Iron, Phosphorous, and antioxidants, phytonutrients and phytoflavonoids and known as father of all foods-*Al-fal-fa*)^[23] in the inductive logic that

- Alfalfa mother tincture contains vitamin K (anti-haemorrhagic factor) which might reduce the petechial haemorrhage.

- Plant contain vitamin K means other active pharmaceutical ingredients to reduce bleeding might be with it because in plant the holistic nature of adaptation is always found.
- As alfalfa is a tonic in Homoeopathy, it is not harm to try along with its original medicine Arsenicum album Q6.
- So, Alfalfa mother tincture 10 drops thrice daily was given with water before food for perfect absorption.

Then patient was alright and on 23rd October 2004 patient came with a long gap doing prothrombin time which was 11.6 seconds, control 12 seconds, INR-.98 vide figure 8. On 29th December 2003 her Total Leucocytes Count was 5000 cells/cu mm, Platelets count was 2.96 lakhs / cu mm, Absolute Eosinophils Count was 150 cells / cu mm, and in Differential Leucocytes Count was Eosinophils-3%, Lymphocytes-26% and Neutrophils-71%.

HUBLI SCAN CENTRE
6-13, LGF, EUREKA JUNCTION, Travellers Bungalow Road, HUBLI-580 029. Phone : 2257828, 2257838, 2257848. Fax : 2253949

LABORATORY REPORT

PATIENT NAME : [REDACTED] 50 Years / F Date: October 23, 2013
REFERRED BY : Dr. B. S. MOHARANA [REDACTED]

Parameters	Obs. Value	Ref. Range
Prothrombin Time	11.6 Secs.	12 - 16 Secs.
I.N.R.	0.98	
Control	12.0 Secs.	

Dr. S. M. Choudhary, M.D.
Consultant Pathologist.

Fig 8: Follow-up Prothrombin Time of Patient 'Y' (11.6 seconds; control 12 seconds, INR 0.98) after supplementation with Alfalfa mother tincture, confirming normalization

Then Arsenicum album was discontinued giving a dose of Bacillinum Q4 as she was fair, tall, ambitious, artistic (Synthesis, Mind, Art, ability for: Ambr., carc., china, euph., phos., pln-act., sulph., tub.), all these being the feature of tuberculinum and tubercular miasm. Bacillinum is indicated for skin problem and tuberculinum is indicated for lungs, so Bacillinum Q4, one dose was prescribed. The patient was totally cured.

Inference: Homoeopathic tonic Alfalfa mother tincture is natural rejuvenating tonic which is rich in vitamin A, B₆, C, D, E and K and vitamin K is known as anti-haemorrhagic factor, naturally found in alfalfa mother tincture. Thus, it is inferred that Alfalfa leaves and sprouts are healthy and revitalising Sattvic foods.

Healthy disease-free living by taking probiotics and prebiotics and vitamin rich food

Case No. 3: Mrs 'Z', who was 80 years old was my maternal grandmother ate only fermented rice i.e. boiled rice after cooling and after adding water and curd in it, kept for 12 hours (Pakal bhath), twice daily throughout the year was healthy till her 80 years of age. She died due to brain haemorrhage by accidental head injury.

Inference: Pakal Bhath is fermented rice rich in probiotics, prebiotics and rich in all vitamins including vitamin B₁₂ from yeast source. Probiotics said to preserve both gut health and keep man healthy, prebiotics is the medium (rice) for growth of probiotics and yeast when grown yields vitamins, considered as Sattvic food. Pakhal Bhath with onion and garlic chutney prevents allergies, heart diseases and cancer [24, 25].

My practice experiences

1. In iron deficiency anaemia, the natural iron rich cane sugar juice with adding lemon juice (vitamin C found in lemon juice which increases iron absorption rate) and

dates with lemon or orange juice or beet root juice with lemon or orange juice is the Sattvic foods better controls iron deficiency anaemia while in Homoeopathic treatment. In a case of severe iron deficiency anaemia where Haemoglobin was 6 gram% he was given only cane sugar juice and pome granate juice along with homoeopathic medicine, his haemoglobin increased to 8 gram% in 10 days.

2. Similarly, in Calcium deficiency, only milk in empty stomach (free calcium is combined with oxalic acid and phytic acid of food forming insoluble calcium oxalate or calcium phytate) is better soluble calcium rich food being rich in Calcium lactate than market available Calcium carbonate tablets.
3. In cancer cases, along with our selected Homoeopathic medicine needs to be synergized by
 - Natural anticancer foods such as Carrot, beetroot, apple, orange, radish and/or its leaves, onion and/or its leaves, fenugreek leaves adding turmeric powder in it, in natural form without cooking. The phytochemicals from plants will prevent the metastasis and rejuvenate our *vital force* immediately while treating the cancer case with Homoeopathic individualised medicine. Homoeopathic individualized medicines then soon activate the natural killer cell (NK) for killing cancer cells.
 - *Kundalini Yoga*. Along with this process, patients should be taught *Kundalini Yoga* by chanting *Om* or *Vijamantra*. By *Kundalini Yoga* our *vital force* is activated through the *Chakra Meditation* for producing and activating natural killer cells (NK).

Discussion

Our Hindu spiritual literature *Bhagavad Gita* had classified personalities 5000 years ago along with favourite foods of personality concerned. The favourite food as per personality as mentioned by *Bhagavad Gita* is compared with Homoeopathic personalities of *Psoric* constitution, *Sycotic* constitution and *Syphilitic* constitution and expanded with

not only through favourite foods of personality concerned but also with exercises, rest, work and mental tension relief techniques with co-operation of modern psychology and modern medicine. My first case was cited to show the benefit of spice Turmeric powder which is used in Indian foods that saved my life acting synergistically with modern medicine. I was so weak that if I took one ship of lemon tea, my heart beat increased, turmeric root powder not only prevented me from post COVID pneumonia or heart disease but also remarkably reduced CRP and D-Dimer level in 7 days. I am now-a-days continuing turmeric powder with lemon or orange and a pinch of black peeper powder daily which is a great antioxidant and liver and heart protective in nature, instead of tea or coffee. The second case is the benefit of Homoeopathic tonic Alfalfa mother tincture acting synergistically with Homoeopathic medicine Arsenicum album, which cured petechial haemorrhage. So, supplementation of vitamin K and other anti-haemorrhagic factors from natural alfalfa homoeopathic tonic, do help in curing vitamin and iron deficiency but also justifies alfalfa leaves and sprouts is a good *Sattvic* food. The third case shows benefit of fermented rice. Pakal Bhath, the fermented rice is essential item in summer and to some people those who take daily should not be restricted as it is rich in probiotics, prebiotics and vitamins from yeast source. It offers a cool feeling and ensures good sleep in tropical summer night. My personal experience on treatment of iron deficiency anaemia with natural iron rich foods and treating calcium deficiency with milk alone in empty stomach with homoeopathic indicated medicine is excellent. Similarly in cancer treatment by homoeopathic medicine we should supplement cancer preventing vitamins, polyphenols, and phytochemicals rich foods such as carrots, beetroots, apple, turmeric powders to prevent metastasis immediately and to rejuvenate vital force simultaneously.

Lastly it is my suggestion that every homoeopathic physician should review to our glorified past *Bhagavad Gita* classification of personalities and personality-wise favourite foods as mentioned in this article, where we were eating rice with red pericarp which is rich in thiamine vitamin and rice-bran oil that prevents ischemic heart disease. There should be no restriction to old people and disease people for taking Jawar roti, Parboiled rice (rich in vitamin thiamine) and Pakhal bhath (rich in probiotics, prebiotics and vitamins from yeast source) in festival days. The *Sattvic* foods has its own importance for creative, intellect people and for everybody during sickness and *Rajasic* foods is needed for hard working people, for soldiers and players. Our healthy living depends not only on *Sattvic* and *Rajasic* foods but also how we work sincerely, how we rest effectively, and how we relieve social tension efficiently from society explained in 'Expansion of classification and its clinical application on the basis of personalities of *Bhagavad Gita*, for exercises, rest, work, and relieving social tensions-a thoughtful submission'. Thus, the statement in our *Bhagavad Gita*'s chapter 6, verse 17 axiom-'*Yoga Bhvati Dukha*' means living healthy and happy with aptitude of Yoga should be achieved by this article's justification while in homoeopathic treatment.

Conclusion

Thus, herewith, I conclude

- That the favourite foods of *Sattvic* personality as mentioned in *Bhagavad Gita* can be applied for *Psoric*

constitution people and diet schedule in disease state of all the *Psoric* constitution patients, *Sycotic* constitution patients and *Syphilitic* constitution patients while in homoeopathic treatment because diet of *Sattvic* personality is simple, wholesome, easily digestible and tasty, rich in all basic nutrients as well as phytochemicals such as antioxidants, and nutrients for disease protection. So whenever want to supplement, supplement from natural source which contains all ingredients in holistic adaptation best suited to first trimester of pregnancy also.

- That the diet schedule of *Rajasic* personality is also foods for *Sycotic* constitution people in health. The *Rajasic* foods are concentrated foods rich in proteins, fats, vitamins and minerals, so essential for hard working people i.e., military personnel, sports personnel, and labor class people and needed after first trimester of pregnancy for best growth.
- That the foods of *Tamasic* personality as mentioned in *Bhagavad Gita*, should be forbidden and tamasic personality people should be given *Rajasic* foods in healthy state as *Rajasic* foods are very tasty and energetic.
- That the exercise, rest, work specifics of *Sattvic*, *Rajasic* and *Tamasic* personalities are mentioned and only *Sattvic* and *Rajasic* way of living is to be followed as per personality. The *Tamasic* personality living should be re-directed to positive endeavor as mentioned in this article.
- Relieving mental tension by *Bhagavad Gita* and *Bhagavatham* is to be conducted which is best of all, can be compared to Freudian defense mechanism of Sublimation and rationalization respectively. *Tamasic* process should be redirected as mentioned before.
- In cancer treatment, anticancer foods such as carrot, beetroot, apple, radish leaves and root, onion leaves and bulb, drum stick leaves and fenugreek leave with turmeric root powder sprinkle over it should be advised to be used by patient because phytochemicals from food stop immediate metastasis till homoeopathic medicine develop immunity for cancer.
- In cancer treatment, Kundalini Yoga practice is needed because it activates our chakras so that our vital force is energized and develop immunity against cancer. Vijamantra utterance for every chakra meditation or Omkar utterance in Kundalini yoga is to be done as suggested by Tarryamma of Japan who was cured from cancer by doing Kundalini Yoga. Moreover, he told to himself, I did not afraid of cancer and suggested himself 'Dear cancer you are my friend, I have no problem with you'-Auto-suggestion and Kundalini Yoga cured Tarryamma from cancer.
- In our Hindu customs of avoiding onion, garlic in festivals should not be applicable to old and diseased persons and of phlegmatic constitution people prone to suffer diseases of respiratory system. Avoiding Jawar roti and par-boiled rice in festival days should not be applied to old people and diseased persons and choleric constitution people prone to suffer diseases of gut. Similarly avoiding Pakhal Bhath in festival days for those people totally dependent of it is injustice. Fresh (12 hours) pakhal bhath is a nectar (*Sattvic* food) being rich in probiotics, prebiotics, and vitamins from yeast

source.

Homoeopathic miasms constitutions provides anti-miasmatic medicines and *Bhagavad Gita* personalities favourite foods schedule as per personality provide diet in diseased people and foods for preservation of health (Except Tamasic personality favourite foods). Both together provide us a success in curing disease and preventing diseases, and for healthy living for higher purpose of life.

Conflict of Interest

Not available

Financial Support

Not available

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