

Insights into Bhagavad Gita
By Swami Bhoomananda Tirtha

Essential Shlokas for Memorization – 170

Chapter 17 Shloka 08

आयुःसत्त्वबलारोग्यसुखप्रीतिविवर्धनाः ।
रस्याः स्निग्धाः स्थिरा हृद्या आहाराः सात्त्विकप्रियाः ॥

āyu:-sattva-balārogya-
sukha-prīti-vivardhanā: ।
rasyā: snigdhā: sthirā hr̥dyā
āhārā: sāttvika-priyā: ॥

“Sāttvika food enhances longevity, spiritual strength, health, happiness and contentment. Food items that are delicious, soothing, sustaining and pleasing to the heart are dear to the sāttvikas.”



“Insights into Bhagavad Gita” available from
publications@bhoomananda.org India
publications@globalgita.org (outside)
Flipkart (India) and Amazon USA
www.SwamiBhoomanandaTirtha.org