

Insights into Bhagavad Gita
By Swami Bhoomananda Tirtha

Essential Shlokas for Memorization – 171

Chapter 17 Shloka 09

कट्वम्ललवणात्युष्णतीक्ष्णरूक्षविदाहिनः ।
आहारा राजसस्येष्टा दुःखशोकामयप्रदाः ॥

kaṭvamlā-lavaṇāty-uṣṇa-
tīkṣṇa-rūkṣa-vidāhinaḥ ।
āhārā rājasasyeṣṭā
duḥkha-śokāmaya-pradāḥ ॥

“Rājasa people prefer food items which are excessively bitter, sour, saline, extremely hot, pungent, dry and burning, causing suffering, grief and disease.”



“Insights into Bhagavad Gita” available from
publications@bhoomananda.org India
publications@globalgita.org (outside)

Flipkart (India) and Amazon USA

www.SwamiBhoomanandaTirtha.org