

Insights into Bhagavad Gita  
By Swami Bhoomananda Tirtha

Essential Shlokas for Memorization – 172

### Chapter 17 Shloka 10

यातयामं गतरसं पूति पर्युषितं च यत् ।  
उच्छिष्टमपि चामेध्यं भोजनं तामसप्रियम् ॥

yāta-yāmaṁ gata-rasaṁ  
pūti paryuṣitaṁ ca yat ।  
ucchiṣṭaṁ-api cāmedhyaṁ  
bhojanaṁ tāmasa-priyam ॥

“Food cooked unduly earlier, tasteless, stinking, stale, even left over by someone after eating or impure, is relished by the people of tāmasa temperament.”



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