

Eight Most Detrimental & Prohibited Practices

A sick person and a normal person with early symptoms of sickness must at first abstain from the following 8 things:

(1) Speaking loudly (2) Travelling in Jolty vehicles (3) Excessive walking (4) A Sedentary life Style (5) Eating in spite of indigestion (6) Eating unhealthy food (7) Sleeping during the day (8) Sexual intercourse.

The diseases that arise from these forbidden practices are as follows:

- (1) Speaking loudly d iseases of the ear, nose, throat, brain, etc.
- (2) Travelling in jolty vehicles d iseases of all parts of the body.
- (3) Excessive walking d iseases of the lower parts of the body (below the waist).
- (4) Sedentary lifestyle d iseases of the middle parts of the body (stomach etc.).
- (5) Eating in spite of indigestion d iseases caused by undigested food.
- (6) Eating unhealthy food d iseases arising out of the three doshas (vata, pitta and kapha).
- (7) Sleeping during the day o besity and diseases caused by kapha.
- (8) Sexual intercourse d iseases caused by loss of dhatu.