

Ten Ayurvedic principles underlying a wholesome diet and intake according to Caraka Samhita

1. The food should be hot.
2. The food should be unctuous.
3. The food should be taken in proper quantity.
4. The food should be taken only after previous meal is digested.
5. The food-ingredients should not be contradictory in their potency.
6. The food should be taken in a pleasant place with required accessories.
7. The food should not be taken in excessive hurry.
8. The process of intake should not be exceedingly slow.
9. While eating, one should neither talk nor laugh; during this time one should concentrate on eating only.
10. Only such food should be taken which is whole-some to the physical constitution and psychic empowerment of an individual.