

6.5 Important Features of Jain Food

Jains are very particular in food habits. There are several "don'ts" prescribed regarding food.

The most important matter in Jains regarding food is Prohibition of Eating by Night. A pure Jain is not supposed to take his food - any food including drinks and fruits, after sunset. The reasons are obvious and very clear.

We know too well that there are uncountable insects flaying in air during dark. Innumerable such insects are attracted by the lamp, hover round it and fall dead. We see with our open eyes such insects fallen dead around light-lamps. A Cooking fire may also affair many such insects and un ultimately they die.

Besides, may insects, though not seen with open eyes, settle on bodies during dark. They must be setting on food too. And those tiny insects, which are hardly descerimible by day are completely invisible at night. At night any insect may fall in a food-dish, without one's knowledge. Thus at night food might be infested with minor invisible insects. Even by mistake, swallowing the insects cause several diseases. At night the cook might not notice the poisonous organisms mixed with cooking material or boiled, and there are chances the poison might have effect on ones' health.

Food consumed before sunset mostly gets digested though bodily movement and activities. Indian Science of health has formulated a rule that after having taken food, one should drink little-little water may times taking food before sunset allows this practice naturally.

Obviously night time eating causes more violence then day time eating. Likewise from health point of view day five eating is more advantageous than night time eating as a gate-way to hell.

Besides the time of eating there are other 'donts' also proscribed. Here we see the details Jainism, being a scientific religion, it has dealt with this issue.

Body is an important instrument of righteous conduct, religious practice, spiritual development and ultimately liberation. So it is absolutely necessary that it is taken proper care of and kept fit. It is there fore necessary that the habit of food and drink etc. are cultivated in such a way that the body may remain sound and healthy for this purpose, one should discreetly select the whole some food and discard unwholesome one.

One should abandon the food and drink which involve killing at mobile creatures, which way came intoxication. One should not ear nearly for taste of food, but for nutritious value.

Jainism believes in non-violence any food which involves wholes some violence should be avoided non vegetarian food (eggs, fish) involve such wholes one violence on large scale and therefore should always he abandoned by all. Even from Health point of view such food are considered unhealthy, poisonous and healthful. Such food should be totally abandoned.

Yes, even vegetable plans have subtle life but it is hard that we cannot but depend are then for our food. Besides they are natural substance and the do not contain filthy things. That way water contains bacteria. But being inevitable, we use them for our food and drink vegetable plant is one-sense living, so compared to other two and more sensed clean they could be preferred. But, the killing of higher forms of life is strictly forbidden. Jains are strictly vegetarian.

Among vegetables also, root vegetable (Potatoes, Onion, Carrot, Multi etc. etc.) We also totally forbidden. They contain a lot of bacteria one can see with microscope and find the living insects in them. That is why consumption of root vegetable is strictly forbidden.

Likewise *Sadharm* plant beings have one common plant body. These plant bodies exist together with infinite other in a common plant body they are called '*Anantkay*'. Use of such '*Anantkay*' is also prohibited in Jainism There are 32 such '*Anantkay*'