

# Science behind common traditions

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Why we sit cross-  
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The cross-legged position or the sukhasana as in Yog, is a pose that brings calm and relaxation to the body, as is clear from the name itself; sukh meaning happiness. Therefore, sitting in this position to eat, automatically triggers the brain to prepare the stomach for the digestion of food.



## Why we eat spicy food first and end with sweet?

Spicy and tangy food triggers the digestive enzymes and ensure smooth digestion process of food. While sweet items being heavy on carbohydrates makes the digestion slower. Hence, in Hindu tradition meals are always commenced with spicy and ended with sweet dishes.



Why do we fast?



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The underlying principle behind fasting is to be found in Ayurveda. This ancient Indian medical system sees the basic cause of many diseases as the accumulation of toxic materials in the digestive system. Regular cleansing of toxic materials keeps one healthy. By fasting, the digestive organs get rest and all body mechanisms are cleansed and corrected. A complete fast is good for health, and the occasional intake of warm lemon juice during the period of fasting prevents the flatulence. Research suggests there are major health benefits to caloric restriction like reduced risks of cancer, cardiovascular diseases, diabetes, immune disorders etc.

# References

<http://www.speakingtree.in/allslides/mysteries-explored-shocking-science-behind-hindu-traditions>

