Hindu Food Culture: Philosophical and religious implications on the diet of Hindus in India

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This research focuses on the origins and practices of food prescriptions and proscriptions found in Hindu texts including the Upanishads, the Vedas, and Ayurveda’s Charaka Samhita. The philosophical and religious implications on diet are observed by focusing on the theories found in various literature and is compared to the practices, traditions, and beliefs of modern-day Hindus in Pune, Maharashtra, India. The themes between Ayurveda and Hinduism are explored in addition to the actual prescriptions and proscriptions of the Hindu diet such as: meat, garlic, onions, sweets, festival foods, and more.