

## CHAPTER ONE

### INTRODUCTION

#### A. Background of Study

“Health is better than wealth”. This is western’s proverb. Real health is something very valuable. Therefore, the need for any effort in that direction. Without a person’s health cannot realize his aspirations and desires. If some want to be an artist, leaders, merchants, employees, chaplain, or whatever. Health without having these ideals will vanish without result many do not know how to be healthy. Business people, most medical treatment complain and the same time open occasion for the disease especially in the manifest irregularity of food and others.<sup>1</sup>

Health is undoubted of supreme importance to man. Without it, it is not possible for an average individual to develop in mind or spirit. Bodily health is essential for mental and spiritual development, nourishing food is for bodily health.<sup>2</sup>

A lot of the direction towards healthy. One of them is by choosing that are good for the body. The men race looking for a job. The main motive is merely to be able to eat. But after getting the substance, they didn’t know “how to eat”. What needs to be eaten and what is unnecessary and should not be eaten.<sup>3</sup>

Food is actually our most intimate and telling connection both with the natural order and living cultural heritage. The human body is composed of what the ancient philosophers have described as the five elements. These are earth, water, vacancy, light, and air.<sup>4</sup>

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<sup>1</sup> Darmayasa, *Ahimsa Dharma & Vegetarian*, (Surabaya: Paramita Surabaya, 1997), p 1.

<sup>2</sup> M.K. Gandhi, *Diet and Diet Reform* (India: Navajivan Publishing House, 1949), p. 2.

<sup>3</sup> Darmayasa, *Ahimsa Dharma & Vegetarian...*, p. 5.

<sup>4</sup> M.K. Gandhi, *The Moral Basis of Vegetarianism* (India: Jitendra T Desai, 1959), p. 12.

Unless the body gets from food all that it requires to keep it in a fit condition, will suffer from a disease, prevent the individual from functioning to full capacity and early death. Is most necessary that we should become diet-conscious and should concern ourselves with feeding the body with the kind of food it requires.<sup>5</sup>

Mahatma Gandhi spent a great deal of time writing on the subject of food and his dietetic experiments, and in addition to his essays and books specifically devoted to the subject, such as *Diet and Diet Reform* and *Key to Health* (originally published as *A Guide to Health*), his autobiography is full of lengthy discussions regarding is dietetic experiments.

Gandhi also interested in food arises partly from his concern for those around him. When he took to public life he had a group of followers and their children living with him. He has be responsible for their well-being. Therefore, when any of them fell ill he had to see what could be done to restore them to health.

Mahatma Gandhi said: “Healthy means the Agency found unpalatable”. A person is said to be healthy in a body free of any disease. He did his daily activities without being jaded. Such a person should be able to traverse the distance of ten to twelve miles a day. He did regular physical activities without feeling crummy. Thoughts and senses in a state of harmonious and balanced. This definition does not apply to fight magnate and fellow countrymen. A person who forces his body is amazing by itself is not a healthy person. He just has been fostered to his sheer might at the expense of something.<sup>6</sup>

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<sup>5</sup> M.K. Gandhi, *Nature Cure* (India: Jitendra T Desai, 1954), p. 2.

Darmayasa, *Ahimsa Dharma & Vegetarian...*, p. 2.

## **B. Problem Of Study**

Based on the explanation above, the writer tries to find out the problem which can be formulated in question below:

What is the concept of the healthy diet in Hinduism according to Mahatma Gandhi?

What is the key of the health according to Gandhi?

## **C. Purpose Of Study**

While the goals of this research are:

- To understand Gandhi idea views on the healthy diet in Hinduism.
- To know Gandhi's keys of the healthy diet in Hinduism

## **D. Importance Study**

The research is asked to make valuable contributions, especially for the following purposes:

1) Academic type:

- To describe origin, features, and goals of a healthy diet in accordance with Gandhi based on Hinduism.
- To give the information about the true concept of healthy diet according to Gandhi.

2) Social type:

- Too often an alternative for anyone wants to practice a healthy diet in more different ways here, in Gandhi way.
- Too often an additional information about a healthy

diet for all religions, especially based of Gandhi in Hinduism.

### **E. Literature Review**

Regarding study this topic, the researcher has analyzed the kind of some literature expressed about Mahatma Gandhi. The researcher tries to present literature, which is related to this research.

1. Mohandas Karamchand Gandhi's Views on God. This thesis is Written by Ridho Ramazani student of UNIDA Ponorogo on period 2016. The researcher used a historical approach and analysis method. He is explained of God from the perspective of Mahatma Gandhi.
2. Systematic Statement of Mahatma Gandhi's Theory of Social Stratification, this thesis is written by Ashwin G. Vyas student of North Texas State University on period 1986. This study presents the major ideas of Mahatma Gandhi on social stratification and social inequality. The methodology consists of systematically reading and analyzing the literature through which theoretical components of social stratification in Gandhi's writings become more explicit, and evaluating these theoretical components.
3. Gandhi's Diet and The Other side of Orientalism, the thesis was written by Vincent Edward Burgess student of University of Colorado, Boulder on period 2011. This study presents Gandhi's practice of eating meat as a young man in India and his associations with the London Vegetarian Society. The methodology consists of criticism about Gandhi's dietary and presence of Orientalist discursive constructions to modern civilization.

Given all the above literature, researcher clearly have not found any specific research that deals with healthy diet on Mahatma Gandhi in Hinduism, because that is all about Mahatma Gandhi views on God, and

Social Stratification, and Gandhi's diet on the other side of Orientalism, but there is no explanation about healthy diet on Mahatma Gandhi in Hinduism. Therefore, the writer tries to make a research that covers all the problems above with the other side that is more focused on the healthy diet on Mahatma Gandhi on Hinduism.

## **F. Theoretical Framework**

Healthy diet on Mahatma Gandhi which we find in Hinduism Religions, basically makes many differences of thought and opinion about Hinduism, especially on the concept of divinity and sacred book.

Mahatma Gandhi strongly upholds the will of a health, because it is essentially a Hindu indeed stated that way, and God loved a man who keeps his health. By maintaining healthy means also keep God's love to sell on its own. But in fact, many human beings still do not get to choose which one of food is appropriate and good for consumption or not. But by keeping his diet, and eating a good food will make the perfection of health.<sup>7</sup>

Verily, God loves those who are healthy and maintain health, because a healthy body with all the activity can run well as worship. And worship will be deeper and focus. So there is no something which made to disturb the activity. But conversely, if health care doesn't exist it will be an unfull lot of disruption does come up, especially the worship that disturbed.<sup>8</sup>

Dietary practices vary for Hindu followers depending on the sect to which one belongs and personal practice. Almost all Hindus refrain from eating beef due to high reverence for the cow as a mother figure, caretaker, and a sign of wealth. In accordance with the emphasis on non-violence, many Hindus are also vegetarians while some follow lacto-vegetarian or vegan diets. Further, those who are not vegetarians often practice vegetarianism

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<sup>7</sup> M.K. Gandhi, *The Moral Basis of Vegetarianism* (India: Jitendra T Desai, 1959), p. 4.

<sup>8</sup> Manimaran Subramaniam, *An Introduction to the Concept of Vegetarianism Among Hindus In Malaysia*, Department of Indian Studies Faculty of Arts and Social Sciences University of Malaya, Kuala Lumpur, Malaysia.

during religious days observance. A Hindu may also fast fruits and milk or juice at times like.<sup>9</sup>

Unfortunately, there are many humans who cannot distinguish between a good food and healthy for consumption. Most people only eat foods that taste good on their tongue. They don't think about whether it will be tasty as well on their body. Basically, a healthy diet is not the only food that is delicious on the tongue, but also its effects on the body after consumption.<sup>10</sup> Choosing healthy food is very important for the body and health. Among that is by eating a lot of vegetables and fruits, because it contains a lot of energy obtained for body metabolism. If the metabolism in the body is good, then all activities of any kind are funded be felt very excited and be good also.<sup>11</sup>

To maintain good health, healthy food is not enough but it must be balanced with a regular diet. Healthy meals if consumed with irregular same also will damage the health. So, health will be easily able to eat good food and also with the regular. Healthy is easy its just how to human beings that set them up.

This thesis entitled "Mahatma Gandhi on the healthy diet in Hinduism", to prevent misunderstanding and the purpose is to describe the particular topic of this study. The writer needs to clarify the detail of title, that everything will be written is to give the new science concerning the certain religion in the world and with some of these statements the writer wants to explain about Mahatma Gandhi on the healthy diet in Hinduism view.

Through the description, the writer would like to do research of Mahatma Gandhi on the healthy diet in Hinduism. Based on all those things, the writer will use the Theological Approach while this is research approach

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<sup>9</sup> Religious Dietary Resource, Multicultural Association of Wood Buffalo Walter and Gladys's Hill School.

<sup>10</sup> *Health Care Providers' Handbook on Hindu Patient, Division of the Chief Health Officer; Queensland Health*, (Brisbane, 2011),p. 9.

<sup>11</sup> Mahatma Gandhi, *A Guide To Health*, (India: S Ganesan Publisher, 1921),p. 9.

of religion as opposed to religion, then the writer will do analysis in their theology.

## **G. Methodology of Research**

In order to get a great result of this research, the research employs the library research<sup>12</sup> which library literatures as the major sources. This method is designed to flow of rational processes of research activities as it can be done perfectly in a rational and effective way to achieve the maximum result.

### 1. Source of Data

Sources of data in the study are divided into two sections:

#### a. Primary Data

To get the complete explanations about Mahatma Gandhi's biography, his views, though, and etc. The researcher will have data validly from his own from much of book, and writings.

1. **All Men are Brothers, Life, and Thoughts of Mahatma Gandhi as Told in His Own Words**, was written by Mahatma Gandhi, compiled and edited by Krishna Kripalani. This was published the United Nations Educational, Scientific and Cultural Organization and printed in Switzerland. For further understanding about his views about healthy diet, this book will help to explain and useful for this research.
2. **Diet and Diet Reform**, was written by M.K. Gandhi. This was published Najivan Publishing House and printed in India, this book more than help researcher to find of Mahatma Gandhi views on healthy diet and all of the menu food for it.

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<sup>12</sup> Theories and concepts, which found in the libraries. Details conducted through deductive reasoning. While the result of research conducted the integration and generalization through inductive reasoning. Repeating deduction and induction reasoning are expected to formulate answers to the problems that have been formulated. The most likely close to validity. Dr. H. Syahrin Harahap, M.A., *Metodologi Studi dan Penelitian Ilmu-Ilmu Usuluddin*, (Jakarta: PT Raja Raja Grafindo Persada, 2009),p. 90.

3. **Key To Health**, was written by M.K. Gandhi. This was published Navajivan Publishing House and printed in India, this book will help the researcher to understand information views of Gandhi on the healthy diet.
4. **Nature Cure** was written by M.K. Gandhi. This was published Jitendra T Desai and printed in India, this book will help the researcher about a definition of the health of Mahatma Gandhi.
5. **The Mind Of Mahatma Gandhi** was written by R. K. Prabhu and U.R. Rao. This was published the Jitendra T Desai Navajivan Mudranalaya of Cultural Organization, and printed in India. This book will more than help to explain and useful for research about the mind of a healthy diet of Mahatma Gandhi.
6. **The Moral Basis of Vegetarianism** was written by M.K. Gandhi. This was published Jitendra T Desai and printed in India, this book gives information about healthy living and much of good food of Mahatma Gandhi.

b. Secondary Data

By supplying additional information from secondary sources, the data will be to describe other different sights by calculating the thoughts, beliefs, and elements of person until it can enrich from the researcher's role broader but still related to the main topic including books, articles, journals, website, etc.

c. Data Analysis Method

The research method which applied by the writer is a descriptive and analytic method. Descriptive method is a method used to search for elements, attributes, and characteristics of the phenomenon.<sup>13</sup> This description method used to describe by submitting appropriate phenomenon of Hinduism religion in the healthy diet on Mahatma Gandhi views.

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<sup>13</sup> Prof. Dr. Suryana, M.Si, Metodologi Penelitian Model Praktis Penelitian Kuantitatif dan Kualitatif Buku Ajar Perkuliahan, (Universitas Pendidikan Indonesia, 2010), p. 20.



Whereas the analysis method that is the process of searching and compiling systematically the data of combining the power of scientific methods obtained by using formal processes to solve the problems<sup>14</sup> it will be used to discuss and analyze data in this research. By analyzing healthy diet of Mahatma Gandhi view on Hinduism and its reason, then the writer would like to analyze this problem and conclude the values. First, the writer described and exposed the data of the research. Then the writer interprets the mentioned description, so the writer analyzed the presence of Hinduism in the healthy diet on Mahatma Gandhi.

## **H. System of Writing**

To make the research easier in writing and to be easily understood, the researcher systematically divides into four chapter:

Chapter one will be the introduction which consists of a background of research, formulation of a problem, objective of research, a benefit of research, literature review, theoretical framework, a method of research, and system of writing.

Chapter two will be a theoretical chapter, this chapter will describe Hinduism, healthy, diet, and Mahatma Gandhi's background. Gandhi's biography will be described descriptively, which consist of the memoirs of Mahatma Gandhi, and his base of thoughts.

Chapter three will be divided into four. The first will discuss the concept of Mahatma Gandhi's views on a healthy diet, consist of ten points, there are truth, Non Violence, celibacy, control over the palate and taste, fasting, non stending, physical activity, equality, prayer, and five elements. The second is will discuss of a key to health on Mahatma Gandhi in Hinduism consist of ten points, is the human body, air, water, food, condiments, tea, coffee and cacao, intoxicants, opium, tobacco, and Brahmacharya. The third

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<sup>14</sup> Prof. Dr. Sugiyono, *Metode Penelitian Kuantitatif*, (Bandung, Alfabeta, 2013), p. 244

will discuss of Gandhi's healthy diet consist of seven points, there are avoid violence, sleep in the open air and wake up early, fasting, keep on walking (Jogging), avoid alcohol tobacco and condiments, the meditation, and forgiveness. The fourth will discuss of approaching *Ahimsa* as foundation of Gandhi's Hinduism in based healthy diet.

Chapter four will be the closing. The researcher will to conclude the result of research in some basic paragraph and easy to be understood. Also will recommend readers to do better in order to develop this research in the suggestion part.