

Let all be happy without any pain or misery

**VEGETARIAN  
OR  
NON- VEGETARIAN CHOOSE YOURSELF**

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## VEGETARIANISM Vs NON- VEGETARIANISM

Nature has provided innumerable tasty & nutritious vegetable products for human consumption while at the same time created various birds & animals to help & serve the mankind. These birds & animals not only lend a helping hand in maintaining the balance of nature, but on being accorded little bit of love & affection, serve the mankind from the core of their hearts and become more faithful & loyal than ever their fellow human beings.

It is definitely an act of total misconduct & ungratefulness that man whose body has been made by nature akin to body structure of vegetarian species, goes against nature & defies the teachings of saints & sages and consumes meat. **All living beings - like us - are creations of the same Almighty. Will the Heavenly father tolerate the crime of killing his children by his other progeny without any justification? NO, Never explanatory.** One will always be paid in the same kind for his deeds. No action either good or bad ever goes unrewarded. Sooner or later, **we are sure to be rewarded or punished for our deeds.** This is an unalterable, inevitable and universal truth.

Today doctors & scientists from every corner of the world are warning that flesh - foods induce cancer & incurable diseases and shorten the life span. Whereas vegetarian foods yield more nutrition and enhance the body's immunity to fight diseases, promoting health & long life. **Most of the animals used for food eat sorts of unhygienic eatables and are likely to have harmful infection in their body.** Imagine the plight of person who consumes such flesh and becomes prone to innumerable diseases. **If even then human beings continue to destroy themselves by eating flesh food, either in blind rays of copying others or in the pursuit of so called modernity it can only be called their misfortune or ill luck.**

Before slaughtering animals for food, no adequate examinations is made of the diseases they harbor in their bodies and thus their diseases enter their bodies of those who consume their flesh. Besides this, **the cruel and torturous atmosphere in which these animals are killed, creates a**

lot of fear, tension and anger which further makes the meat **poisonous**. These poisonous and disease - infected meat, on consumption, induces lots of incurable diseases and it seems that it fulfills the killed animals curse, " as u consume me, so will I consume u"

**Oh, my non vegetarian friends, before u get ready to eat meat the next time, please do pay a visit to the poultry form and slaughter house to see with u'r own eyes the torture inflicted on the silent victims, their pain and suffering and a ghastly expressions on the faces of these animals.** Then ask u'r conscience whether our superiority and humanity lie in only in the selfish perception of our taste - buds and in snatching for ever life out of these living beings which we can never give back.

Dear friends please look into the prose and cons of u'r own interest. Flesh foods instead of providing nutrition, give you incurable diseases and diminish u'r life span. Such foods pollute u'r mind and heart, destroy u'r happiness and peace of mind and leading to decline of morals and character, pushing not only yourself but also u'r coming generations towards incurable diseases and insurmountable troubles. **For the sake of saving u'r children** whom u love more than u'r own lives, from the dangers of cancer, heart ailments and other social disadvantages **Please stop consumption of flesh foods right from today itself**. Every moment is the right moment for repentance. According to thee scriptures, " Those who renounce flesh foods are equally rewarded as those who perform a yajna".

### **What is the objective of food?**

The object of man's food is not just to fill his belly, to maintain health or to satisfy his taste but to properly develop his mind and character too. Our intake of food is closely related with our thinking, character and deeds. **Age old saying " The kind of food you eat determines the kind of man you are"**, is equally applicable today also. The taste of man in different types of food reflects his behavior and character. In fact it is

an indicator of one's innermost self. Hence, the objective of our diet should be to consume only those items which contribute to our physical, moral, social, and spiritual uplift and promote love, affection, compassion, nonviolence, peace and similar values of life.

### Difference between hunger of body and mind

In order to justify all his actions, man often says that he has to do everything to satisfy the hunger of his body. It is a fact that hunger of body makes every person restless and forces him to trend on a wrong path but it is much more true that demand of hunger of body is limited and he can fulfil it by little bit of hard work without resort to sinful or criminal actions. The hunger which never satisfies and for which one does so many wrong deeds, is not hunger of body but is in fact the hunger of mind. This malaise of mind goes on increasing. The more one tries to satisfy it, the more it grows and leads him to cheating, fraud, arson, crime, murder, and other bad habits resulting in fear, tension, anger and hatred, which are the main causes of all bad deeds and diseases.

It is often said that hunger of stomach has been satisfied but not of mind. This ever-hungry mind creates most of the problems for us. As such it is in the interest of man to understand the difference between these two types of hungers.

### FLESH-FOOD - INDUCER OF DISEASES

Here are the conclusions reached by eminent physicians and scientists about the many fatal and intractable diseases which one invites by eating flesh foods: -

Research (*Ahinsa Sandesh*, June, 1989) conducted at the state university of New York, Buffaloe, brought to light the fact that more than 47000 children born in America every year suffer from various inherited diseases because of the consumption of flesh foods by their parents. These children can never grow up to be healthy adults.

A weekly programme on Vegetarianism on B.B.C. Television gave clear warning that **meat-eaters face a risk of contracting fatal diseases.**

Fatal diseases like heart attacks, cancer, blood pressure, obesity, constipation, stones and diseases of kidney, liver, and contagious diseases are rampant in western countries where meat eating is widely prevalent, while their incidence is less in India, Japan, and Africa where most of the people are vegetarians.

In a study (*Ahinsa Sandesh*, June, 1989) conducted on the persons of Huja Tribe of age-group 90 to 110 years, it has been revealed that the main reason of their long life and sound health is their being vegetarian.

The (*Kalyan*, Gorakhpur page 571 and *Hindustan Times*, New Delhi, 1<sup>st</sup> Oct. 1986.) 1985 Nobel prize Winners, Dr. Michael S. Brown and Dr. Joseph L. Goldstein of America, proved that **to prevent heart diseases it is very essential to stop the consumption of meat and eggs.**

In America (*Ahinsa Sandesh*, June, 1989) alone more than 40,000 cases are reported every year in which people suffer from illnesses caused by eating disease infected eggs and meat.

(*Food for a future*) According to Health Education Council 90% of deaths due to food poisoning are caused by eating meat.

(*Hindustan Times*, New Delhi 1-10-86.) **Seeing its approaching death in the form of butcher in the slaughterhouse, the animal trembles with fear and shock. It stops taking food one or two days in advance.** Fear and restlessness causes leakage of stools. When this excreta gets mixed up with blood, it becomes poisonous and harmful. Blood, semen, stools, urine etc. becomes part of the flesh. Before its death, the helpless animal tries hard to save itself and struggles for it. When struggle bears no fruit, its fear and anger increases, its eyes become red due to rage and froth oozes out its mouth. This condition creates within the animal a substance called Adrenaline, which increases its blood pressure and contaminates its blood. When man consumes this meat, this Adrenaline also enters his body driving him towards many fatal diseases. When chlorinated hydrocarbons are consumed along with Adrenaline, it creates a serious threat to heart attacks.

It is well known that bacteria multiply quickly in blood. **Due to mixing of blood in flesh, infection of bacteria increases very rapidly.** As soon as the

animal dies, all life saving functions cease and bacterial infections proliferate inside the fastering carcass. The onset of contamination is very fast in flesh as compared to vegetarian food. Eating this meat is almost like cannibalism, when this meat reaches within the body of man, it gives rise to such **incurable ailments, which do not leave the meat eaters till their death**. One who eats meat today, gets ultimately eaten by that meat one day.

*(Medical Basis of Vegetarian Nutrition)* indicated below are some of the most intractable diseases which research has shown to be caused by meat eating: -

- Epilepsy
- Ulcerative Colitis, Appendicitis, Carcinoma of colon and rectum
- Kidney diseases
- Rheumatoid Arthritis, Gout & other Types of Arthritis
- Atherosclerosis
- Cancer
- Intestinal decay
- Destruction of immune system
- Skin diseases, Eczema, Pimples etc.

Other diseases such as migraine, menses - related disorders and ailments among women, infections etc are more common among non-vegetarians.

In short we can say that vegetarian foods prevent all types of diseases whereas non-vegetarian foods increase the risk and help in growth of most diseases. Vegetarian foods promote longevity while non-vegetarian foods cut life.

## **NO EGGS ARE "VEGETARIAN"**

The term Vegetarian egg is a misnomer. Eggs are obtained from the birds whereas vegetables are obtained from plants. Therefore, the eggs can never be vegetarian in origin. The term vegetarian is a misnomer. It gives an impression that eggs are obtained by the plant.

Eggs are of two kinds - those, which can hatch out into young ones, and those which can not. Just as women expel the menstrual matter every month, hens lay eggs periodically and these eggs are an expulsion of unwanted matter from the hen's uterus. To make more money out of these eggs, commercial promoters are now describing them as vegetarian eggs, *ahinsak* eggs, and other misleading names but these are obviously not vegetable products. They emerge from within an animal's body. Vegetable foods are the product of the earth interacting with sun, water, air and other elements while no eggs are born of the earth. Both kinds of eggs are laid by hen and chemical composition is also the same. If at all a distinction has to be made, such eggs can be called immature, dead or still-born, but not vegetarian by any stretch of imagination. In any case, both types of eggs have same harmful effects.

Here is how the hens atrociously treated to obtain such eggs in larger quantities for quick commercial gains. What cruel methods are used, how the hens are kept in horrid conditions to make the poultry-farming business more lucrative? **The torturous ways in which hens are made to lay eggs and this horror and torture encapsulated in the eggs enters the belly and then blood stream of those who eat them.**

The eggs laid by the hens are not laid in the natural course, nor by their own volition. Rather, they are given hormones and injections of egg formulations, which make them, lay eggs continuously. As soon as the geese emerge, they are put into an incubator so that chicks can hatch out within 18 days instead of natural 21 days. Now the female chicks are kept in small cages instead of natural ground and earth. So many hens are crowded and they cannot even flutter their wings. In the tense crowd they peck at each other, get wounded, become irritated and suffer tortures. In this way these hens remain confined in these cages for their lives. Their limbs become immobile due to lack of exercise. In order to obtain more eggs than they would have laid in the normal manner, the hens are fed with special diet containing dry fish. When their egg-laying capacity diminishes, these are sent to the slaughter houses.

How can eggs extracted in this manner be called vegetarian?



## VARIOUS RELIGIONS BAN FLESH-FOODS

**Hinduism:** All Hindu Scriptures unanimously consider every living being a part of god and lay utmost stress on ahinsa, compassion, love, forgiveness and such other virtues. Meat eating has been described as totally abjurable, sinful and leading to the decline of the soul. In the, "Anushasana parva" of mahabharat, Bhishma Pitamaha has described as the sinners all those who eat meat, those who trade in meat and those who kill animals for their flesh. He said that any one who desires to increase his own meat by consuming meat of others will never be able to live in peace wherever he might born. **Those who eat the flesh of other living beings will themselves be eaten by the later in a subsequent reincarnation.** Any living being that is slain proclaims:

"Mas Bhakshyate yasmad Bhakshishya Ttampapyaham"

i.e. "Today, he consumes me, some day I will eat him"

In **satyarth prakash**, Maharishi Dayananda has said that meat eating makes a person's temperament violence prone. Those who eat meat and consume liquor, their bodies and semen also get contaminated.

### Thirukkural by Thiruvalluvar (300 BC) on Abstaining from eating Meat

1. If you ask what a virtuous deed is, it is non-killing. To kill leads to every ill- deed.
2. To divide one's bread with the needy and to abstain from killing : these are the greatest abstain from killing: these are the greatest of all the Commandments of all the prophets.
3. Not to kill is the first and incomparable virtue. The next in rank to it is not to speak an untrue word.
4. It is asked what is the good way? It is the path, which considers how it may avoid killing any creature.



5. Of all who renounce in dread of instability, the foremost is he who dreads killing and does not slay.
6. Behold the man who hath taken the vow of nonkilling; Death that death away all life maketh no inroads into his days.
7. Let no one do that which would destroy the life of another although he should lose his own life.
8. Great as the benefits of wealth may be, the good set the least store by wealth arising from slaughter.
9. In the eyes of the discerning, men given to slaughter are but churls.
10. Men who are diseased in body and live ignoble and starving lives are, it is said, they took the lives of others (in their previous birth.)

### Islam:

The famous saint, Mir Dad, said that anyone who eats the flesh of any living being shall have to repay it with his own flesh. He who breaks another living being's bone shall have his own bones smashed.

Kabir, addressing muslims, makes it clear that even fasting (Roza) is in vain if its practitioner lets his tongue dictate the killing of living beings for the sake of its taste. Allah will not be pleased this way.

The Imam of London mosque, Al-Hafiz B.A. Masri, in his book "Islamic concern for Animals", has expressed sorrow about the excesses against animals in the name of religion. Quoting from the holy quran Majeed and the teachings of the Holy Prophet Muhammad, he described all acts of torturing of animals, and even keeping birds in cages as sin.

The Imam Masri is himself a vegetarian and advises everyone to adopt vegetarianism.

## Christianity

Lord Jesus Christ are: Thou shall not kill and love thy neighbor. The views of Jesus Christ in his Gospel of Peace are, "The truth is that one who kills others, is, infact, killing himself. Whosoever eats flesh of an animal after killing it, is actually eating his own flesh himself. The death of an animal is the death of him who kills the animal because thee revenge or punishment for this crime cannot be less than death itself" Again: kill not the harmless animal, nor eat the flesh of your innocent prey. Lest you become a slave of Satan. He further said: Vegetarian food will give you life and strength but if you eat dead food (meat) your food will kill you because life begets life and death always begets death.

## Jainism

Ahinsa is the most important principle of the Jain faith. The Jain's scriptures list 108 forms of violence. Violence in thought and actions, indulging in violence oneself or getting others to use violence or abetting violence by others, are all forbidden. Even to contemplate violence is a sin. Violence is manifested in thought, word and deed. Even the utterance of words which hurt another person is considered as a sin. In a religion where tying up of animals, causing hurt to them, overloading them are even keeping them in cages is considered sinful, the question of eating meat just does not arise.

Those who wish to be happy and secure must learn how to make others happy and secure, otherwise nature has its own strange ways of punishment. Just as the description of forests has disturbed the environmental balance and compelled us to launch a campaign for protection of forests and plantation of more trees, we will have to launch a similar campaign one day to save animals and birds which are equally vital for the maintenance of our environmental and ecological balance of nature. **Survival of animal world is a matter of our own survival. Delay will be disastrous.**

Our own welfare depends upon following the maxim:

**Ma Hinsat Serve Bhutani** meaning do not inflict injury on any creature.

Let all be happy without any pain or misery.

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