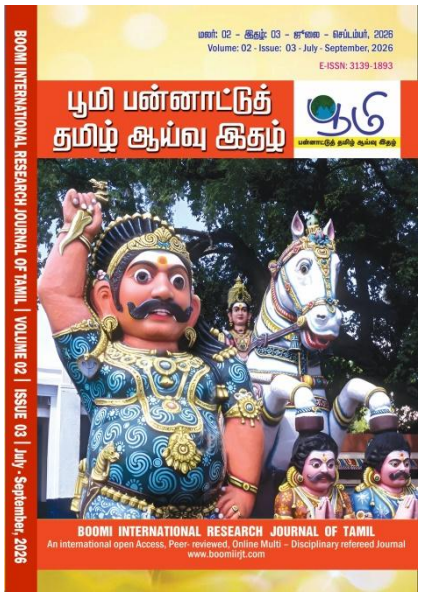
Kayakalpa and Dietary Principles in Bogar Ezhayiram
போகர் ஏழாயிரத்தில் காயகற்பமும் உணவியல் நெறியும்



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Abstract

Bogar, who is regarded as one of the prominent among the Eighteen Siddhars, is traditionally associated with the diverse dimensions of the Siddha tradition, encompassing medicine, yoga, alchemy, Kayakalpa, Vasi Yoga, and spiritual wisdom. In Bogar Ezhayiram, the human body, life force, food, breath, mind, yoga, and spiritual wisdom are viewed as interconnected aspects of human existence. In particular, the Kayakalpa verses emphasise protecting the body from degeneration, choosing appropriate foods, avoiding unsuitable foods and unhealthy practices, regulating the breath through Vasi Yoga, and cultivating mental discipline. In Bogar's thought, Kayakalpa is not merely a system of medicinal treatment but represents a holistic way of life that integrates food, ethical discipline, body, life force, mind, breath, and yoga. The objective of this article is to explore and highlight Kayakalpa as an integrated lifestyle principle in Bogar's thought, with particular reference to the relationship between Kayakalpa and dietary principles as presented in Bogar Ezhayiram.

Keywords: Bogar, Bogar Ezhayiram, Kayakalpa, Kaya Siddhi, Dietary Principles, Siddha Tradition, Vasi Yoga

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