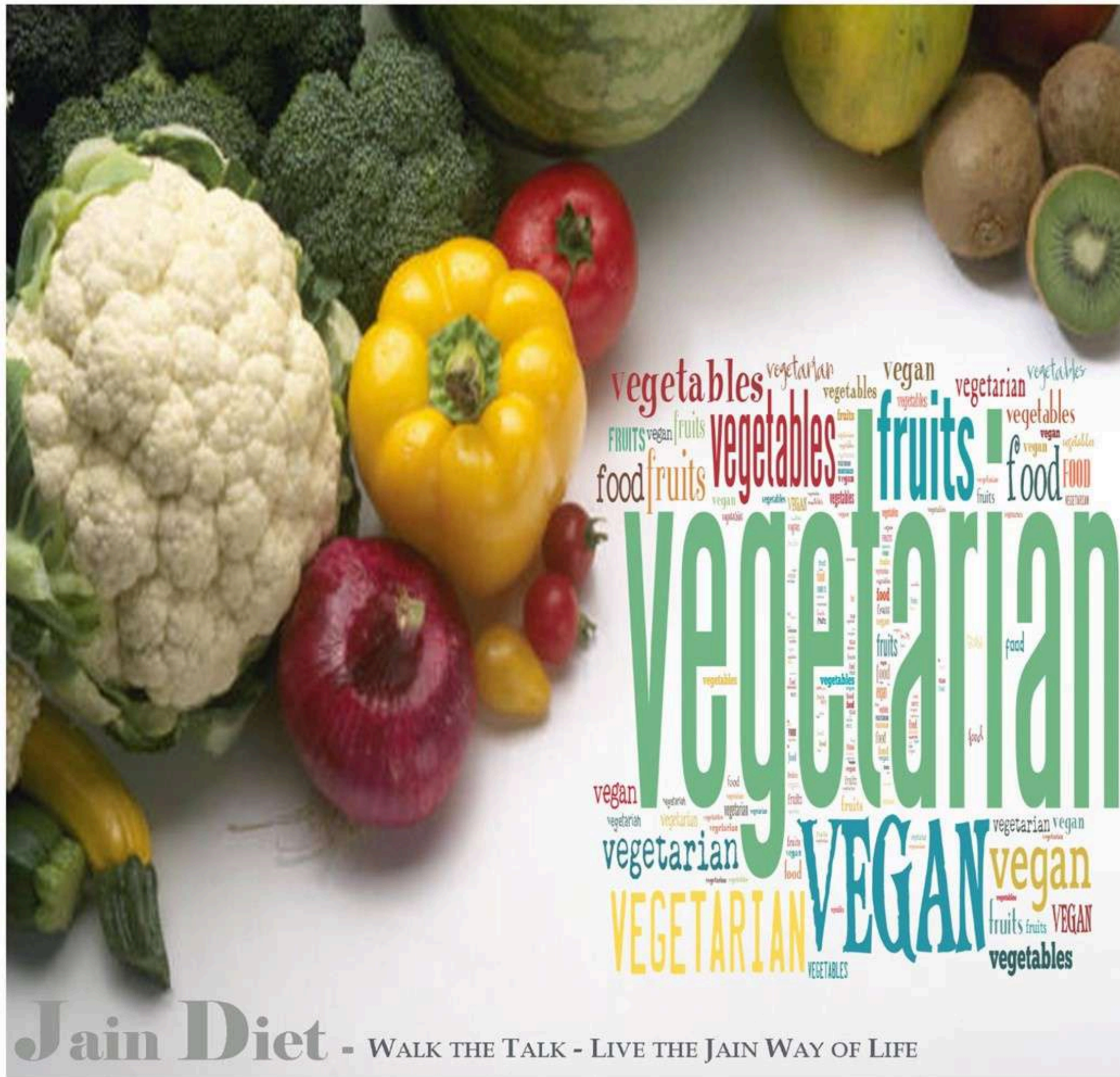


NATIONAL VEGETARIAN WEEK  
20 - 26 MAY

# JAIN VEGETARIAN ETHIC

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## JAIN VEGETARIAN ETHIC

Vegetarians are people who do not eat meat or fish. Some vegetarians do not eat meat because they think that eating meat is not good for their health. Others do not eat meat because of their religion beliefs. They do not believe in killing animals for food.

**Jains are vegetarians because they believe in non-violence, which involves not hurting or killing any living being. Jain religion has non-violence as its basic principle.**

The foundation of vegetarianism is kindness toward other living beings (jeev daya). All life is precious. Why deprive any being's right to live only to satisfy one's appetite? In the Jain religion, vegetarianism is not just a gastronomic tradition but an entire way of life grounded on the concept of ahimsa, tolerance, piety, and compassion. Connected with vegetarianism are not only religious and spiritual concerns but ethical, emotional, nutritional, and health aspects as well

Vegetarianism has the potential of shaping a more balanced lifestyle and promoting judicious use of food resources. The ordeal of the animal being slaughtered, its intense feelings of horror, anger, hurt. Pain and suffering, passes as a residuum into the fresh meat. When consumed, such meat could shape in human emotions a psychology of callousness, anger, revenge, hate, disgust, and intolerance.

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**Vegetarianism is a way of life for a Jain.** It has been scientifically proven that a vegetarian diet confers a wide range of health benefits; vegetarians suffer less from many of the diseases linked to a modern Western diet: obesity, heart disease, hypertension, cancer and myriad such ailments. Besides health, a Jain diet provides a favourable economics. Studies have shown that, to grow one pound of wheat requires only sixty pounds of water, whereas production of one pound of meat requires 2500 to 6,000 pounds. Becoming a vegetarian could potentially save an individual and the nation considerable sums. Considering all this, it's hard to see how vegetarianism isn't the perfect diet

