

Vol 48 No 2  
Summer 2025

# COMPASSIONATE FRIEND

Journal of Beauty Without Cruelty - India  
An International Educational Charitable Trust for Animal Rights

## Healthy Vegan Cuisine



**In this Issue:**  
**Earthquakes**  
**Buyers to Blame**  
**Bullock Cart Races**  
**Indigenous Horses**



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Summer 2025

## Contents

- IFC From my Desk...
- 2 Interesting News
- 5 Fact, not Fancy *Slaughter and Earthquake*
- 6 Unlucky Horses
- 9 Unveiling Compassion through Cuisine
- 10 Towards a Disease Free Life

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Vegetables  
and fruits and flower  
used in the recipes  
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### Bill Aitken

On 16 April 2025, one  
of our earliest life  
members, Bill Aitken,  
passed away aged 90.

In order to create public  
awareness on animal  
rights subjects, he often  
wrote articles in leading  
publications of the day,  
ranging from Karakul  
lambs to horse racing.

Since this issue covers  
horses, we draw our  
readers' attention to his  
piece entitled "Flogging  
the Horse to Death",  
which appeared in the  
July–September 1986  
issue of *Compassionate  
Friend* and can be  
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# From my Desk...

## Bullock-cart Races

**T**he good news is that the Karnataka High Court on 29 January 2025 dismissed a PIL seeking a direction to the Deputy Commissioner of Kolar District to grant permission for conducting bull/bullock-cart races in Dullapalli village of the District scheduled in January 2025.

The sad news is that bullock-cart races were restarted in Maharashtra in 2021 with a set of dos and don'ts for holding them. These are never observed. The so-called sport which involves gambling is more than just harmful to animals. For example, following disputes over bullock-cart racing, a man from Satara was shot in June 2024; and in November 2024, an enthusiast from Maval was strangled to death over a demand of ₹ 50 lakh.

In March 2025 a shocking incident occurred: bullocks were given electric shocks with a battery at Nighotwadi Ghat, Ambegaon Taluka, in order to run faster. This made the Akhil Bharatiya Yatra Committee announce that those who committed such atrocities or administered injections and stimulants would not be allowed to participate in bullock-cart races. BWC hopes that this incident acts as a deterrent to stop bullock-cart races entirely in Maharashtra.

As bullock-cart races are illegal in Punjab, BWC successfully drew the attention of Punjab Government officials to races planned to be held between 31 January and 2 February 2025 at Kila Raipur during the Rural Olympics in Ludhiana District. Thereafter BWC again appealed to the authorities and managed to get 10 out of 12 bullock-cart race events cancelled in different villages till 9 April 2025.



**No bullock-cart races in Kila Raipur again.**

*Photo courtesy: hindustantimes.com*

## Who done it?

**I**t has come to our attention that “unwanted” cattle are often pushed onto railway tracks. Their ghastly deaths bring in accident compensation from the government for those who claim their animals had wandered off in the area.

Some big cats have been blamed for fatal attacks on humans, including children, whereas the death was actually murder and many have not only escaped detection but received government compensation.

In December 2024, a woman was found dead due to a suspected leopard attack (as there were scratch-marks on her body) in a sugarcane field at Kadethan village of Daund Taluka in Maharashtra. However, following the forensic report that stated no animal saliva was traced in the woman's body and she was therefore not killed by an animal, the Yavat police established it was a case of murder and arrested two suspects.

Meanwhile, in order to provide researchers from the Wildlife Institute of India with footage to help mitigate rising leopard-human conflict, between December 2024 and April 2025, they fitted a male leopard in Junnar with a camera collar programmed to record 30 second video clips every hour.

# Interesting News

## Luckless Mandul

In February 2025, a Red Sand Boa (*Eryx johnii*) believed to bring good luck to the owner, therefore having an estimated market value of ₹10 lakh, was being illegally sold in Pune when on a tip-off the Police trapped and arrested the 2 persons involved. One of the five most heavily trafficked wildlife of India, this two-headed snake, commonly called *Mandul* is one of the non-venomous of the boa species.



Red sand boa rescued by the Pune Police.  
Photo courtesy: mypunepulse.com

## Buyers to Blame

In February 2025, a 19-year-old youth was arrested by the Forest Division in Pune for illegally transporting from Beed to Pune 16 Alexandrine parakeets to sell. The bottom line is that demand always generates supply.



The pitiful plight of parakeets smuggled for human pleasure. Photo courtesy: thebridgechronicle.com

## Breeding weak White Tigers



A white tiger with strabismus (cross-eyed).

Photo courtesy: Anne Debaisieux on Wikipedia Commons

People who visit the existing White Tiger Safari in Mukundpur, Rewa District run by the Madhya Pradesh Forest Department, do not realise that they are indirectly promoting captive-bred weaker tigers. The white tiger is considered rare because of a recessive gene that causes lack of pigmentation. It is not considered as healthy as a normal tiger, therefore it should not be multiplied in captivity. It is weaker in physiological vigour, and its ecological value is nil.

Furthermore, it is unfortunate that in December 2024 the MP government obtained approval from the Central Zoo Authority and have began setting up a White Tiger Breeding Centre in Govindgarh, 20 kms from Mukundpur.

## Tiger Bone Glue

There was a sudden worldwide demand for tiger bone glue in 2024 going into 2025 which was the reason that tigers were being increasingly poached in Maharashtra and Madhya Pradesh.

Tiger bone glue is made by pressure-cooking tiger bones for 2-3 days resulting in a brown, sticky sap-like substance sold in the form of cakes. It is not used for

sticking anything, but is probably called glue because it looks like it. It is utilised in traditional medicine for muscle and bone ailments and as an aphrodisiac.

## Import of GM Fruits and Vegetables

India's import of fruit and vegetables has risen by 25% from 2013 to 2023 – especially from countries that produce GM varieties; and as only 2% of labs in India are capable of checking if foods contain GMOs, how can we be sure of what we are consuming?

## Tattoo Ink

In February 2025, Karnataka's Food Safety & Drug Administration discovered the presence of 22 heavy metals, including selenium, chromium and arsenic in tattoo ink. These inks are mostly imported and unregulated. Interestingly, Indian ink called *masi* in the 4<sup>th</sup> Century BC was made of burnt bones, blood, tar, pitch and soot. Today, tattoo ink could contain similar ingredients, or be made from iron oxides, metal salts and plastics.

The unique violet indelible phosphoric ink used to mark voters' fingers that turns black on drying, is a mixture of shellac, dyes, chemicals, aromatic material, biocide and silver nitrate. Manufactured by Mysore Paints and Varnish Ltd (earlier known as Mysore Lac and Paints) the formula is a closely guarded secret.

## Kite Flying Happily Abandoned

There exists a village near Vadodara, Gujarat called Luna with a population of around 2,000, where since about 2021 hardly anyone flies kites and if they do only at noon. BWC was pleased to know that they do not want to harm the more than 300 painted storks that visit in winter.

## Fortification Blunder

In October 2024 the Fortified Food Plan faced questions from two Members of the Economic Advisory Council to the Prime Minister who argued that fortification may not be the answer to anemia among women and children. This was in line with what several health experts had been saying.

## Shooting and Electrocution

In March 2025 it was reported that as many as 4,279 Nilgais had been killed in Bihar in the year 2024-25 (till February) because they damaged crops. The killing was done by professional shooters of the Environment Department. The state government gave compensation of ₹50,000/- per hectare to farmers whose crops were damaged by *nilgais/ghodparas* and wild boars.

The Maharashtra Forest Department has not received a single request from farmers for official permission to hunt *nilgai/rohis* or wild boars. This was after stringent conditions like the animal should be within the field when shot and the carcass to be handed over to the Forest Department were issued in 2015. Farmers are electrifying their fences instead.



**Nilgai (left) and Indian Wild Boar (right).**  
**Photo courtesy: Jon Connell and P Jeganathan**  
**on Wikimedia Commons**

## Hatha-jodi



**Hatha-jodi seized in Pune in March 2025.**

**Photo courtesy: sakal.com**

In March 2025, the Maharashtra Forest Department arrested three persons at Solapur for trying to smuggle an astounding number of 151 *hatha-jodi* claimed to be the roots of plants, but were actually the dried penis of monitor lizards, illegally utilised for black magic, good luck and mystical powers on the libido.

Male lizards with hemi-penis organs are captured in the wild. The area around the living lizard's penis is burnt so it protrudes. It is then excised with a sharp knife and sun-dried. It resembles joined hands hence called *hatha-jodi*.

## Kancha Gachibowli Forest Partially Saved

Despite a big protest rally against Telangana's plan to auction 400 acres bordering the Hyderabad University to develop IT parks, in April 2025 the state began clearing the forested area at full speed with huge machinery. It was halted 5 days later only after the Supreme Court directed to stop the tree felling immediately since it was home to wild animals and birds such as

peafowl and deer. The two-judge SC Bench was shocked to see visuals of wild animals running for shelter after 100 acres of trees were felled, and said the state government had only 2 options: either to come up with a revival plan to restore the green cover, or be ready for the Chief Secretary and senior-most officers being sent to jail for violation of court orders.



**Wild life fleeing during heavy machinery clearing in Kancha Gachibowli forest. Photo courtesy: indiahood.in**

### Form IV (See Rule 8)

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Dated: 1st March 2025

Sd/- Diana Ratnagar  
Signature of Publisher

# Fact, not Fancy Slaughter and Earthquake

***We can avert earthquakes by not killing animals says Nirmal Nischit***

**W**hen earthquakes occurred in Myanmar and Thailand in March 2025, once again Beauty Without Cruelty wondered if these violent seismic upheavals had been triggered by negative vibrations created due to animal slaughter. An earthquake also occurred in Nepal during April 2025 following mass animal sacrifice at Gadhimai in December 2024. Significantly, in April 2015, a few months after the quinquennial Gadhimai massacre of animals, an earthquake had struck Nepal. As also in 2020, less than a year after the Gadhimai killings, there was an earthquake in Nepal.

## BIS effect

It reminded BWC of the book entitled *Etiology of Earthquakes: a New Approach* by Dr Madan Mohan Bajaj, Dr Syed Ibrahim and Dr Vijayraj Singh (BIS effect) and their research paper entitled *Visprabhaw* based on the world renowned theoretical physicist Dr Albert Einstein's Pain Wave theory that was presented at an international conference in Russia. The scientists had adapted Einstein's Twin Paradox theory in a unique way and although many criticized their findings, no one has to our knowledge scientifically disproved their assertions that dying animals create acoustic anisotropy leading to the movement of tectonic plates.

According to the researchers, the primary and secondary waves move very fast, but the third type that move slowly, occur due to pain experienced by animals when they are killed. Such pain waves go on increasing and intensify with continued slaughter in the region. Anisotropy increases the pressure on rocks, and eventually the energy of these pain waves that have built up, becomes so powerful and dangerous that they brutally hit and shake the earth, rivers and sea.

We can avert earthquakes by not killing animals. After all, if extensive drilling, mining and dams

can cause disruption in tectonic plates resulting in earthquakes, why can't waves emitted during animal slaughter do the same?

## Slaughter and Natural Calamities

Einsteinian Pain Waves and Mechanism of Earthquakes in terms of the BIS effect as explained by the three scientists, is reproduced below:

When living creatures are slaughtered or killed, the waves emitted are known as Pain Waves. This phenomenon has been completed and experimentally observed. These Pain Waves are technically nociception waves. (Nociceptive pain is caused by an external injury and results in the body's fight or flight response.)

As Albert Einstein was highly concerned about violence taking place, around 1924 he showed a great interest in stopping killing of living creatures and published several comments in favour of a compassionate way of life. We have named these pain waves as Einsteinian Pain (EP) Waves to show our respect to the world-renowned great scientist. There has been no difference in the views and ideas of Albert Einstein and the experimental observations which we have witnessed.

In slaughter houses and other centres of killing (mechanised and non-mechanised) these EP Waves were vigorously studied at several places, for example, Brain Research Institute, Gurugram (Haryana): National University. We reported our work with detailed experiments in India and abroad and we also presented them in the presence of several scientists.

Mechanism in non-mathematical simple words: It has been found that EP Waves are different from the waves which we encounter from other sources and these Waves are just opposite of compassion waves. EP Waves are extremely dangerous, brutal and damaging and have been found to cause several earthquakes.

# Unlucky Horses

**Indigenous horses exhibit resilience, endurance and agility and are therefore exploited says Khurshid Bhathena**

In the past BWC has covered the horseracing industry, a throwback to the British Raj, in which the horse is always the loser. In this so-called sport, horses are subjected to drug abuse, and forced to run faster than their physical capabilities. For most racehorses, retirement means abandonment, or torture, if sold to institutes producing serums and vaccines.

In this article, we give some information about indigenous Indian breeds of horses that have evolved over centuries. They exhibit resilience, endurance and agility and therefore, they too continue to be exploited in some way or another.

The registered breeds of horses and ponies with the National Bureau of Animal Genetic Resources (ICAR) are Marwari of Rajasthan, Kathiawari of Gujarat, Kutchchi-Sindhi of Gujarat & Rajasthan, Spiti of Himachal Pradesh, Zanskari of Jammu & Kashmir, Bhutia of Sikkim & Arunachal Pradesh and the Manipuri pony. Others are Nokkota of Bihar, Bhagli of Himachal Pradesh, Chummarti of Himachal Pradesh & Tibet, Bhimthadi or Deccani of Maharashtra, Malani of Rajasthan and Sikang from Sikkim.

The Indian half-bred horse mainly used by the Indian Army and Police, is a cross between Thoroughbred stallions and different mares. Whereas, the *Tattoo* is a cross between horses meant for riding and pack or draught work breeds of India.

## Rewal Chaal

The *Rewal* or *Varra* is not a movement, it is a gait and the horse trainer has to somehow bring up this inborn trait so that it gets firmly ingrained in the horse. *Chaal* means walk.



**Rewal Chaal Race. Photo courtesy: [www.facebook.com](https://www.facebook.com)**

*Rewal* (also known as *Rewal/Rehwal/Indian Shuffle/Lateral Amble*) is a four-beat gait where each leg of the horse touches the ground separately. Correctly performed, the so-called well-trained horse can move at the rate of 45 kmh.

In the *Rewal* gait, the movements are left hind leg followed by left foreleg, and then right hind leg followed by right foreleg, or the other way round.

The backbone of the horse remains still, straight and steady even when it is running very fast because almost no vertical movement occurs. A rider and horse can therefore cover distances of up to 60-75 kms at one stretch.

Horses born with the natural ability to perform *Rewal* are called Ambling Horses or Amblers, and all the three breeds from the West of India (Sindhi, Kathiawari and Marwari) are Ambling Horses. It is said that packs of Sindhi horses are still seen in the wild.

Sindhi horses (from north-west India, adjoining Pakistan) participate in *Rewal Chaal* or lateral ambling gait which is cruelly taught to be performed fast. Tracts and breeders are mainly found in Surat, Navsari and Kutch of Gujarat, and Jaisalmer and Barmer Districts in Rajasthan. Formal training starts at two years, but the actual training begins when the foal is born. Frequent touching ensures it does not hide behind its mother. When four months old, the foal is put on halter and taught to follow its handler. During this time it is also taught to rear up on cue.

After the horse is 1½ years old, horsecloth, saddle, girth and bridle are utilised and the horse is led for walks up to half a kilometre. The girth keeps the saddle in place, and the bridle is a set of straps that are put around the horse's head and mouth to control it.

By the time the horse is two years old, it gets bridle trained to move forward and backward. The horse is continuously whipped into submission to run in circles with the trainer controlling it with a long thick rope attached to the reins. That's when a rider mounts it, and after it stops trying to dislodge him, the horse is taught to trot, canter and gallop.

From October to February, about 15 to 20 *Rewal Chaal* races are organised, including national-level competitions with around 50 participants from Gujarat, Madhya Pradesh, Uttar Pradesh, Bihar and Maharashtra. Winners usually receive ₹ 81,000, ₹ 61,000 and ₹ 41,000 along with gold and silver medals.

## Pushkar Fair

Horses are not only traded at the annual Pushkar Fair near Ajmer in Rajasthan but horse races and "dances" are held. The horses are systematically hit on their legs by a man to jump up and awkwardly move on their hind legs while another man holds the reins tight in an effort to control and guide the horse into so-called dancing, while drummers walk in a circle around them.

## Chetak Festival



**A Nukra horse being paraded at the Chetak Festival.**  
Photo courtesy: [utsav.gov.in](https://utsav.gov.in)

The 350-year old annual Sarangkhedha Horse Fair has metamorphosed into a month-long Chetak Festival, one of the oldest and largest. Along the Tapi River in Sarangkhedha village of Nandurbad District in Maharashtra, the site spans 50 acres. Over 2,000 horses from 14 states arrive for the month-long Chetak Festival. Not only are they sold and bought, but Equine events like Ball in Bucket, Pole Bending, Barrel Race, Show Jumping, Hat Race, Tent Pegging, Horse Dancing, Horse Dressage, Horse Buggy Ride, *Rewal Chaal* Races are held. Marwari, Kathiawari and *Nukra* (not a breed, but an Albino, born white) horses are showcased. Cultural programmes and competitions are also a part of the festival.

## Marwari Horses and other Indian breeds

The Indigenous Horse Owners Association showcases the prowess in racing, endurance and equestrian events at annual Marwari Horse Shows. Over 100 horses from Rajasthan, Gujarat, Karnataka, Punjab, Tamil Nadu and Maharashtra participate. To date they have held eight annual shows.

## Kashipur Horse Market

In 2025, Uttarakhand's 170-year old Kashipur Horse Market, a part of the Chaiti Fair in Udham Singh Nagar's Kashipur held during *Navratras*, was shut down. The owners of the two acre land on which this annual Nakhasa Bazaar was held, did not want to continue hosting it. Horses from all over India like Marwari, Sindhi, Kathiawari, Spiti and Manipuri used to be brought there for sale.

## Malkangiri Ponies

These sturdy horses have been around for more than a century and have adapted to the terrain, withstood drought and shortage of food. They are used for transportation of farm produce from fields to homes to markets as well as construction materials to hilltop villages. Without formal training in horse-riding, young tribal boys begin riding these horses before they are even 10 years old. However with the construction of roads in the area, many horses that had been abandoned, died during the rains. In January 2023, the District Administration of Swabhimani Anchal (Odisha) conducted a rural derby competition using Malkangiri Ponies as part of the *Malabanta Mahotsav* to coincide with the Hockey World Cup held in Bhubaneswar.



**Malkangiri Pony.** Photo courtesy: [www.villagesquare.in](http://www.villagesquare.in)

## Equines of Matheran

In October 2024, a resident of Matheran approached the National Green Tribunal (NGT) to impose restrictions on the number of horses (mostly Kathiawari breed) used for tourism. It was pointed out that the 460 horses and 200 ponies produce over 3 tonnes of dung daily which not only harms the eco-sensitive zone (ESZ was declared by Government of India in 2003) but results in air, water and land pollution adversely affecting human health.

## Feral and Wild Horses

Dibru Saikhowa National Park in Assam is home to a small population of feral horses. They could be descendants of the abandoned horses used by the Allied Forces against the Japanese in World War II. Or, they could be descendants of cart horses found in the area in the 1940s. Although, some say they are descendants of China's Przewalski's horses, considered a wild horse species. Today they face threats from smuggling, and since they are not considered wild life, no protection is given to them under the Wild Life Act.

Point Calimere in Tamil Nadu also has a population of wild horses whose ancestors are also considered wild.

## Decreasing Numbers

As per the last Livestock Census of 2019, there were a total of only 3.4 lakh horses in India, having gone down by as much as 45.2% over the previous Census. Unsurprising because of their decreasing utility as working animals, but why exploit them for entertainment?



*Khurshid Bhathena is a Trustee and Honorary Secretary BWC-India*

# Unveiling Compassion through Cuisine

*Rumi, da Vinci, Keats, Einstein, Tolstoy, Franz Kafka, Shelley, G B Shaw, Pythagoras, and Alexander Pope were all vegetarians says Sumit Paul*

*I have from an early age abjured the use of meat, and the time will come when men such as I will look upon the murder of animals as they now look upon the murder of men — Leonardo da Vinci*

One of the greatest minds in recorded history, Leonardo da Vinci was a sensitive man. Only a sensitive man like him could have painted the legendary Mona Lisa, La Gioconda. Are sensitivity and vegetarianism interwoven human attributes? Perhaps, they are. Ghazal maestro Mehdi Hasan once told me that he gave up eating meat with these words, *"Ibadat-e-mausiqi mein jaanwaron ke qatl se khalal padta hai"* – the worship of music is hampered by the killing of animals.

Persian mystic Jalaluddin Rumi was also a vegetarian. He believed that all lives were sacred, *"Even a seemingly lifeless stone has a degree of consciousness; respect it."* Like many mystics, especially Rabia Basri, Rumi was a staunch vegetarian and shunned even milk and milk products. They were today's vegans. Rumi even refrained from sacrificing animals as an Islamic ritual on Eid-al-Adah, Bakrid.

This is the apogee of compassion and fellow feeling. Here, the point is not to condemn non-vegetarianism. It is just a symbol, a metaphor, to be precise. This shows the totality of compassion and a complete banishment of violence of any imaginable sort.

Animals are not inferior creatures. Leonardo da Vinci wrote in his notebook, *"Look at all animals as you look at humans."* This creates sensitivity that further blossoms into universal empathy. The sanctity of every life is to be saved and preserved.

Da Vinci makes us believe that what we eat, directly influences our thinking. It is like the Eastern thinking: *"Jaisa anna, vaisa mann."* If we consume an animal, its blood and gore will make us act like a slaughterer. Elsewhere, he said, *"Truly man is the king of beasts, for his brutality exceeds them. We live by the death of others. We are burial places."*

Instead of circulating inauthentic and unverified teachings of Rumi and Leonardo da Vinci, maybe we should popularise their spiritually trenchant views on animal-killing for one's palate. Rumi, da Vinci, Keats, Einstein, Tolstoy, Franz Kafka, Shelley, G B Shaw, Pythagoras, and Alexander Pope were all vegetarians.

Our compassion is often limited to humans. It doesn't encompass all creatures. We often argue that animals were created by the Creator for human consumption. This is a very warped way of thinking. Creator, if at all does exist, cannot be so ruthless as to create animals for our palate.

Leonardo da Vinci wrote, *"Sensitivity makes us compassionate, and compassion is not just a quality. It's a virtue. A virtuous heart is always ethical and embraces all creatures on the Earth; from the tiniest to the biggest. So, be sensitive and compassionate to all."* And Leo Tolstoy underscored this by saying, *"Compassion and vegetarianism go hand in hand."* They indeed go together. We need to love animals, not devour them.

*Courtesy: The Speaking Tree from The Times of India, April 15, 2024 print edition on Leonardo da Vinci's birth anniversary.*

# Towards a Disease Free Life

***Perhaps one of the keys to living a life free of diseases is to select only those foods that contain the nutrients present in human milk says Ritambhari M.***

**H**ave you ever wondered how animals survive in the wild? It is rare to hear them dying of cancer, heart attack, diabetes, high blood pressure, etc. In fact, most of them either die due to poaching or from becoming prey to predatory birds and animals, and those that live long die of natural causes.

Have you ever seen how wild animals eat? Domesticated ones, of course, often eat what humans feed them, but wild animals are very selective in what they eat. Despite all the greenery we are surrounded by, one can never, for example, see a monkey or an Indian bison eating tea leaves. In a patch of different kinds of grass growing together, a monkey will dig up one kind of grass and eat its root and completely ignore the other kind of grass growing right next to it. Monkeys have a fondness for bananas and grapes but won't even bother eating an orange. It is the same with other animals as well. They are selective in what they choose to eat.

Humans, however, have no such selectivity. We, in fact, seem to have lost this ability to choose the healthiest foods for our systems from the variety of edible foods available to us, and have started to eat whatever comes our way, even if it is unhealthy for us. Thus, we suffer from a plethora of hereto unknown diseases.

So, what makes an animal selective? The answer to this lies in the mother's milk. Did you know all milk contains calcium, but every mother's milk contains a different set of nutrients paired with that calcium?

Let's look at three of the most commonly consumed animal milks (table on opposite page) to better understand this. Human milk contains water, fat, protein, carbohydrates, vitamins, minerals, and bioactive factors.

If domesticated animals like cows and goats are left to forage for themselves, their diet would consist only of greens that provide them the nutrients that were present in their mothers' milk! That is why they will eat one kind of grass or plant or leaves and not even go near some other kinds of grass, plants, or leaves. It is the same for all the other animals, except humans. We are the only species who want to taste everything we see around ourselves – whether it is a plant or an animal or another animal's milk or eggs. And in so doing, we have messed up our own genetic code and violated its natural functioning, thus making it prone to diseases.

Perhaps one of the keys to living a life free of diseases is to select only those foods that contain the nutrients present in human milk. And we are likely to find that all of the nutrients contained in human milk can be obtained through reverting to a plant-based diet. We do not, for example, need the cholesterol present in bovine milk and non-vegetarian foods because it is not present in human milk.

There's another deeper angle to this random voraciousness we suffer from – robbing other animals of their share of food, since as I said in another article published earlier, their share of food is sitting on our supermarket shelves.

Human Milk	Bovine Milk	Goat Milk
Fat	Water	Protein
Protein	Fat	Fat
Carbohydrates	Protein	Lactose
Sodium	Carbohydrates	Calcium
Potassium	Cholesterol	Potassium
Calcium	Lactose, glucose, galactose, oligosaccharides	Phosphorus
Magnesium	Calcium	Magnesium
Phosphorus	Riboflavin	Vitamins A and B6
Chlorine	Phosphorus	Niacin
Iron	Vitamins A and B12	Pantothenic acid, Folic acid
Copper	Potassium	
Zinc	Magnesium	
Vitamins A, B, C	Zinc	
Hormones like IGF, Epo, Calcitonin, Somatostatin	Iodine	
Oligosaccharides	Trace elements and salts	
Antibodies	IGF, estrogens, progestin	

*Note: If we compare these 3 sources of milk, we will see that human milk does not contain sulphur, iodine, estrogens, progestins and cholesterol, and quite a few other nutrients that animal milk has. For example, the cholesterol in bovine milk is not harmful to their calves but is lethal for humans.*

When a human mother feeds the infant in her womb, she predisposes him/her to suffer from diseases in early or later life because she eats foods that are not a part of the food code contained in human milk.

**In short:** The key to living a disease free life is to comply with the food code contained in human milk. Let us choose to be selective in what we eat so that not only are we healthy,

but we also prevent our future generations from being born with health anomalies and predisposition to fall ill. In doing so we also leave to all the other animals on earth whatever they are meant to eat according to the food code contained in each species' mother's milk.

Wouldn't that be a nice way to earn ourselves some good *karma*?!

## Human Food Code

Plant-based foods that contain the same ingredients as a human milk:

### Fats

nuts, seeds, avocado, olives, plant oils

### Proteins

lentils, chickpeas, beans, edamame, tofu, tempeh, quinoa, nuts (almonds, walnuts, cashews), seeds (pumpkin, sunflower), peas, nutritional yeast

### Carbohydrates

oats, brown rice, beetroot, banana, quinoa, potato, sweet potato, buckwheat

### Sodium

pickled vegetables, vegetable juices, savory snacks, Java plum (*jamun*)

### Potassium

banana, orange, cantaloupe, honeydew, apricot, grapefruit, prunes, raisins, dates, cooked spinach, cooked broccoli, potato, sweet potato, mushrooms, peas, cucumbers, bitter gourd, snake gourd, ridge gourd, yellow pumpkin, Java plum (*jamun*), mango

### Copper

beans, nuts, potato, green leafy vegetables, cocoa, black pepper

### Calcium

green leafy vegetables, cabbage, broccoli, okra, soybean, tofu, nuts, sesame seeds, bitter gourd, snake gourd, Java plum (*jamun*)

### Magnesium

tofu, legumes, seeds, almonds, cashews, peanuts, brown rice, millet, banana, dried apricots, snake gourd, Java plum (*jamun*), mango

### Phosphorus

lentils, beans, peanuts, almonds, walnuts, whole grains, Java plum (*jamun*)

### Chlorine

rye, tomato, lettuce, celery, olives, seaweed, sea salt

### Iron

green leafy vegetables, brinjal, peas, sweet potato, broccoli, string beans, apricot, raisins, prunes, strawberry, watermelon, orange, lemon, beans, lentils, tofu, tempeh, dark chocolate, bitter gourd, snake gourd, ridge gourd, Java plum (*jamun*)

### Zinc

legumes, seeds, nuts, whole grains, bitter gourd

### Vitamin A

carrot, sweet potato, spinach, bell pepper, broccoli, apricot, bitter gourd, yellow pumpkin, snake gourd, ridge gourd, mango

### Vitamin B

avocado, leafy green vegetables, lettuce, snake gourd, ridge gourd, Java plum (*jamun*)

### Vitamin C

guava, kiwifruit, mango, papaya, strawberry, rose hip, black currant, broccoli, red and green pepper, Brussels sprouts, green leafy vegetables, orange, tomato, potato, apple, banana, bitter gourd, yellow pumpkin, snake gourd, ridge gourd, Java plum (*jamun*)

### Oligosaccharides

onion, garlic, artichoke, beans, banana, red and green cabbage, broccoli, kale, wheat, rye, all beans

### Neutrophils

dark chocolate, banana, orange, grapefruit

## Raw Vegan Recipes

Once a week throughout the day I eat uncooked food. I'm sharing one of my lunch courses here.

### Red Flattened Rice

Sprinkle water on about 10 tablespoons red flattened/beaten rice/*chivda/poha*/rice flakes.

Set aside for 15-20 minutes.

Finely chop ½ cucumber, 1 medium carrot, 1 tomato, few coriander leaves, 1-2 spring onions and add to the red poha.

Serve with the following chutneys:

#### Chutney 1

In a mixer grind to a fine paste 1 piece coconut, 1 tomato, 1-2 dry red chilies, 1 teaspoon black sesame seeds, 1 pinch salt and ½ teaspoon jaggery powder. Garnish with fresh mint leaves.

#### Chutney 2

In a mixer grind to a fine paste ½ a bowl of shredded coconut, 1 bowl of roughly chopped yellow pumpkin, 2 green chilies, few coriander leaves, ½ onion, 2-3 cloves of garlic, 1-inch piece ginger and salt to taste. Garnish with rosemary leaves.

### Salad

Soak 2 tablespoons mung dal in hot water for an hour.

Drain water and add a finely chopped cucumber and green chili, a few mint leaves, lemon juice, salt & pepper to taste. Mix thoroughly and serve with red flattened rice.

### Pear/Apple Crumble

Roughly chop a pear or an apple.

Add 6 coarsely ground cashew nuts, 7 almonds, 4 walnuts, 10 raisins and a couple of chopped dates if desired.

Sprinkle 1 tablespoon jaggery powder. Thoroughly mix. Transfer to a container with a tight lid. Refrigerate for at least 30 minutes before serving.

### Hibiscus Juice

Soak 5-6 hibiscus petals in 1 cup of water for 4 hours.

Remove the petals from the water.

Add ½ teaspoon ginger juice, 1 teaspoon jaggery powder and a few drops of lemon juice.

Thoroughly mix the juice till the jaggery powder dissolves.

Pour into a glass.

Serve the drink as is or with a few ice cubes added to it.



*Ritambhari M. is a life member of BWC–India and writes to raise awareness on ethical, social, and environmental issues.*

**Animals and Birds**  
**EXPLOITED AND KILLED**  
**for their body parts**

**There is no difference between**  
**Eating**  
**MEAT AND EGGS**  
**Drinking**  
**MILK**  
**Using**  
**SKIN**  
**Wearing**  
**LEATHER AND FUR**  
**Flaunting**  
**FEATHERS**



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