



# Gunathrayam Three Attributes

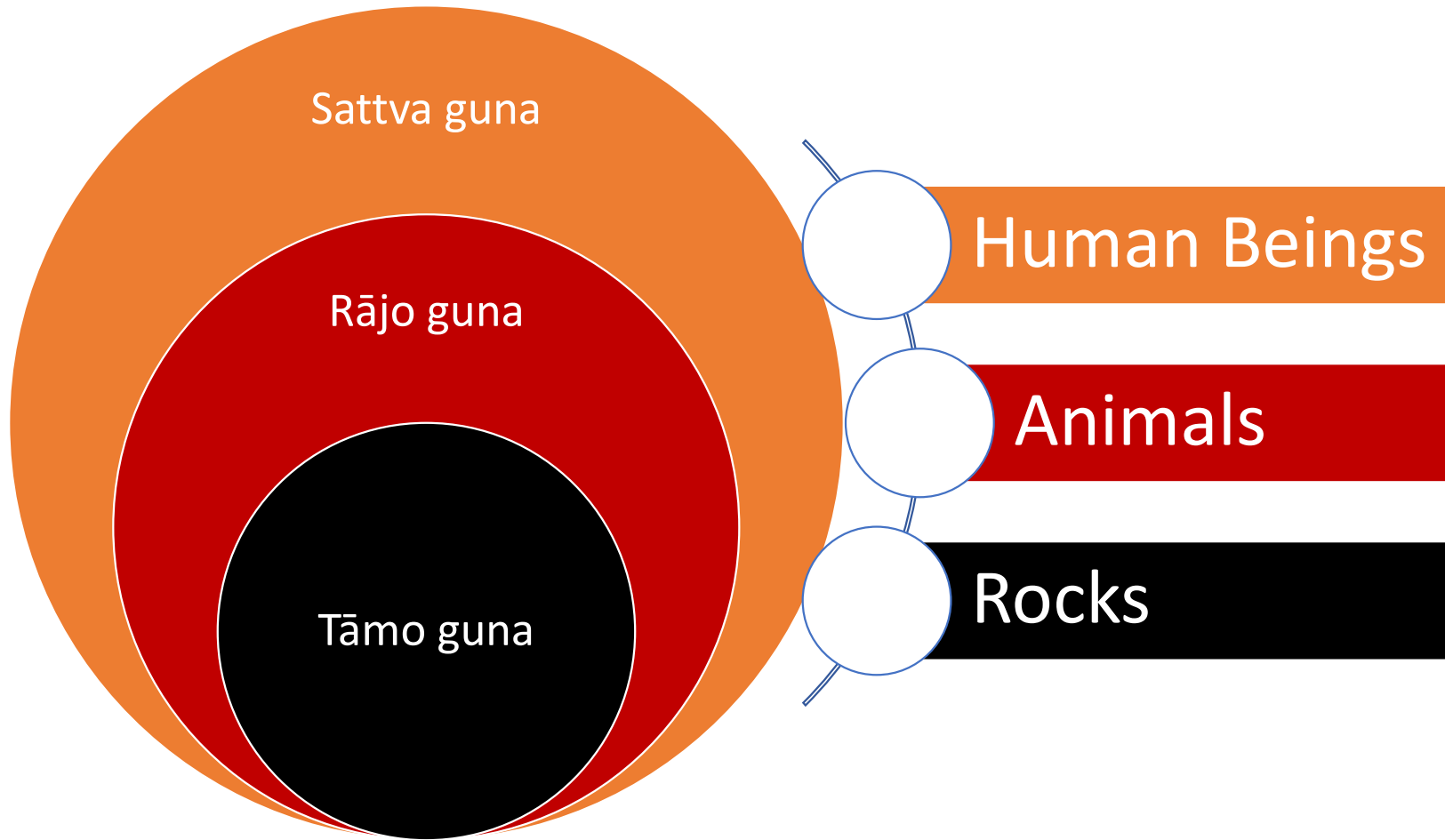
In

## Chapter 17, Bhagawad Gita

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## Gunathrayâṃ/Three Gunas



# CHAPTER 17

श्रद्धा  
(Faith)  
Verse 4

आहार  
(Food)  
Verses 8, 9  
& 10

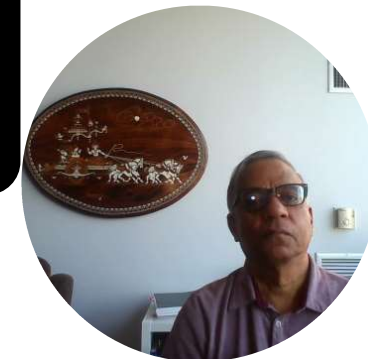
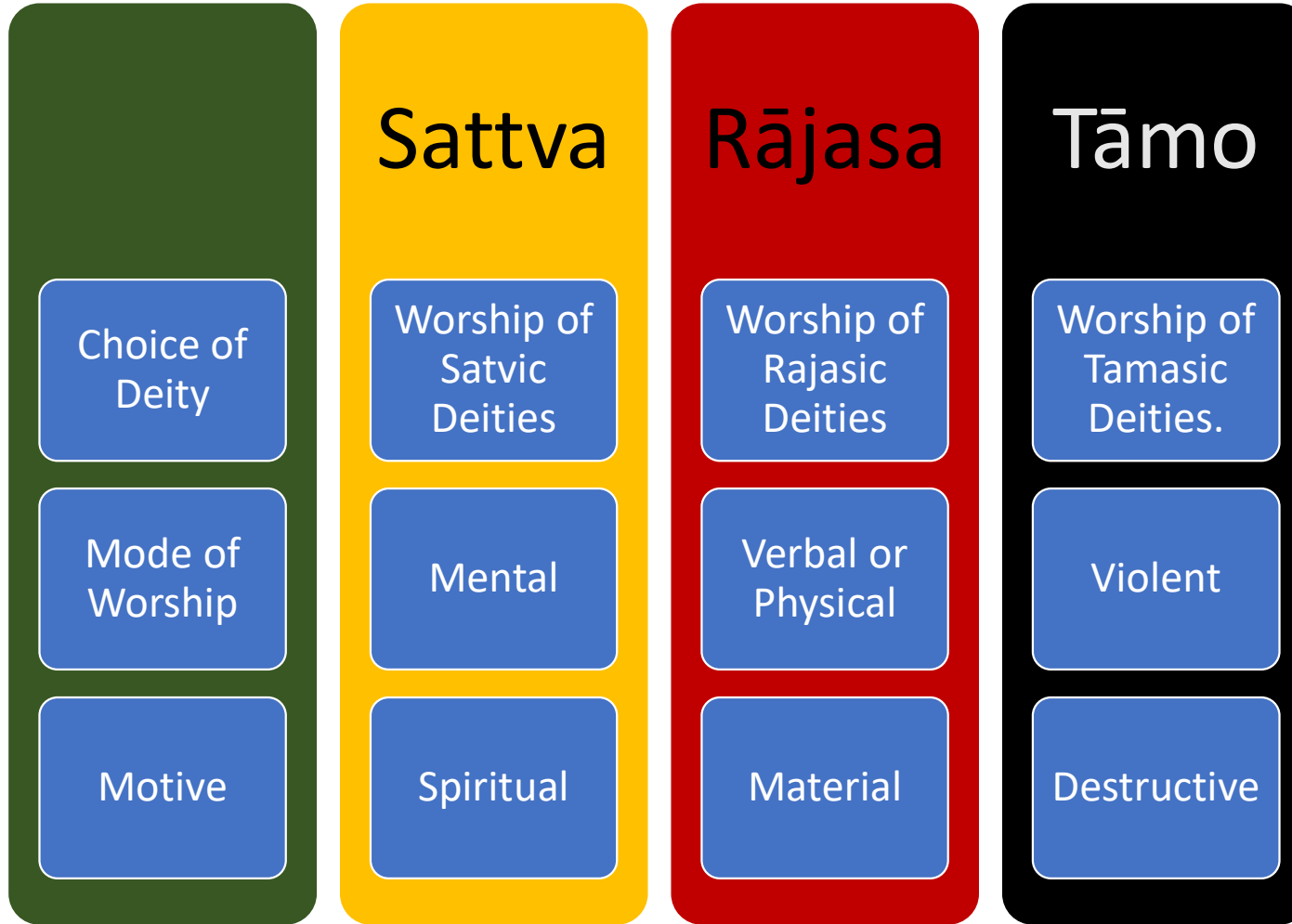
यज्ञ  
(Sacrifice)  
Verses 11,  
12 & 13

तपस्  
(Austerity)  
Verses 17,  
18 & 19

दान  
(Charity)  
Verses 20,  
21 & 22



Faith  
(shraddha)  
Verse 4  
Chapter 17



Food  
(Ahara)

## Sattva

Verse 8

Increases  
strength

Provides health  
& Comfort

Nourishing &  
Pleasing

## Rājasa

Verse 9

Causes Disease

Causes Pain &  
Sorrow

Hot, Dry &  
Sour

## Tāmo

Verse 10

Lacks  
Nourishment

Not Properly  
Cooked

Stale &  
Leftover



# Sattva

Verse 11

Done  
According to  
Scriptures

Focus is on  
benefit to the  
society

# Rājasa

Verse 12

Done for  
fame, show  
and money

Focus is on  
self benefit

# Tāmo

Verse 13

Done  
Involuntarily

Destructive

Sacrifice यज्ञ



Austerity तपस्

## Sattva

Verse 17

Practiced with faith  
and without  
expecting any  
results

Wordily results  
should only be by-  
products

## Rājasa

Verse 18

Practiced for the  
sake of show, name  
and fame

Results will be  
temporary and  
uncertain

## Tāmo

Verse 19

Practiced with false  
notions

Bodily torture and  
harming others



Charity (दान)

## Sattva

Verse 20

Given with sincerity to a deserving person

Given at the proper time & place, expecting no returns.

## Rājasa

Verse 21

Given Reluctantly

Given for the sake of fame & results

## Tāmo

Verse 22

Given without respect to an undeserving person

Given at improper time & place







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