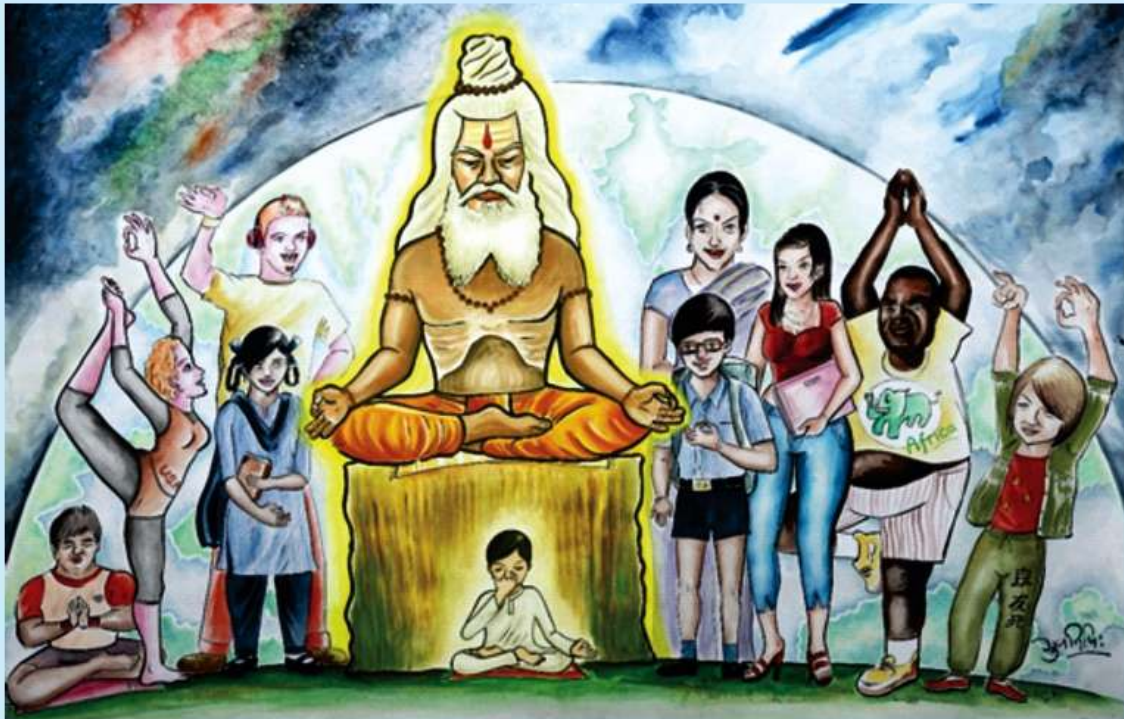


INTEGRATED APPROACH TO HOLISTIC HEALTH

A HANDBOOK OF INFORMATION



Chief Editor

Dr. Sapna Nanda

Editors

Ms. Anupma Kaushal & Ms. Sarghi Kohli



Government College of Yoga Education & Health

SECTOR 23, CHANDIGARH

Web : www.gcyeh.edu.in & gcyehchandigarh@gmail.com

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Integrated Approach to Holistic Health

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ACKNOWLEDGMENT

Presentation, Inspiration and Motivation have always played a key role in shaping any creative venture.

We have great pleasure in presenting to our readers a handbook of information on 'Integrated Approach to Holistic Health' comprising of scholarly articles on various aspects of Holistic Health and Approaches to attain Health and Well-being. This publication has been made possible because of the patronage, motivation and inspiration of worthy officers of Chandigarh Administration who have always supported the institute's endeavours.

This handbook is a collection of viewpoints and thoughts of various Scholars, experts and ardent followers of Yoga. We have taken efforts in this publication; however, it would not have been possible without the kind support and help of many. We are hopeful that the contents will enhance and widen the knowledge of the students, teachers and practitioners of Yoga and will contribute in their growth and transformation.

We express our sincere gratitude to contributors, motivators and friends who worked in the spirit of mutual learning which helped us yield better results. Our deepest appreciation also goes to the people who have directly or indirectly helped us in bringing out this manuscript.

Last but not the least, we would like to acknowledge the efforts and contributions of our astoundingly supportive faculty and the technical team in bringing out this publication. We solicit the blessings of the almighty for the success of this endeavour.

Dr. (Mrs.) Sapna Nanda
Mrs. Anupma Kaushal
Mrs. Sarghi Kohli



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02nd February, 2021
D.O. No. PS/AA/2021/482

MESSAGE

It gives me immense pleasure to learn that Government College of Yoga Education & Health, Sector, Chandigarh is going to release a handbook of Information on "Integrated Approach to Holistic Health" on the eve of International Webinar on 20/02/2021. I hope the scholarly articles and views presented in a comprehensive form will be of immense value to achieve the individual health goals in particular and sustainable society in general.

'Health is Wealth' is an old proverb that has become more relevant these days when the world is adjusting to the new normal. Today more than ever, the importance of a healthy immune system is being felt by many. However, we need to understand that a healthy immune system cannot be achieved by keeping a tab on just one aspect of life, but it is all about a holistic approach to health.

Yoga, our ancient Indian treasure can play a very important role in today's scenario with its holistic and integrated approach. Sri Aurobindo emphasizes, "Health is an all round personality development; at the physical, mental, intellectual, emotional and spiritual levels. It is a process by which the limitations & imperfections can be washed away resulting in a super human race". To this end, Yoga teaches us to lead a life that brings peace and tranquillity, harmony and health, love and happiness, precision and efficiency.

I extend my heartiest greetings and congratulations for this publication and wish that the College continues its collective endeavour for further promoting Yoga Education.



B.K. Shivani

Dated 06.02.2021

MESSAGE

It is a matter of great pleasure that Govt. College of Yoga Education & Health is bringing out a handbook of information on 'Integrated Approach to Holistic Health' comprising of scholarly articles on various aspects of health and wellbeing by academicians, scholars and practitioners. During the prevailing scenario of global pandemic, the need of yoga for health and happiness is well recognized.

Yogis are in a perpetually high-vibrational state, so they live life at the highest potential. Yoga is derived from the Sanskrit word 'Yuj' which means 'connection'. So, we are all 24x7 yogis since we are always connected with our mind, our body, other people and nature. Our every thought impacts these 4 aspects: our happiness, health, relationships and environment. Creating right thoughts, feelings and sanskaras help us create happiness, health, harmony and heaven on Earth. So, yoga is not limited to a few minutes, it reflects in everything we do.

Connecting to God and energizing ourselves with God's wisdom, power and love is Rajyog Meditation. Bringing these qualities into action in every scene, so that our karmas are based on dharma, makes us a Karma yogi. Earning money ethically, thereby earning blessings as well, eating a high-vibrational satvik diet, cooked and consumed with divine feelings. Sleeping early and rising early, rejuvenating mind and body through Yoga-Nidra. We need to embrace a yogi lifestyle.

I congratulate the principal and faculty of this institution for making significant contribution to propagate Yoga Education for the health and well-being of society.

(B.K. Shivani)



S.S. Gill, IAS



Secretary Education
Chandigarh Administration

Dated : 11th February, 2021
D.O. No. PA/SECY.EDU/2021/07

MESSAGE

I am glad to know that Government College of Yoga Education and Health is bringing out a handbook on 'Integrated Approach to Holistic Health' outlining the ways through which Health and Wellness can be achieved.

Good health is a prerequisite to human productivity and development process. A healthy community is the infrastructure upon which a viable society can be built. The modern world is facing a plethora of lifestyle disorders that requires changes to be made consciously by individuals. In this connection it is important to adopt a holistic lifestyle and follow a healthy regime to live a happy and peaceful life. Yoga with its integrated approach and orientation to a comprehensive health is a panacea for meaningful living.

I extend my best wishes to the principal, faculty and students of the college on this accomplishment and wish them happiness and a bright future.



**Rubinderjit Singh Brar
PCS**



Director, Higher Education,
Chandigarh Administration

Dated : 04th February, 2021
D.O. No. 01

MESSAGE

I am pleased to learn that the college is coming out with a handbook of information on 'Integrated Approach to Holistic Health'. The most important aspect we could derive from this stupendous effort is that it is going to inspire the readers in their journey to lead a holistic life.

Inspiration and Challenges, the year 2020 provided us a wealth of both. As we strive to adapt to the new ways of living, the primacy of health and wellness has increased substantially across the world. To achieve this primal objective, Yoga by virtue of its holistic approach has proved its edge globally in dealing with various physiological, psychological & emotional problems.

I am happy to congratulate the principal and faculty of the College and extend my sincere wishes for this creative venture. The efforts taken to bring out this innovative content in a capsule form is appreciable.

PREFACE

Our health is at the centre of our existence. We cannot imagine our lives without healthy body and healthy mind as it permeates every sphere of our life. Health is a state of body whereas Wellness is a state of being. Wellness encompasses a healthy body, a sound mind and a tranquil spirit. It may have taken a pandemic to put wellness at the top of our agenda, but now that it's there, it has opened fresh discussions around the importance of physical and mental health. As emerging science shows how interconnected all of our body systems are, holistic health is proving to be an approach to live a meaningful life. Holistic health is a way of advancing towards overall wellness with an understanding of the interplay between our physical, mental, emotional and spiritual health.

Incorporating the holistic science of Yoga into our lifestyle is a way to adopt 360 degrees view of health, in a way that it covers all the areas. This approach to wellness focuses on finding a long-term lifestyle, which promotes not only happiness but also ensure that all facets of our life are maintained at an optimal level, leading to a higher level of functionality and an all-round happiness.

It gives me immense pleasure to bring out this handbook of information on 'Integrated Approach to Holistic Health'. The collections contained into his manuscript have been drawn from the knowledge and wisdom of the experts and ardent followers of science of Yoga.

The main motivating reason for bringing out this creative venture has been to make available to the readers a spectrum of ideas and ways to achieve holistic wellness in a form which is handy and easy for reference.

It is hopefully wished that this handbook proves to be a worthy, exhaustive, reliable and valuable storehouse of knowledge and information for all its avid and intended readers. May its reading lead the readers to the vision of illumination and make their life sublime.

Dr. (Mrs) Sapna Nanda

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"योग है तो जीवन है"

डा० अनीश गर्ग*

पिछले वर्ष की भयंकर महामारी कोरोना के संक्रमण ने बहुत हद तक मनुष्य को अशांति, आशंका, असंतुलन, तनाव, थकान तथा चिड़चिड़ाहट की ओर धकेल दिया है। ऐसी विषमता एवं विसंगतिपूर्ण जिंदगी को स्वस्थ तथा ऊर्जावान बनाये रखने के लिये योग एक ऐसी रामबाण औषधि है जो मस्तिष्क को शांत रखती है। योग से जीवन को एक संगीतमय गति दी जा सकती है। योग हमारी भारतीय संस्कृति की पुरातन देन है। योग-चेतना के जागरण से भावशुद्धि होती है। इसकी प्रक्रिया है आत्मा के द्वारा आत्मा को देखना। राग-द्वेष मुक्त चेतना द्वारा स्वयं ही वृत्तियों, प्रवृत्तियों तथा चित्तदशाओं को देखना। सम्यक् दर्शन ही 'स्व' को बदलने का सशक्त उपक्रम है। स्वयं से स्वयं के साक्षात्कार के प्रयोगों से ग्रंथि-तंत्र के स्राव संतुलित होते हैं। इससे भाव पवित्र रहते हैं, विचार स्वस्थ बनते हैं। इन्हीं से कोरोना जैसी असाध्य महामारी, हिंसा, आतंकवाद, युद्ध एवं तनाव जैसी विश्वव्यापी समस्याओं का समाधान संभव है।

प्रत्येक प्राणी सुख चाहता है और उसकी तलाश में जीवन भर प्रयास भी करता है। शाश्वत सुख किस में है, इस बात का ज्ञान न होने से वह भौतिक वस्तुओं की ओर दौड़ता है और उनमें सुख ढूँढता है, परन्तु यह निर्विवाद सत्य है कि बाहरी वस्तुओं में सुख नहीं है। मनुष्य को सुख अपने अंदर ही खोजना चाहिए। इस पार्थिव शरीर में निहित आत्मा में अनंत शक्ति व अनंत ज्ञान है और असली स्वरूप प्राप्त करने पर ही शाश्वत सुख की प्राप्ति हो सकती है और इसके लिये योग को जीवनशैली बनाना होगा।

जब मानव अपनी आधिदैविक, आधिभौतिक तथा आध्यात्मिक समस्याओं को सुलझाने के लिए अथवा उनका समाधान पाने के लिए योग का आश्रय लेता है तो वह योग से जुड़ता है, संबंध बनाता है, जीवन में आत्मसात करने प्रयास करता है। किन्तु जब उसके बारे में कुछ जानने लगता है, जानकर क्रिया की प्रक्रिया में चरण बढ़ाता है तो वह प्रयोग की सीमा में पहुँच जाता है। इसी प्रयोग की भूमिका को जीवन का अभिन्न अंग बनाकर हम मानवता को एक नयी शक्ति दे सकते हैं। हम भारतीयों के लिये यह गर्व का विषय है कि योग भारत की विश्व को एक महान देन है। योग भारतीयों के जीवन का एक अभिन्न अंग रहा है। लेकिन अब यह संपूर्ण विश्व का विषय एवं मानव मात्र के जीवन का अंग बन रहा है। यह जीव विभिन्न प्रकार के संस्कार रूपी रंगों से रंगे हुए शरीर में रहता है, लेकिन योगाभ्यास द्वारा तपाया गया शरीर रोग, तनाव, बुढ़ापा, क्रोध, असंतुलन आदि से रहित होकर स्वरूपानुभूति के योग्य होता है।

कोरोना प्रकोप के बीच लोगों की खुशहाली, संतुलन, तनावमुक्ति, स्वास्थ्य, विश्वशांति और भले के लिये, पूरे विश्व भर के लोगों के लिये एक पूर्णतावादी दृष्टिकोण उपलब्ध कराने हेतु विश्व योग दिवस की निरन्तरता बनी रहे, यह अपेक्षित है।

योग एवं प्राकृतिक चिकित्सक, चंडीगढ़।

Integrated Approach -An Overview

*Dr. Sapna Nanda**

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity (World health Organization, 1992). Thus, health can be defined as an outcome of multiple factors operating at various levels. Good health permits the optimal utilization of one's physical and mental abilities for one's own good as well as for the society (Rastogi, 2009).

“.....the part can never be well unless the whole is well.” – *Socrates*

Socrates, the Greek philosopher and a founder of western philosophy, recognized the value of thinking holistically. He also understood that health was our responsibility. His famous pronouncement of “an unexamined life is not worth living” was his final testament to the value of self-knowledge.

The principles of holistic healing can be summarized into three properties: the whole person, natural elements and personal empowerment. Ancient thinkers and healers recognized the importance of these three perspectives thousands of years ago.

In 400 B.C., Hippocrates, known as the father of modern medicine, emphasized the healing power of nature in his Hippocratic School of Medicine. He was also a proponent of self-healing. He believed that the body could heal itself of most illnesses, if properly encouraged.

Even before Hippocrates' western medicine would take hold, holistic healing was the foundational principle of all ancient health care. Three of the most notable ancient medical traditions based on holistic healing include: Ayurvedaa, Traditional Chinese Medicine and Western Herbalism or Traditional European Medicine.

According to Vedas, a human being should strive for four basic instincts in life i.e., Dharma (the code of conduct), Artha (money, jewellery etc.), Kaama (desires), Moksha (spiritual end). Acquiring these instincts in a fair way means living a complete life. For this, a person needs complete wellness which is provided with the help of Ayurvedaa.

The two basic mottos of Ayurveda are: “Swasthasya swaasthyarakshanam” means to maintain the health of a healthy individual and “Aaturasya Vikaar prashamanam” is to cure the disease of a patient.

According to Ayurveda, human body is made up of Panchamahabhutas (five gross elements) viz. Ether/Space (Aakaash), Air (Vaayu), Energy/Fire (Tej), Water (Aapa) and Earth (Prithvi). Earth and Water combines to form Kapha, Fire is Pitta whereas Air and Ether form Vaat, together known as Tridoshas.

Similarly, the seven types of tissues (Dhatus) and three waste products (Mala) are the result of the combinations of these five elements. Tridoshas, Dhatus and Mala with their respective properties maintain health and cause illness when get imbalanced.

Principal, Govt. College of Yoga Education & Health, Chandigarh

According to Ayurvedaa, the imbalance in the body metabolism or the digestive fire is the root cause of all the diseases. A detailed guide to maintain this balance is described in Ayurveda dietetics which can prove a complete solution to present life style diseases like Obesity, Diabetes, Cardiac problems. A review article by Priti Garodia et al (2007) suggests the Ayurveda approach to cancer diagnosis and treatment and also attempts to reveal how these approaches can be employed in today's world.

Complete health, thus, refers to physical and mental health. Following the daily routine (Dinacharya) as well as seasonal routine (Rutucharya) helps to stay healthy physically. The concept of Sadvritta meaning personal and social code of conduct can help stay healthy mentally as well.

The status of these doshas in the body of father and mother at the time of fertilization determines the body type (Prakruti) of the baby which is unaltered till death. Ayurvedaa regards every individual as unique so the therapeutic approach is individualistic based on prakruti assessment.

The Prakruti is determined on the basis of physical signs like complexion, stature, skin type, eyes colour, voice, appetite, endurance, bowel habits, food habits etc. Pathological assessment of the disease comprises of causative factors in the form of food (aahaar) and daily activities (vihaar), the predisposing symptoms, present symptoms, relieving factors and etiology of the disease.

The treatment is advised in the form of medicines, the necessary dietary and lifestyle corrections after a complete Ayurveda assessment of disease (Ayurveda Nidan Paddhati). Recent research has tried to identify the inheritance possibilities of human Prakriti by observing positive correlations between specific alleles and Prakruti sub-types (Patwardhan et al, 2005; Rastogi, 2010).

Ayurvedaa also recognizes that treating just the symptoms or the physical manifestations of a disease condition is only a part of the journey to wellness and health. To make the journey complete and fulfilling, one needs to ensure that the pre-existing environmental conditions (the immediate and the peripheral) that brought about this malady needs to be addressed, the emotional and mental states that may have brought about this physical manifestation needs to be explored and preventive measures set in place so that it does not get repeated.

However, the current scenario suggests that we are restricting the use of modern medicine to merely identify physical problems and their treatment. Failure to diagnose correctly, increased awareness amongst patients about the investigations and treatment options, growing trend of using newer and costlier drugs ignoring their side effects, are all causing a sense of distrust between doctors and patients.

Many such patients prefer alternative forms of therapies like Ayurvedaa. Over a period of years, allopathic practitioners have shown a sense of discontent towards traditional healthcare providers. A time has come to fill the gap between these two healthcare systems and for that matter we must try to understand the fundamentals behind Ayurveda practice.

Since good health is a sum total of many things, an integrated approach is essential. A great example of this integrated approach is the concept of [Panchakarma](#), which helps purify the body from toxic waste that have settled in the body due to our lifestyle choices in the modern world. Panchakarma comprises of five distinct therapeutic procedures, namely Vamanam (inducing vomiting through medication), [Virechanam](#) (which concentrates on purifying one's entire body along with the vascular system), [Vasthi](#) (medicated enemas), [Nasyam](#) (pouring medicated Ayurvedaic oils or other prescribed medicines into the nasal cavity) and [Rakthamoksham](#) (the purification of blood)– each procedure has its place in the whole treatment regimen.

Integrative medicine is an approach to patient care that puts the patient at the centre. It addresses the full range of conditions that may influence a person's health and wellness, including physical, emotional, mental, social, spiritual and environmental.

“Integrative health is a state of well-being in body, mind and spirit that reflects aspects of the individual, community, and population. It is affected by: (1) individual biological factors and behaviors, social values, and public policy, (2) the physical, social, and economic environments and (3) and integrative health care system that involves the active participation of the individual and the health care team in applying a broad spectrum of preventative and therapeutic approaches. Integrative health encourages individuals, social groups and communities to develop ways of living that promote meaning, resilience and wellbeing across the life course” (Claudia M. Witt– [Duke University Integrative Medicine](#)).

“Integrative medicine and health reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence and makes use of all appropriate therapeutic and lifestyle approaches, health care professionals and disciplines to achieve optimal health and healing.” –[Academic Consortium for Integrative Medicine and Health](#).

Integrative medicine, thus, puts the philosophy of integrative health in to practice. It is holistic, preventative and patient-centered in nature. The focus of integrative health is wellness and healing; not illness. A diagnosis of a chronic health condition does not have to prevent you from living well.

Integrative medicine is a relatively new approach to conventional medicine. It is the area of conventional medicine that is the most progressive when it comes to incorporating alternative therapies. It is also the only practice of conventional medicine with a formalized relationship with some of the alternative holistic healing techniques.

Integrative medical practitioners use a personalized strategy that considers the patient's unique conditions, needs and circumstances. Interventions are carefully considered with an eye towards balance and holistic health outcomes.

Integrative healthcare utilizes the best therapeutic options from conventional western medicine as well as holistic practices, also known as Complementary Therapies and Healing Practices. Examples of holistic practices include herbal medicine, acupuncture, massage, biofeedback, yoga, meditation, and stress reduction techniques. It offers a broad approach to healing that is

patient-centered and focuses on the whole person-mind, body and spirit.

Integrative health care often brings conventional and complementary approaches together in a coordinated manner. It emphasizes a holistic, patient-focused approach to health care and wellness, often including mental, emotional, functional, spiritual, social and community aspects and treating the whole person rather than, for example, one organ system. It aims for well-coordinated care between different providers and institutions.

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Holistic Approach to Health

R.K. Garg

When you touch the body, you touch the whole person, the intellect, the spirit and the emotions.

Holistic Health is actually an approach to life. Rather than focusing on illness or specific parts of the body, this ancient approach to health considers the whole person and how he or she interacts with his or her environment. It emphasizes the connection of mind, body and spirit.

Holism is the theory that the parts of any whole cannot exist and cannot be understood except in their relation to the whole; “holism holds that the whole is greater than the sum of its parts”; that parts of a whole are in intimate interconnection, such that they cannot exist or be understood independently of the whole.

This Holistic theory is applicable to the 5 interrelated dimensional parts:

- Physical
- Emotional
- Social
- Spiritual
- Mental

These parts of a human being work cohesively together in order to facilitate homeostatic, well-being for optimal health.

The Importance of Holistic Health

While people are living longer today, they also are experiencing chronically high levels of stress and fatigue, are consuming nutrient depleted foods, and are exposed to hundreds of potentially harmful chemicals through our air, water, cleaning, and personal care products daily. So, to say that holistic health is important would be an understatement.

For many living with chronic disease and undiagnosable symptoms, the modern-day healthcare industry has failed them, and it is time that a more holistic, whole-body solution became a standard part of the way we treat and support the health of the billions of people living on this planet.

Holistic health also takes into account the many external and environmental factors which could be supporting or impacting our overall health and wellness, and with climate change impacting our surrounding environments more and more each day, it is important that we have a systematic way of addressing health in the future.

When it comes to holistic health, we are looking beyond the physical body and are addressing physical, emotional, social, spiritual, and intellectual health. All of these 5 aspects of holistic health are what enable a person to truly live each day in the healthiest, happiest way possible and if one area is compromised, most likely other areas will be as well.

Chief Engineer®, Govt of Punjab

Physical

Our physical health is what most people think about when they think of health. This is mostly because it is the physical body that often shows us physical signs and symptoms of either optimal or sub-optimal health. These physical signs and symptoms are also easier to track and measure, versus other non-physical signs and symptoms that can feel more abstract.

When it comes to supporting your physical health there are few key practices that everyone can benefit from and can make a huge difference on your overall well-being:

- Sleep for 8 hours each night. This will allow your body to truly rest and repair from the day.
- Eat a nutrient dense diet that is high in plant-based foods and organic/pastured animal products.
- Maintain a balanced blood sugar by eating meals and snacks that contain fat, carbohydrates, and protein every 3-4 hours.
- Move your body for 30 minutes each day. While every person's exercise routine will be different, everyone can benefit from at least 30 minutes of movement each day.
- Limit processed foods and hydrogenated oils which are highly inflammatory and can increase risk of chronic disease.
- Do not smoke, and avoid excessive alcohol consumption.

Emotional

While often overlooked, our emotional health is just as important as our physical health — especially because our emotional health can affect our physical health if it is not prioritized.

Ways you can support your emotional health:

- Seek out therapy when needed. Therapy is an essential part of supporting our emotional health and should be utilized whenever necessary.
- Practice mindfulness and stress reduction habits that can help you better manage life's daily stressors

Social

Research has shown that the happiest people on earth have deep connections with their friends, family, and community. This is often why religion is connected with happiness as it can provide a deep sense of community and support, no matter what faith a person chooses.

Ways that you can support your social health:

- Make time for in-person connection. While technology has allowed for us to feel connected more, research has shown that virtual connection still does not provide us with the same level of happiness as in-person connection does.
- Get involved in your local community. Whether this is through your church, local volunteer organizations, clubs, or programs at your kids' school — getting involved in your local community is one of the best ways you can support your social health and improve happiness.
- Set boundaries with people in your life that may increase stress or bring about toxic

energy. Also do not be afraid to walk away from friendships and relationships that are negatively affecting your health.

Spiritual

Spiritual wellness does not necessarily mean that you need to become religious, although the two often have overlapping practices and principles. Instead, your spiritual health should focus on how you are connecting with your inner soul, and the greater world around you.

Ways you can support your spiritual health:

- Spend time in nature
- Spend a few minutes each day meditating
- If you are religious, take the time to practice your faith

Mental

The last aspect of holistic health is our mental health, which often overlaps with both our emotional and physical health. The big distinction between our mental and emotional health though is that while our emotional health refers mostly to our daily mood and emotions, our mental health refers to our cognitive abilities that affect how our brain functions.

Ways that you can support your mental health:

- Always keep your mind active by seeking out learning opportunities and problem-solving practices that challenge your brain.
- Consume nutrient dense foods that are high in antioxidants and omega-3 fatty acids that will help reduce overall inflammation and support cognitive function.
- Avoid excessive drinking, smoking, and consuming recreational drugs.
- Improve gut health with gut healing foods like bone broth and prebiotic and probiotic rich foods. Since the brain is directly connected to the gut a healthy gut is essential for a healthy mind.

Yoga itself is a powerful catalyst to healing. In every way-the yoga practice creates ultimate connection between the mind, body and spirit. Through movement yoked with breath while the mind is fixated on the present moment; this allows the practitioner to ease the nervous system, gain clarity, build resilience, stabilize posture, improve flexibility, strengthen the body, enhance breath capacity, and alleviate many maladies that are caused simply by separation of mind and body. Evidence based research has shown again and again the power that yoga has in the healing process. Overtime, yoga begins to teach the individual how to tap into the innate ability within the body to heal itself.

Alternative Therapies for Health & Well-Being

*Dr. M. K. Virmani**

In modern time, the concept of holistic health itself looks amazing. When the modern system of medicines has divided the human body in tiny parts and have different specialists to treat different parts of the body, numerous laboratory tests to ascertain and confirm specific diseases, how can one think of holistic health. For head to foot, we have specializations more than the number of body parts. Even a little body part like eye has numerous specialized doctors treating its different ailments.

In fact, the modern system of medicine treats a disease in isolation without going into the cause and treating the same. Under these circumstances, treatment of one organ affects the other organ and the patient actually invites other diseases before getting the earlier one treated. Generally, the medicines are lifelong for many diseases. I am not against this system of medicines as today this is the most trusted system based on continued research and provides immediate relief in many chronic cases. However, this system lacks holistic health.

Before explaining about integrated approach towards holistic health, we must understand the meaning of holistic health. Holistic health means treating body as a single unit along with working for healthy mind and soul. We are aware of the concept of Yoga and Naturopathy which simultaneously helps in treating body, mind and soul. Naturopathy considers the whole body as a single unit and works to make body free of toxins to make it healthy.

Like universe, the human body consists of five elements. These are Fire, Air, Earth, Water and Space. These are in fixed proportion. When there is an imbalance in these elements, one fails to excrete toxins from the body which result in various diseases. As such, as per Naturopathy all the diseases occur due to imbalance of any or all of these elements.

Naturopathy, therefore, treats the human body as a single unit. For treatment, Naturopathy and Yoga join hands and work in the direction of holistic health. Yogasanas, Pranayama, Kriyas and meditation are known to work for holistic health.

Likewise, **Ayurveda** also works on the theory of Tridosha i.e., Vata, Pita and Kapha and ensures to balance these tridoshas to treat entire body. The homeopathy, another alternative system of medicines is based on the principle of like cures like, on the belief that a small quantity of a substance which can produce symptoms of illness in a healthy person can cure the unhealthy body. It, therefore, mobilizes the inbuilt power of the body to heal itself.

The **Unani** system of medicines bases itself on four humours present in the body viz. blood, phlegm, yellow bile and black bile. As per this system, the body consists of four elements- Air, Fire, Water and Earth. The diagnosis is based on pulse (Nabz) and physical examination of urine and stool.

Prevention is considered better than cure and all the four elements are taken care of to prevent/cure diseases.

Another alternative system of medicine is **Siddha**, which is popular in south India. It also believes in five elements theory (air, fire, water, earth and space) like Naturopathy and these five

**Chairman, Chandigarh Yoga Association*

elements are believed to be in a fixed proportion. This science also tries to maintain this balance/proportion to treat diseases.

Another popular system of medicines is an ancient Chinese system called **Acupuncture**. This system works through neuro-hormonal pathway. It entails stimulating various points on the body with needles penetrating the skin to alleviate pain or to treat certain diseases. The researches conducted in US and Europe have shown its effectiveness in treating pain and nausea.

Likewise, there are many other systems prevailing in different countries like Tibetan systems, Chinese systems, Reiki, Acupressure etc. In India, the Ministry of AYUSH deals with Indian Systems of Medicines (ISM). Each of the systems has its own merits.

All the alternative systems of medicines work for holistic health to a great extent. However, Yoga & Naturopathy simultaneously treat the body, mind and soul and can be termed as having complete holistic health approach. The focus is also on exercises, pure and fresh nutritious food, pure air, meditation and pure thoughts.

The Eight Limbs of Ashtang yoga is a complete guide for holistic health. While the public at large knows about Asanas and Pranayamas, a few know about other six limbs viz. Yamas, Niyamas, Pratyahara, Dharna, Dhyana and Samadhi. By following these, one not only lives a long and healthy life but also attains Moksha- a stage where the soul joins the super soul (God).

Now, let us know about the integrated approach towards holistic health. The concept if brought into action in letter and spirit, is going to revolutionize the entire health system to the advantage of humanity. AYUSH ministry is already on the job and efforts are on to make maximum use of alternative systems of medicines along with the modern system of medicines.

The spread of COVID19 has paved the way for AYUSH ministry and AIIMS to join hands to set up an integrative Department called, Centre for Integrative Medicine and Research (CIMR). This will develop an integrated protocol with Ayurveda and Yoga for study on post COVID19 treatment.

Various government and private hospitals are also aggressively working in this direction. As on date, emphasis is on integration of Yoga, Ayurveda and Modern medicines. Various researches have found the positive impact of yoga to provide relief to patients of hypertension, insomnia, diabetes, diseases relating to digestive system, respiratory system, nervous system and circulatory system as well as many other lifestyle diseases like diabetes and obesity.

Likewise, Ayurveda's role as immunity booster cannot be undermined. The practitioners of modern medicines are also prescribing walk, fresh fruits, green vegetables and guiding them not to smoke or eat fried/junk food.

Already we find the combination of modern medicines with Yoga and Naturopathy-an integrative approach towards holistic health. The other alternative systems too have merits. Once all the practitioners join hands and decide to complement efforts of each other, frame a disease-wise protocol, the day is not far away when the people will not only regain holistic health but also become happy. Holistic health is a key to happiness and integrative approach towards holistic health is a ray of hope for humanity.

Cues for Improving Intellect

*Sumant Batish**

Goals should be laid down/set up

- ❖ We are a reflection of how our brain works and only through a proper, structured and organized intellect a person can lead an organized and successful life.

Daily dose of meditation

- ❖ A brain that is upset and plagued with depression and anxiety cannot give its best, so meditation is an excellent tool to calm and balance the brain which in turn plays a vital role in improving intelligence.

Aasnen Rajohanti

- ❖ A great way to increase the productivity and intelligence is to do asanas as according to Upanishad's verse 'aasnen rajohanti'; asanas are the ones which help in overcoming the rajas guna of the body i.e., it overcomes the restlessness within the body and helps the body to maintain the stability. As it is said 'A HEALTHY MIND RESIDES IN A HEALTHY BODY' and contrary to it a malnourished brain cannot function at maximum capacity.

Unclutter your thoughts

- ❖ Intelligence is the ability to acquire and apply knowledge or skill. When a person processes one piece of information at a time, the mental capacity of a person increases as Bhagwad Geeta says “**the mind acts as enemy for those who do not control it**”.

Practice Pranayama

- ❖ A regular breathing routine helps to give the body the required amount of oxygen it needs. Pranayama helps to improve all the systems of the body by restoring the amount of energy needed for the practice and regular lifestyle.

Reading Rewires the Brain

- ❖ For a superior intellect one should read more as reading leads to more absorption in the given topic which helps in the better understanding. A very well said quote explains the importance of reading as “**books are the best friends**”.

Rest

- ❖ A good night rest will help you to do wonders for the brain as it works like a recharge and shut down of an efficient smartphone. Resting will help you to restore and revitalize the nerves of the body which in turn increases the energy resources of the body.

Take a good breakfast

- ❖ According to the researches eating a healthy breakfast leads to a higher mental and physical performance. A good breakfast gets you going like fuel helps a car to accelerate to its full speed.

Stay Hydrated

- ❖ The cells of the brain require a delicate balance between water and other elements to operate at the maximum efficiency, so it is advised to keep the brain replenished by drinking the recommended amount of water every day.

**Yoga Instructor, cum Research Scholar Govt. College of Yoga Education & Health, Chandigarh*

Cultivate positive thinking

- ❖ Positive thinking helps in negating the negativity you receive from others. When one cultivates positive frame of mind the receptivity and acceptance towards oneself and others increases.

Eat healthy

- ❖ Healthy food including dark green, vegetables, nuts, dry fruits and fruits can be associated with brain health and the food should be taken at the regular intervals as it depends on the various regions of the world as in some the meals are taken twice a day and in other regions thrice a day.

Take a break

- ❖ Take regular breaks from your busy schedule as it keeps your mental functions fresh and rejuvenated as overworking and overloading of the work can cause problems can lead to anxiety and depression if done for a longer period of time.

Avoid consuming excessive sugar

- ❖ A high level of sugar can be very addicting and can activate similar pathways in your brain like stronger addictive drugs. The sugar gives a short-term jolt to the brain.

Remember by doing

- ❖ According to a study conducted by university of Oregon, the greater the items in short term memory the more the intelligence as measured by IQ tests. So, it can be said that body remembers by regular conditioning.

Logical games

- ❖ American Alzheimer's Association says that playing logical games such as Sudoku might help in reducing the risk of Alzheimer's disease as Sudoku challenges brain and helps to think rationally and logically.

Be More Aware and Attentive

- ❖ Focus is needed to absorb, consume and retain information. So, the practice of being aware of the work that has to be done should be a constant practice. A distracted person cannot retain the knowledge in comparison to the person who is good in concentration and is attentive while receiving the new knowledge.

Crosswords are Effective Brain Challengers

- ❖ The experts at the university of Exeter Medical School and Kings College London in a large-scale online trial found that people who play crosswords had better brain functions later in the life.

Diagrams and Charts Activate the Mental Capacities

- ❖ When the thoughts are reorganized, they are helpful in keeping the brain active. While making the diagrams and charts the thoughts and emotions of a person are being channelized in a better manner and in turn the mental capacities of the brain are activated.

Connect the unconnected

- ❖ The ideas become more vivid when a person tries to make connection with the unwired or

the open book communications. The connect within these unconnected nodes leads people to many discoveries.

Mozart effect

- ❖ According to the 'Mozart effect' by listening to classical music an improvement in efficiency of the brain is induced.

Learn to play an instrument

- ❖ Playing an instrument helps in increasing the intellectual abilities of a person as during the same we are multi-tasking i.e., playing an instrument, listening and reading.

Last but not the least never give up and keep trying as your brain is ever changing and with constant practice one can achieve incredible and unbelievable things in life.

Yoga-The Science of Health and Wellness

*Sarghi Kohli**

Perfect health is the way of attainment of peace and happiness which is the ultimate goal of human life. Holistic health and wellness are closely related to the lifestyle of an individual. The concept of Holistic health is becoming popular in last few decades in modern medicine, but it existed in traditional healing methods from ages. The practice of the ancient science of yoga is a tremendous gift from our Indian culture and today the whole world is looking towards this age-old science as a panacea for plethora of health problems.

Yogic Concept of Health and Wellness

“Health is a state of well-being at physical, mental, social and spiritual levels and not merely an absence of illness or infirmity”. This is the definition of health as defined by World Health Organisation (WHO). This definition structures health as a continuum. In other words, the wellness and illness are not two discreet entities as commonly understood but a continuous function indicating the state of well-being.

In Vyasa -Bhashya (first commentaries on Patanjali's yoga sutras)” Health “is described as “a state of harmony between support structure (Dhatu), fluids (Rasa) and senses (Karana). The classical texts of yoga talk of wellness as a balanced condition, it gives the concept of connecting to the whole while existing as a part.

According to yogic philosophy, there are five sheaths or aspects of the existence of man -the Panchkoshas. The first the grossest sheath -Annamaya Kosha (anatomical), the second subtler sheath -Pranamaya Kosha (physiological), the sheath in which creative powers predominates- Manomaya Kosha (psychological), the sheath of the power to discern and discriminate- Vigyanmaya Kosha (Cognition) and the sheath of highest state of evolution in which bliss is embodied- Anandmaya Kosha (Conscious).

To remain healthy, one has to maintain harmony in all the sheaths of existence. It describes how one is the part of the whole and one's actions and thoughts influence the surroundings. For Annamaya Kosha one has to perform diets, Kriyas, loosening practices and Yogasanas to take care of parts of the body (7 Dhatus and Rasas. Kriyas and Pranayama are practices for Pranamaya Kosha which are concerned with five pranas and five Karmendriya. Manomaya Kosha can be kept in balance with Dharna, Dhyana, Prayers, Chants and Bhajans to satisfy five gyanendriyas and Chitta. For Vigyanamaya Kosha, practices like self-learning and yogic counselling are beneficial. The highest state of evolution Anandmaya Kosha can be maintained by working in blissful awareness.

In Anandmaya Kosha, a man is healthiest with perfect harmony and balance of all of his facilities. At Vigyanmaya Kosha, the movements are channelized in the right direction. According to yogic texts, it is the Manomaya Kosha level where imbalance starts. This imbalance amplifies themselves resulting in mental illness called 'Adhi'. At this stage there are no symptoms at physical level. The mental diseases percolate to the physical form because of the growth of wrong actions. These breed physical diseases are called Vyadhi.

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The disturbances in the Manomaya Kosha percolate into the physical layer through the Pranamaya Kosha. Hence in the treatment of these psychosomatic ailments, it becomes mandatory to work at all levels of Panch Kosha. The integrated approach thus, consists in not only dealing with physical sheath, it also includes using techniques to operate in different sheaths of our existence.

Yoga as a way of achieving Health and Wellness

Yoga is a holistic science of life which deals with physical, mental, emotional and spiritual health. Various yogic concepts like Vasudeva kuthumbakam, Panch Klesha, Nishkama Karma, Samatvam, Vairagya and others enable us to live as healthy a life as possible in a dynamic state of wellbeing. The regular practice of yoga helps to reduce the levels of physical, mental and emotional stress and emphasize right thought, right action, right reaction and right attitude.

Eight limbs of Yoga of Patanjali's Ashtanga Yoga have encompassed all the dimensions of health. The Yama and Niyama- five do's and five don'ts help us to develop better social and personal relationships as social beings. The five don'ts (Pancha Yama) are non-violence, truthfulness, non-stealing, proper channelling of creative impulse and non-covetedness and five dos' (Panch Niyama) are cleanliness, contentment, leading a disciplined life austerly, self-introspection and developing a sense of gratitude to the divine self. Every attempt to follow these do's and don'ts will transform ne into a better person and improve one's social health and bring happiness of life.

The practice of asana and pranayama can take care of the physical health. Asana stimulate each part of the body and regular practice of pranayama helps regulate our emotions and stabilize the mind. Pratyahara Kriyas help to distance our self from the sensory objects and can avoid the causation of stress. Dharna helps to focus our mind on the right ideals and pursue our goals in a spirit of selfless and skilful actions. Practicing Dharna can help in the development of clarity of thought by achieving mental balance and better reaction to the opposites. Yoga produces proper sleep pattern, a subjective feeling of wellbeing. Thus, it will inculcate the mental health and in turn lead to Dhyana and Samadhi which are remedies for attaining spiritual health.

The scientific, studies also have shown that yogic practices are useful in attaining health and wellness. It is documented in various research studies that practice of Yoga improve the respiratory parameters, increases cardiac output, regulates heart rate and blood pressure. Yoga practices affect higher functions of the Central Nervous System like perception and planning, execution, learning and memory.

Yoga is a lifestyle as well as a philosophy which gives the process to achieve harmonious personality. The aim of yoga is the blending of mind with the body so that they function coherently. The Yogic concept of holistic health and wellness has infinite possibilities for providing answer to most health problems and achieving the goal of "Health for all". We must understand the science of Yoga: learn and practice with a holistic view.

समग्र स्वास्थ्य के लिए समन्वित दृष्टिकोण

मोहित वसदेव*

भारतीय दर्शन तथा आयुर्वेद के अनुसार समग्र स्वास्थ्य का अर्थ है शारीरिक, मानसिक तथा आध्यात्मिक स्तर पर स्वस्थ होना। सांख्य तथा योग दर्शन के अनुसार त्रिविध दुःखों (आध्यात्मिक, आधिभौतिक तथा आधिदैविक) से छुटकारा (अतिशय निवृत्ति) ही मोक्ष है। "अथ त्रिविधदुःखात्यन्तनिवृत्तिरत्यन्त पुरुषार्थः।" "आयुर्वेद में हितायु, अहितायु, सुखायु एवं दुःखायु इस प्रकार चतुर्विध जो आयु है उसके स्वरूप ज्ञान को आयुर्वेद कहा जाता है। महाऋषि चरक के अनुसार शरीर, इन्द्रिय, मन और आत्मा इनके संयोग को आयु कहते हैं।

"हिताहितं सुखं दुःखमायुस्तस्य हितहितम्

माञ्च तञ्च यत्रोक्तमायुर्वेदः स उच्यते।" (चरक संहिता)

संकेत शब्द - चित्त, त्रिदोष, विक्षेप, सत्व, रजस, तमस, व्याधि तथा रिपु।

व्याख्या:- 'स्व' में अवस्थित होना ही अर्थात् अपने शुद्ध स्वरूप को प्राप्त करना ही स्वास्थ्य है। महर्षि सुश्रुत के अनुसार स्वस्थ की परिभाषा है।

"समदोषः समाग्निश्च समधातु मलक्रियः

प्रसन्नात्मेन्द्रिय मनः स्वस्थ इत्यभिधीयते। "

इस परिभाषा से समग्र स्वास्थ्य का ज्ञान होता है। अर्थात् आयुर्वेद में स्वास्थ्य से अभिप्राय शारीरिक, मानसिक एवं भावनात्मक तीनों ही प्रकार से स्वस्थ रहने से है। शरीर में व्याधि, वात पित्त कफ की विषमता से उत्पन्न होती है। मानसिक रोग रजस और तमस की विकृति से उत्पन्न होते हैं। काम, क्रोध, मोह, लोभ, मद तथा मात्सर्य - यह षट् शत्रु (रिपु) कहलाते हैं। इनका स्थान मन और इन्द्रिया है। ये षट् शत्रु ही हमारी आध्यात्मिक उन्नति में बाधा डालते हैं।

इनका निग्रह ही वैराग्य कहलाता है। पतंजलि योग सूत्रों में इसे वशीकार वैराग्य कहा है। चिकित्सा अर्थात् हानोपाय का अर्थ है - समता स्थापित करना।

वैषम्य का नाम रोग है। आयुर्वेद अनुसार वर्णित दिनचर्या, रात्रिचर्या तथा ऋतुचर्या जिन्हें स्वस्थवृत्त कहते हैं का अनुसरण कर शारीरिक स्वास्थ्य प्राप्त किया जा सकता है।

मानसिक आरोग्य की स्थिति योग द्वारा प्राप्त की जा सकती है। पतञ्जलि योग दर्शन के अनुसार चित्त की वृत्तियों का निरोध ही योग है।

"योगश्चित्तवृत्तिनिरोधः" योग दर्शन में सकारात्मक व्यक्तित्व के निर्माण के लिए उपायों का वर्णन आया है। योग दर्शन के अनुसार व्यक्तित्व के समग्र विकास में तीन तरह की बाधाएं आती हैं।

सहायक प्रोफेसर (अतिथि संकाय), पंजाब विश्विद्यालय, चंडीगढ़

1. **पञ्च क्लेश** - अविद्या, अस्मिता, राग, द्वेष तथा अभिनिवेश। इन्हीं क्लेशो से कर्मों के संस्कार बनते हैं। फिर संस्कारों से वृत्तियाँ बनती हैं और फिर यह क्रम ऐसे ही चलता रहता है। क्लेशों को तनु करने के लिए तथा समाधि की भावना उत्पन्न करने के लिये क्रिया योग का साधन के रूप में वर्णन आया है।

२. **विक्षेप या अन्तराय नौ है** - व्याधि, स्त्यान, संशय, प्रमाद, आलस्य, अविरति, भ्रान्तिदर्शन, अलब्धभूमिकत्व और अनवस्थितत्व ये नौ चित्त के विक्षेप हैं। इनको दूर करने के लिए **चित्त प्रसादन के उपाय** बताये हैं।

३. **वितर्क** - यम और नियमों के विरोधी भाव जो हमारी नैतिकता को दूषित करते हैं। इनको दूर करने के लिए **"प्रतिपक्ष भावना"** उपाय के रूप में बतायी गई है।

इस प्रकार हम योग तथा आयुर्वेद के समन्वित दृष्टिकोण द्वारा समग्र स्वास्थ्य की अवस्था प्राप्त कर सकते हैं। गीता में कहा है **"समत्वं योग उच्यते"**

तथा **"युक्ताहारविहारस्य युक्तचेष्टस्य कर्मसु।**

युक्तस्वप्नावबोधस्य योगो भवति दुःखहा ॥

Boost Your Long-Term Happiness and Inner Peace

*Shalu Bansal**

If the pharmaceutical companies had their way, everyone complaining about dark, relentless moods would have a prescription for an antidepressant. Some of the most popular antidepressants are SSRIs (Selective Serotonin Reuptake Inhibitors). As their name implies, they work by preventing reabsorption of serotonin by the brain cells that produce it.

The gift of Yoga -Yoga is a natural way to increase our feeling of wellbeing. A growing number of studies indicate that it is beneficial treatment for depression and anxiety. Yoga helps to relax our body, mind and spirit.

Try to incorporate these tips to help -

1. Exercising with anxiety or depression is not easy. Allow yourself permission to do as little as you want. Do anything, as long as you do something.
2. To stay away from the dull pool of emotions, keep eyes open during practice and engage the senses.
3. Concentrate on each inhalation, the life force to lift the feeling of despondency.
4. If you start to feel anxious, pause and relax with forced exhalations.

Chronic Depression –Involves negative thoughts, feeling hopeless, worthless or angry at life or even at yourself. a feeling that life is miserable and it will never get better. If you are constantly plagued by negative thoughts and have become incapacitated by anxiety or depression, seek medical advice.

Sequence for chronic depression – Start with quiet chest opening poses then do more active and energizing poses.

- **Downward facing dog (Adho Mukha Svanasana)** increases circulation to chest and improves respiration.
- **Simple seated twist (Bhardwajasana)** Broadens chest and lifts spirits.
- **Shoulder Stand (Sarvangasana)**-helps calm anxiety and irritability.
- **Plough Pose (halasana)** Helps balance Endocrine System.
- **Bridge pose (Setu Bandha Sarvangasana)** – calms the Nervous System.
- **Reclining bound angle pose (Supta Baddha Konasana)** – improves circulation and respiration and lifts mind and spirit.
- **Cobra Pose (Bhujang asana)** – chest opening back bends elevate emotions
- **Child Pose (Bal asana)**–Relaxing and Stretches the back.

Anxiety Driven Depression - Lot of people suffer from another type of depression that is marked by high levels of anxiety. Everyone gets worried or scared sometimes. But feeling extremely worried or afraid most of the time, or feel panicky, are signs of anxiety disorder.

Yoga sequence for anxiety-driven depression- Reverse the order and start with more active poses to get rid of excess nervous energy, then move to restorative poses to calm you [1]

**Pharmacist and Yoga Teacher*

- **Downward facing dog (Adho Mukha Svanasana)** - calms the mind and releases nervous tension.
- **Standing Forward Bend (Uttanasana)** - rejuvenates body and mind.
- **Wide angle standing Forward bend (Parasite Padottanasana)** calms jittery nerves.
- **Child Pose (bal asana)**– Stretches the back and helps to calm the nerves.
- **Shoulder stand (Sarvangasana)** relieves anxiety and irritability.
- **Plough pose or (Halasna)**– relieves irritability .
- **Head on knee pose (Paschimatsana)** relaxes the nervous system .
- **Bridge Pose (Setu bandha asana)**– relieves irritability.

Savasana (Corpse Pose) – Always relax in Savasana at the end of practice and try to look deep inside to discover where the tensions are or where the pain resides, and feel tension and pain escaping with each exhalation.

Fight or flight also known as the stress response is what the body does as it prepares to confront or avoid danger. It helps us rise to many challenges like avoiding an impending accident or to rescue people in a disaster. But trouble starts when this response is constantly provoked by less momentous, day-to-day events, such as money woes, traffic jams, job worries, or relationship problems. It can lead to health problems like high blood pressure, suppresses our immune response and contribute to anxiety and depression.

We can't avoid stress, but we can develop healthier ways of responding. One way is to invoke **relaxation response** through a technique first developed in the 1970s at Harvard Medical School by cardiologist Dr. Herbert Benson. It is a state of profound rest that can be elicited in many ways, including meditation, yoga, and progressive muscle relaxation.

Breathing and Pranayama – help to evoke the relaxation response.

Sequence - First start with fast breathing and move to slow deep abdominal breathing.

- Om chanting,
- Kapalbhatai,
- Bhastrika
- Anulom Vilom
- Bhramari pranayama
- Deep abdominal breathing (belly breathing)

Regular belly breathing helps to turn a fight-or-flight response into a relaxation response. Children while breathing breathe from the belly, not the chest which is more normal way to breathe. Most people are chest breathers, which is how we react to stress. When we sense a threat, our fight-or-flight response automatically kicks in. We breathe at a rapid pace to suck in extra oxygen, to fuel our heart and muscles to flee the danger.

Strategy to ease anxiety and stress with Breath Focus:

Every time you feel stressed, simply take three slow and controlled deep belly breaths. This interrupts the fight-or-flight response. Place one hand on your belly and the other on chest. You

want the chest hand to be still and the belly hand to move out like you are blowing up a balloon. Practice belly breathing throughout the day, like once every hour or up to 10 to 15 times per day. It becomes more of a habit and you can automatically engage belly breathing whenever you face a stressful event.

Meditation- The purpose of meditation is not to push away the negative thoughts or pretend that they are not there. Instead just notice and acknowledge them, accept them, then let them go. It will help to disrupt the cycle of negative thoughts.

Mindfulness meditation involves sitting comfortably, focusing on breathing, and then bringing your mind's attention to the present without drifting into concerns about the past or future. Learning to focus attention on the present moment improves attention span and has various health benefits like reducing anxiety, stress and boosting happiness and memory.

Basic mindfulness meditation-

1. Sit on straight-backed chair or cross-legged on the floor and focus on an aspect of your breathing, such as the sensations of air flowing into your nostrils and out of your mouth, or your belly rising and falling as you inhale and exhale.
2. Once you've narrowed your concentration in this way, begin to widen your focus. Become aware of sounds, sensations, and ideas.
3. Embrace and consider each thought or sensation without judging it good or bad. If your mind starts to race, bring the focus to breathing. Then expand your awareness again.

You may experience feelings of sadness, anger, fear or even tears during practice. Acknowledge them, let them go. They've been waiting to get out for a long time. Try to practice for at least 10-20 minutes a day as most people find that it takes at least 20 minutes for the mind to begin to settle. You can build it up gradually even if you start with one minute at a time.

Focusing the Mind if it wanders too much: Transcendental meditation

1. Set aside a place to meditate. [3] Surround it with candles, flowers, incense, or objects you can use to focus your practice (such as a photo, crystal, or religious symbol).
2. Sit comfortably and close eyes, or focus the gaze on the object you've chosen. Breathe slowly and deeply. Keep mind focused inward or on the object. If it wanders, gently bring it back to centre.
3. Breathe ***Peace and Quiet*** into your heart and mind. Imagine your breath as a river or a tide carrying your thoughts away. You can also chant out loud to help drown your thoughts. You can use the Sanskrit word "**Shanti**," which means "**Peace**".

Yuktis (Tips) to prevent Depression

1. **Express gratitude** – Write down and provide details about what you are grateful for and how it is improving your life.
2. **Connect with friends and loved ones.** If you find it difficult to socialize, join a group devoted to something for which you have a strong passion.
3. **Reduce Stress** – Avoid overcommitting to things, learn to let go that you can't control.

4. **Get plenty of sleep**—Get 7-8 hours of quality sleep. Practice Yog Nidra.
5. **Get Adequate Vitamin D** Spend time with nature and get fresh air and sunshine, as much as possible which helps the body make vitamin D.

Last but not the least - Don't carry anyone else's “**monkey on your back.**” It's a metaphor for an unwanted burden that you carry, when you accept someone else's problems. You take the monkey off their back and put it onto yours. It's been explained very well in an article published in Harvard Business Review [4]. People spend the whole day dealing with other people's to-do lists instead of their own and carry a burden that they find difficult to get rid of. It's a source of irritation, stress and anxiety.

Life is 10 percent what you experience and 90 percent how you respond to it. ***Smile, breathe, and go slowly.***

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Common Myth and Facts of Diet and Health

*Anupma Kaushal**

S.No.	MYTHS	FACTS
1.	Healthy teeth should be perfectly white.	A tooth's natural colour is slightly yellowish.
2.	Carrots improve eye sight/ night vision.	Carrots helps prevent muscle degeneration, but they don't improve your eye sight.
3.	Our Heart skips a beat when we sneeze.	The Heart's rythm sometimes changes when we sneeze but it never stops.
4.	Burns heal better if you apply oil on them.	Apply something cold on the burn, oil makes a film on your skin that keeps heat inside.
5.	It's easier to catch a cold when its actually cold.	Cold are caused by viruses not, air temperature.
6.	Fruits are as healthy as vegetables.	Vegetables are healthier than fruits.It is recommended to take 4 portions of veggies 1 portion of fruits per day.
7.	Eating carbs is unhealthy.	Only simple carbs are bad, Complex carbs are healthy.
8.	Your scales reveal the result of your workout.	Measuring tape is the best way to keep track of your progress.
9.	Energy Drinks contain special alertness boosting ingredients.	These products actually exert their influence with the same ingredient.
10.	Finger nails and hair keep growing after death.	Neither hair nor finger nails grow after death.

**Yoga Instructor, cum Research Scholar Govt. College of Yoga Education & Health, Chandigarh*

S.No.	MYTHS	FACTS
11.	Cracking joints causes Arthritis.	It doesn't cause or play a role in arthritis until one feels pain while cracking.
12.	Drink 8-12 glasses of water per day.	Drink water when you feel thirsty.
13.	Take probiotic daily.	Healthy person having a balanced and diverse diet does not need for a probiotic.
14.	Cholesterol is bad for your body.	H.D.L. (High density lipid) Cholesterol is good cholesterol.
15.	Starving yourself can be effective for weight loss.	Eating a balanced and low-calorie diet will help you to lose weight.
16.	Remove sugar entirely from your diet.	Natural sugar in fruits, vegetables, dairy products and grains is good for health.
17.	Gluten free diet is healthier for people with gluten related disorders.	Most gluten free alternatives are not much healthier than their regular counter parts.
18.	Coffee stunts your growth in children.	Researches shows there is no correlation between caffeine consumption and bone growth in children.
19.	Blood turns blue when there is a lack of oxygen.	It turns dark Red it's never blue, blood looks blue because of several layers of tissue which filter the color.
20.	Crunches gives you 6 pack.	For tight and combined core combine strengthening exercises with a super clean nutrition plan that balances veggies, protein, complex carbs and health fats.

Preventive Measures to Good Health-The Indian Approach

Dr. Sheojee Singh*

Abstract: *The recent challenges in healthcare faced by global community in the wake of lifestyle disorders and the dwarfishness of our medicine-dominated science of healing in the wake of Covid—19 outbreak almost throughout the modern world brought man face-to face with the urgency of a paradigm shift in our way to good health. Throughout the world, we have been witnessing unprecedented increase in the budget for therapeutic healthcare for the last about half a century, yet the state of health of average man is so delicate that it gets disturbed at the slightest change of external parameters forcing him/ her to seek asylum in increased dosage of medicine without much relief in the long term. The situation seems to go out of control in most of the situations and yet we are not able, as a global community of thinking individuals, to arrive at a feasible alternative. This paper traces the root of disequilibrium in our psycho--somatic functional space and tries to situate the physical, mental, social and emotional health in the correct perspective of the foundation of spiritual nurturance so as to create an outline of holistic approach for good health without dependence on medicine as such. This preventive approach to holistic healthcare needs to be widely adopted by individuals, communities and the state in order to ensure lasting happiness and holistic growth for mankind. The author warns that if this preventive healthcare is not given priority, the humanity is doomed to extinction from this blue planet sooner than later, and further gives a clarion call to all concerned to adopt preventive approach to healthcare to the maximum extent possible.*

Introduction:

*“To raise the world to God in deathless Light,
To bring God down to the world on earth we came,
To change the earthly life to life divine.”*

Sri Aurobindo

Some of the recent challenges in healthcare faced by global community in the wake of lifestyle disorders and the dwarfishness of our medicine-dominated science of healing in the wake of Covid—19 outbreak almost throughout the modern world brought man face-to face with the urgency of a paradigm shift in our way to good health. Throughout the world, we have been witnessing unprecedented increase in the budget for therapeutic healthcare for the last about half a century, yet the state of health of average man is so delicate that it gets disturbed at the slightest change of external parameters forcing him/ her to seek asylum in increased dosage of medicine without much relief in the long term. The universal coverage of health-insurance has brought some economic relief to average individual yet the state of health remains almost the same or even worse as compared to what it was years ago. Shelton (1926) has rightly pointed out, '*Health, happiness and long life are not commodities to be bought and sold like bread and shoes. They are built from within—are, in fact, products of a well-ordered life and a strict conformity with the laws of being.*' He further asserts that *adequate rest and sleep are essential to the highest degree of health and the longest possible life.* What preventive measures do is that they continue create conditions of optimum balance in the body and promote maximum efficiency with ease and

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effectiveness. Moreover, preventive healthcare is in the nature of self-dependent and self-sustaining mechanism of restoring good health. As asserted by many of the researches throughout the world and corroborated by our own experiences also, one illness may create lifetime financial crises to the individuals, families and communities especially in the third world countries. Hence, it is better to focus more on preventive healthcare and thereby maintain the sound health of the population of our country rather than investing heavily on therapeutic healthcare which is increasingly becoming costly as well as complex day by day. We also find that governments throughout the world are investing more and more on treatment and research in medical emergencies rather than focusing on planned research on preventive healthcare. This lopsided priority needs to be changed once for all if humanity has to survive in tune with the nature.

Concept of Health and Indian Approach to Good Health: Charak Samhita asserts good health as a state of harmony in all doshas, agnis, dhatus, malas and activities so as to create a balance in our psycho-somatic framework.

सम दोषः समाग्निश्च सम धातुमलक्रियः।
प्रसन्नात्मैन्द्रियमना : स्वस्थ इत्यभिधीयते॥ सुश्रुत संहिता सूत्र १५/४८

This very simple yet the most comprehensive definition of health itself underlines the special significance of preventive approach to healthcare in Ayurvedaa and calls for all possible measures to preserve the balance in body leading to good health. A very significant Vedic prayer, which is almost always comes to our ears during rituals in our homes calls for the grace of God for a healthy active life till a hundred years of age:

ॐ तच्चक्षुर्देवहितम पुरस्ताच्छुक्रमुच्चरत।
पश्येम शरदः शतम जीवेम शरदः शतम श्रुणुयाम
शरदः शतम, प्रव्रवाम शरदः शतमदीनाः स्याम
शरदः शतम भूयश्च शरदः शतात ॥ ऋग्वेद

Thus we find that the Indian approach to healthcare has always been in favour of prevention rather than of cure, although it has dealt extensively with the cure aspect also leading to numerous permutations and combinations of herbal preparations as elixirs of life but not at the cost of preventive aspect. That is one of the reasons why Ayurvedaa has given special place to food and daily routine in terms of elaborate do's and don'ts for a patient.

Ayurvedaa, Yoga, Nature-cure and Holistic Health: Ayurvedaic way is mostly the preventive way and it does not marvel in its application of medicine as is the case of modern so called allopathic system as practiced today. Its objective is very clearly to maintain the health of a healthy person and to restore the health of the diseased person with minimal external interventions.

Upanisadic sage also says,

न तस्य रोगो न जरा न मृत्युः, प्राप्तस्य योगाग्निमयम शरीरम।

(For him who has obtained a body ablaze with the fire of Yoga, there is no disease, no ageing, no death.)-Svetasvastaropanisad 2:1.12-13 as quoted by Sampad and Vijay (2002): *The Wonder that is Sanskrit*, Sri Aurobindo Society, Pondicherry.

Preventive Healthcare and the Indian Idea of Swasthya: From time immemorial, India has propagated through its very culture (add cuisine and concoctions also) the concept of integrating ways and means of establishing harmony in all aspects of life so that diseases have minimum chances to visit an individual. Extensive use of cloves, ginger, garlic, other spices and basil leaves on daily basis in one way or the other is one example, frequent and regulated fasting as part of religious practices is another example, rhythmic chanting of mantras and yogic exercises as part of daily activities another way of preventive measure for healthcare.

Simple Preventive Measures to Good Health-Some Practical Guidelines: The very thought of *Sarve bhavantu sukhinah...* in all our work and dealings, the habit of doing work as an offering to God (Sri Aurobindo, 1929), early to bed and early to rise and minimizing wants with optimization of happiness index have been hallmark of our civilization from early Vedic period. The basic purpose behind all our prayers have been mutual nurturance, living together and living harmlessly enjoying the bounties of nature for a hundred years. Jeeved sharadah shatam... But this seems a dream today. Hardly people are living 100 years of undistorted health. After 45 years of age, people get into routine check-ups and subsequent medication. But if we adopt Preventive Measures, the health problems will minimize and optimum health will be ensured. Having sound sleep at night, getting up in the morning by 5:00 a.m., daily chores, bathing properly with sitting position using bucket and mug instead of showers in standing position, doing regular morning walk or moderate exercise or yogic asanas, pranayama, meditation, healthy and easily digestible breakfast between 8:00 a.m. and 9:00 a.m., doing useful work with enthusiastic approach and positive attitude, avoiding cold drinks and tea, taking lukewarm water with sipping manner as and when feeling thirsty, taking easily digestible freshly cooked lunch with adequate salad and green vegetables preferably between 12:30 and 1:30 or 1:00 p.m. and 2:00 p.m., taking seasonal fruits at around 4 or 4:30 p.m. and light freshly cooked dinner at 7:00 p.m., a glass of simple milk at 9:00 p.m., writing a diary or communicating with God in our own ways and going to sleep by 10:00 p.m. after offering the day's work to God with expressing gratitude to him for all the energy of the day. This is an ideal way of improving health and maintaining robust energy level with psychosomatic equilibrium and one should try to adhere to this programme to the optimum possible extent (Singh, R, 2018).

Why to adopt Preventive Measures? The modern way of life has increased stress all over and the consequent disequilibrium has taken a heavy toll on the health of mankind today. But the way out has been heavily lopsided towards profiteering in such a way that unethical practices and unwanted medication have found an easy entry into our lives even without our willingness. The situation becomes so disturbing at times that man finds himself in a perpetual debt trap. Although governments throughout the world have put healthcare in public-good domain so as to provide free medical care for the masses, yet a simple visit on any normal day to any healthcare center in third world countries is a grim reminder of the fact that mankind is increasingly becoming unhealthy and the workload on average medical worker is increasing beyond the level of tolerance.

Modern Life style and Preventive Healthcare: With increasing mechanization and technology dependence, the Modern life style has been increasingly making man comfort-seeking and lazy, which demands frequent resort to medicine to minimize the discomforts arising out of unbalanced approach to our day-to-day life. Almost a hundred years ago Shelton, the famous American hygienist, had warned Americans in no uncertain words when he asked, 'Will two or three generations of this converting night into day not weaken the race?' and he was quite right as can be seen from the alarming increase in the cases of life-style related health-complications all over the world, and particularly in the USA and other developed nations in the last 50 years or so. Hence the only feasible alternative seems to be the preventive healthcare mechanism through a network of such centers across the length and breadth of the country. Moreover, the disproportionately increasing patient load on conventional allopathic system of healthcare has made it almost impossible to cater to the genuine health problems of the population in any meaningful way. Hence, the only logical resort is the preventive healthcare mechanism based on scientific research, practical considerations and cultural inputs of the society.

The Vicious Circle of Ignorance, Medicine and Miracle Cure: The whole business of disease, imbalance and deprivation seems to be a crude play and display of ignorance in its myriad dimensions. Either we are not fully aware of the laws of health, nutrition and emotional equilibrium or are not able to apply them in our life, which take heavy toll on our health in one way or the other. Bhagavad Gita asserts:

अज्ञानेनावृतम ज्ञानम तेन मुहयन्ति जन्तवः

And truly this ignorance is the root cause of all our problems.

The vicious circle of ignorance, inertia and mental distractions along with the business of miracle cure with pumping of medicines in the body is needed to be dealt with firmly and gradually replaced by the illuminating fire of knowledge, pure dynamism and liveliness and peacefulness in mind, which can truly guarantee robust health in its totality. All this can be achieved effectively through preventive healthcare mechanisms only in the best possible way.

The Way Out: Although modern medicine, the so called allopathic system, has brought some immediate relief, yet the only feasible way out of this vicious cycle is the adoption of enlightened and simple pathway of preventive healthcare wherein a balance in all aspects of our living and livelihood, thinking and feeling is ensured thereby bringing a lasting equilibrium in our psychosomatic frame of life without the usual dependence on emergency medicine system which has become the only recipe for good health today. We need to understand that prevention is not just better than cure rather it is the only long-term and lasting cure, especially in modern unpredictable times and complex health crises. The way things are emerging, the individuals, societies and countries must come forward for establishing a powerful network of preventive healthcare institutions guiding humanity through the research and evidence-based findings of nature cure, yoga, homeopathy and Ayurveda so that the dirty play of diseases, deprivation and exploitation of human family in various forms be stopped forthwith bringing the natural lasting smile on all faces on this lovely planet. We need to opt for more holistic approach to healthcare than the prevailing atomistic one and so far the only holistic approach is that of preventive pathway. Covid-19

challenge has, in fact, come as a wakeup call for humanity to take recourse to preventive healthcare and save mankind from the precipice of extinction of human race and it is upon us to find a way or make a royal road to robust health using minimal deviation therapy prescribed by preventive approach.

Conclusion: The status of healthcare for mankind as a whole has become so fragile today that the only way of survival seems the pumping of more and more medicine in the body leading to further complications. Man, as the most evolved species on earth, deserves a better treatment than all the unconscious and mass-hypnosis driven form of therapeutics prevalent today. We need health in harmony with nature and not at the expense of nature.

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योग: एक परिपूर्ण चिकित्सा प्रणाली

डा० गुणनिधि शर्मा*

मनुष्य से लेकर पशु-पक्षियों तक सभी की यह सहज स्वाभाविक प्रवृत्ति रहती है कि वे सुख की ओर आकर्षित होते हैं तथा दुख से दूर भागते हैं। महर्षि पतंजलि इस प्रवृत्ति का राग-द्वेष नामक क्लेशों के रूप में वर्णन करते हैं-

सुखानुशयी रागः॥ 1

दुखानुशयी द्वेषः॥ 2

मनुष्य के सुखों को छीनने वाले कई कारक होते हैं जिनमें व्याधि अर्थात् रोग को हम प्रथम स्थान पर रख सकते हैं। कितना भी बुद्धिमान् व्यक्ति क्यों ना हो बीमारी उसके जीवन के आनन्द को सुखा सा देती है। रोग शारीरिक या मानसिक-किसी भी प्रकार के हो सकते हैं। पर उस स्थिति को हम क्या कहेंगे जब वास्तव में किसी रोग की उपस्थिति ना होने पर भी मनुष्य तत्तत् विशिष्ट रोग के लक्षणों का अनुभव करता है। ये मनःकायिक (psychosomatic) रोग कहलाते हैं अर्थात् मन द्वारा उत्पन्न, प्रोजेक्टेड या प्रतिबिम्बित रोग। योग इन सभी समस्याओं का समाधान करने का सामर्थ्य रखता है। आज मनुष्य ने अपनी असंतुलित जीवन शैली के कारण स्वयं ही असंख्य गंभीर समस्याओं को ओढ़ लिया है। मधुमेह, रक्तचाप, थायराइड, कोष्ठबद्धता, श्वसन प्रणाली की जटिलताएं जैसे दमा आदि जो आज सिर पर सवार होकर बैठी हैं, योग इनके लिए समावेशी चिकित्सा उपस्थित करता है। यही कारण है कि भारतीय प्रणालियां जैसे आयुर्वेद तथा योगादि चिकित्सा के अन्तर्गत मात्र रोग के लक्षणों को ही ठीक नहीं करते अपितु रोग के वास्तविक कारणों का अनुसन्धान करने पर भी ध्यान केंद्रित करते हैं। बस यही योगादि को सबसे अलग कर देता है। "योग में यह प्रयास किया जाता है कि कारण का निदान हो और कारण के निदान में समय तो निश्चित रूप से लगता है, क्योंकि कारण तो मन की गहराई में है। जिस प्रकार वृक्ष की जड़ें धरती के भीतर रहती हैं उसी प्रकार रोग की जड़ मन तथा प्राण के भीतर रहती है। प्राणों में कमी हो तो स्फूर्ति, शक्ति और सामर्थ्य में कमी आती है। अगर जड़ मन में है तब निराशा, भय, आक्रोश, इस प्रकार अलग अलग परिस्थिति से हम गुजरते हैं।" 3 स्वास्थ्य के प्रति भारतीय दृष्टि बहुत व्यापक है। स्वास्थ्य शब्द की व्युत्पत्ति इस प्रकार की जा सकती है।

"स्वस्मिन् तिष्ठतीति स्वस्थः। "स्वस्थस्य भावः स्वास्थ्यम्॥

अर्थात् अपने वास्तविक स्वरूप में स्थित व्यक्ति स्वस्थ कहलाता है और स्वस्थ होने का भाव स्वास्थ्य है। स्वास्थ्य मनुष्य मात्र के जीवन को पूर्णता प्रदान करने के लिए ऋषियों द्वारा की गई एक व्यापक परिकल्पना है। यह मात्र व्याधि मुक्त होना ही नहीं है अपितु जीवन में शिवरूपता अर्थात् जीव की सहज कल्याणरूपता की प्राप्ति है।

...तन्मे मनः शिवसंकल्पनमस्तु॥ (यजुर्वेद)

योग को एक परिपूर्ण चिकित्सा प्रणाली भी कहा जा सकता है। यह व्यक्ति के जीवन के सभी पहलुओं को साथ लेकर चलता है। योग विद्या का परम लक्ष्य जीवन में से असंतुलन को दूर करना है। यह चित्त की विक्षिप्त (डिस्ट्रैक्टेड) वृत्तियों को एकाग्र करके मनुष्य को उसके सहज स्वरूप में प्रतिष्ठित करती है।

योगश्चित्तवृत्तिनिरोधः॥ 4

योग-संस्कृत शिक्षक, राजकीय योग शिक्षा एवं स्वास्थ्य महाविद्यालय से०२३ चण्डीगढ़

तदा द्रष्टुः स्वरूपेऽवस्थानम्॥ 5

यहां 'सहज' शब्द विशेष ध्यान देने योग्य है। व्यक्ति की स्वाभाविक अवस्था सहज अवस्था कहलाती है। इसे साक्षी भाव भी कहा जाता है। इस स्थिति में वह काम, क्रोध, मद, लोभ, मोह आदि समस्त मनोविकारों से सर्वथा मुक्त रहता है। यह तो सर्वविदित ही है कि आधुनिक जीवन की सारी समस्याएं उपर्युक्त विकारों का ही परिणाम हैं। थोड़ा और गहराई में चलें तो पाएंगे कि ऊपर कहे पांचों विकारों के मूल में भी वही दो पूर्व वर्णित राग तथा द्वेष मुख्य रूप से छिपे रहते हैं। अपनी असीमित इच्छाओं को पूरी करने के लिए व्यक्ति निरंतर प्रयत्न करता है। उनके पूर्ण होने पर वह अत्यंत प्रसन्न होता है तथा अपूर्ण रहने पर दुखी, निराश तथा हताश हो जाता है। योग इस सुख-दुख की असंतुलित मनःस्थिति से ऊपर उठने को कहता है।

श्रीमद् भगवद्गीता में श्री कृष्ण कहते हैं

'.....समत्वं योग उच्यते ॥' 6 अर्थात् चित्त की संतुलित अवस्था या समस्थिति, योग कहलाती है। इस अवस्था में व्यक्ति परम शांति को प्राप्त कर लेता है। काम, क्रोध आदि मनोविकार उसे विचलित नहीं कर पाते। जैसा कि पीछे कहा गया है कि रोगों का मूल मन तथा प्राण में रहता है। शरीर में उत्पन्न होने से पहले रोग के बीज मन में पनपते हैं। आसन, प्राणायाम, मुद्रा तथा बंध आदि हठयोग के उपायों के द्वारा शरीर तथा मन का शोधन किया जाता है जिससे रोगों के मूल बीज नष्ट हो जाते हैं। तदुपरांत अष्टांग योग के उच्च अभ्यासों के द्वारा मन को साधा जाता है। इनमें अहिंसा, सत्य, अस्तेय, ब्रह्मचर्य और अपरिग्रह- ये 5 यम (7) तथा शौच, संतोष, तप, स्वाध्याय और ईश्वर प्रणिधान- ये 5 नियम (8) प्रारंभिक हैं। यम-नियम को संपूर्ण विश्व में मान्यता मिली है। ऐसा इसलिए क्योंकि जितनी भी आधुनिक जीवन की समस्याएं हैं इनमें उन सभी का समाधान करने का सामर्थ्य है। इनमें से एक- एक यम अथवा नियम भी जीवन की अनेकानेक जटिलताओं को सुलझा सकता है, बहुतों की तो बात ही क्या। बहुत बड़ी बात ना भी करें, मात्र संतोष को ही ले लें। योग कहता है कि- **संतोषादनुत्तम सुखलाभः॥ 9** अर्थात् संतोष नामक गुण से व्यक्ति को अतुलनीय सुख की प्राप्ति होती है। तनाव से संबंधित लगभग सभी आधुनिक व्याधियों का समाधान इस छोटे से जीवन सूत्र से ही हो जाता है। जब एक छोटे से सूत्र से इतना संभव है तो संपूर्ण यौगिक जीवन-शैली के आचरण से क्या-क्या हो सकता है इसका अनुमान तो सहज ही लगाया जा सकता है।

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Positive Thinking

*Reena Bhatia**

Your thoughts and emotions can affect your health. Emotions that are freely experienced and expressed without judgment or attachment tend to flow fluidly without impacting our health. On the other hand, repressed emotions (especially fearful or negative ones) can zap mental energy, negatively affect the body, and lead to health problems. It's important to recognize our thoughts and emotions and be aware of the effect they have—not only on each other, but also on our bodies, behavior and relationships

Poorly-Managed Negative Emotions are not Good for Health

Negative attitudes and feelings of helplessness and hopelessness can create chronic stress, which upsets the body's hormone balance, depletes the brain chemicals required for happiness, and damages the immune system. Chronic Stress can actually decrease our lifespan. Science has now identified that stress shortens our telomeres, the “end caps” of our DNA strands, which causes us to age more quickly.

Poorly managed or repressed anger (hostility) is also related to a slew of health conditions, such as hypertension (high blood pressure), cardiovascular disease, digestive disorders and infection.

Positive thinking: Stop negative self-talk to reduce stress

Positive thinking often starts with self-talk. Self-talk is the endless stream of unspoken thoughts that run through your head. These automatic thoughts can be positive or negative. Some of your self-talk comes from logic and reason. Other self-talk may arise from misconceptions that you create because of lack of information. Positive thinking just means that you approach unpleasantness in a more positive and productive way. You think the best is going to happen, not the worst.

Health Benefits of Positive Thinking

Health benefits that positive thinking may provide include:

- Increased life span
- Lower rates of depression
- Lower levels of distress
- Greater resistance to the common cold
- Better psychological and physical well-being
- Better cardiovascular health and reduced risk of death from cardiovascular disease
- Better coping skills during hardships and times of stress

It's unclear why people who engage in positive thinking experience these health benefits. One theory is that having a positive outlook enables you to cope better with stressful situations, which reduces the harmful health effects of stress on your body.

It's also thought that positive and optimistic people tend to live healthier lifestyles — they get more physical activity, follow a healthier diet, and don't smoke or drink alcohol in excess.

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Focusing on Positive Thinking

You can learn to turn negative thinking into positive thinking. The process is simple, but it does take time and practice — you're creating a new habit, after all. Here are some ways to think and behave in a more positive and optimistic way:

- **Identify areas to change.** If you want to become more optimistic and engage in more positive thinking, first identify areas of your life that you usually think negatively about, whether it's work, your daily commute or a relationship. You can start small by focusing on one area to approach in a more positive way.
- **Check yourself.** Periodically during the day, stop and evaluate what you're thinking. If you find that your thoughts are mainly negative, try to find a way to put a positive spin on them.
- **Be open to humor.** Give yourself permission to smile or laugh, especially during difficult times. Seek humor in everyday happenings. When you can laugh at life, you feel less stressed.
- **Follow a healthy lifestyle.** Aim to exercise for about 30 minutes on most days of the week. You can also break it up into 10-minute chunks of time during the day. Exercise can positively affect mood and reduce stress. Follow a healthy diet to fuel your mind and body. And learn techniques to manage stress.
- **Surround yourself with positive people.** Make sure those in your life are positive, supportive people you can depend on to give helpful advice and feedback. Negative people may increase your stress level and make you doubt your ability to manage stress in healthy ways.
- **Practice positive self-talk.** Start by following one simple rule: Don't say anything to yourself that you wouldn't say to anyone else. Be gentle and encouraging with yourself. If a negative thought enters your mind, evaluate it rationally and respond with affirmations of what is good about you. Think about things you're thankful for in your life.

Suggestions:

- Take a Positive Breath
- Inhale into a soft belly, taking in light, love, and healing energy. Picture this as clear, bright, or sparkling. Feel yourself becoming brighter as you fill with light and joy.
- Exhale fully, releasing any negative states or feelings. You may picture it as darkness or a fog. If you have anger, fear or sadness, breathe them out. If you have tension, anxieties, or worry, release them as you exhale.

Practice overcoming negative self-talk with examples provided. Negative self-talk Positive thinking I've never done it before. It's an opportunity to learn something new. It's too complicated. I'll tackle it from a different angle. I don't have the resources. Necessity is the mother of invention. I'm too lazy to get this done. I wasn't able to fit it into my schedule, but I can re-examine some priorities. There's no way it will work. I can try to make it work. It's too radical a change. Let's take a chance. No one bothers to communicate with me. I'll see if I can open the channels of communication. I'm not going to get any better at this. I'll give it another try.

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Breathing for Life: The Mind-Body Healing Benefits of Pranayama

*Kulwant Singh**

“For breath is life, and if you breathe well you will live long on earth.” –Sanskrit proverb

A regular daily practice of deep breathing is one of the best tools for improving your health and well-being. Here are five simple yogic breathing techniques to help you get started.

Breath is essential to life. From the first breath at birth to the last breath upon passing, you take about half a billion breaths, usually without thinking about it. What you may not realize is that the mind, body, and breath are intimately connected and can influence each other. Essentially, your breathing is influenced by your thoughts, and your thoughts and physiology can be influenced by your breath. Learning to breathe consciously and with awareness is a valuable tool in helping to restore balance in the mind and body—something very useful during times of stress.

Pranayama

The basis for all deep breathing practices originates in the science of yoga, specifically the fourth limb of yoga, known as pranayama. The word pranayama is derived from two Sanskrit words. Although there are various definitions of the term, one interpretation is: prana (life force) and Ayama (expansion), or expanding the life force using the breath. The ancient yogis learned that by controlling the breath, you can influence every aspect of your life.

If you have ever caught yourself sighing at the end of a long day, this is an example of the body's natural way of relieving stress. The more you become aware of the power of the breath, the more you can benefit from its numerous physical and emotional benefits.

Researchers have documented the benefits of a regular practice of simple, deep breathing, which include the following:

Reduced anxiety and depression, Lower/stabilized blood pressure, Increased energy levels, Improved immunity, decreased feelings of stress and overwhelm, Reduction in PTSD symptoms

In the medical community, there is a growing appreciation for the positive impact that deep breathing can have on the physiology, both in the mind and the body. According to the research, many of these deep-breathing benefits can be attributed to reducing the stress response in the body. To understand how this works, let's look at the stress response in more detail.

Pranayama as a Tool to Counter Stress

When you experience stressful thoughts, your sympathetic nervous system triggers the body's ancient fight-or-flight response, giving you a burst of energy to respond to the perceived danger. Your breathing becomes shallow and rapid, and you primarily breathe from the chest and not the lower lungs. This can make you feel short of breath, which is a common symptom when you feel anxious or frustrated. At the same time, your body produces a surge of hormones such as cortisol and epinephrine (also known as adrenaline), which increase your blood pressure and pulse rate and put you in a revved-up state of high alert.

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With deep breathing, you can reverse these symptoms instantly and create a sense of calm in your mind and body. When you breathe deeply and slowly, you activate the parasympathetic nervous system, which reverses the stress response in your body. Deep breathing stimulates the main nerve in the parasympathetic nervous system—the vagus nerve—slowing down your heart rate, lowering your blood pressure, and calming your body and mind.

In addition, with deep breathing, you engage the abdominal muscles and diaphragm instead of the muscles in the upper chest and neck. This conditioning of the respiratory muscles results in improved efficiency of oxygen exchange with every breath by allowing more air exchange to occur in the lower lungs. It also reduces strain on the muscles of the neck and upper chest, allowing these muscles to relax. In short, deep breathing is more relaxing and efficient, allowing higher volumes of oxygen to reach the body's cells and tissues.

As well as reversing the physical stress response in the body, deep breathing can help calm and slow down the emotional turbulence in the mind. Breathing can have an immediate effect on diffusing emotional energy so there is less reactivity to your emotions.

Five Deep-Breathing Techniques

Beyond the practice of simple deep breathing, the ancient yogis described different types of rhythmic deep-breathing techniques that can have differing effects on the mind and body. In fact, many studies document the beneficial effects of yogic breathing in treating depression, anxiety, PTSD (Post-Traumatic Stress Disorder), COPD (Chronic Obstructive Pulmonary Disease), and asthma. There are also theories that support the notion that by slowing down and controlling the breath, you can improve your longevity.

There are many different types of breathing techniques, each having a specific effect on the mind-body physiology. The following are five simple yogic breathing techniques to help you get started. Make sure you are sitting in a comfortable position with your spine erect. If at any point you begin to feel dizzy or uncomfortable, be sure to pause before resuming, or simply stop and try again at a later time.

1. The Belly Breath

This is a core breathing technique that is often used in yoga classes. It helps bring awareness to the body and calms the mind. If you are new to pranayama, it's helpful to initially perform this lying down, knees bent if needed, in order to feel the muscles of the abdomen engaging. Once you become familiar with the practice, you can continue while sitting.

Place one hand on your belly. Take a deep breath in through the nose, drawing air toward your lower belly. Feel the belly expand and rise as you inhale. Exhale through the nose and feel the belly contract and lower. The hand on your belly should move down to its original position. The breaths should be deep and elongated. Practice this technique 3 to 5 minutes several times a day, or whenever you feel stressed.

2. The Complete Breath

The Complete Breath is known as Dirgha Pranayama. Dirgha means “long” in Sanskrit and includes the expansion of the abdomen, chest, and neck region. This breath helps to calm the mind and develop deeper awareness.

While lying down or sitting, place one hand on your belly and the other on your upper chest. Inhale slowly and deeply through the nose, drawing the air into the lower abdomen and pelvic area, feeling your hand rise with the belly. Continuing to inhale, feel the rib cage begin to expand outward as the mid-section of the torso becomes engaged. Finally, draw the air into the upper chest and allow the collar bones to rise. Feel the hand rise with the chest. At the peak of inhalation, pause for a moment, then exhale gently in reverse order, releasing the upper chest first, then the diaphragm and ribs, and finally the lower abdomen. Slightly contract the abdominal muscles to push residual air out of the bottom of your lungs. After some practice, it should start to feel like a gentle wave motion. Perform a few rounds and then notice how you feel.

3. The Alternate Nostril Breathing

When you are feeling anxious or ungrounded, practice Alternate Nostril Breathing, known as Nadi Shodhana in the yogic tradition. This will immediately help you feel calmer.

Hold your right thumb over your right nostril and inhale deeply through your left nostril. At the peak of your inhalation, close off your left nostril with your fourth finger, lift your right thumb, and then exhale smoothly through your right nostril. After a full exhalation, inhale through the right nostril, closing it off with your right thumb at the peak of your inhalation, lift your fourth finger and exhale smoothly through your left nostril. Continue with this practice for 3 to 5 minutes, alternating your breathing through each nostril. Your breathing should be effortless, with your mind gently observing the inflow and outflow of breath.

4. The Ocean's Breath

When you feel angry, irritated, or frustrated, try Ocean's Breath, or Ujjayi (pronounced oo-jai). This will immediately soothe and settle your mind.

Take an inhalation that is slightly deeper than normal. With your mouth closed, exhale through your nose while constricting your throat muscles. If you are doing this correctly, you should sound like waves on the ocean. Another way to get the hang of this practice is to try exhaling the sound “haaaaah” with your mouth open. Now make a similar sound with your mouth closed, feeling the outflow of air through your nasal passages. Once you have mastered this on the outflow, use the same method for the inflow breath, gently constricting your throat as you inhale. Continue for 3 to 5 minutes or however long it feels comfortable.

5. The Energizing Breath

When you are feeling blue or sluggish, try the Energizing Breath or Bhastrika. This will give you an immediate surge of energy and invigorate your mind.

Begin by relaxing your shoulders and take a few deep, full breaths from your abdomen. Now start exhaling forcefully through your nose, followed by forceful, deep inhalations at the rate of one second per cycle. Your breathing is entirely from your diaphragm, keeping your head, neck, shoulders, and chest relatively still while your belly moves in and out. Start by doing a round of 10 breaths, then breathe naturally and notice the sensations in your body. After 15 to 30 seconds, begin the next round with 20 breaths. Finally, after pausing for another 30 seconds, complete a third round of 30 breaths. Beginners are advised to take a break between rounds.

Although Bhastrika is a safe practice, stay tuned in to your body during the process. If you feel light-headed or very uncomfortable, stop for a few moments before resuming in a less intense manner.

Contraindications: Do not practice Bhastrika if you are pregnant or have uncontrolled hypertension, epilepsy/seizures, panic disorder, hernia, gastric ulcer, glaucoma, or vertigo. Use caution if there is an underlying lung disease.

Performing one of these breath techniques for only five minutes twice daily can produce long-term benefits. You can also use them any time you are feeling stressed or notice that your breathing has become constricted. By training your body with a regular practice of deep breathing, you will begin to breathe more effectively even without concentrating on it. You can practice anytime and anywhere; you literally have the power to change your life within you through the power of the breath.

“Healing is every breath.” –Thich Nhat Hanh

14 Spiritual Wellness as the Core of Holistic Wellness

*Dr. Anjali Puri**

The year 2020 has been testing and hard for mankind across the planet. With stay-at-home restrictions, social distancing, work from home practice, online classes and a very quick, unprecedented change into the 'new normal' really left all of us struggling to keep our bodies and minds working in sync to the situations, and our overall wellness compromised. As the stress of the pandemic increased, and physical activity reduced due to COVID restrictions, people started to find both their mental and physical health in shambles.

However, as the New Year has started, we can finally see some light at the end of the tunnel. Various vaccines against COVID-19 have proven effective and safe now and public vaccination in parts of the world has also begun. With hopes that we may be able to bring an end to the pandemic soon, it is important to bring back our physical and mental health to the best of its state and it is high time to focus on holistic wellness.

Holistic wellness is very vital to a happy and successful living. It is safe to say that many diseases and untimely death can be linked to lifestyle options all through the time we are living. The commonest options are choices about how we eat or other things we internalize have an impact on our physiological, social, physical and spiritual well-being. The commonest factor that causes unhealthy lifestyle is stress. Holistic wellness looks at understanding the basis of a problem and attempts to resolve the challenge as a whole.

According to Balducci, Avanzi & Fraccaroli (2014) Regular and consistent practice of a healthy lifestyle activity can translate to holistic health and a very high living standard. Regardless of what our present state of health looks like, it is possible for us to enhance our level of wellness and reconfigure our genetic expression. As we encounter and surmount temporary challenges, the unceasing level of well-being increases even as our changed lifestyle is structured to guarantee a healthful, revitalized and a happy life.

Holistic wellness increases joy and happiness. Joy is phenomenon that seeks to explain the state of our heart when we have a deep feeling of happiness from within us. Holistic wellness can guarantee joy because absence of diseases and complete state of health can inspire genuine cheerfulness for a future expectation of positive life achievements.

Spiritual Wellness

True wellness focuses on much more than just the physical. [Holistic wellness](#) considers the whole individual, including emotional, social, vocational, intellectual and environmental factors along with physical well-being. Holistic wellness is a way of nourishing our body. Alegria-Torres, Baccarelli & Bollati (2011) inferred that when our bodies and soul experience a complete state of psychological, spiritual, social, health, occupational and emotional wellness, it gets energized from within and comes alive with vigor. This is what guarantees joy, an internal state of the human mind, arising from all-round wellness.

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In many of the categories that constitute the holistic wellness concept, spirituality plays an important role. For some people, spirituality can refer to religion, but it also can take shape as personal growth that includes finding meaning in life, living by a code of personal ethics and creating joy for oneself and others. Spiritual wellness helps enhance the connection between the mind and the body. Spiritually well individuals may spend time in solitude simply thinking or writing in a journal, have clear ideas about their values and beliefs, act in advocacy of the welfare of others, forgive others and show compassion.

Even if we don't spend time thinking about spirituality, it likely has an effect on our life. Lowenberg & Davis (1994) states that most people seek a sense of meaning and the knowledge that they have a purpose, and individuals who don't feel that they have the answers often seek spiritual wellness, even unknowingly. But in seeking wellness, many people overlook the importance of nurturing the spirit, in some cases because they simply do not know how. Just as the physical body requires movement to thrive, so the spirit needs practice and activity to give it a sense of purpose.

In addition to enhancing our overall sense of well-being and our understanding of our place in the world, spiritual wellness also may contribute to our physical health. Research has found that contemplative practices, such as meditation, can encourage calmness and can boost concentration. Mindfulness practice also has been found to [impact the physical body](#) in a number of ways, including increasing gray matter density in the brain which can lower pain sensitivity, relieving stress, reducing anxiety and depression.

Ways to Enhance Spiritual Wellness

The spiritual element of wellness can be the most personal piece of the puzzle when trying to place all [seven dimensions of wellness](#) together. Generally, people like to live a life with meaning and purpose. When these goals are met, it puts harmony in one's life, and the others they surround themselves with.

So, what can you do to improve your spiritual wellness? It's best to figure out what techniques work for you. According to Geary (2014) from Illionis State University [spiritual wellness](#) which involves one's values, beliefs, and purpose, can be achieved in following ways:

- 1. Explore your spiritual core:** By exploring your spiritual core, you are simply asking yourself questions about the person you are and your meaning. Ask yourself: Who am I? What is my purpose? What do I value most? These questions will lead you down a road where you will think more in-depth about yourself and allow you to notice things about yourself that will help you achieve fulfillment.
- 2. Look for deeper meanings:** Looking for deeper meanings in your life and analyzing occurring patterns will help you see that you have control over your destiny. Being aware of this can help you achieve a happy and healthy life.
- 3. Get it out:** Expressing what is on your mind will help you to maintain a focused mind. After a long day or a significant event, you may feel confused and not be able to make sense of your feelings. By writing down your thoughts, you may be able to think clearer and move forward.

4. **Try yoga:** Yoga is a physical technique that can help improve your spiritual wellness by reducing emotional and physical strains on your mind and body. Yoga is taught at all different levels and can help lower stress, boost the immune system and lower blood pressure as well as reduce anxiety, depression, fatigue, and insomnia.
5. **Travel:** It's true! Taking time for yourself to travel to a comforting place or somewhere new can do wonders for your mind. When you are at a place where your mind can keep out distractions and help you reflect and rest, you will have a better connection with yourself. This allows you to weed out stressors and set your mind on the right path for overall wellness. Some activities to take part in when on a trip can be exercising, speaking with a counselor or advisor, meditation, or taking a temporary vow of silence.
6. **Think positively:** Once you start viewing things in your life in a positive manner, you will find yourself thinking differently and refocusing your mind to a happy, healthy place. When you eliminate negativity and re-frame how you think of certain things and situations, you'll notice yourself being more relaxed.
7. **Take time to meditate:** While managing your time and daily tasks can be hard, it is crucial to devote time to connecting with yourself. Whether in the morning when you wake up, during your lunch break, or before you go to sleep, take time to meditate each day. Fitting meditation and relaxation into your lifestyle will free your mind and foster a stronger relationship with your spiritual wellness.

Thus, spiritual wellness is the core of holistic wellness as the route to happiness and fulfillment can always be inside out. Meditation, prayer, yoga and other contemplative practices can promote feelings of compassion and hope which can affect overall well-being. It is commonly seen that people who engage in spiritual traditions may treat their bodies better and engage in healthier practices. When we focus on our inherent spiritual faculties, we can truly work on other components of well-being and can therefore achieve holistic wellness in its true sense.

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Stress Effects During Covid -19 & Relief Measures Through Yoga

*Raman Sharma**

Human being complete health comprises of Physical Health (Body), Mental Health (Mind), Emotional Health (Intellect) and finally performance in day today life. Stress, tension, anxiety, anger all constitute a cycle of negativity that can be injurious to self & family members.

In simple words any unwanted condition which we are unable to cope up. There are two types of stress.

1. Good Stress
2. Bad stress.

We see the effect of stress, tension, anger are mediated by chemical messengers the body that produces that effect muscles in causing muscle contraction, spasm, stiffness, pain. These chemicals raise blood pressure & keep elevated & suppress immunity. Practice of yoga can break the cycle of negativity. As calm, deep & rhythmic breathing is very beneficial for general well-being. Yogasana stretch the muscles to relax while practicing specific breathing methods. It keeps the airways healthy & maintains immunity. For example, a tortoise breathes about 4 times a minute lives for 200 years & human breathe 12-16 a minute live for 100 years.

Chronic contraction of muscles increases energy consumption, whereas relaxation of these muscles will conserve energy. Laughter is very good stress buster as we say laughter a day keeps doctor away. It increases the production of happy chemicals (endorphins). When we do exercise daily then endorphins release in our body. Hormones release in our body is reward system of brain.

In the time period of COVID pandemic we were totally locked up in our homes. In that period only yogic techniques like Yogasana, Pranayama & meditation were only ways through which we restored our physical & mental well-being. Yogasana that focuses particularly in muscles, legs, thighs, abdomen increase flow of lymph and lymph reaches efficiently to the areas where it needs to fight infections. Sign of stress can manifest by anxiety, hypertension rapid shallow breathing, palpitation, tight muscles etc. on the face tight muscles, clenched jaw, raised eyebrows out emotion are expressed from brain connection on face.

Anger and Sadness are the extreme emotions of stress. Where anger is over expression and sadness is under expression.

Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient so following are next few points that holistically help to remove stress, tension, anger & sadness in common man life:

- A. In that situation breathe slowly and rhythmic breathing is very beneficial. As the breath and mind go together so control on mind and just focus on your breath. In this situation Shavasana & Yog Nidra is very beneficial.

**NDDY, ADNY, P.U. Chandigarh*

- B. Our body language & postural adjustments improve filling in air into lungs. Try always to sit straight as backbone is the foundation of physical health.
- C. Dealing anger in a positive way: by taking self-time out, practicing silence, chanting OM with breathing.
- D. Plan your life & Action. In a given situation react or respond. How will you respond in particular situation? E.g., Let me think about your views (b) Maybe you are right (c) I understand your concern (d) I am sorry that I have misunderstood.
- E. Laughter is the best medicine. Practicing smiling with each breathing & appropriate laughter increase the happiness generating endorphins & emotions on face will come.
- F. In Naturopathy, we can take help of Five elements: Akash, Vayu, Jal, Agni & Prithvi e.g., Fasting, Water therapy, Color therapy, Sunbath, Yogic Food, Ram Nam (Spirituality), Mud therapy
- G. Finally, there are only positives in life and no negatives. As every coin has two sides and a day has two sides day and night come by turn.

So, make the best use of the present time. Following are few qualities which are helpful to adopt & come out in difficult situations:

1. Attitude of Gratitude: Appreciate what we have in life
2. Forgiveness & Non judgmental
3. Empathy & be respectful to everyone
4. Introspect & Contemplate
5. Say daily affirmation e.g. I am more powerful than outer situation
6. Exercise, Meditation, Music, laughter, good friends & nature lap will add years in your life.
7. Do your duty only. Be action oriented
8. Be confident & remove fear from your mind.

OJUS

*Dr. Bhupinder Gupta**

OJUS is an anti-aging, immune-boosting, bliss factor that nourish all body tissues. When you are producing Ojus, that means all your organs have integrated vitality and you are receiving the nourishment your mind and body needs. Ojus is responsible for higher state of consciousness, perfect health, better immunity, bliss joy and love. It is a subtle glue that cements the body mind and spirit together, integrating them into a functional individual. Keeping this very principal in mind, it endeavors towards maximizing Ojus within the body for lasting health and strength.

A strong Ojus indicates good immunity and strong healing response. thus, the aim is to promote healthy living by increasing your Ojus and ultimately the vitality. Our attitude and our thought process are directly responsible for the production of Ojus.

According to Ayurveda, Ojus is an essence present in every dhaatu (tissue) and considered as "sar" of all seven dhatus, starting from ras to shukr and responsible for the strength of body.

The Sanskrit word Ojus describes the glow. It is our vitality, which is often described as radiance similar to the light of moon.

According to Ayurveda, healthy people have abundant Ojus, the vital essence that promotes health, immunity, happiness and spiritual strength.

There are three forces Ojus, Tejas and Pran that are interrelated. Pran and Tejas are rooted in Ojus and can be regarded as aspects of Ojus.

'Tejas' is the heat and light energy of Ojus that has an oily quality and sustains it like ghee sustains a flame. 'Pran' is the energy and strength that comes from Ojus after it has been kindled into Tejas. Ojus is the potential, the stamina of the mind and nervous system for holding Tejas and Pran.

Ojus is the subtle form of kapha and can be defined as 'primal vigour', the essential vital fluid of the body in subtle form, Ojus is the essence of all body tissues.

Immunity from the western point of view is the ability of the body to defend itself against harmful substances (antigens) which can come from both the external environment and environment inside the body.

But as per Ayurveda, immunity means more to it than just resistance. It is the deepest essence of life energy of the body which not only protects a person on a physical, mental and spiritual level but also rejuvenates the body and enhances longevity and inner fulfillment.

Ojus, as per modern respect, is a living protoplasmic substance that is the basis of physical immunity of every cell and protect the integrity of the individual. It contains all five basic elements. It passes through the heart, circulates around the body and maintains the natural resistance of all tissues. Ojus also contains numerous hormones and therefore Ojus maintains hormonal balance. If the flow of Ojus stops, the body is considerably weak. He who has strong Ojus, rarely falls ill.

**Ayurvedic Consultant*

At the psychological level, Ojus brings the ability of compassion, love, peace and creativity. Meditating and breathing exercises (Pranayama) strengthens the power of Ojus and transforms it into spiritual energy which creates aura. This state of mental calmness without judgement, demand or stress brings mental stability, energizes the body and awakens the strength of the soul. A person with a strong Ojus, has bright eyes, a soothing smile and a strong immunity.

Ojus is the supreme essence of all the Sapta dhatus, from ras to shukra. It is essential energy of the immune system and is responsible for strength, vigour, vitality and immunity against diseases.

Ojus is the fluid of life and pervades the entire bodily organs, tissues, cells, mitochondria, reticulum endothelium etc. in the way of snigdha (moist), sheetal, sthira (quantifiable) characters. It is the nectar of life which strengthens and nourishes the body.

As the bees collect honey from the fruit and flowers, similarly the Ojus is connected in the body by the actions, habits, diet and lifestyle of all human beings.

How can it be developed?

It can be developed by aahar, vihar and nidra.

Aahar

It is one of the characters of the 'traya upstambha'. Aahar is the most important aspect which sustains healthy living. It is something that can be chewed and swallowed down the throat. It can be both food and drugs. Thus, aahar inculcates good dietary habits such as nutritious food, having milk and ghee, eating on time. and avoiding spicy, junk and fried foods.

Maharishi Kashyap calls ahaar as maha bhaishajya, i.e. greatest and best medicine of all.

Vihar

Ayurveda believes that in order to achieve ' param Ojus' and maintain healthy living, healthy lifestyle is essential. Thus, vihar includes not only our habits, behaviour, living pattern, regular exercise and proper care of the body, but also mental thought processes, moral conduct, avoiding hatred and thus having peace of mind and thoughtful living. Vihar at mental level also includes respecting others and having good interpersonal relations.

Nidra

Sleep is the greatest rejuvenator, as per Ayurveda a healthy sleep boosts the immune system functions, balances hormones, renews cells and detoxify the body. Sleep is the natural phenomenon where mind and body are in resting phase. Nidra is the suksham avastha of tamoguna.

Happiness, misery, nourishment, emaciation, strength, weakness, virility, sterility, knowledge, ignorance, life and death, all these occur depending upon proper or improper sleep. In today's challenging times, the preservation of health is of utmost importance. Ayurveda emphasis on the promotion of health by strengthening the defense mechanism of the body and making it capable to fight off diseases or other pathological factors which may have an impact on our immune system.

Thus, immunity can be termed as the power of body which prevents the development of disease in an individual.

Ojus Vardhak Aahar

Ojus is a Sanskrit word that can be translated as 'vigour' or 'essence of vitality'. In the nutshell, Ojus is the vital energy that rules our immunity, strength and happiness.

The qualities of Ojus are sweet, heavy, unctuous, cool and smooth so it makes sense that Ojus building foods would embody those qualities.

Rule of thumb is to choose fresh, sweet and juicy foods

One way to build healthy Ojus is to nourish the body with healthy, pran rich foods and to pay mindful attention to Agni, our digestive fire. Balanced Agni is crucial because it is only with the healthy and balanced digestive capacity that we are able to transform nutrients from the food we eat into the subtle essence of Ojus.

Ojus building foods includes:

Dates, almonds, ghee, raw cow's milk, avocados, bananas, figs, sweet potatoes, turnips, leafy, green vegetables, mung beans, whole grains, tofu, lentils soup, basic khichdi.

Satvik food

Nutritious food

Local fresh organic vegetables and whole grains are also Ojus building that are seasonally available and appropriate to your dosha.

Vihar to build Ojus/ Practice to build Ojus

- 1) **Abhyanga**- Massage with oil. It works wonders to nourish the tissues, the nervous system, supports the health of lymph and promotes a sense of comfort and overall well-being.
- 2) **Pratyahara** - Increasing a levels of Ojus is not just a matter of building it up. It is also not losing or wasting it. The practice of pratyahar, that is controlling our senses by moderating our speech and sexual energy and getting proper rest, relaxation and sleep helps us preserve our vital energy.

Other things that create a sense of comfort, ease and bliss are also Ojus building such as: -

- getting out into the nature
 - listening to relaxing music
 - or spending time with our loved ones.
- 3) Akshay yog
 - 4) Yog, pranayam and exercise.
 - 5) Mental exercise to improve concentration.
 - 6) Prayer, homa, puja and such other spiritual practices.
 - 7) Being pious, righteous.

Ojus Vardhak Aushadh/ Medicine

- 1) Chyavanprash
- 2) Ashwagandha
- 3) Saraswatarishta.

Causes for decrease of Ojus

Ojus undergoes decrease in quantity by: -

- * Anger, hunger (starvation), worry, grief exertion and negative attitude.
- * Too much exercise
- * Fasting for long periods of time
- * Eating less quantities of food
- * Intake of alcoholic beverages which cause dryness
- * Intake of mixture of good and bad foods
- * Fear
- * Waking up at night, skipping night sleep
- * Injury
- * Assault by evil spirits, microorganisms like bacteria, virus etc.
- * Depletion of tissues such as by hemorrhage.
- * Too much elimination of Kapha and blood, semen and waste products
- * Injection of poison
- * Excessive salty, bitter or pungent diet
- * When vat and kaph are decreased, then it causes vitiation of Ojus, leading to glani (debility), indriya daurbalya (weakness of sense organs), trishna (excessive thirst), Morcha (fainting), kriya kshya (depleted body functions). High pitta causes burn out of body tissues. It causes depletion of body tissues. Thus, Ojus depletion takes place. Also, Ayurvedic medicines containing kshar decrease Ojus. Of course, kshara is required in some cases but intake of such medicine over a long period of time would cause Ojus depletion.

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Yoga and Diet is an Art of Life

**Bharti Goel¹, Dr. Sapna Nanda²*

Yoga has been originated from the Indus Valley Civilization around 3000 BCE. From ancient India, yoga has been emanating that considered as spiritual, physical and mental disciplines in Rig-Veda and Upanishads. Yoga is considered as six astika schools of Hindu philosophical traditions.

In the late 19th and early 20th century, Swami Vivekananda introduced yoga in the west India excluding Asana as spiritual and meditative whereas in abroad country, yoga is based on physical fitness, relief anxiety and considered as relaxing technique. In the western world, yoga relaxes mind and body that give strength to fight with problems. So, one must do yoga in the morning and evening for one hour.

According to Yoga Text, (Patanjali, the Yoga Sutra: Sutra 1.2), Yoga is defined as the stilling the fluctuations or modifications of the mind. Harmony and unity can be developed by the Yoga between mind and body. 'Yoga' developed from 'Yuj' (Sanskrit root) which means to unite, to harness, to join and to yoke.

The main goal of Yoga is self-actualization i.e. to conquer hardships giving rise to liberation (Moksha) or freedom (Kaivalya). Yoga acts on the individual's body, mind, emotion and energy. Hence, Yoga can be categorized in:

- Karma yoga (we utilize the body)
- Bhakti yoga (we utilize the emotions)
- Gyana yoga (we utilize the mind and intellect)
- Kriya yoga (we utilize the energy)

Yoga is a spiritual discipline based on an exceptionally fine science; it is a healthy revolution which is speedily obtaining acceptance and popularity across the world.

Yoga in International and Indian Scenario

At one time, the United Nations declared 21st June, 2015 as International Yoga Day. When the World Health Organization stated that 61% of the deaths are because of non-communicable diseases (NCD's), which consists of cancer, diabetes, cardiovascular diseases and chronic respiratory diseases, etc. and for all this only one exercise is better that is Yoga and because of it the country will suffer less and the people of the country will be more health and happy. Now, at the international level everyone is practicing yoga so that the coming youth become healthy from the body and mind and live a fit life ahead.

The 1st Hindu teacher, Swami Vivekananda in 1890 toured Europe and the United States to widely disseminate aspects of yoga to western countries.

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Yoga is strengthening in Africa through the Africa Yoga Project. The ability of internet and resources like You Tube has transported the practice of yoga to all points over the globe. In 1920, Paramahansa Yogananda (Famous yogi from India) decided to teach yoga in America. He recommended Kriya Yoga which was accessible to all. In no time the people of America was able to explore other spiritual practices without any hesitation.

During 1950s, In some other regions of West, Vanda Scravelli (an Italian yogi) make the progress of yoga easier that had nothing to do with religion and she basically focused on the principle based perspective that light a fire under physical agility and strength.

Yoga is strengthening in Africa through the Africa Yoga Project. The ability of internet and resources like You Tube has transported the practice of yoga to all points over the globe.

The 21 June is established as the International Day of Yoga by the United Nations General Assembly Yoga was listed by UNESCO as an intangible cultural heritage on December 1, 2016.

One of the considerable contributions given by Indian culture to the World is the philosophy of yoga and its skilled practice to enrich the quality of life. The art of Yoga has its origin thousands of years ago; Shiva is the first yogi or Adiyogi and the first Guru or Adi Guru.

It is a well attested tool for being healthy and preventing disease and act as a complementary therapy and also medical institutions are using yoga as an Healthcare technology. Patanjali in the Yoga Sutra (classical yoga text), elucidate that the diseases and restlessness of mind are presumed as a hindrance to the spiritual practice. (Patanjali, the Yoga Sutra: Sutra 1.30-1.32).

Several 1000 years ago, Adiyogi poured his keen knowledge into the renowned Saptarishis who outspread this knowledge to Asia, the Middle East, Northern Africa and South America. In 2700 B.C. the main source of yoga practices are found in Vedas (4), Upanishads (108), Smritis, teachings of Buddhism, Jainism, Panini, Epics (2), Puranas (18) etc.

Many valuable contributions to the world are given by India and one among them is “YOGA”. From yoga we can learn and make a spiritual India. Yoga is connected with the culture and the heritage of India. Nowadays, yoga is spread by Swami Ramdev Baba of Patanjali Yoga Peeth Trust and his motto is that in each and every household of India, yoga is done on regular basis. Yoga has been seen as an integral part of Indian culture and the changes has been observed in each period of history. Learn yoga in today's world has become an important achievement for the betterment of body and pure soul. Also, yoga is not a system of rich and poor, caste, religion, race, or gender discrimination, as it is equal for all the people living in the country.

Importance of Yoga

The Supreme Court of India asked the centre to decide that the yoga should be taught in schools from classes I to VIII and make yoga as a compulsory study for all students across the schools of India. It is written in Article 21 that Right to Health is also important and for that the Public Interest Litigation was filed in Supreme Court Of India by the advocate to make yoga as a important study in schools but somehow the court rejects the public interest litigation and said that it is all depend upon the government what has to be taught in schools and what not. We can't

interfere in the matter and if we do so, the government will not follow, as the power for education is given in the hands of government. In one of the school of US, named as Encinitas Public School which was led by the superintendent T. Baird, received the permission from the Pattabhi Jois Foundation to teach the yoga in elementary schools. But when the parents came to know that yoga is being taught in school then they opposed and said not to teach yoga as it is a Indian activity and also it is of no use for our children. After this, the person who introduced the yoga in school said that it is a very powerful, relaxation and health activity for a person so let it be there. Due to many reasons came

From the parents the school stop teaching yoga activity.

Diet:

Consuming a healthy diet throughout the life-course helps to prevent malnutrition in all its forms as well as a range of noncommunicable diseases (NCDs) and conditions. However, increased production of processed foods, rapid urbanization and changing lifestyles has led to a shift in dietary patterns. People are now consuming more foods high in energy, fats, free sugars and salt/sodium, and many people do not eat enough fruit, vegetables and other dietary fiber such as whole grains.

The exact make-up of a diversified, balanced and healthy diet will vary depending on individual characteristics (e.g. age, gender, lifestyle and degree of physical activity), cultural context, locally available foods and dietary customs. However, the basic principles of what constitutes a healthy diet remain the same.

Diet and Yoga

What we eat, not only influences our physical well-being, but also our emotions and thoughts. Yoga, does not dissect food into proteins, carbohydrates or fats, instead it classifies them according to the effect they have on the body and mind, into three types – satva, rajas and tamas. Tamasic food is the kind of food which makes us lethargic or sluggish, while Rajasic food is that which brings about activity or restlessness. Whereas, Sattvic food is the kind which makes you feel light, energetic and enthusiastic.

Yoga also prescribes a more personalized diet according to the nature of our constitution. Food that might be favorable for someone might be harmful for a person of another constitution. It is best to consult an Ayurvedaic physician to decide what kind of food is necessary for you and which should be avoided. It is definitely worthwhile to pay some attention to the food that we eat as the ancient Indian texts say that we are what we eat.

Conclusion

Yoga is the medicine for every small and upcoming problem in life. As you all practice yoga, it not only improves your physical body but also helps to maintain the inner peace and relaxes your mind. Moreover, yoga is not just a one-day practice but it's a lifelong commitment. Along with yoga diet play major role to maintain the function and regulation of the body. The more and more you are practicing yoga along with nutritious diet, the more benefits are coming to your way. If one is practicing yoga on the daily basis and consumed good food then he/she will enjoy a

peaceful and healthy lifetime. Lastly, for further practice, one should be perfect both physically and mentally through the daily practice of yoga.

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Principles of Nature Cure or Naturopathy

*Kiran Sharma**

Nature cure or natural care refers to methods of self-healing, often using fasting, dieting, rest, or hydrotherapy. Naturopathy is not only a system of healing but also a way of life. Nature Cure does not believe in the specific cause of disease and its specific treatment but takes into account the totality of factors responsible for diseases such as one's un-natural habits in living, thinking, working, sleeping, relaxation, etc. and also considers the environmental factors involved which on the whole disturbs the normal functioning of the body and leads it to a morbid, weak and toxic state.

Naturopathy is a drugless system of treatment which recognizes the existence of vital curative forces or the Panch Mahabhuta within the body. It believes in treating the human body as a whole and removing the root cause of the diseases rather than treating individual parts or offering symptomatic remedies. The five main modalities of treatment are air, water, heat, mud and space. The revival of Naturopathy started in India by translation of Germany's Louis Kuhne's book "New Science of Healing".

Principles of Nature Cure or Naturopathy

1. **All disease, their cause and their treatment are one.** All forms of disease are due to a single cause, i.e. accumulation of waste (morbid) materials and bodily refuse in the system.
The only way to cure the diseases is to employ methods, which will enable the system to throw off these toxic accumulations
2. **The basic cause of disease is not microbes or Germs** (like bacteria, viruses, amoeba, etc.). A microbe develops after the accumulation of morbid matter when a favourable atmosphere for their growth develops in the body. Basic cause is morbid matter and not the microbes. If one practices righteous living, no bacteria can cause any disease
3. **Acute diseases are our friends not the enemies.** All acute diseases such as fever, cold, inflammation, digestive disturbances and skin eruptions are nothing more than self-initiated efforts on the part of the body to throw off the accumulated waste material. Chronic diseases are the outcome of wrong treatment and suppression of the acute diseases.
4. **Nature is the greatest healer.** The body has the capacity to prevent itself from acquiring diseases and has the ability to regain health if unhealthy.
The role of a Naturopath is just to help the body in regaining back and fully developing its natural healing capacity.
5. **In Naturopathy, the patient is treated and not the disease.** The successful treatment of a patient depends on 5 factors:
 - (i) How much morbid matter is there in patient's body?
 - (ii) How much is the vital life force of the patient?
 - (iii) How much patience does the patient have?

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(iv) How strong medication/operation the patient has already gone through?

(v) How much belief does the patient have in Naturopathy treatment?

6. **In Naturopathy diagnosis is easily possible.** Ostentation is not required. Long waiting for diagnosis is not required for treatment. Only thing that is required for diagnosis: Morbid matter is accumulated in which location (front, back, side, whole body) or organ (heart, kidney, liver, stomach, Intestine, etc.) of the body
7. **Patients suffering from chronic ailments are treated successfully** in comparatively less time in Naturopathy. Nature's Law - Nature works at slow pace. Growing a tree takes much longer than cutting it. Chronic ailments are also accompanied by the toxicity generated by medications. Naturopathy treatment has to remove this toxicity in order to fully cure the disease. Holistic cure also includes becoming fully healthy, strong, and full of life
8. **After emerging, suppressed diseases can be cured by Naturopathy.** This is called Healing Crisis or Curative Crisis. Time period for this phase is 2-7 days. The diseases emerge and are cured in the reverse order of their occurrence in the past. Every emergence should be considered as a milestone for holistic health
9. **Nature Cure treats physical, mental, social (moral) and spiritual** – all four aspects at the same time.
10. **Nature Cure treats body as a whole instead of giving treatment to each organ separately.**
11. **Naturopathy does not use medicines.** According to Naturopathy, “Food is Medicine”.
12. **Prayer in accordance with one's spiritual faith is an important part of treatment.**

According to **Gandhi Ji**- “Rama Nama is the best Natural Treatment” Meaning Doing prayer according to one's spiritual faith is part of treatment.

Mahatma Gandhiji was greatly influenced by Adolf Just's book, Return to Nature, The Paradise Regained and Louis Kuhne's New Science of Healing. Mahatma Gandhi's room at National Institute of Naturopathy, Pune. He had written many articles and books on nature cure.

Nature cure recognizes the above said principals which should be thoroughly understood. An understanding of these principals would enable anyone to maintain good health and live a long healthy life full of joy.

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Lighter Than Light & Beyond Time

Oshin Sharma*

The universe, as baffling as vast, is believed to be formed out of the explosion of a *particle* millions of years ago^[1]. The particle, also mentioned at some places as the 'God' particle, had been really dense and massive, which then cooled and expanded to make up all the matter and space that we see (and that we don't). This discovery was made just a 100 years ago, but the contributing authors of the Ṛgveda seem to have known it already:

*“ (When) there was neither existence nor non – existence,
There was neither air nor space,
There was neither death nor immortality,
Then where was 'that' hidden?
The devatas don't know 'that' ,
Since they came afterwards.
There existed only void (shoonya), and
'that' originated from heat, and
Created the universe with his desire.”* *Ṛgveda 10.129.6*

The Nāsadīya Sūkta or the Hymn of Creation, paraphrased and summarized above, suggests that its composers had seen the events of creation of the universe in a certain order. How?

Scientists may not have the answer, but yogis have settled the matter – by time travel.

Is travelling backwards in time possible?

All matter and space exists in three dimensions: two specify the length and the width of the universe, the third specifies the depth. Movement is possible both back and forth in these dimensions (think of your motion in an aircraft). There is yet another parameter that is called 'the fourth dimension', and that is the dimension of time, and a **body** can only move forward in this – there is no going back. If you want to travel backwards, you have to detach your body, your physical body. This is exactly what has been done by yogis to see what events have happened over time.

What is the body made up of, and how can it be detached?

1. *First is the physical body, made up of the five elements. It has attributes like height, mass and appearance.*
2. *Inside that is the attribute-less body, made up of feelings and emotions.*
3. *Inside that is the subtle body, made up of thought and logic.*
4. *Inside that is the conscious body, made up of imagination and will.*
5. *Inside the conscious body, lies the spiritual body. It is made up of bliss. On realising this body, the sādḥaka **surpasses all space and time.***
6. *Inside the spiritual body is absolute existence, It is beyond verbal expression. This body cannot be described.*
7. *Yet inside is void, the self. It is 'that'. It is Brahma.”* - from Osho's discourses^[2]

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Let us have a closer look at each point: the physical body is made up of matter particles that have mass. That makes it possible to study the physical body under scanners, x-rays and microscopes. There are still devices that can trace brainwaves, i.e., thought and emotion.

But no device can trace the currents inside the conscious body and the spiritual body. It is so because these are made up of **massless particles**. This makes them comparable to the particle of light, the photon, which has also proven to be unaffected by time.^[3]

What is *that* which is lighter than light, and can go beyond time?

Scientists have spent lifetimes pondering over it, yet no conclusion has been drawn that could satisfy rational intellectuals. Rationality feeds doubt, it makes knowledge seem supreme, and destroys the pursuit of realization. It doesn't surprise us that knowledge could never find the answers to questions that have already been answered by those who went into realization. If this article has sparked even the slightest curiosity within you, the purpose is fulfilled. Let's give up all knowledge because it is borrowed, and move inside ourselves to find out what '*that*' is. *Tat tvamasi!*

20 भारत को विश्व गुरु बनाना है

*Dr. M.K. Virmani**

भारत को विश्व गुरु बनाना है
सभी रोगों को अपने से दूर भगाना है
तो योग व प्राकृतिक चिकित्सा को जीवन में अपनाना है

अपनी सनातन सभ्यता पर फिर से विश्वास जमाना है
पश्चिमी सभ्यता के अधीन हमको नहीं हो जाना है

सोना जगना जल्दी हमको नित्य स्नान योग अपनाना है
प्राणायाम और सूर्य नमस्कार से अपनी रोग प्रतिरोधक क्षमता को बढ़ाना है

सादा खाना सात्विक भोजन चबा चबा कर खाना है
जीवन यह खाने हेतु नहीं, जीने हेतु हमें खाना है

बाहर का खाना ना ना ना ना
जंक फूड को। ना ना ना ना
तला हुआ भोजन। ना ना ना ना
चीनी मैदा। ना ना ना ना
रिफाईड तेल को भी दूर से नमस्कार दिखाना है
ऋतु अनुसार हरी सब्जियाँ व फलों को ही खाना है

तन मन की शुद्धि के साथ आचरण भी शुद्ध बनाना है।
हवा ताजी खाना ताज़ा. इसे जीवन शैली बनाना है

सादा जीवन व सदाचार यह सब विश्व को सिखलाना है
योग अपना कर भारत को विश्व गुरु बनाना है।

* डा एम के विरमानी
चेयरमैन चंडीगढ़ योगा एसोसिएशन



ABOUT THE COLLEGE

The Government College of Yoga Education & Health is a unique institute catering to the physical, psychological and spiritual health needs of the General public as well as excelling in the field of academics. This college is the only Government Yoga College all over India providing congenial environment for Yoga Education. This organization was established by the Chandigarh Administration in 1962 to promote health and awareness among the residents of the city beautiful. Regular yoga sessions were conducted for the benefit of the residents of the city. In July 1976, one year Diploma Course in Yoga Education was introduced in the college. In the year 1982 the institute started two-year degree course i.e., B.Ed. (Yoga) course, affiliated with Panjab University, Chandigarh. The Chandigarh Administration took a landmark decision in the year 2008-09 by upgrading this institute as an independent college and it became Govt. College of Yoga Education & Health, Sector 23-A, Chandigarh. The Post Graduate Diploma in Yoga Therapy was further introduced in the college in the year 2007 under the innovative programme of University Grants Commission and duly affiliated by the Panjab University, Chandigarh. Further Basic Certificate Course in Yoga Education was also introduced in the year 2008.

During COVID19 pandemic, this college is taking strides in new directions and has gone digital. During this period faculty of this college has developed e-Content and published it in the form of e-Journal, e-Magazine and e-Newsletter which are available on college website. With the aim to reach out and help maximum people in boosting immunity and find tranquillity in this chaotic situation, college has organized number of webinars on various aspects of Health & Yoga, Online yoga sessions and streamed them on YouTube live as well as Facebook page of the college.

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