

Holistic health by Yoga

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In 21st century, Yoga is very popular as it makes us doctors without any expense. Yoga makes us to learn about body & mind with the help of breath. We all have three instruments namely Head, Heart, and Hands to measure health. They need Prana (energy) to get diagnosed for the healthiness

How to diagnose disease?

Let us keep our palm below nostril. Exhale forcibly & experience the flow of air coming out from both holes of the nostril. If flow of exhaust from left hole is more, it indicates our mind is restless. If flow is more through right nostril, our body is restless. If the amount of air coming out from both the holes of the nostril is nearly equal, we are in better phase of health (body & mind both are not restless). The less difference of air coming out from each hole indicates that nature is helping us to compensate the difference between two forces (Ida & Pingla). In case of blockage of one of the holes of the nostril, there will be greater difference of air flow from opened hole. This indicates that the path related to larger air flow is under stress.

The third dimension of the body is Prana. To find the healthiness of it, we should count the total breath cycle taking place in one minute. For example, if breath rate is more than 15 cycle per minute, we are in beta phase of the brain; If count is less up to 10 cycle/m, our brain is in Alpha phase. Similarly, if breathing rate is about 5 cycles per minute, we are in Theta & Delta phase of the brain. To achieve peace of mind we need at least alpha phase of the brain. If breath rate is 20 cycle per minute; our Prana is leading to chronic disease. Breath cycle is not exactly equivalent to frequency of Pranic energy (Hz), but more or less it resembles.

With the help of these 3 means (breath through left & right hole of the nostril & breath rate per minute), we can understand body, mind & prana (utilizing them as diagnostic tools). But to have successful interaction with the people, place, object & situation, we need either left or right nostril air flow more depending on the scenario of interaction

Utility of air flow from left & right holes of the nostril

To get better result, either we use energy (Pingla path) or we need calm atmosphere (Ida path) depending upon the situation. For example, when we have to convince other people as Marketing Manager, we need more energy. Hence, right nostril air flow should be more. Otherwise, it will not be a successful effort. Likewise, a Doctor should have left nostril air flow more, while listening to patient; but should have right nostril air flow more during convincing process. As a thumb rule, we can say that while listening the people (at the family, at field of work & as friends & relatives), the air flow through the left nostril should be higher otherwise, we are not a good listener (a good listener is a good manager). Likewise, to give the better output (at family, at field of work, & at friends & relatives), we need more energy. Hence, air flow from right nostril should be larger.

How to compensate?

When we use more Pingla path (right nostril air flow), we get exhausted and nature forces us to go to deep sleep or deep nap. To compensate the difference, deep sleep occurs automatically. At that time, Ida path (left nostril breathing) is more. Similarly, when we are over relaxed or become lethargic (procrastination stage), we lose effective digestive system and we are forced by the nature to have dynamic exercise or walk for compensation. If flow of Ida & Pingla is not compensated, we become sick. Another way to compensate the difference is to have stronger prana (balanced Prana) which works as a hub for body and mind.

Technological aspects of Yoga.

The utility path of Yoga has been developed by spiritual masters. This serves as therapeutic approach for many ailments. For instance, i) pranic healing (using main Prana as curing means) ii) Mudra chikitsa (Using particular type of Prana by adopting certain posture of hands & fingers) iii) Bandha therapy (using Prana in between particular chakras so that pattern of energy flow gets changed) iv) Colour therapy (where Prana & imagination are used to cure the disease) v) sound therapy (when Prana is used at certain frequency of the sound to cure the ailments) vi) Acupressure & Acupuncture (where blockage of nadis is removed to have adequate flow of Prana)

In all aspects, Prana is the main element used in different therapeutic approach. They are available at websites of many Yogic institutions like S-VYASA (Bengaluru), BSY (Mungher), Patanjali yoga peeth (Hari dwar), Osho and other institutions.

Which Yoga for whom?

- i) Students – They need to perform minimum seven postures of yogasana and if possible, pranayama too.
- ii) Youth – Busy youth should do few dynamic exercises or asanas but, for them Pranayama is must. To save time, they should learn “Pranayama in Action” from Yogic institution.
- iii) Senior citizen – They must do complete Pranayama and advanced yogic practice.
- iv) Management people – They should practice pranayama and technique of “time & mind management”.
- v) Farmers – They can practice some of the postures of Asana while doing their normal work. They should also practice pranayama either in the morning or in the evening to maintain the healthy life
- vi) For all – Any age group of people can practice Vajrasana while taking tea, reading news paper, seeing T.V and if possible while taking food.