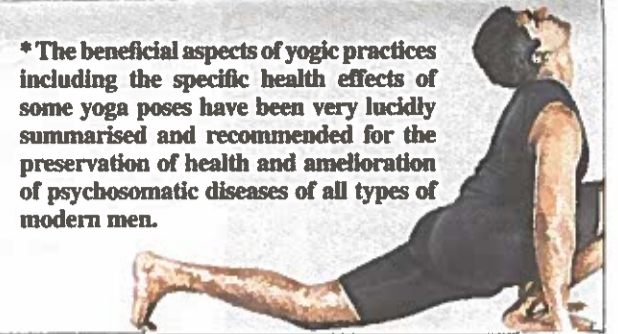


# Heartbeat namibian

Happy you, Healthy you



\* The beneficial aspects of yogic practices including the specific health effects of some yoga poses have been very lucidly summarised and recommended for the preservation of health and amelioration of psychosomatic diseases of all types of modern men.

## Importance and value of yoga in our Life

• SANDEEP WANKHADE

HUMAN beings are made up of three components – body, mind and soul. Corresponding with these, there are three needs health, knowledge and inner peace.

Health is a physical need, knowledge is our psychological need, and inner peace is our spiritual need. When all three are present, then there is harmony.

The beneficial aspects of yogic practices including the specific health effects of some yoga poses have been very lucidly summarised and recommended for the preservation of health and amelioration of psychosomatic diseases of all types of modern men.

Yoga is an ancient Indian culture. Its philosophical and metaphysical aspects may be accepted or denied, but there can be no doubt about its rewards in the form of better health, vitality and psycho-social poise.

Yoga is a system of physical and psychical control which makes the practitioner aware of the identity of atman.

Patanjali provides us with a methodological process for achieving the benefits of yoga by practising the eight steps, commonly called the Astanga yoga.

These are yama (control and discipline), niyama (rules, methods and principles), asana (posture), pranayama (breath central), pratyahara (withdrawal of the mind from external world), dharana (concentration), dhyana (meditation) and samadhi (contemplation).



Hatha yoga is the most practical of all the yoga. It emphasises the promotion of vibrant health by tapping the organism's latent energies. It has a calming influence on the mind. It is not merely the absence of sickness that is good health.

A sound and dynamic body, a strength generating appearance and a power symbolising firmness – when all these are present together good health results. Yoga has now been recognised not

only as a routine practice for general well-being but also as a therapeutic agent for certain diseases. Let us now take a bird's eye view of some of the modern diseases and the effect of yoga on them. Several physical and mental disorders are caused by stress. Tension hovers around millions of people like an ugly vulture ready to swoop down at any time and any place.

In modern parlance, such diseases are called psychosomatic disorders (psycho=mind, soma=body). These are closely interlinked, and disorder in one system can cause disturbances in the other. Depending on the susceptibility of the individual and the environment, we have various stress-induced diseases, namely high blood pressure, bronchial asthma, diabetes, thyrotoxicosis, gastric ulcer, etc.

Stress can also produce behavioural disorders like aggression, depression, neurosis, epilepsy, schizophrenia, drug addiction etc.

The brain is the most mysterious organ in the human body. The brain has billions of nerve cells and many connections amongst them.

The brain functions as a great nerve centre of receiving, recording and responding. The tiny thinking cells of the brain are the neurons, and they require a continuous oxygen supply. If oxygen is deprived for three

minutes, they will be damaged, and if deprived for 20 minutes they die. Brain cells are not replaceable. Regular loss of cells leads to premature ageing, loss of memory and reduction of sensual acuity.

In this physical body, there are two forces which are in constant balance with each other. One is the mind by which you think.

The other is the power of life by which you live and move.

If there is no life or mind, you can imagine what will happen to the body. The physical body does not move by the brain, heart, lungs, hands or feet. After

all, a dead man has all these. The body lives on the life force which is not the air you breathe, but it is the bioplasm.

If there is no life force, everything will disintegrate. This life force is known as prana. If there is no mind, you cannot see even though you have eyes.

In the physical body, a balance must be maintained between the two forces. Yoga brings about increased cardiopulmonary efficiency, relaxation of the muscles, decrease the amount of oxygen consumed, and equal distribution of energy in the body and it maintains the neuroendocrine balance, thus bringing about equilibrium between the body and the mind.

For a healthy society with its members contributing their best to the development of physical, mental and moral values, it is important that yoga is practised.

There is a misconception that yoga is part of Hinduism and it is only for the old people. Nothing can be further from the truth.

Yoga and meditation have nothing to do with any religion. They can be practised by both men and women. Nor is it only for the old. They are as much for the affluent as for the poor, for the young as for the old.

Yoga is a miracle once followed, it will guide you throughout your whole life. Twenty to 30 minutes of Yoga a day can change your life in the long run. Yoga has a complete message for humanity. It has a message for the human body. It has a message for the human mind, and it also has a message for the human soul.

\* (Sandeep Wankhade is a yoga teacher from India. He provides four free yoga classes every day at the Indian high commission, 97 Nelson Mandela Avenue, Klein Windhoek. He may be contacted at sandeepyoga6065@gmail.com)

