



AROGYADHAM e-Newsletter

For Healthy and Happy Living

From Sevagram, Karmabhoomi of Mahatma

Patanjali Ashtanga Yoga (YOGism) for Healthy Lifestyle

Yama (moral code), Niyama (discipline), Asana (postures), Pranayam (breath control), Pratyahara (vairagya), Dharana (concentration), Dhyana (meditation), Samadhi (oneness with the Universe)

Fasting, a Great Tapas

Bhagavan Veda Vyasa in Mahabharata (Anusasana Parva) has devoted three chapters to the efficacy and importance of fasting for human beings. A direct question was asked by Yudhishtira to his grandfather Bhisma stating Yagnas and Yagas of different types are costly. A poor man cannot afford it. How can a poor man achieve the same result, without spending money?

Bhisma said: "The matter was contemplated and answered by the great sage (rishi) Angirasa: Fasting is equal to sacrifices – Yajnaphalatulyam."

Bhagavan Veda Vyasa emphasized that there is no Sastra superior to Vedas, similarly there is no penance that is superior to observance of fasts. In fact, it is by fasts that rishis have acquired great success.

After a period of fasting, human immune systems generate new blood cells when nutrients start flowing back into the body. Fasting as little as eight days a year could help bodies become healthier, according to research from the University of Southern California.

One of the better known method of fasting is therapeutic fasting (TF) involves the use of water-only fasting. In a study of 174 patients with high blood pressure (hypertension), medically supervised water fast lasting approximately 10 to 11 days in a hospital setting resulted in 89 percent of individuals achieving complete normalization of their blood pressures.

Dec 31, 2014 Bhavan's Journal &
<http://www.alive.com/>

Bottled Mineral water, mineral water bottles and soft drink unsafe for people

Some of you may be habit of using and re-using your disposable mineral water bottles (Nestle, Bisleri, Aquafina, Kinley, Evian). Not a good idea. The sampling of bottles of 15 companies including prestigious brands showed that they contained harmful Bromate in excess quantity. As per World Health Organization (WHO) standards Bromate quantity in packaged water must not be more than 10 mg per liter but BARD research revealed that the bottle mineral water contained about 27% more Bromate. Excess quantity of Bromate could cause disease like cancer, stomach infection and even hair loss.

The bottles are safe for one-time use only. If you must keep them longer, it should be for no more than a few days, a maximum period of a week. They must be kept away from heat as well. Repeated washing and rinsing causes the plastic to break down and the carcinogens (cancer – causing element) can leak into the water you are drinking. It is then better to invest in water bottles meant for multiple uses. After all, prevention is better than cure.

Soft drink also is risky for people because it contains carcinogen compound. People who consume one or more cans of cold drinks per day are exposing themselves to a potential carcinogen. The ingredient, 4-methylimidazole (4-MEI) a possible human carcinogen is formed during the manufacture of some kinds of caramel colour. Caramel colour is a common ingredient in colas and other dark soft drinks.

May 31, 2004 Down to Earth & The Hitavada

Digital Disorder

If you cannot live without the social media for even a minute, check out if you're suffering from FOMO – Fear of Missing Out. Health experts say the constant urge to be in touch with friends and happenings via smartphones has left many youths suffering from this new breed of disorder. According to psychiatrists, medical authorities world-wide need to formally recognize addiction to internet and digital devices as a disorder. It is a psychological addiction.

Excessive use of social media is affecting the social behavior of an individual. Work performances of adults, young adults and school children have also been affected owing to excessive use of social media. "Many people have their heads lowered and are now using their mobile devices constantly on the go while queuing or even crossing the roads, leading to neck pain," psychiatrists said. Psychologists also added that increased preoccupation with the social media is also affecting personal relationships with the family, friends and relatives. "One starts ignoring family members and remains more busy in texting or socializing via apps on mobile," they pointed out. They define digital addiction by symptoms like inability to control craving, anxiety when separated from a smartphone, loss in productivity in studies or at work and the need to constantly check one's phone.

According to Deepak Kashyap, clinical psychologist, one should start changing the way social media is perceived. It should be limited as a part of leisurely activity. One should remain more involved in physical activities, read more physical books and avoid e-books.

Jun 18, 2014 & March 31, 2014 The Hitavada

Every day toxicology

The average man is blissfully unaware of the risks involved in toxicology of daily food and other house-hold items. A proper appreciation will prolong longevity and avoid many cancer cases.

Bovine Growth Hormone (BGH) given to cows to increase milk production. Some of it reappears in cow's milk. BGH is linked to cancer. Plastic toxicology such as PVC, Polystyrene, PET used in pipes, curtains, containers, plates, buckets, toys, bottles, carpets, food containers, kitchenware etc. produces cancer, birth defects, bronchitis, ulcer, liver damage. Irritates eye, nose, throat; causes dizziness and lymphatic cancer.

Polyester, polyurethane foam, acrylic are used in Bedding, clothing, cushions, pillows, blankets. They cause breathing difficulties, irritation and skin rashes, vomiting, nausea, weakness, headache, diarrhea etc. Almost every home has a nonstick cookware contain Teflon. Teflon causes irritate eyes, nose, throat and breathing. Even the foods we consume and items we use can make us ill. Mercury found in seafood, cosmetics, pesticides and fungicides. Use only organic foods for better health.

July 2014, Alive

Yoga for Wellness and promotion of positive physical, mental, emotional, social & spiritual health