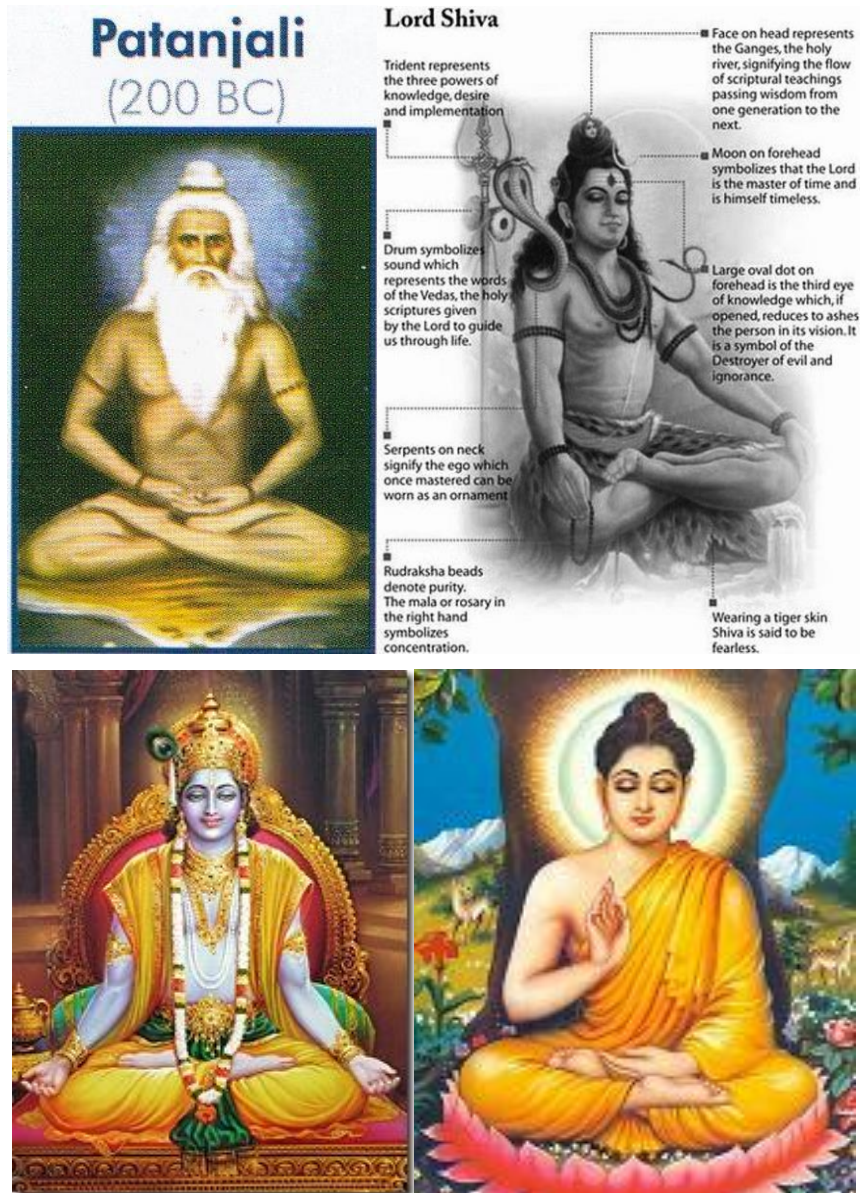


# Yoga for Healthy Living

## From Patanjali Astanga Yoga, Hatha Yoga, Yoga Vasista and Bhagavad Gita



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## **Acknowledgement**

Firstly I bow to almighty in the my mother Smt Varalakshmi and father Sri Bapineedu who gave me birth and showed me right path towards dharma! During childhood days giving exposure to yoga and spirituality with devotional sadhana and self-less service under the guidance of Lord Srikrishna (Bhagavad Gita). Mainly by living examples with simple, healthy, hardworking and eco-friendly life style of my parents with practice of Karma yoga and Bhakti Yoga, helped me to get true learning of consciousness and humanity.

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**Srini**

**Yoga Principles of Healthy Living**

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## 1. Introduction

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of holistic living consisting of Holistic value system featured by health, and wealth, bliss and poise, harmony and efficiency. Practice of Yoga is an integrated approach to achieve holistic health and total personality development.

Presently world is facing several challenges, specifically on the health. At the same time people are become isolated more and more with insecurity feeling. Fear, anxiety, stress and inappropriate life styles causing several health problems. People unable to live together happily with harmony even in a nuclear families due to negative qualities like anger, greed, lust and jealous. Recent WHO survey shows that there is a drastic raise of mental problems also, which is also causing more violence and anti-social behavior among youth. This is all due to people are becoming more and more narrow minded and selfish.

It is important for all of us to think about this crisis to repair both and individual and society. To bring back health and harmony, Yoga is a flexible tool which offers solution with its different streams of yoga like karma yoga, Jnana yoga, Raja Yoga and Bhakti Yoga based on individual choice. As it is nothing to do with any religion, any human being can easily adopt one or all of these streams to achieve higher and spiritual goals while following healthy living.

As rightly said, sound mind in sound body, Yoga tones body and tunes mind.

This document is a summary of Yoga principles of healthy living, why and how every individual utilize follow these principles and great techniques for their life irrespective to their current situation. This also presents Yoga principles explained in various scriptures and streams of Yoga and core concepts of Yoga from Bhagavad Gita, Patanjali Yoga Sutras, Hatha Yoga, Panchakoshas and so on.

Yoga brings more awareness, consciousness and self-control for people to lead healthy life with right practices in day to day life including healthy diet, right knowledge,

calmness of mind, positive thinking, and emotional balance and finally keeps one to achieve higher goals.

As we all know currently majority of world population is facing huge number of health problems in their day to day life due to ignorance. Yoga is the need of the hour and best solution to bring holistic health and harmony in every family so that in every nation to make a healthy world!

Yoga is also commonly understood as a therapy or exercise system for health and fitness. While physical and mental health are natural consequences of yoga, the goal of yoga is more far-reaching. "Yoga is about harmonizing oneself with the universe. It is the technology of aligning individual geometry with the cosmic, to achieve the highest level of perception and harmony."

The word Yoga has got several definitions from different scriptures like "Union of self with universe or soul with supreme soul" or "performing duty efficiently with determination, dedication and skillfulness" or "mastering self over mind and senses" etc. Whatever definition we take, in real life it means "living in harmony with all beings, for all beings, by all the beings". In short Yoga is a life style i.e leading eco-friendly life with consciousness and true knowledge! Yoga principles laid for overall well-being, which includes physical, mental, social and spiritual health of individual and society.

**Common Yogic Practices** Yogic texts propound several practices such as yama, niyama, asana, pranayama, pratyahara, shatkarma (cleansing practices), mudra, bandha, dharana, dhyana (meditation) and Samadhi.

## 2. Purpose

Though there are number of Yoga books available, this book presents a simplistic and consolidated view of Yoga as life style. This helps reader to understand yoga and healthy living principles for day to day life practice for people of all ages.

## 3. Yoga for Health

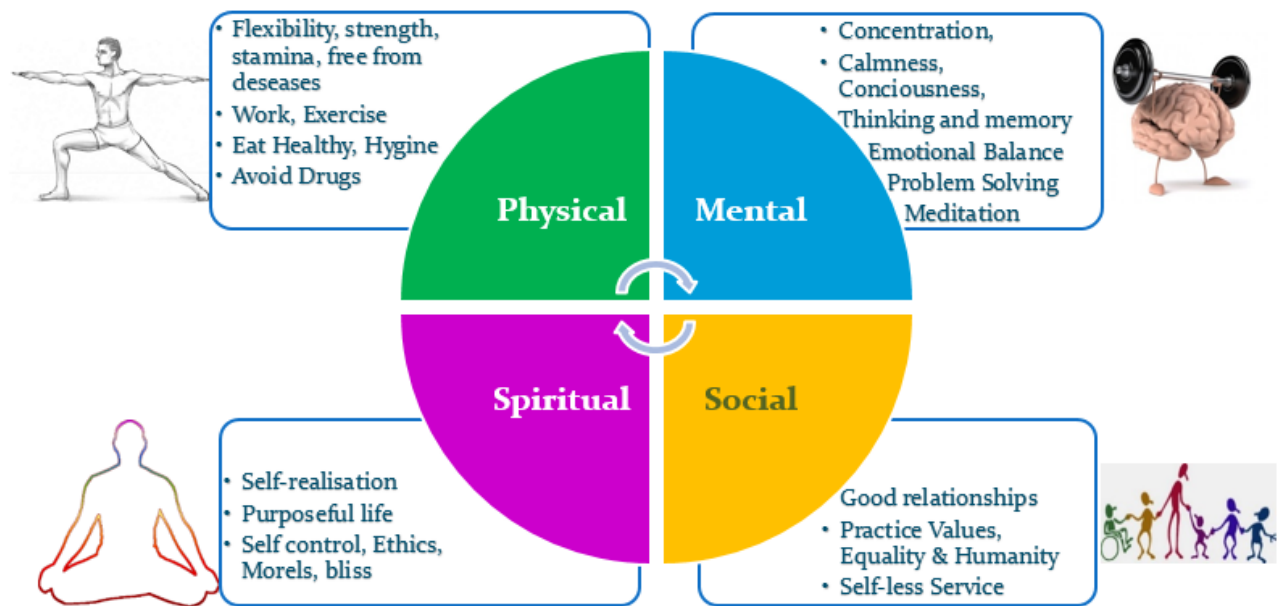
### 3.1 CONCEPT OF HEALTH AND YOGA

According to World Health Organisation (WHO), Health is a state of complete physical, mental, social and spiritual well-being and not merely the absence of disease or infirmity.

As per Ayurveda Health is "State of balanced, dosha, agni, dhatu, malakriya along with pleasant state of mind, senses and soul".

Health is pre-requisite to attain purusharthas or to lead purposeful and happy life.

As depicted in the picture below, Health is made of four elements: physical, mental, social and spiritual health! It also shows how Yoga practice gives complete health!



It is a proven path of yoga principles to lead healthy life. For any human being, it is essential to follow yoga principles, which are universal laws and basic human values for healthy living.

Aim of ancient health care systems:

**“Protection of health of healthy person and to cure the disease of diseased”**

There is equal emphasis on promotion of health and prevention of disease

### 3.2 YOGA IS A WAY OF LIFE:

*“Through Practice comes Yoga! Through Yoga comes knowledge, Through knowledge love, and through love bliss!”* Many people consider Yoga as a physical exercise, but it is much more and a holistic approach to lead purposeful, healthy and happy life. It is multidimensional development of human being to achieve excellence, truth or right knowledge and attain self-realization. Yoga is holistic way of life with true knowledge in practice!

## 4. Bhagavad Gita: Yoga Principles of Healthy Living

### 4.01. YOGA MEANS EQUANIMITY:

Bhagavad Gita says “Samatvam Yoga Uchate”



Practice of equanimity of mind for any situation without any aversion or craving. Taking pain or pleasure in same way, treating all beings with love. This kind of practice helps one to stay mind always peaceful. When mind is peaceful, body functions will be in order. When equanimity is practiced, fear of disease or fear of death will be thrown away from mind, main causes of disease like anger, hatred, jealous will disappear automatically and mind becomes calm. Hence practice of Yoga helps to heal any disease and keeps you healthy.

#### 4.02. YOGA IS DEXTERITY IN ACTION:

Yogah Karmasu Kausalam: Gita 2.50: Yoga is dexterity in action. The dexterity is in maintaining relaxation and awareness in action. Relaxed action is the process. Efficiency in action is an outcome. Thus Yoga is skillful science of gaining mastery over the mind. "Yoga is art and science of Healthy Living"

When you practice calmness in mind and being able to focus on one thing, you can understand things properly and takes decisions with right knowledge at right time. Whatever work you do will be successful when you do with skillfulness and dedication. This helps one to live consciously in every movement of life. That also helps in wise decision making, universal and positive thinking, moderate in eating and sleeping, working honestly for right purpose as explained in the following verse from Gita 6.17

#### 4.03. BALANCE IN EVERY THING:

*"Yuktahara Viharasya Yuktacestasya karmasu, Yuktaswapnobhodhasya Yogo Bhavati dukhaha!"*

*Eating healthy food in limited quantity, right food and wisdom one can lead complete healthy life.*

He who is temperate in his habits of eating, sleeping, working and recreation can mitigate all material pains by practicing the yoga system.

Following picture shows the healthy life style in day to day life. Every parent and family must understand this and consistently practice for the benefit of whole



**Healthy food+ Self-discipline+ Positive attitude+ Self-less service = True Happiness**  
Enjoy a healthy lifestyle & work towards a harmonious society!

"Aturavritta "(Ayurvedic treatment) aims at not just alleviating/removing the problems of the diseased person, but then to see later that the same patient do not recur the same disease. Aushadhi Chikitsa i.e. treatment with medicines, Ayurveda discusses

a huge, rich compendium of medication, basically natural in origin. The common myth about Ayurvedic medicines is that they are of herbal origin. But it also comprises medicines of mineral and animal origin such as gold, silver, copper, iron, milk, ghee, honey, musk, pearl, coral etc. and some times with a combination of these three groups. A more interesting part of Ayurvedic treatment is that it discusses its treatment along with four guide lines:

**AHARA (diet correction), VIHARA (activity correction) ACHARA (lifestyle correction) and VICHARA (thought process correction)**

In Ahara, Ayurveda has described the properties of different foods, starting from daily food articles such as grains, pulses, and cereals to various other articles such as milk, buttermilk, ghee, water and so on. It gives definite rules about Do's and Don'ts of eating, for healthy eating.

In Vihara, it speaks about certain things that are to be undertaken and some of the things which are to be avoided. For e.g., Ayurveda always mentioned that 'Vyayamam' i.e. exercise, is to be carried out daily but also cautions that if one undertakes heavy, disproportionate work-outs/exercises, it will be harmful to the individual. Also, it also gives hints and do's and don'ts regarding sleeping patterns and several other things.

In Achara it stress on the mode of life style which needs correction so that present disease will not reappear later. Here patient has to discuss his lifestyle and has taken proper advice from the Ayurvedic physician for rearranging his styles in life.

In Vichara, it stress upon the distressing of the mind, modes of relaxation and how to solve the solvable problems and how to live harmoniously with the non-solvable issues.

#### 4.04. CULTIVATING DIVINE QUALITIES

To progress in this human life towards life goal, one must live with humanity and cultivate divine qualities. These qualities helps one to lead healthy life at the same time to reach higher goals. Bhagavad Gita 16.1-3 defines divine qualities as follows:

Fearlessness, purification of one's existence, cultivation of spiritual knowledge, charity, self-control, performance of sacrifice, study of the Vedas, austerity and simplicity; nonviolence, truthfulness, freedom from anger; renunciation, tranquility, aversion to faultfinding, compassion and freedom from covetousness; gentleness, modesty and steady determination; vigor, forgiveness, fortitude, cleanliness, freedom from envy and the passion for honor-these transcendental qualities,

### 5. Healthy food (Sativik ahara):

Bhagavad Gita (17.8) defines Healthy food very clearly as follows:

*ayuh-sattva-balarogya-sukha-priti-vivardhanah  
rasyah snigdha sthira hrdaya aharah sattvika-priyah*

#### Translation

Foods dear to those in the mode of **goodness** increase the duration of life, purify one's existence and give strength, health, happiness and satisfaction. Such foods are juicy, fresh, wholesome, and pleasing to the heart.



Now a days most of the people confuse with plenty of options and doesn't really understand what is healthy food. Many people consume viruddhaharas (negative food combinations), tamas (oily, salty, stored, spoiled and fermented) and rajas foods (spicy, non-vegetarian, which is causing several health problems).

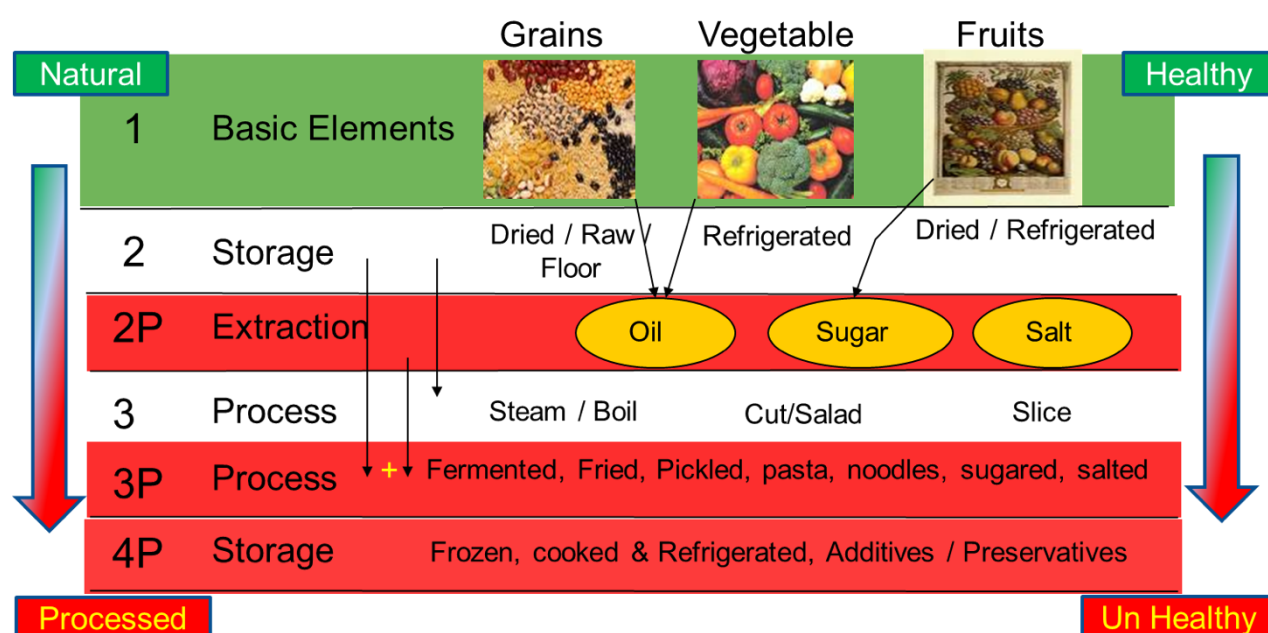
Some people misinterpreting both scriptures and modern science also. For example, in "Sarkar" word is used in scriptures for fresh sugar cane juice, which is defined as Satvic / healthy food. But people interprets "sarkar" as sugar, which is white poison with so many chemicals and it is unhealthy food.

## 5.1 CONCEPT OF YOGIC DIET

According to Hatha Yoga, it focuses on the nutrition obtained from the food and not the taste; it recommends moderation in anything one eats and drinks. A proper diet is essential for keeping good health. Most problems arise due to bad eating habits. Food strongly influences our mind. Impure food makes mind impure. Sattvic food is the best for a yoga practitioner, which comprise whole grains, fresh and dry fruits, raw or freshly cooked vegetables.

### Food Classification




Following picture depicts about food classification:



It is always good for health and environment if we consume natural food directly coming from farms rather than factories. So say **"no factory food, use only farm foods"**.

Trigunas (Sava, Rajas and Thamas):

## We are What We Eat and We Do!

		
<b>Tamasic</b> (inertia, darkness)	<b>Rajasic</b> (passion, motion)	<b>Satvic</b> (light, bliss, goodness)
Food: Fatty, salty, stored, spoiled, not healthy	Extreme tastes, too spicy, Non-vegetarian	Nutritious, Natural, Fresh, vegetarian, simple
Time: Night (dozy mind)	Day (Confused mind)	Early Morning (Clarity of mind)
Qualities/life style: Oversleeping, over eating, indiscipline, <b>burden</b> to others	Anger, greed, lust, Materialistic, Over acting, violent, <b>painful</b> to others	Peaceful, Cheerful, Healthy, Happy, Harmonious, <b>Helpful</b> to others
Results: Illness, laziness, decease, depression	Illness like BP, diabetic, mental stress, sadness	Good health, Happiness

## 6.Abhyasa Vairagya

*Abhaysa and Vairagya (Constant practice and un-attachment) must be practiced in order to attain control over mind and senses and ultimately achieve liberation: Gita*

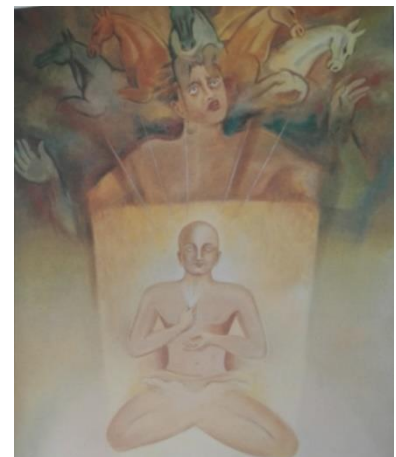
**Be Self-aware:** leave fear of death or illness

**Be Self-conscious:** know that body is like vehicle and mind is an instrument and both are temporary.

**Be Self-disciplined:** Meditate in silence regularly for long time

**Be Self-less:** Give-up false ego (body and material attachments), serve all

**Be Self-Controlled:** Practice conscious and controlled breath to control senses and mind.

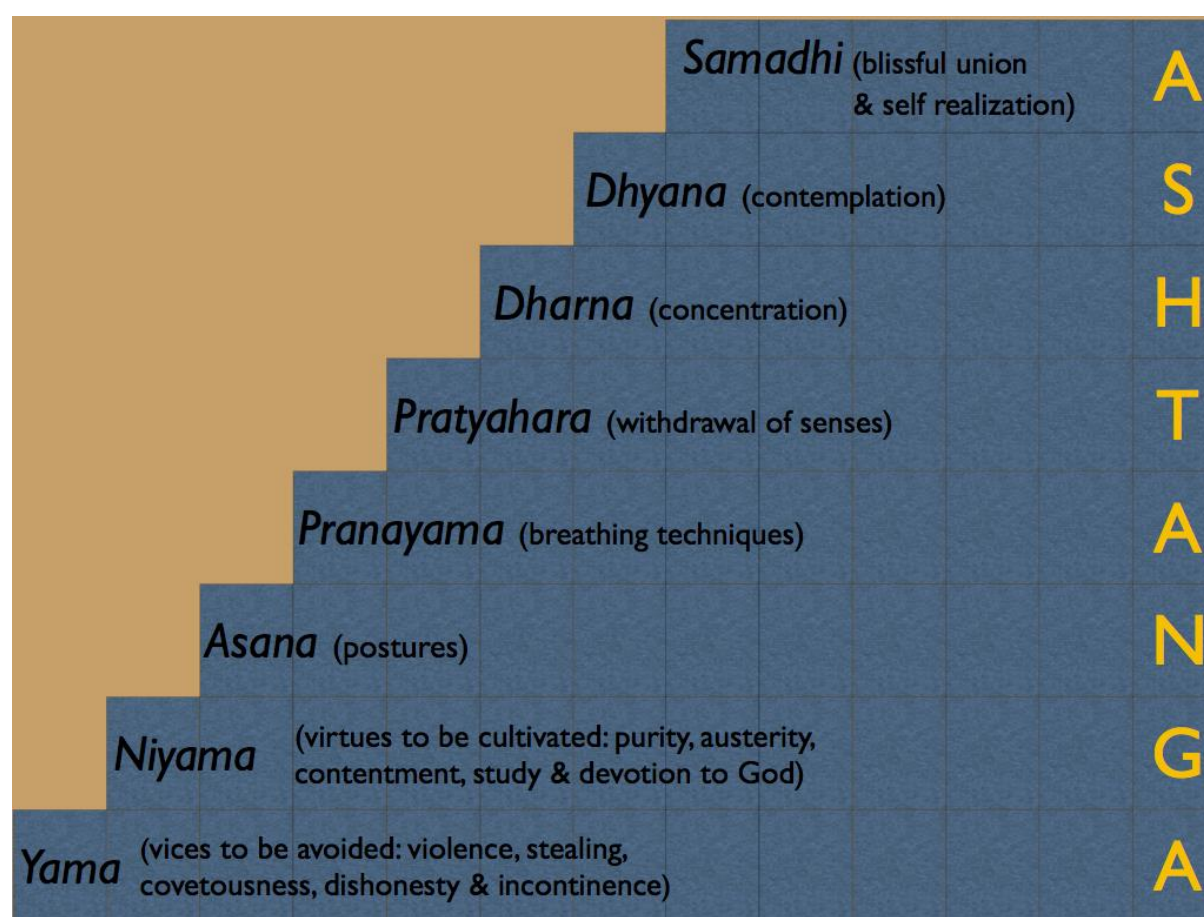


All the problems and illnesses are due to lack of control over the mind and stress. Once the mastery over mind is achieved, all the problems will be resolved. As mind and senses are in control, every action will be purified with the fire of true knowledge.

That means one lives with purity with right food, right speech, right thoughts, right conduct and right livelihood. Hence health and happiness are part of life!

## 7. Astanga Yoga

Patanjali Marshi has articulated Yoga principles very well in his Yoga Sutras and defined Astanga Yoga principles as follows:



- For practice of Yoga one must follow Yama, Niyamas, which is core for progressing in Sadhana.

### 5.2 YOGA IS MASTERY OVER THE MIND

*“YogasChittavrithi nirodaha.” Patanjali Yoga Sutras 1.2: Yoga is gaining control of mind or mastery over mind. By controlling the mind we reach our original state. Control involves two aspects:*

1. A power to concentrate on any desired subject or object and
2. A capacity to remain calm and quiet at all the time.

Nature of mind is always volatile with so many thoughts, which makes one happy some time and unhappy other time. Practice of Yoga, makes one to get control of thoughts and helps to achieve mastery over mind stuff/ Chitta. When you are able to achieve this state, mind will be calm and keeps one in healthy and conscious state always.

### 5.3 YAMA (THE FIVE COMMANDMENTS FOR SOCIAL DISCIPLINE)

1. Ahimsa (Nonviolence in thought, word and deed.)
2. Satya (Truthfulness in thought, word and deed)
3. Asteya (Non-stealing, not even the desire to possess what someone has)
4. Aparigraha (Not taking and not expecting anything for free from others, Non-accumulation of wealth etc.)
5. Brahmacharya (Celibacy / Continence behaviour in thought, word and deed leads to Brahma)

The society is at peace if these social restraints are practiced by every citizen.

### 5.4 NIYAMA (FIVE COMMANDMENTS FOR PERSONAL DISCIPLINE)

For every individual, character development is very important part of practical education. Unfortunately these days many people are missing core values, which is causing them to go through several trouble. Niyamas helps one to purify body, mind and intellect, such that one can lead a happy life!

1. Saucha (Purification of internal and external body, mind and intellect including thoughts, speech and actions)
2. Santosha (Contentment)
3. Tapas (Fervour, austerity, inner zeal: the endurance to face the pairs of opposites such as heat and cold; joy and sorrow; regard and disregard etc)
4. Swadhyaya (Study of sciences of the self)
5. Ishwarapranidhana (Dedication / Surrender to god and work without selfish motives and work not for praise)

**Asana:** Posture or position, “Sthirah Sukham Asanam” means constant confirmable body posture is called asana.

Key features of Asana are: 1. Stiram /Constant, Chiram/always, Sukham/comfortable, 2. Effortless “prayatna saithitya”, 3. Expansion “Anantha Samapathi”). There are number of asanas named after birds and animals based on the origin or appearance. Some examples are:

Standing Asanas: Vrikshasana, Natarajasana, Trikonasana, Virabhadrasana,

Sitting Asanas: Vajrasana, Supta Vajrasana, Sashankasana, Ustrasana, Pachimotanasana, Ardhamatthyendrasana, Padmasana

Supine Asanas: Navasana, Pavana Muktasana, Sarvangasana, Halasana, Savasana

Prone Asanas: Bhujangasana , Salabhasana, Dhanurasana,

Physically fit: means 1. Muscles relaxed, 2. Joints flexible, 3. Low metabolic rate.. it needs 1. Satvit diet, 2. Asana, 3. Kriyas

**Pranayama:** By far the most important thing about good breathing is the Prana, or subtle energy of the vital breath. Control of the Prana leads to control of the mind. Breathing exercises are called Pranayamas, which means to control the Prana.

Kapalabhati, Bhastrika, Bramari, Anuloma Viloma (Nadi suddhi/ alternative nostril), Surya anuloma viloma (right nostril breathing), Chandra anuloma viloma (left nostril), Sitali, Sitkari Pranayamas can be practiced on regular basis, initially under the guidance of expert/guru.

**Shat Kriyas:** Vasti, Dhouti, Nauli, Nethi, Trataka and Kapalabhati can be learnt under guidance of guru and practiced regularly to purify inner parts of the body like digestive system, excretory system, respiratory system etc. Practice of kriyas helps a lot one to get cure and prevention for many diseases.

**Pratyahara:** is to use the senses to gain mastery over the mind. Controlling senses from rushing towards their objects and thereby control the mind. Two words Prati and Ahara means denying the senses of their food viz.

**Dharana:** Dharana (Concentration) is holding the mind on to some object, either in the body, or outside the body and keeps itself in that state. "Deshabhandaschitasya dharana" (PYS 3.1).

## 5.5 MEDITATION:

Stilling the mind on a single thought stream is Dhyana, says great saint Patanjali in his aphorisms of Astanga Yoga. An unbroken flow of knowledge to that object is Dhyana.(PYS 3.2)

The 5 features of meditation are: Single thought / Effortlessness and relaxation / Slowness / Wakefulness and awareness /Feeling of Expanding lightness

Calm mind can think better! Stilling the mind on a single thought stream is Dhyana, says Patanjali (a great yoga teacher) in his aphorisms of Yoga.

The 5 features of meditation are: Single thought, Effortlessness and relaxation, Slowness, Wakefulness and awareness, Feeling of Expanding lightness

## Meditate in Silence

"Do not spend your energy in talking, but meditate in silence; and do not let the rush of the outside world disturb you. When your mind is in the highest state, you are unconscious of it. Accumulate power in silence and become a dynamo of spirituality."

-Swami Vivekananda





Meditation is the soul of spiritual life. A life without meditation is like a horse without reins or a boat without rudder or a car without breaks. There are several methods of meditations. But adopt a simple technique and practice regularly. Simply watch your breath without any imagination and expectations calm down your mind naturally without any force! Consciously slow down breathing gradually! Just be an observer! “Prayer is talking to God! Meditation is listening to God!”

## 8. Hatha Yoga

“Ha” means sun and tha means “moon”. Hatha yoga is more body oriented as compared to Patanjali yoga which is mind oriented. Ultimate goal of Hatha Yoga is moksha or self-realization. The aim of Hatha yoga practice balance the energy system in the body, make body healthy, mind emotionally strong and conflict free, intellect sharp and spiritual aspiration fulfilled.

### 8.1 SEVEN STEPS OF GHATA SHUDDHI

According to Garanda Samhita 7 steps of Ghata Shuddhi:

1. Shatkarma: purification of the body
2. Asana: strength/fitness of the body
3. Mudras: Steadiness of the body
4. Pratyahara: Attaining courage
5. Pranayama: Lightening of the body
6. Dhyana: Direct perception of the atman
7. Samadhi: Detachment/isolation

To attain these conditions one should practice shatkarma.

## 9. Panchakoshas and Health

Panchakoashas are five sheaths / layers of existence. Our body from gross level to micro level also called as Anatomy of Yoga as shown in figure below. This concept of Yoga makes it much more clear about human health.

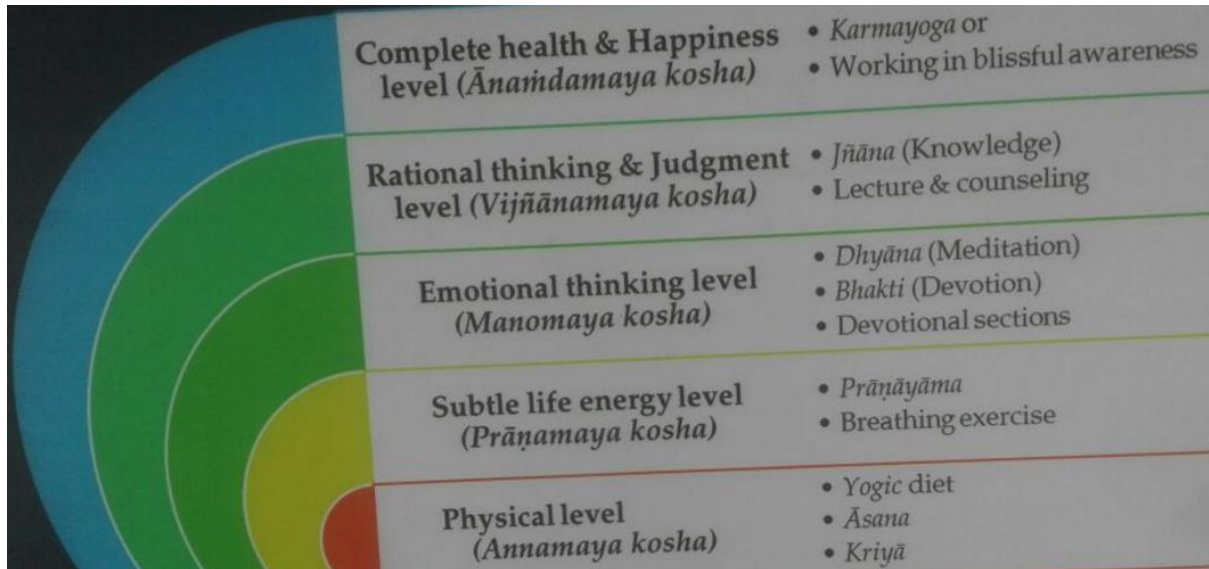
Following picture shows how different streams of yoga is practiced to gain complete health in different koshas of the body.



Kosa / Sheath	Practices	Health and Threptic benefits
Annamaya Kosha	Loosening, Asanas, Kriyas, Yogic / Satvic Diet	Physical health
Pranamaya Kosha	Kriyas, breathing, Pranayama	Subtle life energy
Manomaya Kosha	Dhyana, Bakthi / devotional	Emotional balance (Bhakti Yoga)

Vijnanamaya Kosha	Dhyana, discourses, self-study for true knowledge, yogic counselling	Rational thinking & judgement (Jnana Yoga)
Anandamaya Kosha	Working in blissful awareness	Complete health and happiness (Karma Yoga)

### 9.1 PANCHAKOSHAS MAPPING WITH STREAMS OF YOGA:

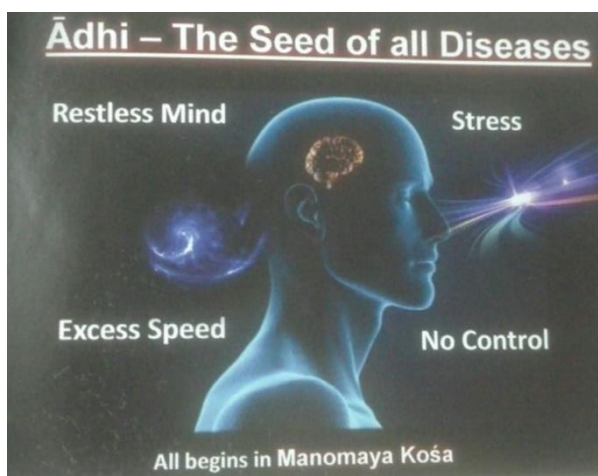


### 9.2 CONCEPT OF DISEASE

In Anandamaya kosha a man is healthiest, perfect harmony and balance of all his faculties. In Vijnanamaya Kosha, there are movements but they are channeled in the right direction.

As per Hatha Yoga, origin of disease are 1. Stress, 2. Wrong diet, 3. Wrong exercise, 4. Bad habits.

All begins in Manomaya Kosha! As such, it is Manomaya Level the imbalances start, say yoga texts. Likes and dislikes have come to play at this level. The imbalances amplify themselves resulting in mental illnesses called Adhis. At this stage there are no symptom at the physical level. The preponderance of Ajnana (ignorance about one's real state of bliss) leads one to perform wrong actions such as eating of unwholesome food, living in unhealthy dwellings, doing hinges in untimely hours, association with wicked, evil thoughts, inflicting injuries etc. these bread physical diseases called Vyadhis or the secondary diseases.



The Adhis (primary diseases) are twofold Samanya (ordinary) and Sara (essential). The samanya are normally produced during the interactions with the world. These may be termed as psychosomatic ailments.

Following are some of the key principles of working with mind from Patanjali Yoga Sutras:

**States of Mind** (Chitta Bhumis): Kshipta (disturbed), Mudha (dull), Vikshipta (distracted), Ekagra (one pointed or concentrated) and Nirodha (Mastered). Ultimately one must achieve the state of Nirodha (mastered mind where there are no thoughts) by practice of un-attachment (Abyasa and Vairagya).

**Kleshas, which accompany the Vrittis:** Avidya (ignorance), asmitha (Egoism), Raga (attachment), Dvesha (Aversion), Abinivesha (Clinging to life).

**What is ill mind?**

**Vikshepa Sahabuvas (Non-retention of concentration):** Dukha (grief, unhappiness), mental distress, tremors in the body, irregular breathing (PYS 31)

**What is Healthy Mind?**

Replace Sahbuvas with **Chittaprasanam** (PYS 32): Maitri (friendship), karuna (merciful), muditha (gladness), upeksha (indifference), Punya & Apunya (good or evil, birth or death)

## Sadhana Chatushtaya (qualifications of student of Vedanta)

- Viveka: Discrimination
- Vairagya: non attachment
- Shatsampathi: Six attributes (Sama, Dama, Uparathi, titiksha/endurance or patience, Sradha/ faith and sincerity, Samadhana / not losing sight of goal)
- Mumukshutva: Yearning for freedom

## Yogic Practice for Mental Health:

- Abhyasa (Consistent practice)
- Vairagya (be unattached)
- Psycho social environment (Yama Niyamas)
- Prayers and Meditation

## Role of Yoga in Stress Management:

AHARA (diet correction), VIHARA (activity correction), ACHARA (lifestyle correction) and VICHARA (thought process correction)

**Achara:** make necessary corrections in the life style with the practice of yama niyamas as we live for dharma (righteousness).

**Vichara:** it stress upon the distressing of the mind, modes of relaxation and how to solve the solvable problems and how to live harmoniously with the non-solvable issues. Maitri, Karuna, Mudita, Upeksha and Punyapunya are thought processes suggested for different situations in life like: In day to day life be friendly with all, be merciful with poor/suffering, be happy with people doing good work / success, be indifference or ignore the wicked, be Equanimeous in both birth or death/good or evil.

Practice of Tapas, Svadyaya & Iswara Pranidhana helps to purify thoughts.

## Yogic attitude:

Yogic attitude is always staying in equanimity with three conceptions:

- **Pratipaksha bhavana** which yogis discontinue negative ways of thinking through the discipline of “cultivating the opposite. First instill a calm or peaceful mind that observes without thinking, listens without thinking.
- **Nispand bhavana** where one sits in a comfortable position with eyes shut, making no movements and only listening to the sounds around without thinking – Passive Listening.
- **Anitya bhavana / Sakshi Bhavana:** means thinking about the transitory nature of things around us. All things of the worldly life are perishable; and nothing is permanent. It is fruitless to mourn over the loss of perishable, and we should not lose our mental peace and emotional poise over them.

### Role of Yoga in life Management:

In day to day life everyone has to perform some work for their survival. However Bhagavadgita suggested to perform work without any expectations or attachments. That action has got following four characteristics: 1. Niyatam (regulated), 2. Sangha rahitam (without any attachment), 3. Aragadveshakritam (without any craving or aversion), 4. Aphalapresuna karma (without any selfish motives of fruits of action).

Niyatam sanga rahitam araga dveshatah krutam I  
Aphala prepsuna karma yat tat sattvikam uchyate II sloka 23  
नियतम् संग रहितं अराग द्वेषतः कृतं ।  
अफल प्रेप्सुना कर्म यत् तत् सात्त्विकं उच्यते ॥ श्लोक 23

**Work without stress:** These days most of the people suffering with health problems mainly due to stress levels in their day to day work. If you can follow these principles of Karma Yoga, you can work with happiness, excellence and without any stress.

**Breathing is indispensable to life** and it is done without love or hatred. Every individual in society has his duty to discharge. It has to be executed faithfully and incessantly like breathing. No selfish consideration should dominate that work. Duty for duty's sake is the motto of a yogi. When the duty is discharged with such a sterling attitude, the man grows both in knowledge and efficiency.

**Spiritual Health:** If you have spiritual health you can attain other 3 parts of health automatically.

Yoga can enable one to relax fully and promotes sound sleep; it also improves digestion and simulates circulation. It frees the practitioner physically and mentally, often heightening intuition and creatively. Yoga creates a perfect balance between the activities and process of body, mind and soul. Although Yoga has proved to be very effective in the treatment of many impossible and incurable diseases, the therapeutic effect of Yoga is only a byproduct and incidental. The final goal is of course the spiritual well-being.

### 9.3 ON THE PATH OF YOGA

As one proceeds with the practice of Yoga, the first symptoms of progress show up. As said in Svestasvataropanisat "It is said that the first sign of entering Yoga are lightness of body, health, un-thirst mind, clearness of complexion, a beautiful voice, an agreeable odour and scantiness of excretions."

Hatha Yoga Pradeepika says "When the body becomes lean, the face glows with delight, (divine sound) manifests, and eyes are pure, body is healthy, sexual discharge under control, the appetite increased; then one should understand that the Nadis are purified and success in Hatha Yoga is approaching."



#### 9.4 SIMPLE VIEW OF YOGA PRACTICE FOR BUSY PEOPLE:

Though Yoga is ultimate knowledge and great principles, which are defined by great saints, in currently people are unable to spare time to understand and practice it properly. To make it simple, following are some key points for day to day life practice to lead healthy life.

- Wake up : Early (1.5 hour before sunrise)
- Clean up : Drink 1.5 liters water in early morning & regular Kriyas
- Warm up : Sukshma Vyayamas, Surya Namaskaras
- Stretch up: Asanas
- Fresh up : Pranayama
- Joy up : Meditation and self-less service
- Work up : Work with honesty, integrity, dedication and calm mind!

One can lead healthy and happy life by following above in day to day life!

### 10. Every Human must Practice Principles of Yoga

Now a days academic education became merely collection information related material world, which is 15% of education as Swami Vivekanda says. But in current system of education 85% of the character building education, which includes:

1. Learning about body, mind, intellect, inner self and universe
2. How to live healthy and honesty?
3. How to make mind calm & control senses?
4. How to gain true knowledge?
5. How to live with humanity, values and happiness?
6. How to make best out of this life?
7. How to translate true knowledge into action?
8. How to bring excellence in every action?
9. How to build good personality?
10. How to communicate well without hurting others?

All this can be learnt only through true practitioners! Not from Hippocratic intellectuals, pseudo teachers or materialistic parents. This is all about Yoga sadhana! Practical education which is required for every human being to become true humane. Then any profession can be performed excellently.

Practice of Asana, Pranayama and Meditation regularly with self-discipline and satvic diet makes one healthy.

Every child will live with more awareness and consciousness with rational thinking, self-less working, keep always smiling. They don't ask you to buy chocolates, chips or cool drinks, ice creams, cakes or any other junk foods as they are more self-controlled and they are wise to take right food. Similarly child will be able to keep mind with right thoughts and positive inspiration every day. They know how to spend their valuable time without wasting with gadgets, TV or movies etc.

## 11. Asanas (Yoga postures)

Yogic Asanas are meant to tone up the internal organs of the body and to revitalize the working of the endocrine glands. On the other hand, physical exercise are meant to built muscles of the body. Yogic Asanas ensure better health, where as physical exercises provide good physique. However, Yogic Asanas and physical exercise can be practiced simultaneously.

Modern-day science confirms that the practice of yoga has tangible physical health benefits that include improve brain function and denser bones, as well as immune health, improved nervous system functioning and strength.

Yogasans are techniques to bring about very deepest to different parts of body. This is achieved by performing the postures.

Patanjali sutra 2.46 **"Stira Sukham Asanam"** that means asana is a steady, comfortable posture. Asana is an important part of yoga. For meditation, a practitioner needs to sit still, calm his/her body, thoughts and emotions to get to stillness which is step 1 of meditation. Without Asana and body detoxifications, practitioners cannot hold still due to the toxins and stiffness in their bodies. The more the body gets purified, the more flexible would become. The mind needs the body to achieve or do something. When we sit in meditation, the mind wants to distract us here and there but when the body sits still, the mind has no other choice than obeying. This is an **asana Sidhhi** (Satchidananda, 145).

However too much emphasize on Asana, can make a practitioner get obsessed with the body aspect which is the most tangible and external part of yoga and stay behind on the internal transformation, to go inward and to find one's WHY and purpose in life. Progress in physical external activities are easier to measure than the internal world of the yogi, however, Yoga's highest service is to transform inside as well as the outside. Therefore, anytime that we get stuck with the concept of the body or the asana, we need to practice Niyama, and start observing ourselves and look for why we have become obsessed with the surface and find the pathway to go inward again.

Gladly, Ashtanga Yoga had a remedy to keep the practitioners on the path of purification. 8 Limbs of yoga refer to the 8 concepts of Patanjali which serv a purpose on how to live a meaningful and purposeful life as a yoga practitioner.

Asanas are categorized into meditative, relaxation and cultural poses. Practice of asanas in standing, sitting, supine and prone poses. Different poses can help in different parts of the body, one can choose asanas based on their health needs.

### 9.5 SURYA NAMASKARAS

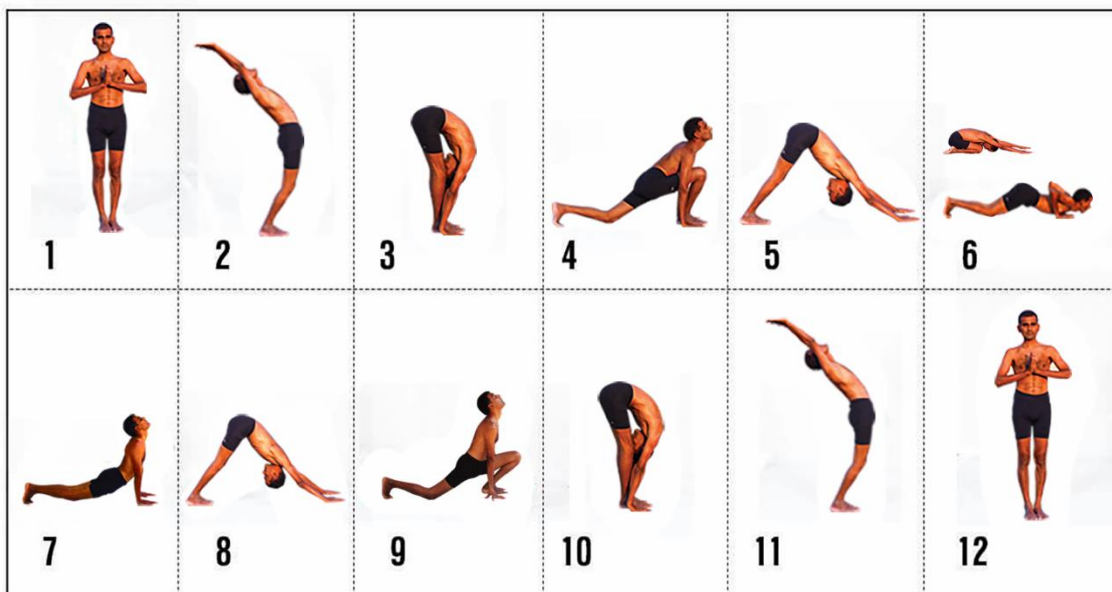
Surya Namaskar or Sun Salutation is a sequence of 12 powerful yoga poses. Besides being a great cardiovascular workout, Surya Namaskar is also known to have an immensely positive impact on the body and mind.

Surya Namaskar is best done early morning on an empty stomach. Each round of Sun Salutation consists of two sets, and each set is composed of 12 yoga poses. You might find several versions on how to practice Sun Salutation. However, it is advisable to stick to one particular version and practice it regularly for best results.

Besides good health, Surya Namaskar also provides an opportunity to express gratitude to the sun for sustaining life on this planet.

#### **Benefits of Surya Namaskar:**

- Helps maintain cardiovascular health
- Stimulates the nervous system
- Helps in stretching, flexing and toning the muscles
- An excellent exercise for weight loss management
- Strengthens the immune system
- Enhances cognitive functions
- Improves overall health, strengthens the body and relaxes the mind



## 9.6 FOR CLEANSING: SANKHA PRAKSHALANA



**Tadasana, Tiryak Tadasana**



**Kati chakrasana**



**Udarakasrshanasana**



**Bhujangasana, Tiryak Bhujangasana**

The word Shankhaprakshalana comes from two words. Shankha meaning "conch" and prakshalana meaning to wash completely. The word shankha is used to represent the entire alimentary canal from mouth to anus. This practice is also known as "varisar dhouti". This practice is also a part of kaya kalpa, which is an ayurvedic technique for physical purification and transformation, kaya means body & kalpa means transformation. Shankhaprakshalana is the process to clean the intestinal tract by removing the impurities with salty water.

Start the process early in the morning before 6am. Initially drink 2 glasses of the water preparation as quickly as possible, in a sitting position. Perform these 4 asanas

dynamically 6 times each, in all 36 asanas in one round, practice 2 rounds in the correct order as explained below: Tadasana, Tiryak Tadasana, Kati Chakrasana, Udarakashanasana,

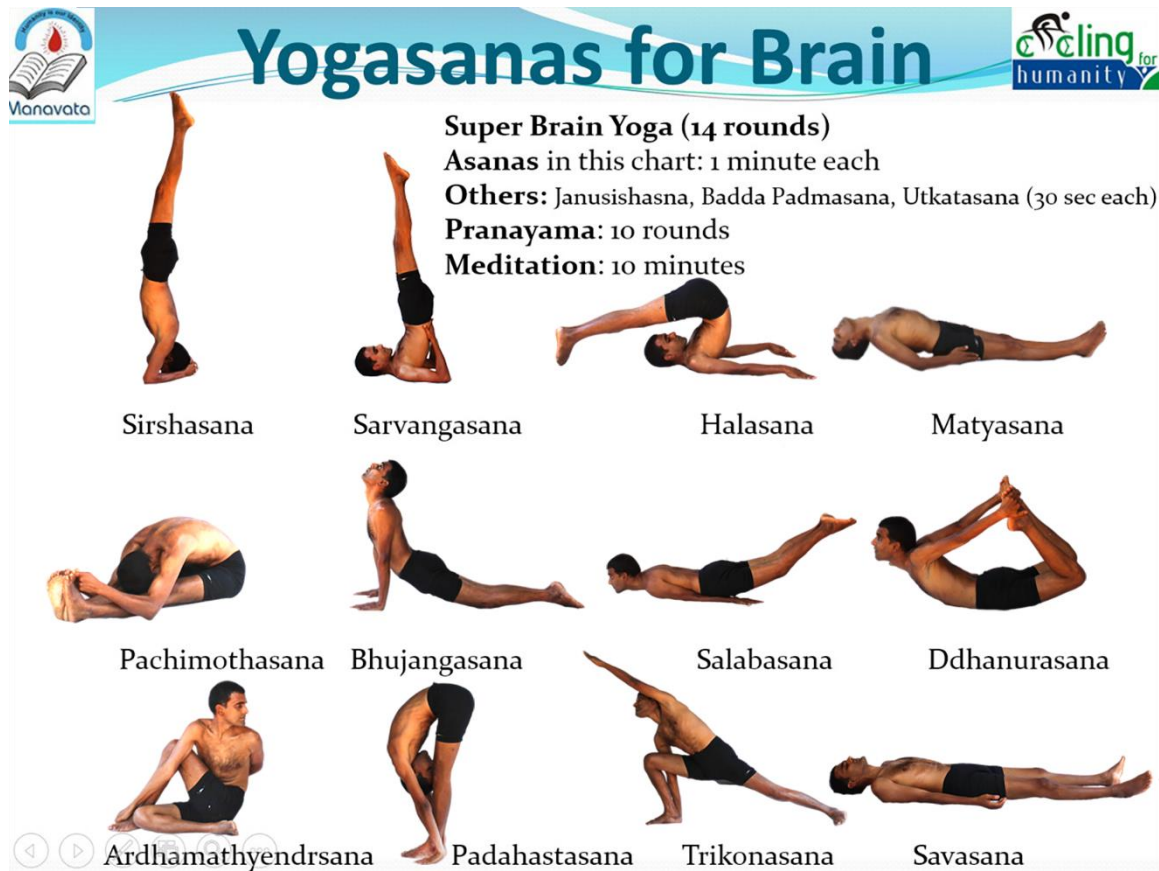
### 9.7 FOR IMMUNITY



### 9.8 FOR BRAIN

Yogasanas helps both mind and body. Some of the following asanas mainly helps to activate brain and central nervous system. Regular practice of inverted asanas such as Sirshasana, Sarvangasana helps to gain highest brain functionality with improved concentration and memory power.





### 9.9 SUPER BRAIN YOGA

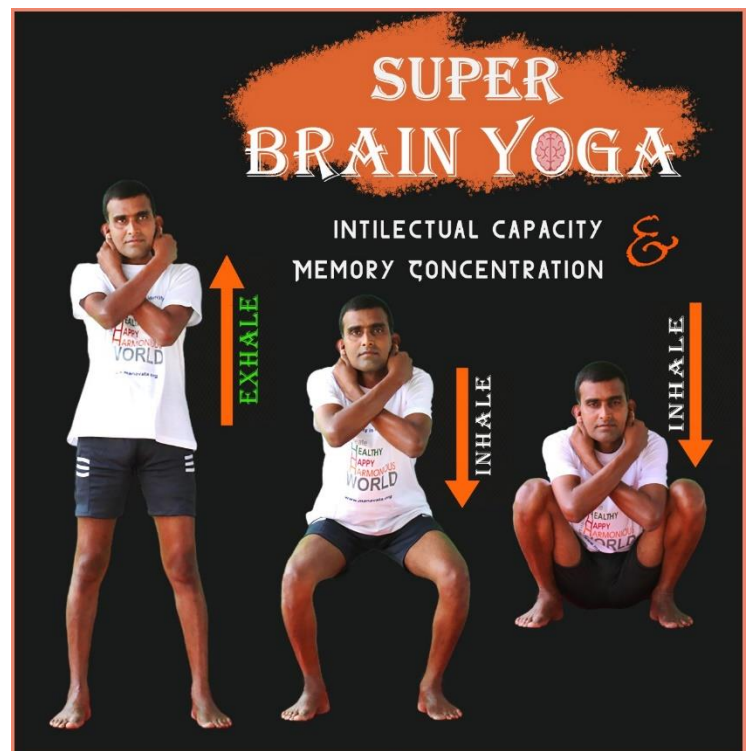
Super brain Yoga is simple process to activate both left brain and right brain with appropriate breathing. Perform 14 rounds per session.

Step 1: Stand with feet shoulder width apart  
 Step 2: squeeze the right ear lobe with left thumb and left index finger and left ear lobe with right thumb.

- left arm inside and left arm outside
- the thumb must be placed on the outside and index finger must be inside the ear lobe.

Step 3: inhale as you sit down slowly  
 Step 4: exhale as you stand up slowly

**Repeat step 3 and 4 for 14 times.**



## 12. Conclusion

Yoga is ocean of knowledge and science! Helps every individual to adopt yogic practices according to their choice. Yoga principles basically puts us in right path and leads us towards ultimate truth.

As you have seen yoga principles are day to day life ethics and code of conduct for everyone to excel in their own way. One may not be able to take everything at once, start your yogic journey with small steps with these healthy living principles. But if you do not start your inward journey and make progress continuously, life becomes useless.

In gist practice of Yoga means living in equanimity in every situation of life, which is nothing but complete equanimity!

Yogic techniques to be practiced consistently for long time to purify body, mind and intellect, so that one can achieve ultimately true knowledge to attain liberation.

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