

**ROLE OF YOGA AND NATUROPATHY IN THE DEVELOPMENT OF AN
IDEAL LIFE STYLE**

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Preface

Human body is a wonderful creation of nature. It is not merely a mass of flesh and bones, it contains a wonderful net work of intellect. Harmony in the functions of all the systems of the body is absolutely essential. Perfect harmony in respiratory, digestive and excretory systems helps in the development of an ideal life style. The possibility of the end of disease and gloom increases if there is such harmony. It can be found only in the state of total health. It also prepares the background of the development of various concepts of the progress and development of life.

Chances of living a meaningful life increase immensely if life is controlled and regulated in early student life. Thinking in the context of modern age, an ideal life style can be developed if the different breathing exercises and body postures are practiced along with right conduct, right behaviour, right thinking and right habits. With such a life style, not only personal health but health of the whole family, social and national health can also be achieved. By developing and adopting such a life style, diseases of the modern civilization – obesity, high blood pressure, diabetes, stress, sleeplessness, depression and the ailments of joints can be cured and controlled.

21st century and life-style

We are living in the 21st century. Man today is scaling new heights of development. New inventions are being made everyday. Man has measured the depth of the sea and the distance of the moon but the tragedy is that he is getting away from his own existence.

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We do not try to learn about ourselves. All our energy and efforts are being wasted on external and physical objects.

The world is too much with us. We are always busy earning and spending. We have no time to peep into our hearts and souls. The result is that we have lost sight of the philosophy of life and are getting increasingly involved in stress and confusion. We are adopting an artificial, unnatural life style and are spoiling our valuable health. We ourselves are inviting diseases, gloom and troubles. The whole atmosphere is getting vicious and affecting the family, society and the whole nation adversely. In such an atmosphere, how can the youth remain untouched and unaffected. The zeal, enthusiasm, energy and health of the young men of the country are deteriorating rapidly. A calm, cool and peaceful environment is required for study and to lead a healthy, happy and peaceful life. The seeds of development are sewn in the young age only.

Irregular routine of the day and even of life

Life should be balanced and controlled so that four qualities – equanimity, compassion, humility and efficiency may be developed. But because of the wrong habits mentioned below, values of life and health of the people are deteriorating instead of developing :-

(1) Eating habits

Western civilization has attacked every walk of life. Our language, education, health, culture, thinking and eating habits – all are being highly influenced by western civilization. With the result that the younger generation has drifted away from its goal. Take food and eating habits, for example. Food is the basis of life. The whole life revolves around it. Lord Krishna says, “annadi bhavanti bhutani”(The existence of each and every creature depends on food). Food brings about a great change in our behaviour, and thinking. In the blind race of being called ‘modern’ and ‘civilized’ we are taking more and more to the fast and junk food which are destroying not only the health of the people but also our culture and traditions. This is an issue which need deep thinking and consideration.

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Modern physicians too are of the opinion that our vitality will be as strong and forceful as the subtle internal bio – atmosphere and environment and intestinal microbiocological environment is. Then only we can remain healthy. The subtle internal bio- environmental atmosphere gets polluted because of our wrong eating habits. The so –called fast food, that has no nutritional value plays a great role in spoiling the digestive system.

The junk food, that the ignorant people eat with great pleasure, thinking it to be very tasty, is poisoning the lives of the common people and causing various diseases. Berger, hot – dog, noodles, candy, pastry, pizza, sweet draf, bread, toffee and synthetic cold drinks are being used in the name of fast food. All these things are alluring, intoxicating and tasty poison. For a balanced and healthy life, one should avoid fast food and take nutritious food, conducive to health.

(2) Wrong ways of movement

With the advent of modern civilization, we have adopted some such habits which take us away from an ideal life style. We ourselves are preparing the background for the development of defects, faults and diseases. For instance, we move in a wrong way with the result that our joints, muscles and even the form of the body are affected adversely and thus we invite ailments and diseases. We all know that all parts of body are directly or indirectly connected with backbone but because of wrong postures, backbone is affected. It comes to lose its natural and normal form and diseases related to it are caused and our health is affected.

(3) Irregular sleep

Sleep is very, very necessary to keep us healthy. We have to go to bed in time and get up early in the morning. There goes the proverb, "early to bed and early to rise, makes a man healthy, wealthy and wise". But unfortunately, in this so called advanced 21st century, we do not observe this golden rule whereas sleep is 'gold' in the true sense of the word. When we have a sound sleep, our brain gets 'alfa state of mind'. The process of expelling foreign toxins by the kidneys is accelerated while we sleep. The heat that is not required by the body is also brought out and in this way,

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our body temperature and blood pressure are kept under control. The energy and the vitality which have been exhausted are restored and the body is refreshed and ready for more work. Sound sleep is really a boon to us.

(4) Irregularities regarding the intake of water

1/3 part of the body is made of water. The body of a male contains 65-75% and that of a female, 55-65 % of water. Blood contains 83 %, bones 22 %, brain and muscles 75 % of water. Thus we can say that the body of a normal person contains 33-55 litres of water. 98 % of the water that is consumed, expels the foreign toxins from the body. 40 % of the toxins are expelled through urine, 35% through sweat, 20% through respiration and 3% through excreta and sputum. 2% of water helps in the proper functioning of the different parts of the body. It is clear from this account that we should consume plenty of water.

(5) Cut-throat competition

The 21st century is an age of keen and cut throat competition. Every body is running a blind race to attain material prosperity and to go ahead of others, without realizing his/her capacity and competence. And when one does not attain what one desires, one is frustrated and highly disappointed. This frustration gives rise to the feeling of failure and pessimism. Frustrated persons are an easy prey to mental disorders.

(6) Negative thinking

Positive attitude toward life motivates man to make efforts for progress, development and attainments undaunted by difficulties and obstacles whereas negative attitude discourages him. Running after success does not make one successful. To get success, one has to work very hard and prove oneself to be deserving success. And to get health, happiness, prosperity and success in life one must give up negative thinking and develop positive thinking. Envy, anger, selfishness and greed etc. are negative feels which render man selfish, narrow-minded, aggressive and superstitious. If we want to achieve our goal, we have to renounce our negative thinking and adopt an optimistic outlook.

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(7) Use of drugs

Every body knows that alcohol is injurious to health. It affects all the vital parts of the body-brain, liver and spleen very adversely. Those, who drink, contract cirrhosis of liver which is a fatal disease. They also develop Carsacopus syndrome, acute deficiency of vitamin – B or thiamin, loss of memory, confusion and the shrinking of brain. Cigarette is another evil that contains one hundred kinds of toxins– nicotine, pyrocin, pycolin, kolydin, margges, synogin, perforel, ammonia, carbonic acid, uric acid, carbon-mono-oxide, acholine and azoline etc.

19 kinds of toxins like perforel and polynium are produced by the burning of the cigarette. These toxins affect brain tissues very adversely. Pyrocin causes dryness, cancer and anemia. Smoking also causes acute and chronic cough, asthma, skin diseases, dyspepsia, paralysis, insanity, sleeplessness, loss of sight, cataract, difficulty in breathing, heart – diseases and loss of the capacity of procreation etc.

‘Biri’ is even more dangerous than cigarette as tobacco causes cancer of the lips. Unfortunately the youths of today are taking to these drugs more and more. Their doing so is harmful not only to themselves but to the whole nation also.

Biological clock and human body

Biological clock has a great effect on the mental and emotional level of man. Irregularity in life affects this biological clock and health of man adversely. Late nights, watching T.V. for long periods, lying in bed even when awake, keeping awake when it is time to go to bed and going to bed when it is time to get up, not taking food in time, always being in a tearing hurry and in a state of anxiety disturb biological clock. We can make progress in life only by regulating and controlling our lives. We should take to the natural ways of living so that biological clock may go on functioning properly.

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Diseases of the modern life- style

Health of man has greatly deteriorated because of modern life – style. The number of physical and mental diseases is increasing very rapidly. A large part of the population is suffering from the diseases of modern life style. High blood pressure, stress, sleeplessness, diabetes, ailments of joints asthma, obesity, anxiety and depression are some of them. To make the matter worse, no proper remedies of these maladies are known to the medical science. When we think over all these things, it becomes clear that by taking to right eating habits, regular routine, refraining from drugs and practicing breathing exercises and body postures, we can get relief from most of these diseases. Total health can be attained by making the public aware of Yoga and yogic practices. Only by observing the maxim ‘ simple living and high thinking’ we can make progress in life, can develop our personality and achieve our desired goals.

Conclusion

By taking to controlled and disciplined life style, we can make progress in life, develop our personality and scale great heights of success. By including Yoga postures, breathing exercises and nutritious diet in our daily routine. We can get rid of the troubles and diseases of the modern life-style.

Life is a wonderful gift of God. Those, who are healthy and have right thinking can lead a meaningful life. Nature has its own eternal and universal law. Ideal life style is nothing else but following this law of nature. The different aspects and parts of Yoga play a very significant role in providing a model of ideal life style. Living life in accordance with Yoga, observing basic vows, restraints, body postures, breathing exercises, retention, meditation, retreat and concentration and taking yogic diet are some of them.

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