



INTERVIEW

The excerpts of the interview of Jyotirmay with Yogrishi Swami Ramdev Ji Maharaj

'THERE IS NO PROOF REQUIRED FOR PROVED'

SWAMI RAMDEV

People all over the world are very curious towards Yog. What is the main reason according to you?

Now people have realized that Yog is not just a physical exercise but also a holistic medical science. It is a life style. Good health can be achieved by adopting it. If a person is healthy and happy then the life becomes a celebration.

Yog was popular earlier also; it is centuries of years old health building system. In fact it is several crores of years old because this world came into existence around two hundred crores years back. According to the Ved, Hiranyagarbha had preached this health building system in the beginning of this creation. Saints like Patanjali, Jaimini and other sages made it easy for others. Indian society has always included it in its lifestyle. It was ignored in the middle ages but now everybody is inclining towards it. It is a sort of revolution. The message of Yog is spreading across the whole world. The main reason as to why people are getting attracted towards it is that other methods of living in peace and happiness are not successful. People have realized the hollowness and they are adopting Yog when they realize this fact.

What are the other methods that have not been successful? Are you pointing out towards modern life style?

People are almost fed up of modern life style. It is based on the principle of enjoyment (consumption). It is based on the fact that collect the resources and enjoy as much as possible. One can go to any extent in order to collect the resources. This thinking has pushed the people towards uncontrolled level of enjoyment. It has led to different kinds of problems, like health and mental ailments. Then it was found that it could be controlled with some kind of treatment and to continue to lead an unhealthy and irregular life style. This increased the problems instead of reducing them because the basic reasons were not eradicated; they were as it is. Yog removes those reasons and brings in balance in life. One can be healthy and happy by adopting it. Yog revolution has been successful in spreading the message to each and every individual.

Yog is the medium of complete personality development. As mentioned by you, it is a life style. But why is Yog being used to overcome diseases? Will it not increase the risk of ignoring the real purpose of it?

Yog is relevant today for both obtaining self-confidence and fulfill the objective of life. The number of people who have adopted it for welfare and spirituality has increased, not decreased. The number of people attending these camps is not less than those who come for health services.

With god's grace it is popular in the form of medical science also. This is something unique and rare incident. Hundreds and thousands of people are adopting Yog everyday. Majority of them are doing so with an aim to improve health or overcome diseases. From that angle one might have the doubt that Yog could be limited to just medical system. But it is not so. It will always remain as a life style.

Now the question being raised is that why is it adopted as a treatment? The answer is because people are getting cured with it. The diseases, which could not be treated with modern medical system, are being cured with Yog. People are able to recover from heart diseases, high blood pressure, diabetes, obesity, asthma, thyroid and even cancer with Yog. In some cases people have got total relief from such diseases. Medical tests have proved that there were some diseases which were considered to be incurable, and could only be controlled. Diabetes, rheumatic arthritis, migraine, cervi-



cal spondalitis are a few belonging to this category. It has been possible to cure these diseases with Yog. Thousands of people are getting relieved from complex problems.

People are getting cured, they claim this or some medical tests have been done for this?

There are documented proofs, thousands of records of medical tests have been preserved. A few have been published also. Anybody can see those documents. People were treated with allopathy medicines for several decades but could not get relief. Yog treatment gave results within few weeks of practice.

If a disease appears to be controlled or cured then it could be due to the prior treatment also?

Had this been the case then why were the results not shown during the medical tests done at that time. The disease should have shown improvement at that time itself. We are giving the examples of those patients, who had lost all hopes from medical science. They were disappointed and took shelter of Yog and they got success.

Has there been any attempt to test Yog from medical point of view?

The process of testing Yog's im-

pact on treatment of diseases is ongoing. Experiments are being made at a large level. We had organized around eight Yog camps between August and October 2005 and again in October 2006 at Patanjali Yogpeeth, Hardwar. Around ten thousand people had participated in it. People suffering from diabetes, obesity, high blood pressure, heart disease, arthritis, asthma, spondalitis, thyroid and hepatitis had participated in it.

The ECG, cholesterol, sugar level, blood pressure, uric acid, hemoglobin were tested before and after the camp. A panel of senior medical practitioners was set up to conduct the tests. The results that came across were startling. Those results are proving a big challenge in front of modern medical science. The diseases are being cured only with asana and pranayam without any sort of medication.

There are thousands of examples to prove that Yog has cured diseases. Let us assume that they are true, but the process of cure should also be open as to which practice is affecting the internal system and structure?

That process is clear. If we understand it according to the Yog and Ayurved standards then there is no difficulty. The body structure should be seen on the basis of the standards of vital life energy; five elements, tridoshas etc, but medical science and modern medical science have their own challenges. If we try to prove it on the basis of those challenges then it would be slightly difficult.

The challenge of modern medi-

cal science is based on clinical control trial. It is limited to a laboratory. Whatever comes out in this laboratory would be accepted. If other facts are very useful but if they do not prove as per the standards of trials then they will be discarded. This could be one way of testing but not complete. Other standards are also important and it should be accepted that they are correct. If we do not accept them then we will be ignoring the facts. There are certain examples. Like neem is bitter, what clinical trial do we need to prove this? Wood apple juice cures dysentery, how do we prove this. Harad powder cures constipation, everybody knows this. We do not require any clinical trial to prove this and understand it. These remedies can be followed without any trials.

There are different types of food habits in the world. None of the food habits were adopted after getting approved from clinical control trial. Experience is also a platform and so is the result. Yog has also challenges and it has put up with those challenges. Yog has been adopted from ancient times. It is used as a life style when medical science did not exist. In spite of all these things we are trying to put up with clinical trials and authenticate it. Some independent experiments have also been done. We are making collective and systematic approach in this direction.

Generally the medicine is fixed on the basis of the stage of illness and its nature. This is true for almost all the systems of medicine. Different patients of same disease are given different medicines. Is it same in Yog also?

Yog does not act on symptoms;

it acts on the system. Therefore the treatment is given as per the disease not the patient. Different people could have different problems related to the digestive system. But the digestion process is same for all the people. There could be different types of problems in respiratory, circulatory and skeletal systems but the process is same in all the bodies. There is no need to get into those details in order to strengthen those systems. Vital life energy can be made healthy in order to win it.

Vital life energy has equal benefits on all the processes and arrangements. Its use can cure the functioning of the body. It is the basis of the body. The child takes a deep breath immediately after birth and the body starts moving. This is pranayam. When you get tired after long hours of work then you take deep breathe. You get relief; everybody takes deep breath while stretching the body. You do not have to learn these things. The nature teaches us. Yog is a broader side of this natural inspiration. It will give results if it is adopted. More you adopt, more the gains.

Is there any method that would prevent diseases?

We have prepared a seven-step pranayam package. It takes around 45 minutes to complete the process. One should practice it at least once daily in order to prevent diseases and avoid doctor's visit. One would never fall ill and the practice can be repeated. In case of any disease specific asana or process can be added. It could take more time otherwise the seven-step pranayam package is sufficient. The pace should be slow or medium depend-

ing on the condition of the body. Otherwise it is suitable and beneficial for everybody.

You talk about Ayurvedic medicines for treatment. Yog is capable of treatment then what is the need for medicines? In some cases the people do not have so much time to continue the practice of Yog and in some cases immediate treatment becomes necessary. Therefore medicines become inevitable. Then why only Ayurvedic medicines?

Because they are most suitable for us. Sages and seers have propounded this. This system makes the person healthy and disease free without giving any side effects. We had adopted it thoroughly in our lives in the olden days that today also it is present in our virtues. Women, especially the old women of almost every house is aware of Ayurvedic remedies for common ailments. They use it in everyday life.

Ayurvedic treatment is feasible for everyone. Allopathy treatment is very expensive so much so that around 65 percent of Indian population cannot even think of it. Around 70 crore people are not able to purchase medicines. According to the WHO report of 2005-06 around 489520 Crores are being spent on health services annually. If we aim to provide health services to the entire population then we require 11357 crore rupees. This is not possible for India; therefore Yog and Ayurved should be adopted as alternative and effective health building systems.

You are against allopathy, but



there is alternative to it at present. Continuous research is taking place in that area. New techniques of diagnosis and treatment are coming up.

I am not against the research and allopathic medicines. I am against the ravaging that takes place in the name of these medicines and treatment. The business of medicines is the second biggest challenge in the world of lethal weapons. This can be put up only with Yog. I am in favour of giving importance to Yog in comparison to medicines. If medicines are necessary then it should be Ayurvedic medicines.

The diagnosis methods developed in the field of allopathy can be used but treatment is required to be done in our own manner. The traders of allopathic medicines can create obstacles in this path. In such case our dedication will be useful.

Sometimes you deviate from Yog and Ayurved and make some comments, are those helpful in your mission or just create controversies. For instance, recently you had commented on cricket and then you had begun a sort of war against cold drinks.

I do not know the impact of these comments, but when I feel that something is against my culture then will definitely say it and one should also. I talk of Yog, pranayam and



asana and in this process I am trying to bring the people closer to their culture. A person's health is related to his or her thinking. The person's personal, economic, family, social and national thinking should be healthy in order to lead a healthy life. I talk about culture and traditions in order to develop that thinking. This hurts the selfish interests of a large group of people, but I can't help it. I make the people practice pranayam

and ask them to forget about burger and pizza do not drink cold drinks, as they are equal to poison. I say this because it is for bringing the people closer to their culture. I talked about cheer girls in cricket because it is against our culture. I did not talk against cricket. We have to maintain the decency of our culture and limitations and also follow them.

Ayurved is much older than allopathy. But its popularity has reduced over a period of time. People take allopathic medicines to control cold and cough.

The main reason for this is the propaganda of western style of education, its impact and cultural influence. The multinational companies engaged in the manufacture and sale

of medicines make their strategy in such a way that people fall into their trap. Government is also neglecting Ayurved. Besides the companies manufacturing Ayurvedic medicines are also getting diverted from the basic purpose and manufacturing cosmetics and vitamin tablets etc. I feel that Yog can indeed face all these challenges in a very effective manner. Thousands of Yog teachers are getting ready and Patanjali dispensaries are opening at different places in various cities. The number has increased to around five hundred. We are trying to give these measures a firm foundation through the medium of Patanjali Yogpeeth.

Courtesy: Aha Zindagi

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