

PRICELESS TIPS TO LEAD A HEALTHY LIFE

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Proximity to the nature on one hand helps a person to maintain physical health and remain disease-free. On the other hand, practice of Yog gives several health related benefits. Both healthy and unhealthy people can follow these simple tips and lead happy life.

- ❖ Drink one or two glasses of water kept in a copper container after waking up in the morning. If copper container is not available, use pure fresh drinking water. Drink water (at least three liters) every two hours.
- ❖ Practice brisk walking for 30 minutes daily after morning chores. Spend some time on Yog asana, pranayam, Surya Namaskar, gardening, swimming or any other exercise of your choice.
- ❖ Chew the food properly before swallowing and do not speak while eating. Eat sufficient food and do not fill the stomach completely. Take two meals in between seven hours.
- ❖ The best time for meals is before 11 a.m and 7 p.m. Soak grains, pulses and dry fruits overnight and use. The food should include 1/3rd portion of grains and pulses and the rest should include green vegetables. Take 20 percent cooked food and 80 percent raw food.
- ❖ Use low cholesterol oil for cooking and that too in very minimum quantity. Eat raw fruits, vegetables, sprouts, green leafy vegetables, seasonal fruits, salad, and fruit juice, coriander and mint chutney. The chapattis should be made with whole-wheat flour, eat unpolished rice and drink soup. Steam cooked food is also healthy.
- ❖ Take lukewarm water mixed with lemon juice and honey instead of tea, take diluted curd or buttermilk instead of milk and jaggery in place of sugar.
- ❖ Sit in Vajrasana for 10 to 15 minutes after every meal.
- ❖ Use a tough bed to sleep and a very thin flat pillow. Try to overcome all the worries before going to bed.

Lie down turning to your left and on stomach. There should be a gap of 15 minutes between meals and sleeping time.

- ❖ Take deep breath and sit straight. It is a good practice to clean your stomach two to four times a day and take bath with cold or fresh water twice daily. Massage the hands after taking bath and try to dry the water. Then use a towel. Offer prayers twice daily; once before sunrise and twice before bedtime.
- ❖ Take salt, sugar, spices, pulses, clarified butter, ice-cream, cooked food, potato etc. in limited quantity. Avoid wearing high-heeled sandals, shoes, watching television or cinema in excess and practicing tiring exercises.
- ❖ Avoid tea, coffee, smoking, alcohol, and other such practices. Avoid refined flour and things made with it, polished rice, non-vegetarian food, processed food, adulterated food containing added colours, artificial food, etc.
- ❖ Avoid consumption of dalda, oil, artificial food or cold drinks; do not eat unwillingly, in worried state, illness or without feeling hungry. Do not eat very hot or very cold food. Protect yourself from noise, wind, and water etc. Use of harmful cosmetics, artificial fabrics, and soaps should be reduced.
- ❖ Drink water half an hour before and after meals.
- ❖ Do not take sleeping pills, in case of sleeplessness, place a wet towel on the stomach (soak it in water and squeeze the water) and cover the body with a blanket or light quilt. Avoid meals at very late hours, being awake till late night, eating heavy and fried food.
- ❖ Rinse mouth after every meal.
- ❖ Brush teeth in the morning and night. Chew carrot, radish, coconut, sugar cane, aniseed, and sesame etc. to strengthen the teeth.
- ❖ Eat food rich in mineral and vitamin; include lemon juice, myrobalan, papaya, guava, tomato, carrot,

- sprouts, spinach, fenugreek etc.
- ❖ In case of pyorrhea, chew ten neem leaves thrice daily. Clean the stomach and take fruits for some days.
 - ❖ Rinse mouth with lukewarm salt water. Wash eyes with Triphala water in the morning and evening to improve eyesight.
 - ❖ Practice Kunjal once a week. Take enema in case of constipation. Body massage and sunbath or sauna bath is beneficial at least once a week.
 - ❖ Massage the tongue with the thumb daily. Fill water in mouth and sprinkle water on eyes and spend some time for laughing and singing.
 - ❖ Nowadays harmful pesticides are used on fruits and vegetables. Wash the fruits and vegetables nicely before cooking.
 - ❖ Maintain proper distance while watching television.
 - ❖ Early to bed early to rise is ideal. Keep fast at least once a week. Drink lot of water and eat only fruits or juices, lemon water with honey.
 - ❖ Practice nature therapy at least once a month like placing wet mud bandage, enema, massage, and sunbath or sauna bath to purify both mind and body.
 - ❖ Eat to live not live to eat. Natural life style is best to maintain a disease free life.
 - ❖ Self-medication and excessive use of medicines is dangerous for good health. Living in well-ventilated, airy rooms having pure water, sunlight, along with sufficient physical work, eating pious food has lot of importance.
 - ❖ Eating balanced food, practicing regular exercise and taking sufficient sleep prevents illness and keeps the person healthy and fit.
 - ❖ Fasting is the best method to remain disease free. Animals also do not eat in case of illness.
 - ❖ Do not eat food hurriedly or in state of mental worries. Heavy and spicy food causes diseases and reduces physical energy.

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