

YOG AND AYURVED CAN RELIEVE AIDS

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Respected Swami Ramdev Ji Maharaj says that the different companies which are advertising various alternative in order to eradicate AIDS is indeed shameful for the Indian culture. Swamiji says that good conduct and self control is the only method to cure AIDS. He says that it is necessary to introduce 'Yog education' in the schools instead of 'sex education'. Yog develops tolerance and changes the attitude. Sexual relationships with many people is a sin and leads to many diseases. Our age old Indian tradition tells us that a person should have sexual relationship only with the spouse.

The new era has entered our lives with all possibilities and opportunities. The world with a high number of Information Technology companies is also becoming a world of AIDS. The world is able to reach new heights but the increasing number of AIDS patients is a matter of concern. AIDS is not merely a caution of danger but in some countries it has become the synonym for death. The concern for AIDS has to be part of our daily life and there is an urgent need to find measures to overcome it.

Discussions in this regard have begun in India before two decades. In spite of the talks and discussions the general tendency of the people is very casual and is surrounded by three to four beliefs. They feel that AIDS is a western disease, which is the result of the openness of their culture. Secondly, it is related to a specific segment and that married couple leading a normal life need not worry about it. Thirdly, lack of proper health care facilities.

According to the latest reports of the United Nations AIDS Agency the number of people suffering from AIDS in India is not less. This epidemic has spread its roots in countries like South Africa, Burma, Vietnam and other South Asian countries. The number of people suffering from this deadly disease was around 83 lakhs until 2005, which includes India also. According to World Health Organization a large number of people are suffering from AIDS, and are fighting with death.

The possibilities to cure AIDS are being researched and till then patience is the only cure. There is no cure for HIV and if detected then there is nothing less dangerous than it. There is no vaccination available to cure AIDS. HIV and AIDS are the two words, which need description. In brief we can say that being HIV positive is the initial stage and AIDS is the later stage. AIDS means Acquired Immune Deficiency Syndrome. Acquired means, which comes through a particular behaviour. Immuno deficiency means weakness of the immunity system, which means symptoms of a group of diseases. When the immunity of the body becomes weak then different diseases attack the body and ultimately lead to death. The viruses, which carry them, are known as HIV or Humino Deficiency Virus. This virus destroys the immunity of the body.

In spite of the non-availability of the vaccines and possible dangers there is one positive phase. We have been successful in finding the virus, which is re-

sponsible for the disease and also the pattern of its spread, and hence it is possible to save ourselves from the disease. AIDS spreads from person to person only by four methods – unsafe sexual intercourse, blood transfusion from a person suffering from HIV, using the same needle for a healthy person and the infected person, transfer of HIV from mother to the child, or getting affected immediately after the birth.

HIV does not spread by shaking hands or touch, or sharing food, or staying with the person or even kissing the infected person. There is no doubt that the risk of AIDS has increased and it is incurable but its prevention is very simple. Firstly, sexual indulgence only with spouse. Secondly, HIV tests before blood transfusion. Thirdly, using disposable syringes and fourthly measures to be taken for HIV affected mother. These are the precautionary measures and can be put to practice very easily. If people are not aware of these common measures then media alone should not be blamed.

This is the age of fast communication and if people are not getting the required information then the problem lies somewhere else and is probably related to the attitude. Today we are facing a big danger in the form of AIDS and therefore it is necessary to bring in a change in attitude. Almost 80% of AIDS cases in our country are due to unsafe sexual relationship.

There is a need to look at the sexually transmitted diseases from moral values and consider them as diseases. These diseases are the result of a particular type of behaviour and it has to be accepted. On one hand the common man should know the common measures to prevent AIDS and on the other hand it is also necessary for the medical practitioners to become more alert. The medical institutes and medical practitioners should realize their responsibilities.

HIV test should be compulsory for blood and other organs test. The consumers in the medical field should know their duties and be ready to fight for their rights. There are easy methods to cure AIDS and prevent its dangers but careful understanding is necessary in order to find them. If we start giving easy solutions like compulsory HIV check up then we will move away from the actual solutions. It is also important for the person

to know the limits of certain things, like when are the forcible check-ups crossing the limits of the privacy of a person, and where the social, cultural thinking and moral values are interfering in sexual relations. When anything is imposed then there are ways to get out of it also. But it is also evident that such callousness can prove to be fatal. In this situation there is no other better solution than public awareness.

AIDS and sexual diseases have become very dangerous only because we were rigid in our age old beliefs and practices. Now the question is not just of morality or relevance, now it has become a challenge in the field of medicine and we have to put up with it. We have prepare the people mentally forgetting about moral and ethical values. It can be prevented only by understanding and awareness. It is necessary to extend the message to each and every individual that AIDS is the result of a particular life style and it is easy to prevent it. It is challenge in the form of an individual and society (people suffering from AIDS). Awareness towards AIDS is its cure.

‘Patanjali Yogpeeth’ is carrying clinical trials to cure AIDS with Yog and Ayurved. Allopathy gives immediate cure but has side effects. There is no other effective cure than Yog to fight out this disease. The main aim of Patanjali Yogpeeth is to propagate Yog and Ayurved all over the world and cure people from all diseases make this world healthy.

Respected Swami Ramdev Ji Maharaj says that the different companies which are advertising various alternative in order to eradicate AIDS is indeed shameful for the Indian culture. Swamiji says that good conduct and self control is the only method to cure AIDS. He says that it is necessary to introduce ‘Yog education’ in the schools instead of ‘sex education’. Yog develops tolerance and changes the attitude. Sexual relationships with many people is a sin and leads to many diseases. Our age old Indian tradition tells us that a person should have sexual relationship only with the spouse. On the occasion of ‘AIDS Day’, we would like to say that Yog, Ayurved, the traditions of the Indian sages and seers can only liberate the world from AIDS.