

IN PURSUIT OF HAPPINESS

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All creatures of the world, by nature, are always desirous of happiness. No one wants sorrow. I haven't read or heard about anyone who has opposed this view. Considered to be the foremost amongst all living beings, we human beings wish from the bottom of our hearts that the happiness we have should be secure and intact. At the same time, it should constantly increase. If there is any sorrow, we wish to be rid of it very soon and even in the future, we do not want any kind of new sorrow to affect us. Is this possible? I am answering this question from my viewpoint and on the basis of personal experience.

If a person takes utmost care and uses his intellect wisely then he can surely lead a life of happiness. This is because the creator of the world, the Almighty, has created us to bear the fruits of our good or bad karma and to escape from the cycle of life and death, and not to make us suffer from sorrow.

Except for human beings, the means to attain salvation is not there for the other creatures, and they have no other option but to bear the fruit of their karma. We, however, have the option if we wish to lead a happy life and to attain salvation from this web of life.

Human beings stay happy with the support of good knowledge and good culture. Opposed to this, people who are filled with wrong knowledge and have bad culture live a life of sorrow. According to the great sage Kapil, when something does not happen for any apparent reason then the person desirous of happiness should definitely know the reason for happiness.

We get material happiness from our mind and body, family, neighbours and other creatures, humans and

things that we use. Therefore it is important that we have the related and necessary knowledge.

The person who has adequate knowledge about health and follows it will never experience sorrow with regard to his body. It is said; 'the first happiness is that of a healthy body'. In other words, the primary happiness for human beings comes from a disease-free body. I consider those people who fall sick to be very fortunate. The unfortunate people who have to strictly take medicines according to a routine are always bereft of the happiness of a healthy body.

According to Ayurveda masters—To keep the body always healthy, do not stay awake till late at night. Get up from bed before sunrise. Wash your hands and clean the palate with the thumb. Massage gums with the fingers of children. After this complete your ablutions and, according to age, resources and bodily capabilities, perform asanas and exercises, walk, bath and Pranayam. It is important to prepare pure, sattvik, nutritious, easy-to-digest food according to nature and tastes and this should be had in limited quantities. Just keep in mind that we should eat just enough to live, and should not live to eat.

An individual who enjoys luxury and food is certain to have an unhealthy body, and cannot become a Yogi because, according to Maharshi Patanjali, the first hurdle is an unhealthy body. It is for this reason that we constantly ask God for help regarding health.

Eat less, digest more or else you will become lazy. Also do not work harder than your body is capable of. Keep a balance. By following these rules, it is possible to always be happy with regard to your body.

JUNK FOOD INCREASES THE RISK OF HEART ATTACK

Junk food is very dangerous with regard to the health of the heart. According to researchers, the primary reason in over 35% of heart attack cases is junk food. In a survey done across 52 countries, it has been found that western lifestyle, of which junk food is primary part, increases the risk of heart attacks. The study also reveals that people who eat more fruits and vegetables are at lower risk of heart attacks.

Dr Salim Yusuf and his team from the University located in Ontario, Canada, had included over 16,000 heart patients in their study. Among these, 5700 patients had recently suffered from their first attacks. Everyone included in the study had been divided into three groups. The first group was given an oriental name. The reason for this was that this group ate large quantities of tofu, soya and other sauces. The second group got a western label. This group ate more of fried foodstuff, snacks and meat. The third group was called Prudent since this group ate more of fruits and vegetables. After study, it was found that the third group which ate more of fruits and vegetables had a lesser risk of heart attack compared to the other two groups.