



RELIEVE DEPRESSION

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cial crisis.

It is hereditary in some cases.

Some have chemical loss in the brain and suffer from depression.

Improper usage of pills to avoid pregnancy and blood pressure tablets could also lead to depression.

Prolonged illness due to arthritis, ulcer, cancer, aids, heart attack, and paralysis are some of the reasons of depression.

Cure

Depression is not a disease, which is not curable. Yog is the best cure for depression. It cures depression permanently. The body has to be purified before beginning its practice. There are six procedures to cure the body.

1. Dhouti 2. Vasti 3. Naouli 4. Neti 5. Tratak 6. Kapalbhati.

Dhouti kriya

Dhouti kriya is of three types:

a. Jal Dhouti, b. Vastra Dhouti, c. Dand Dhouti

Jal Dhouti – 1. Kunjal 2. Shankh prakshalan. Kunjal kriya should be practiced once in a week. Shankh prakshalan should be practiced once in a month.

Vasti kriya – Before Vasti kriya one should practice Moolbandh kriya. If there is any problem while performing vasti kriya then use enema. Vasti kriya can be substituted with it. Initially it should be practiced weekly and then monthly.

Naouli kriya – Before practicing Naouli kriya one should practice uddiyan bandh, contracting stomach and Agnisar kriya. Naouli kriya should be practiced daily.

Neti kriya is of two types – 1. Jal Neti 2. Sutra Neti.

To practice Jal Neti, a small vessel is available in the market with attached tap. Initially, this kriya should be practiced once daily and later once a month.

For Sutra Neti 3 mm and 5 mm catheters are available in the market, which can be practiced in a row. This kriya should be practiced initially once a week and later once a month.

Tratak – Watching a thing continuously without blink-

Depression is caused due to unhappiness. Unhappiness leads to depression. Unhappiness or sadness may be due to poor performance in personal life, work or social or family life.

The patient suffering from depression suddenly becomes sad and likes to sit alone, sometimes he becomes restless and wanders from one place to another without any reason, he does not like anything including the company of anybody. This unhappiness can occur either in the morning or evening time. The patient is always suspicious about others. Sometimes he develops problem in intestines or brain. The patient is terrified. He always thinks badly about someone close to him. The person is sensual in nature and complains of forgetfulness. The patient does not feel happy in any work, loses appetite, loses weight, wakes up early and is unable to sleep properly. Feels guilty of everything and feels very bad and that everything is happening because of him. The patient loses courage and becomes pessimistic. The patient feels that everything is impossible in life; whatever happens in the future will be bad and feels weary. The patient feels tired in doing his daily routine work, like taking bath, shaving, washing clothes, etc. The patient skips office, avoids work. Laughing, smiling, forgetfulness, crying over small things is some of the symptoms of depression. According to a survey approximately 5% of the population is suffering from depression.

Causes of depression:

Some people suffer from depression due to finan-

ing eyes, in Siddhasana, Sukhasana, Padmasana, and swastika asana. This should be practiced daily.

Kapalbhati – Sit in any desired asana and exhale forcefully from the nose by closing the mouth. Around 60 strokes can be made in a minute.

After practicing these six kriya following should be done;

Backbone bath:

Put a stream of coldwater starting from the neck region, going backside and let the water flow downwards. This bath should continue for 15 minutes daily.

Weekly once take hipbath and one day tie multani mud on the stomach. Nadi shodhan, Anulom-Vilom, Shitali, sheet Kari, Bhastrika pranayam, should be practiced five minutes every day. Shirshasana, Sarvangasana, Adhomukh, Paschimottasana Dhanurasana, Chakrasana should be performed where ever and however possible.

These asanas should be learnt from a qualified Yog instructor properly. Practice Shavasana for 15 minutes every day.

Patient suffering from depression should eat the following:

Apple marmalade and one apple with a glass of milk before going to bed.

Take a glass of carrot juice and drink daily.

Season karamkale curry with clarified butter and consume.

Eat raw onions.

Take dry fruits in the night. Grinded black pepper, aniseeds, sugar should be added and consumed. Add honey to lemon juice and drink before going to bed. Grind green coriander and sugar and make squash. Grind jaiphal in water and apply on the eyelids. Grapes, myrobalan, tomato, potato, garlic, cholai, bitter gourd, mustard, wheat, turmeric, salt, ginger, orange, banana, cucumber, round gourd, tinda, mango, curd, milk should be consumed. Practice Neti with mustard oil and massage once a week.

Depression can be easily cured with the above-mentioned tips.

WHY SHOULD PRANAYAM BE PRACTICED ON EMPTY STOMACH?

Dr. Manohar Bhandari

Pranayam and exercises should be practiced on empty stomach, just like a vessel that has to be empty if it is to be cleaned. When we perform some bodily action the blood circulation in that part increases and decreases in other parts. If the stomach is full then the blood flow in digestive system increases. That is why people feel lazy after consuming food, because even the brain receives less blood during that time. While exercising the body has to perform different types of actions. The body demands more oxygen. All the parts of the body need fast blood circulation and to arrange extra blood for digestion is not possible.

Our blood is in alkaline form. 80% of our food should contain alkaline. Green vegetables, milk, fruits, potatoes etc., contain alkaline. Cereals and millets contain more alkaline. Sweets, fried items, food prod-

ucts made with refined flour, cold products, savories, fast food, junk food, cold drinks, spicy food items, pickles, sugar, salt and meat contains acids. That is why they are bad for the body. Stuffing food without feeling hungry, eating a number of times, makes the digestive system weak. The immune system of the body is reduced and does not give essential nutrients.

To diagnose any disease, the doctors suggest culture and sensitivity test for urine and blood. Pathologist takes blood, urine and stool sample on a slide and keeps it for 24 hours, the bacteria increases in crores. If bacteria enter into the body, where there is no motion, then the bacteria enters the blood.

People should learn how to walk briskly, which makes the arteries cholesterol free. The body parts receive air and nutrients through fasting. This improves health.