

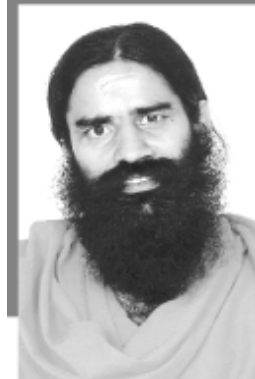
The main aim of systematic practice of ancient healthy building systems is to build a disease free and healthy society. Pranayam helps in the physical, mental and spiritual development and cures all the diseases in a human body.

Revered Swami Ramdev addressed the yog practitioners and said that nation can progress only with the help of a disease free and healthy society. He talked about the importance of various asanas to the practitioners present in the camp and said that the human body is made up of eight chakras out of which the root chakra (Mooladhar) is the

center of strength and the sacral chakra (Swadishthan) produces the strength. He said that the solar plexus

(Manipur chakra) contains the divine energy of the universe and body. The heart chakra (Hriday) is full of emotional feelings like empathy, pity, love along with divinity. It creates divine spirituality. The throat chakra (Vishudhi) develops the different essence in the physical body. The chakra of time (Agyana) is the center of knowledge and the crown chakra (Sahasrar) is the center of happiness. Swami Ji said that the arousal of all the above-mentioned eight chakras is pranayam. Pranayam purifies the nerves and the practitioner can arouse all the chakras with the help of yog asanas. According to him, regular practice of pranayam can cure diabetes, high blood pressure, throat and other diseases without the use of medicines.

Revered Swami ji Maharaj cautioned the practitioners and said that pranayam should be done very carefully and regularly in order to reap the maximum benefits. Wrong method of pranayam could lead to other problems. he said that the practitioner gets spiritual favour through thoughtless meditation. The wisdom fills the mind of yogi with all that is neither heard or written in any classic. All the great saints like Kabir, Goswami Tulsidas are saints of this order who have not learnt the mantras, Vedas from any religious mentor or guru but have obtained this eternal wisdom with meditation and contemplation on the supreme soul. they were able to understand true-false, knowledge, science, and auspicious-inauspicious, religion-



and being cheerful.

Swami Ramdev Ji Maharaj says that the body is the place for diseases but this happens only when the temple like body is not cleaned and maintained properly.

Swami Ramdev Ji Maharaj said that medicines are not alone enough to keep the body diseasefree but regular practice of yog is more effective to lead a healthy and disease free life instead of taking medicines. Swami ji said that the man

- *Nation's progress is possible only with the development of disease free society – Swami Ramdev*
- *Meditation can help in reaching the highest state of knowledge*
- *Yog has special significance with respect to health - Swami*

irreligion. They described the meaning of all the classics in simple words without reading the classical scriptures and literature. The words narrated from their mouths became mantras and prose, which gave knowledge to the entire world. Swami Ji said that if we want to make our children highly intelligent and wise then they should be given yog education along with training of meditation. Meditation develops the dormant knowledge lying inside our brain.

Swami ji said that the sages and seers used to teach meditation to the celibates during student life itself. Therefore yog and meditation is not a knowledge that can be learnt only in old age. If a person learns it during young age helps in the all round progress, maintaining good health

is busy collecting all the things of comfort and luxury but he does not have the time to take care of the body which uses these things of comfort.

Swami ji said that religious works and other worldly affairs can be done only when the body is healthy and free of illnesses. If the body is not healthy then the accumulated wealth and luxury will not provide the happiness because the person will not be able to enjoy them. Swami ji said that the man can relieve serious diseases only with the first step of yog, namely pranayam. He said that regular practice of Bhastrika pranayam for five to ten minutes helps in regulating respiration and cure heart and lung related diseases, which cannot be cured even with the help of medicines.