

PRACTICE YOG, BE HEALTHY

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देवक्या पालितो गर्भे लालितोऽङ्ककेशोदया।

राधयाऽऽराधितो देवो गोपालो मे प्रसीदतु॥

***A man
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Birth and
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Only God
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Hence bow
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The creator of this universe, the almighty who showers happiness on his devotees, lord of universe, omnipresent, Brahma lord Krishna has created this universe to play. It is said that India is the most sacred of all the places on this earth because god has incarnated on this land in many forms and great saints, sages and seers have devoted, worshipped, and followed an austere life through study of holy books, practice of yog and meditation and achieved liberation.

The human body is the medium for all kinds of devotions as man has deep faith in god. In Bhagvat it is said – ‘तासां मे पौषी प्रिया’ (भागवत.). It means even god waits eagerly to take human birth. It is believed that human birth is obtained after several lives and as a last birth. Human life is uncertain but even then it is considered to be the best life as it is the medium of accomplishment (various objectives of life). Gods devotion is possible only through human body. A man takes birth according to satva, rajas and tamas i.e., pious, passionate and egoistic deeds. Godly or divine figures take birth due to satva quality, man through rajas and evils are born through tamas. To attain god one should take birth as man.

After attaining mans life and accomplishing duties depending on the class and qualities a man develops interest in good deeds with the purification of mind and the person is able to do good for himself. Three things are essential for this body – food, water and medicine. Food and water are essential for vitla life energy. If a person eats proportionately then he will never suffer from illness. It is said that half the stomach should be filled with food, one part with water and another part with air. If a person follows this concept then he will never have any disease. Excess of anything leads to illness and the person suffers from different kinds of problems. Diseases occur due to luxurious life style and comforts. Intelligence also depends on food. When a person consumes good food and has good thoughts then his mind also becomes pure and through pure mind he will be able to perform all good deeds and through this he attains salvation. Impure food leads to bad thoughts, which in turn leads to bad deeds and this leads to sufferings and miseries. Therefore one should take pure food. Man should eat pure food in order to keep away from unhappiness, negative thoughts and diseases. Medicines can be used to overcome any problem caused due to food and water. It is said that a person belonging to a certain place should take medicine of that place only. According to Ayurveda expert sushrut says that – ‘The medicine also depends upon ones nation, place’. In the present modern age are not being used and disappearing from our society, which is a matter of deep concern. Nowadays, people are becoming more and more materialistic in nature. It is all the more necessary to recognize the importance of herbs and medicinal plants it is necessary to manufacture ointments, medicines, tablets, and churnas. Our classics give special importance to prayers, sacrificial fires and other rituals. Today we spend several thousands on treatment but health benefit is still a dream. If one disease is cured another disease occurs.

The medicines made in hot countries cannot be beneficial for cold countries and vice versa. Hence Indians should take Indian medicines.

Sun is the direct god, who is visible to us. He blesses us with good health if we offer prayers regularly. According to Matsya Purana ‘आरोग्यं भास्करादिच्छेत्’ (मत्स्य. पु.) It means as long as there is brightness, energy, mental ability, strength, physical strength till then man can work on his own. As the old saying goes, ‘there is no use crying over split milk. Therefore a man should work hard after taking human birth. Birth and death are the biggest diseases among all the diseases. Only God can save us from this situation. Hence bow down in front of god, practice yog, be healthy and save yourself from diseases.