

YOG REDUCES THE RISK OF PROSTATE CANCER

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Enlargement of prostate gland, prostatitis and prostate cancer are the serious diseases, which occur in men. Prostate is the important and peculiar part in men only. That is why it is known as 'Paurush Granthi' meaning manly organ. In women the urinary bladder and reproduction system is different but for men they are same. The urethra of men is 17 to 23 cm long. The urethra passes through urinary bladder and then through prostate gland. The urethra situated in this gland is called prostatic urethra. The front part is known as membranous urethra and the end part is known as penile urethra. This part makes 90-degree angle and passes to the penis through the Mooladhar. In youth the front prostate acts as muscle and becomes prostate gland after the age of 17 years. Prostate gland secretes the most important component known as sperm, which contributes for reproduction. Prostate has a special quality; it does not allow the urine and sperm to mix even though their paths are the same. It blocks urine at the time of ejaculation and allows only the sperm to flow out. Prostate gland is walnut shaped. The transverse diameter is 3.5cms, whereas anteroposterior diameter is 2 cm and vertical diameter is 3 cm. The outer layer of the prostate gland touches the rectum, which is why prostate enlargement or swelling can be detected by inserting finger inside the anus.

Enlargement of prostate glands:

In this disease the prostate gland enlarges without swelling. This disease occurs without any viral or bacterial attack hence the patient does not experience any kind of pain or fever. Generally, this disease occurs after 50 years of age.

Reason:

- ◆ Overindulgence in sex.
- ◆ Excess consumption of liquor.
- ◆ Phlegmatic constitution, usually it occurs in men who

live in cold regions.

Symptoms: Initially the patient complains of painful and obstructed urination. Later urine passes without any difficulty and normally. In severe stages the urinary bladder does not get fully empty and little quantity of urine remains. At the time of urination the patient feels that something is preventing urination.

Prostatitis: The prostate gland gets swollen in this disease.

Reasons: Germs in intestines, improper use of catheter, stones, piles and fistula.

Symptoms: In the initial stages there is pain and burning sensation. The pain extends up to urinary bladder, kidneys etc. frequent urination, painful urination and stoppage of urination. Similar type of pain is felt in testicles and thighs. Urine is passed with great difficulty and thread like elements pass through urine. Prostate develops wound and later turns into cancer in the absence of timely treatment.

Remedy: Regular practice of Yog and asana can be helpful in taking care of symptoms and disease. The daily routine should be improved if any above-mentioned changes are noticed.

- ◆ Get up before sunrise and do follow this it is necessary to take dinner at 7 p.m and go to bed by 9 p.m.
- ◆ After getting up, brush your teeth, wash the face and consume little water. Drink lukewarm as far as possible.
- ◆ Go for morning walk, if possible try to go to a park, ground, or on the terrace and with cheerful mind practice the following asanas and do the necessary body purification exercises.

Practice Kunjal, Sutraneti, Kapalabhati, Nadi shodhan, Anulom-Vilom, Bhastrika, Ujjayi, shankh prakshalan, Shirshasana, Sarvangasana, Dhanurasana, Naukasana, Veerasana, Padmasana, Ardhamatysendrasana, mool bandh, uddiyan bandh, Garudasana, Vruschikasana,

Sinhasana with the help of and instructor.

Kunjal and Sutraneti should be practiced weekly and shankh prakshalan should be practiced once a month.

Kapalbhati should be practiced for 15 minutes daily. Remaining pranayam can be done five minutes every day. Practice asanas whenever possible. Hipbath daily for 15 minutes is also beneficial. Keep wet mud bandage on the stomach. Put it before going to bed and take it out in the morning. Pranayam should be practiced in Padmasana posture.

Diet: Diet should be taken care of along with practice of pranayam. Simple, easily digestible nutritious food

should be consumed. Avoid going in the cold and wet climate. Prostate problem may cause piles and constipation. Avoid taking food and vegetables, which cause constipation. Apple, papaya, wood apple, cucumber, radish, and green vegetables should be included in the daily diet.

In this way every day practice of pranayam asana, after entering the age of 50 is helpful in preventing prostate problem. A person who is suffering from prostate disease can also follow these asanas, pranayam and overcome this disease.

VEDIC APPEAL

Vaishak-6

Acharya Abhayadeva Vidyalkar

GOD'S METHODS OF PROTECTING US

महीरस्य प्रणीतयः पूर्वोरुत प्रशस्तयः ।
नास्य क्षीयन्त ऊतयः ॥

-ऋ. 6/45/3

sage: Barhaspatya Shanyu || **Lord:** Indra || **Prose:** Gayatri

Word meaning: Asya – this god's; Pranitaya – taking forward, path of uplifting his people; mahi – are big; uta prashastaya purvi – and his praises are ancient; asya uttaya na kshiyante – his protection never end.

Appeal – How can I narrate the unique ways with which god uplifts his men. When man cries and fights, at that time his mind is full of confusion and he does not get success in any work. Later he comes to know that during that period he has determined a big path for his progress. The man fails to understand the positive incidences that take place in his life (god's actions) and as to how can these incidences give him success and help in his progress in the long run? God has unique ways of uplifting his people. This path is very huge and unmatched that a man can never see it without farsightedness, therefore he is always afraid of going towards welfare. Every individual is progressing and prospering depending on his nature and capabilities in his own manner. When man is not able to understand his own path of progress then how can he claim that he can do so for other people? This is indeed a difficult task and requires lot of courage. The person who gets the fruit of success with the blessing of god in a particular form starts singing in his (God's) praise in that form (worshipping). In this way man has been singing in his praise since ancient times and will continue to do so. How can he stop singing in praise of the god? A devotee is not able to see the end of god's methods and types of protecting his men. God's power of protection never ends. A stream of protection has been flowing continuously in an unending manner, which is protecting every person, animal, bird, insects, germs, movable and immovable world, in an unimaginable way. Man assumes that he would be protected in a particular manner depending on his past experiences and prays god for the same. He expects the same thing but god protects him in a completely different manner and the man is taken aback with surprise. New and unimaginable ways of god's protection continues in this manner and then the man realizes that god is indeed protecting the whole creation in different ways. Whether we believe it or not, but he is protecting us even while killing us. God's ways of protecting are very great, they are unending, those who realize this sing in his praise.