

HEALTH TIPS

**"Dhyan Yog" -a yogic way of purifying body, mind and soul**

- "One should hold his body, neck and head firmly erect in a straight line and his eyes should stare at the tip of the nose, looking neither right nor left."- [Shrimad Bhagawat Geeta (SMBG) 13:6 on "Dhyan Yog"]. This single shloka is capable of giving answers to so many confusions which come in the way of meditation. As experienced, this is the only way of real and right meditation.
- Scientifically true also, for, meditating in this way, opens door to deepest breathing-> maximum consumption of pranvayu (oxygen)->purifies not only blood but all the 7 dhatus (tissues);
- As has been experienced, through "Dhyan Yog", whole body is purified, becomes very light and diseaseless. The mind expands tremendously at higher frequency levels. The person clearly visualizes his soul "bodyless" "out of body" "a distinct identity from body" with an eternal peace and bliss, yogis call it "paramananda anubhuti".

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HIGH BLOOD CHOLESTEROL - ITS SYMPTOMS, CAUSES AND MEANS OF GENERAL CARE

Cholesterol is one of the essential ingredients of the body and is generally produced in the liver. However, about twenty to thirty per cent generally comes from the food we eat. Each person with high blood cholesterol is observed as a potential candidate for heart attack.

SYMPTOMS

The person having high cholesterol feels general fatigue, uneasiness, pain and heaviness in chest area and breathlessness and cause excess sweating.

CAUSES

The causes includes excessive smoking, alcohol consumption, eating high fat diet like extreme consumption of milk and its foodstuffs like ghee, butter, and cream, coconut and palm oil; white flour, pastries, biscuits, cheese, and ice cream; and non-vegetarian foodstuffs like meat, fish, and eggs, abnormality in habits, obesity, heredity factors, stress, strain and over work load, diseases like diabetes mellitus, kidney disease, liver disease, or hypothyroidism.

YOGIC CARE

- Dhyan yog – Already discussed in brief;
- Asanas – Shalabhasana, Padmasana, Vajrasana, Ardhamatsyendrasana and Surya namaskar;
- Pranayama – Deep breathing is very effective in high LDL. One must do anulom-vilom and also Kapalbhathi. On improving add Bhastrika;
- Bandha: Moola bandha is considered to be good;
- Mudra – Ashwini and Gyan mudra is very beneficial;
- Shatkarma – Jal-neti for nasal cleansing is must for best ratio (be cautious in liver disease and in inflammatory bowel disease and diarrhea, not recommended for pregnant women and discontinue if allergic skin rash occurs);
- Arjuna – dissolves the cholesterol that accumulates in the coronary artery and reduce the possibility of heart attacks;
- Garcinia cambogia – inhibits the synthesis of lipids and fatty acids and lowers the formation of LDL and triglycerides;
- Tulsi – dissolves accumulated cholesterol from the arteries into the person's bloodstream and from here they are eliminated by the kidneys;

- Garlic – disintegrates the blood cholesterol and hence free up the arteries (2-3 cloves boil with milk or take directly);
- Amala – It is rich source of vitamin-C;
- Ginger or its paste can be prepared with garlic and be taken with rice or chapati;
- Lime juice with honey;
- Cinnamon tea with honey;
- Ishabgol seed oil – one teaspoon twice (It holds fifty per cent linoleic acid);
- Vitamin E – foods like sunflower seeds, safflower, soyabean oils, butter, and sprouted seed and grains;
- Almonds and walnuts – it contains linoleic;
- Fenugreek seeds and sprouts-helps to reduce the effect of deep breathing pranayama.

DIETARY CONSIDERATION**Take:**

- Fresh fruits, green leafy salad, blackberries, strawberries, carrots, broccoli, green beans grain cereals, soybeans, un-pasteurized milk, little curd, add turmeric and curry leaves (sweet neem) to the diet more, use sunflower oil, sesame oil and olive oil for cooking, cow's milk, ghee and butter.

Avoid:

- Refer the causes given above and take care in diet and life style.

HERBAL CARE

- Guggal – a proven remedy to lower cholesterol and triglycerides, while maintain or improve the HDL to LDL high cholesterol levels;
- Coriander – boil two tablespoons of dry seeds of coriander in a glass of water and strain the decoction after cooling. Take this decoction twice a day;
- Raw onion (white) – for blood purification, circulation and heart function;

OTHER CONSIDERATIONS

- 15 to 20 glasses of water in a day to remove the toxic buildup in the arteries;
- Have cold hipbath twice a day on a regular basis;
- Stream bath is also wonderful way (hypertensive person must consult family physician);
- Brisk walking, swimming, bicycling, and playing badminton are also outstandingly effective.



(L to R) : Shalabhasana, Padmasana, Vajrasana, and Ardhamatsyendrasana to balance the blood cholesterol

Disclaimer:

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