

VEDA JYOTI

Light of Knowledge

August 2018



Founded by Pandit Nardev Vedalankar (1985)

70 000 copies FREE

HEALTH, YOUR WEALTH

The saying, "Health is wealth," means that if you are healthy you are rich, even if you do not have money. Health is a state of complete mental, physical and social well-being, and not just the absence of disease, injury or pain. In life, it is more important to be healthy rather than to accumulate riches without experiencing the peace and happiness that good health brings. Even if you have all the money in the world, such riches will not be able to buy you good health. To reach a state of good health your mental, physical and social life will have to be in harmony. If you are strong and healthy, you can be a shining example to others and teach them how to achieve vibrant health.



a chest pain may be caused by stress and no physical disease can be found.

Contentment is the key to happiness. True happiness is to be satisfied with what we have, to regard this as sufficient for our needs and not to want anything more. The great blessings of mankind are within our reach, but we shut our eyes and, like people in the dark, stumble to find the very thing we search for without finding it. Peace and calmness of mind is something which no amount of money can buy.

For man to be happy, his mind must be the same under all conditions, both good and bad, that he encounters. There must be equal care for the things of the world, but without any anxiety. The treating of the conditions in life equally, is the secret to a calm and peaceful mind. The Bhagavad Gita, the Hindu equivalent of the Bible, stresses the need for ceaseless activity with total disregard for the results.

MENTAL WELLNESS

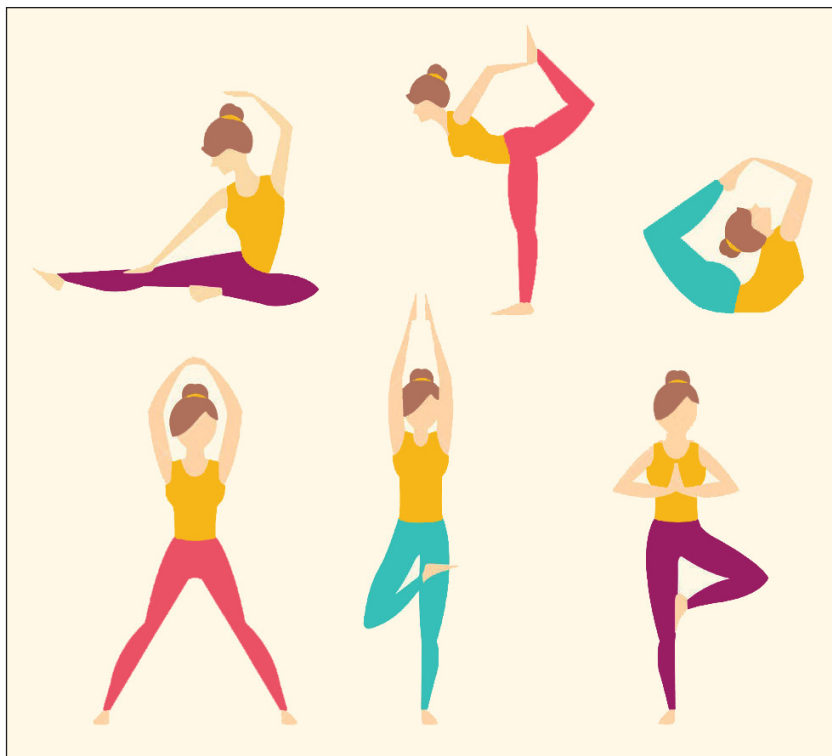
If you are constantly agitated and stressed, it is true that this will show itself as 'dis-ease' in your body. Many diseases will arise in the body because the mind is not at peace. Such diseases are termed psychosomatic disorders, meaning a physical disease that is thought to be caused, or made worse, by mental factors. For example,



This attitude conditions the mind for contentment while remaining active and longing for achievement. Contentment which results from doing nothing is not what is prescribed here. We have to always strive, seek, find and not give up.

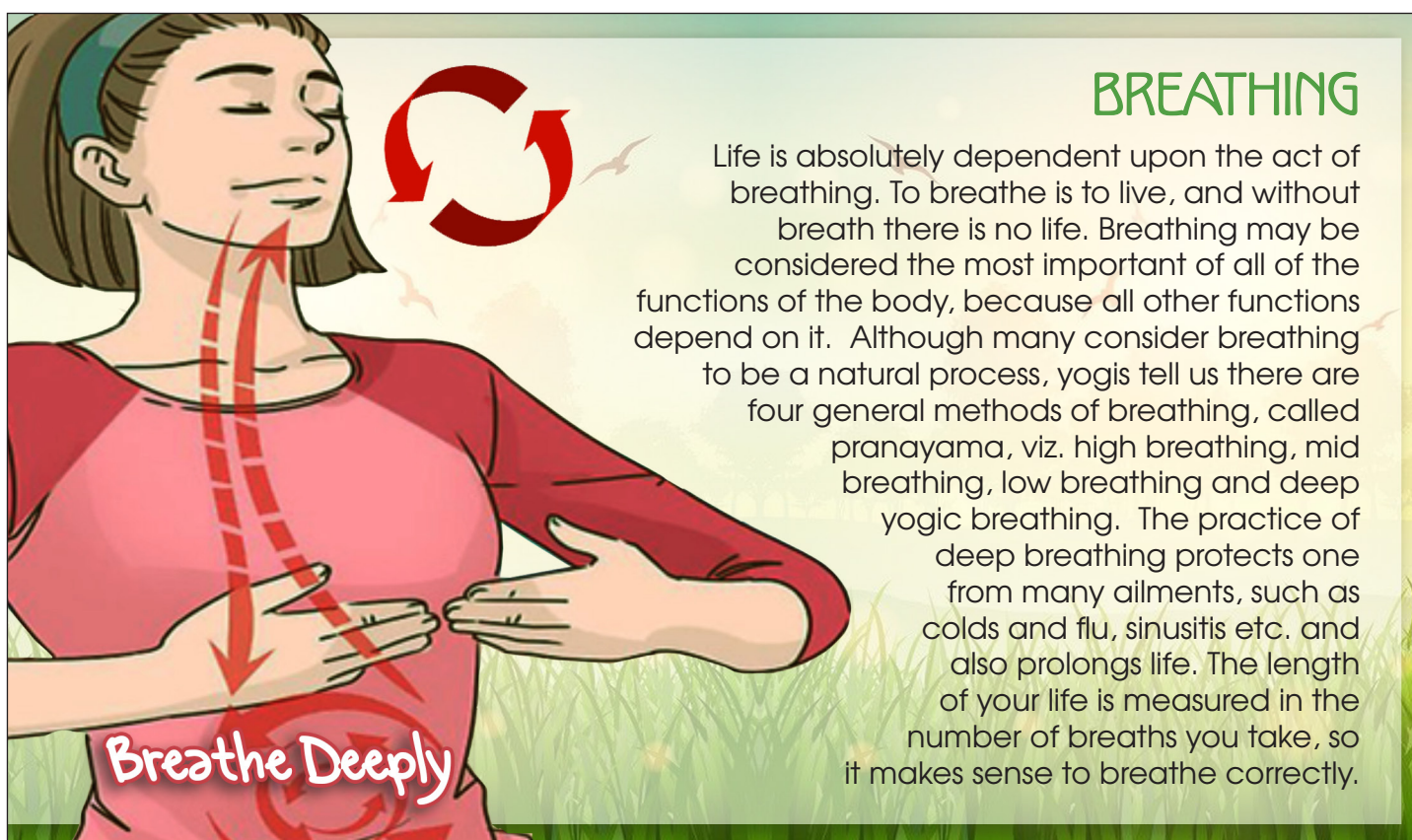
PHYSICAL WELLNESS EXERCISE

In your journey to be healthy, one of the first steps is to tone up the body. Why do we need physical activity in the first place? Charaka, one of the greatest writers on Ayurveda ('science of life,' from 'ayus' meaning 'life' and 'veda' meaning 'knowledge') gave this answer: "From physical exercise one gets lightness, a capacity for work, firmness, tolerance of difficulties, elimination of impurities, and stimulation of digestion." The ideal form of exercise is one which balances the whole system, body and mind. It is also important that the exercise should give you more energy after doing it than making you tired.



One very simple exercise, **walking**, comes to being ideal because it is a natural activity and balances body, mind and soul. A brisk walk on a nature trail or beach on a regular basis has numerous health benefits. But even better is the system of yoga postures, handed down by Indian sages and yogis over thousands of years ago. Yoga is a powerful means to maintain harmony of the body and mind for people of all age groups, from the very young to the very old.

Yoga is known for its benefits to calm the nerves, de-stress the mind and energise the body. It helps to improve blood circulation, oxygen flow in the body and improves the functioning of all your body organs. It is best to learn these postures from a teacher who can advise you how to breathe when performing the exercises. Once you learn the postures you can do them in the comfort of your home, a park, or even on the beach.



DIET

Ayurveda allows us to eat a balanced diet naturally, guided by our own instincts, without turning proper nutrition into a headache. The digestive power of human beings is closely linked to the time of day. Digestion is strongest when the sun is at its strongest. This is why lunch should be the heaviest meal of the day. To enjoy good health, you should follow the broad natural body cycles, viz. Eat from 12 noon to 20h00; absorption and extraction of nutrients takes place from 20h00 to 4h00; from 4h00 to 12 noon, the body tries to get rid of body wastes; eat a light breakfast during this time. The presence of undigested food in the system is responsible for most diseases. Vegetarian, low-fat, high fibre diets are better for the heart and arteries than non-vegetarian, high fat diets.



SOCIAL WELLNESS

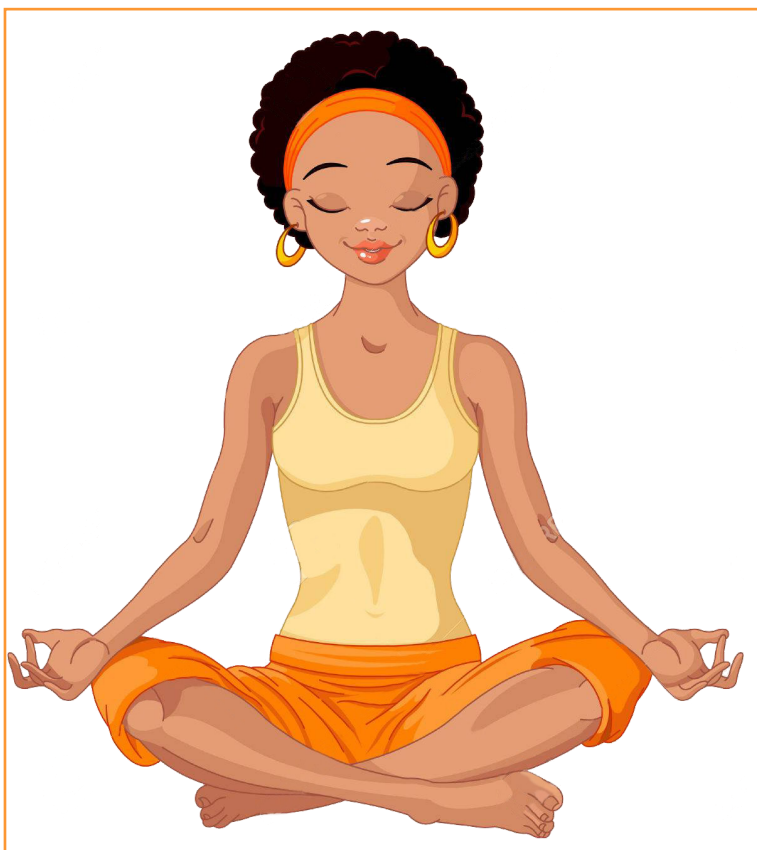
If a person worries only about himself excessively, he cuts himself away from others, becomes lonely and unhappy. This also creates confrontation and mistrust between partners. There is rarely a one-way traffic in human life.

They are mostly mutual. Love begets love, trust begets trust, and friendship begets friendship. Give these abundantly in your dealings with others, especially to your partner, and try to maximize the harmonious elements in your home environment. Laughing more often is therapy and one of the secrets of good health.

HERE ARE SOME INTERESTING PRACTICES:

1. The morning sun's rays are best for health, typically the first 1.5 hours (called Brahma muhurtha). Taking a dip in water, facing the sun, helps our body to absorb maximum cosmic energy and kill bacteria. This also improves vitamin D production. Science has proven that best source for this vitamin is our sun.

2. "Pranayama" – Right nostril breathing helps improve our physical and mental health. Sit comfortably and erect, close the left nostril and breathe in through right nostril for the count of eight. Block both nostrils to lock air inside the lungs for six counts, then again expel the air through only the left nostril for about eight counts. Repeat this process for 15-20 minutes. You will feel your mind becoming calmer as the brain gets maximum oxygen. The "residual" air from lungs is forced out and hence cleansing happens. The slower we breathe, the better our concentration is. Rapid and shallow breathing happens when one is stressed or afraid.



MEDITATION SHARPENS THE MIND!

3. Meditation gives you spiritual strength, peace and vitality. It is the finest of all mental tonics. Frequent irritability is a sign that the person is not meditating. Meditation helps you develop strong, clear and well-defined mental images.

Meditation helps you become more efficient and productive in your personal and working lives, through clarification of ideas and thoughts. It is best to meditate during the period of Brahma muhurtha mentioned above.

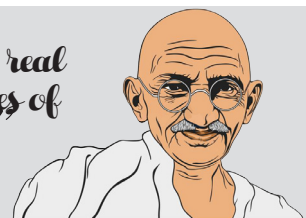
4. Drink plenty of good quality water as it reduces the risk of infection, keeps your skin healthy, reduces the risk of heart attack, burns body fat and regulates your body temperature.



Good health can be achieved through cultivating self-discipline in your life. Self-discipline basically means taking control of the senses, (seeing, hearing, smelling, touching and tasting). It means saying 'no' to temptations.

"It is health that is real wealth and not pieces of gold and silver."

Mahatma Gandhi



Reference

- Holistic Way to Health, Happiness and Harmony - V. K. Subramanian
- Perfect Health - Deepak Chopra

With deep gratitude to our sponsors:

- Palm Stationery Manufacturers, Phoenix Industrial Park
- Standard Printers, Springfield Park, Tel: 031 579 7400

Published by : Arya Samaj South Africa,
45 Meerut Road Westville 3630
Tel : 031-267 0544 or 267 0519 | Fax: 031-267 0513
E-Mail: aryasamaj@aryasamajsouthafrica.org
Website : www.aryasamajsouthafrica.org
PBO No. 18/11/13/297