



AROGYADHAM e-Newsletter

For Healthy and Happy Living

From Sevagram, Karmabhoomi of Mahatma

Patanjali Ashtanga Yoga (YOGism) for Healthy Lifestyle

Yama (moral code), Niyama (discipline), Asana (postures), Pranayam (breath control), Pratyahara (vairagya), Dharana (concentration), Dhyana (meditation), Samadhi (oneness with the Universe)

Benefits of eating with hands

Many people find eating with hands unhygienic and disgusting but the connection of eating food with hands is not only with the body but also with the mind and soul. Lets know the benefits of it.

The ancient native tradition of eating food with the hands is derived from the yoga mudra practice, which is prevalent in many aspects within Hinduism. As per Vedic knowledge, our hands and feet consist of the five elements, each finger is an extension of one of the five elements: Thumb: Fire; Index finger: Air; Middle finger: Heaven/ Ether; Ring finger: Earth; Little finger: Water.

We have some bacteria, known as normal flora, found on our skin. These bacteria are not harmful to human instead they protect us from many harmful bacteria from outside environment. Eating with spoon for long time can change the arrangement of normal flora in gut. It results reduced synchronous immunity to environmental bacterial germs.

Gathering the fingertips as they touch the food stimulates the five elements and invites Agni to bring forth the digestive juices. As well as improving digestion the person becomes more conscious of the tastes, textures and smells of the foods they are eating, which all adds to the pleasure of eating.

<http://experiencehinduism.com>

3-day fast is enough to reboot your immune system

FASTING for three days can regenerate the entire immune system, even in the elderly, scientists have found in a breakthrough described as "remarkable".

Although fasting diets have been criticized by nutritionists, research suggests that starving the body kick-starts stem cells into producing more white blood cells, which fight off infection.

Scientists at the University of Southern California (USC) say the discovery could be particularly beneficial for those suffering from damaged immune systems, such as cancer patients on chemotherapy. It could also help the elderly whose immune systems become less effective. The researchers say that fasting "flips a regenerative switch", which prompts stem cells to create white blood cells, essentially restoring the immune system.

(Try with one day a week fasting. Start with fruit diet. Ed.)

www.independent.ie

The Science behind the advantages of drinking water early in the morning

The advantages of drinking water in the morning:

1. Drinking water balances the lymphatic system of your body. This prompts the lymph to reach your heart in a continuous motion. The lymph glands also help strengthen the immune system, which ultimately helps your body fight infections;
2. It purges toxins from the blood, which results in glowing and better-looking skin;
3. Increases your metabolism by almost 25%, which ultimately leads to weight loss;
4. Helps in rehydration, which would help you get rid of headaches and back pain. These are often caused by dehydration;
5. Would make you a regular cycle, as it helps in digestion of food and prevents constipation;
6. Helps you think better, as your brain is made up of fluid;
7. Boosts your energy levels as the nutrients are absorbed better. Also, when you start the habit of drinking water in the morning, start with not more than 4 glasses of water. Increase the intake eventually as you start to realize the advantages.

(Drinking water on fasting stomach has been shown to be better substitute for Thriphala in constipation. Ed)

www.lifehacker.co.in

The Nutritional remedies of different Nations!

a. Coconut in Sri Lanka: The people living in Sri Lanka have the lowest risk of obesity in the world. On an average one Lankan eats about 116 coconuts in a year. The reason? Coconut oil is rich in fatty acids of medium length that absorb swiftly in the body, accelerate the rate of metabolism and calorie burn in the body, and give a lasting sense of being full.

b. Ginger in Indonesia: Indonesia has the highest consumption rate of ginger in the world. They use it to make tea, candy, bread and other foodstuffs. They see it as a plant with great benefits for the heart - and are not backed up by science. Researchers from Stanford claim that half a tablespoon of ginger a day will reduce risk of clogged arteries by 27%, and it is also twice as efficient as aspirin at preventing dangerous blood clots.

(to be contd.....)

www.ba-bamail.com

Yoga for Wellness and promotion of positive physical, mental, emotional, social & spiritual health

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