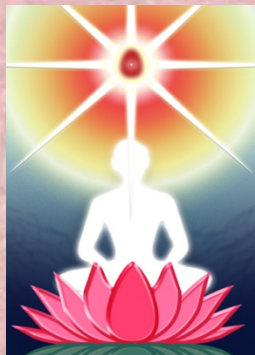


HOLISTIC HEALTH THROUGH YOGA & MEDITATION

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**PRESENTED
BY**

B K Prafulchandra



CONCEPT OF HOLISTIC HEALTH

- WHO defines health as:

A state of physical, mental and social well being of a person, not merely the absence of disease or infirmity.

- Health is a state of equilibrium between human external and internal environment, which extends from a nucleus of atom or living cell to the universe.



The American Holistic Health Association (AHHA)

promotes holistic health as,

- *Health is more than the absence of disease. Health is a state of **optimal well-being**.*
- *Optimal well-being is a concept of health that goes beyond the curing of illness to one of **achieving wellness**.*
- *Achieving wellness requires balancing the various **aspects** of the whole person.*
- *These aspects are **physical, emotional, mental, and spiritual**.*
- *This broader, **(w)holistic approach** to health involves the **integration of all of these aspects and is an ongoing process**.*



- Holistic Health emphasizes the connection of mind, body and spirit.



- Socrates (4th century BC) warned against treating only one part of the body and he said,

“ Part can never be well unless the whole is well.”



- Plato, the great philosopher and student of Socrates also said,

“ It is a great error of the day that the physicians separate the body from the soul ”

Around 2000 years back, when **Aayurved** was founded, it defined, Health as follows :

समदोषः समाग्निश्च समधातु मलक्रियाः ।
प्रसह्य आत्मेन्द्रिय मनः स्वस्थ इत्यभिधीयते ॥



DIMENSIONS OF HOLISTIC HEALTH



Physical health (your body)-- wellness of your tangible structure and the five senses which enable you to touch, see, hear, smell and taste the world around you



Mental health (your thoughts)— wellness of your thought, knowledge, attitudes and beliefs; your analytical self



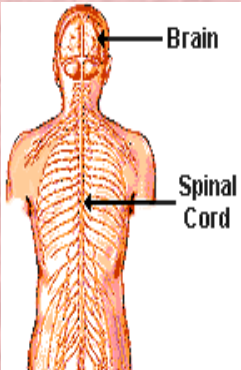
Emotional health (your feelings)-- your range of emotions from fear and anger to love and joy

Social health (your relations) – Harmony in your relation ships



Spiritual you (your spirit)--your relationship with yourself, your creativity, your life purpose, and your relationship with a Higher Power.

- Now Modern medical science also says, most of the diseases are psycho-somatic.

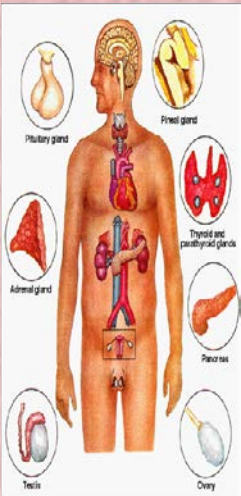


- Mental abnormalities like stress, anxiety, fear, worry, jealousy, anger, depression, frustration etc have tremendous adverse effects basically on

- Central and autonomic nervous system
- Immune system
- Endocrine system

which ultimately affects all systems and every cell of the body.

- This has led to evolution of new branch of medical science, termed **Psychoneuroimmunology**.



The US center for Disease Control and Prevention

Reports that the key factors and their % weightage influencing the state of health are,



Key factors	Weightage (in %)
Quality of medical care	10(least)
Heredity accounts for	18
Environmental problems	19
Everyday life style choices	53(largest)

PRINCIPLES OF HOLISTIC HEALTH

Weightage in %



Proper balanced exercise → 10

Practicing Yogasan, Pranayam, Mudras, Body rotations etc.



Pure balanced diet → 15

Avoid or limit sugar, salt and fatty foods.
Replace processed foods with fresh vegetables, fruits and whole grains as much as possible.



Addiction free life → 20

Free from tobacco, alcohol and drug addictions in any form.



Mental abnormality free life → 25

Free from tension, anxiety, anger, fear, worry, frustration, depression, jealousy etc.



Positive actions performed → 30

By the subject in this birth or past birth.

SUKHASAN-GYANMUDRA-OMKARPRANAYAM

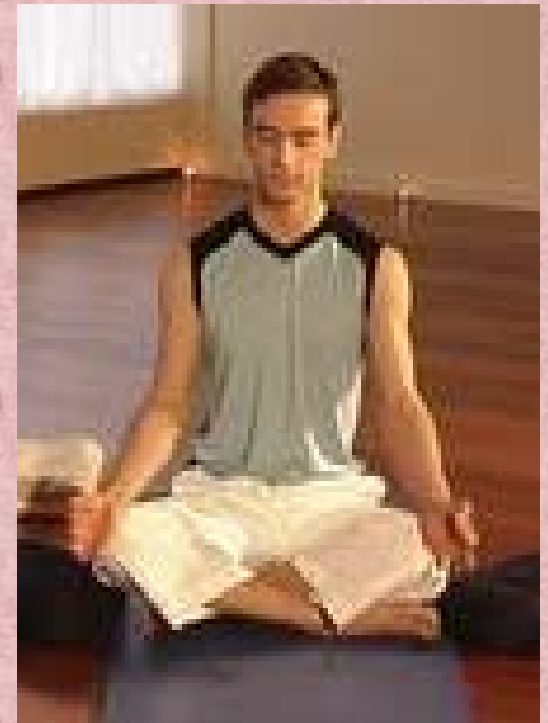
SELF-REALIZATION



Sukhasana

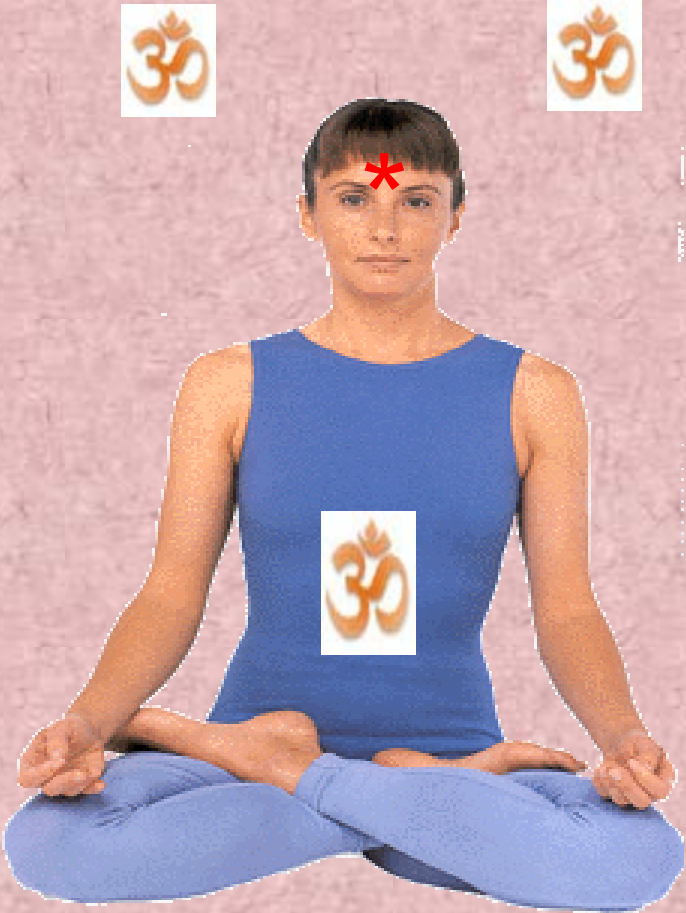
(Sukh = joy, happiness, and comfort)

- Sit on the floor with legs stretched in front.
- Fold your right leg at the knee and place it under the left thigh.
- Bend your left leg and place it under your right thigh.
- Both the thighs should press the respective heels and, to make it easier, adjust them without forcing the knee.
- Keep your head and the spine erect.
- Place your hands on the knees with gyanmudra and close your eyes.



PADMASAN-GYANMUDRA-OMKARPRANAYAM

SELF-REALIZATION



Vajrasan

(vajra = thunderbolt)

- Slowly kneel onto a mat or blanket.
- Release toes on the floor and bring big toes together.
- Rest buttocks onto the soles of the feet.
- Allow the heels to separate until they touch the sides of the hips.
- Place palms down onto the knees as the arms drape.
- Sit tall with stillness as you relax the eyes and mind.
- Breathe slow and normal for as long as the knees and ankles feel comfortable.
- To exit, slowly lean forward and place hands on the mat. Sit to one side to bring legs forward. Straightened and shake the legs well.



VAJRASAN-DHYANMUDRA-OMKARPRANAYAM

SELF-REALIZATION



SAVASAN-RELAXATION-OMKARPRANAYAM

SELF-REALIZATION



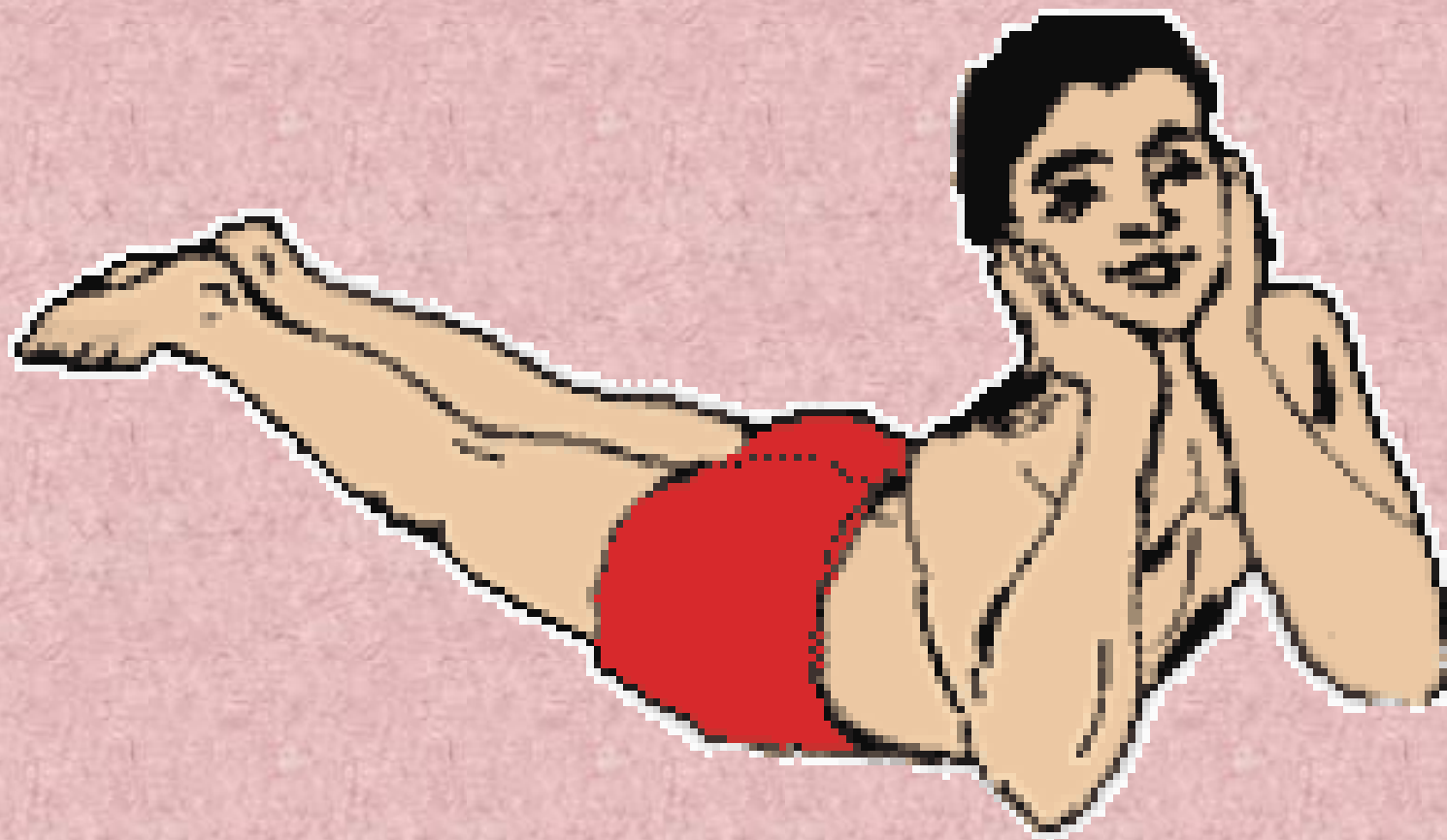
UTTANPADASAN



BHUJANGASAN



ॐ



Bhujangasana

- Lie on your stomach.
- Forehead on the ground, hands under shoulders.
- Raise your upper body by the strength of the back muscles, head up.
- Don't take help of the hands, they may remain on the ground or held on the back over the hips.

Ardha-Matsyendrasan

- Bend left knee, place left foot under right hip.
- Bend right knee, place right foot on left side of left knee.
- Hold left knee or right foot with the left hand - keep right knee on the left of left arm.
- Turn trunk to right, look back over right shoulder, right hand on ground or on waist as close to left thigh as possible.
- Repeat with left knee bent and trunk turning to left.

PHISICAL HEALTH

- **Eat fresh, wholesome food.** Avoid or limit sugar, salt and fatty foods. Replace processed foods with fresh vegetables and whole grains as much as possible.
- **Drink lots of pure water.** In many localities, where tap water is not pure, you may need to invest in a water filtration system or drink bottled water.
- **Take time for *enjoyable* exercise.** Some find it helpful to join a gym or lift weights. Others find activities such as dancing, walking, bicycling and skating enjoyable and beneficial. The important thing is to get at least 20 minutes of exercise three times a week.
- **Get adequate rest.** Many people do not realize that too little sleep may be the reason for inattentiveness or lack of motivation. Experiment to find out what your natural rhythm is and how much sleep you need to feel your best.

EMOTIONAL HEALTH

- **Laugh, play, and have fun often.** Laughter is good medicine, and the ability to play is a necessity for a balanced life.
- **Share your feelings with others.** Spend time with the people you can trust with your feelings and give them the gift of really knowing you.
- **Create warm, loving relationships.** Forgive yourself and others. If you have issues or grievances with family and friends, face the issues and recover lost emotional

MENTAL HEALTH

- **Explore new ideas.** Find a hobby, take a class, read a nonfiction book, watch educational television.
- **Cultivate positive attitudes.** Instead of criticizing, catch yourself and others at being good. Look for what is positive in a situation.
- **Examine your beliefs.** Listen to other points of view. When others disagree with you, try to see things through their eyes.

SPIRITUAL HEALTH

- **Take time to be quiet with yourself:** Meditate, pray or practice RajYoga. We should get in touch with our inner selves or a Higher Power in true spiritual way
- **Be open to your creativity:** Learn to trust your innate creativity and intuitive thinking. Let innate qualities of your own self emerge
- **Live in present:** Enjoy what you are doing now, instead of reliving the past or anticipating the future.

RIGHT KEY TO HOLISTIC HEALTH

- Control over five senses of perception, especially sense of taste to achieve control over diet.
- Willpower, self-confidence and firm determination to get rid of or to keep away from addiction.
- Positive thinking, positive attitude and positive emotions along with enough inner power, abilities and strength to cope up with or to keep away from mental abnormalities, particularly stress.
- To stabilize the self in soul conscious state so that no sins may further be committed.
- To establish the union of the self with the supreme to extinguish the sins already committed.

For all these factors for health leaving only pranayam and asanas are not enough, but to accomplish the above points the only option is to have true spiritual perception and practicing Rajyoga meditation.

Wellness Quiz

- Do you wake up with enthusiasm for the day ahead?
- Do you have the high energy you need to do what you want?
- Do you laugh easily and often, especially at yourself?
- Do you confidently find solutions for the challenges in your life?
- Do you feel valued and appreciated?
- Do you appreciate others and let them know it?
- Do you have a circle of warm, caring friends?
- Do the choices you make every day get you what you want?
- If you answered "no" to any of these questions, congratulations! You have identified areas in your life that you may want to change. This can be valuable

Relaxation Techniques



Positions For Practicing Relaxation

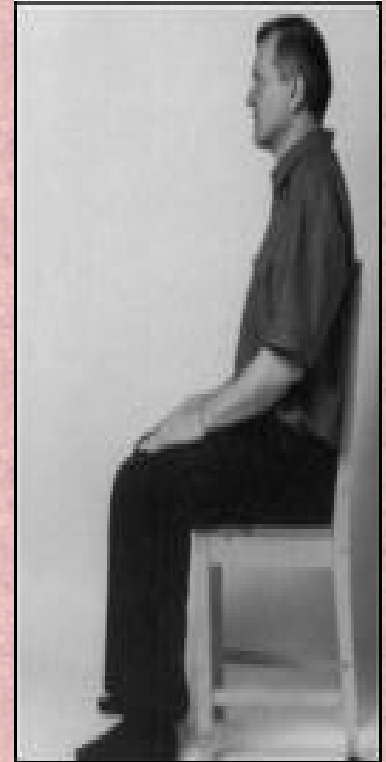
Position No. 1

- Lie down in 'Supine ' position and keep some distance between two legs (*Savasan*).
- Feet will be facing outward.
- Keep little distance between hands and the body.
- Keep your neck and back straight.
- Close your eyes.
- Keep little distance between upper jaw and lower jaw.
- Lips may touch each other.
- This is the most comfortable and relaxed position.



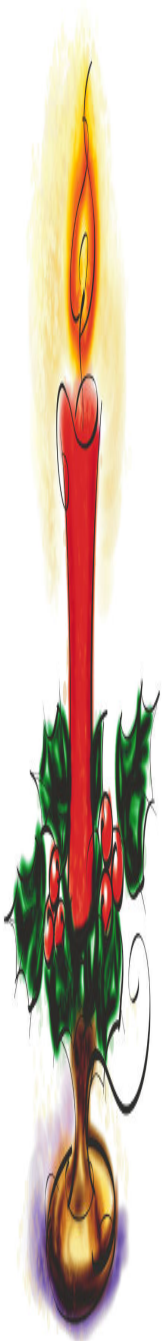
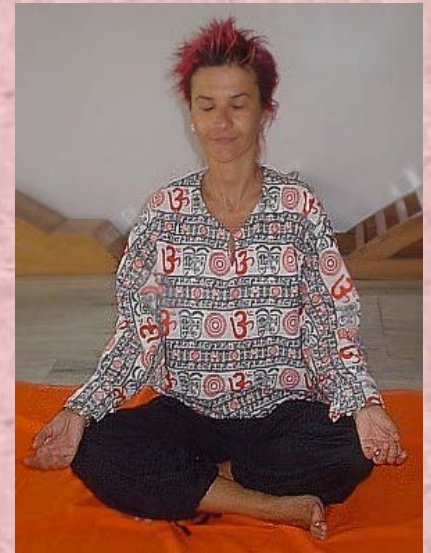
Position No. 2

- Sit in a relaxing chair and keep your back straight.
- Sit backward as much as possible in the chair.
- Keep some distance between two legs and knees.
- Keep your ankle inward and feet outward.
- Upper extremities in semi flexion position resting comfortably on your lap.
- Keep your head erect so your back & neck are aligned.
- Keep little distance between upper jaw and lower jaw.
- Lips may touch each other.



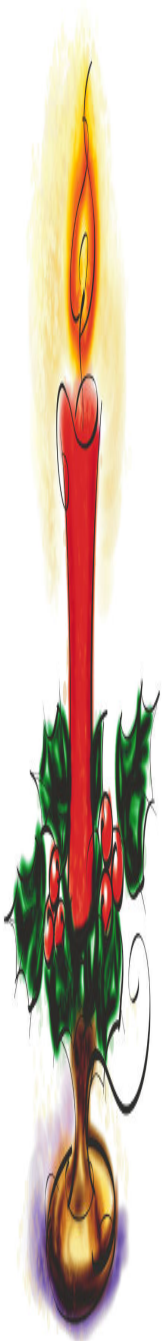
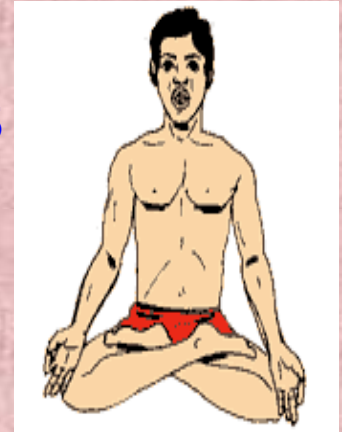
Position No. 3

- Sit up in and right position on the floor in *Sukhasan* with both the legs flat and crossed on the floor.
- Hold your hands loosely in your lap, with palms one over another (*Lopa Mudra* or *Gyan Mudra*).
- Keep your head erect so that your back and neck are aligned.
- Keep little distance between upper jaw and lower jaw.
- Lips may touch each other.



Relaxation Through Deep Breathing

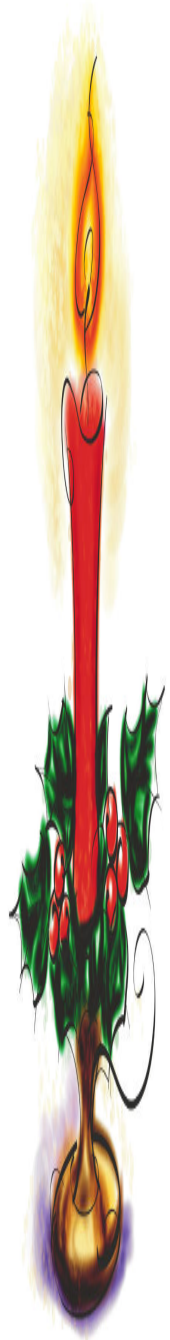
- Breath in for the period of 1.5 to 1.75 second or for 4 counts through your nostril.
- Hold the air (breath) in lungs for the period of 0.5 to 0.75 second or for 2 counts.
- Breath out for the period of 2 to 2.5 second or for 5 counts gently and slowly through your nostril.
- Before you start next cycle of breathing take rest of 0.5 to 0.75 second or for 2 counts.
- When you breath in let your belly come out steadily and gradually and when you breath out let your belly go in.
- Now fully concentrate on breath and try to feel the inflow and out flow of the breath within your nostril.
- Increase your concentration on your breath and now try to reel, within your nostril, the coldness of the air, which you inhale, and warmth of the air, which you exhale.
- Try to feel fully relaxed.



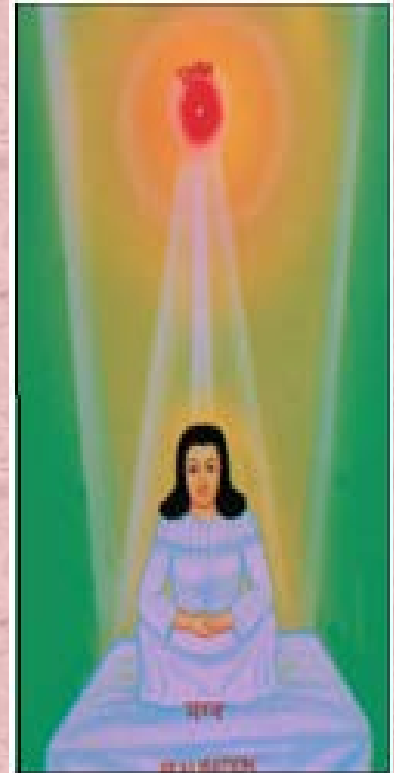
HOLISTIC HEALTH THROUGH RAJYOGA MEDITATION

- Rajyoga meditation has been proved to be the total and gross tool for leading a holistically healthy life.
- As very first step of Raj yoga meditation is to get relaxed physically and mentally which leads to alpha and higher state of mind.
- It is essentially an art of positive and creative thinking as well as of visualization leading to the development of positive attitudes, emotions and perceptions.
- The very first realization of Raj yoga meditation is self-realization through introversion and introspection, which leads to the visualization of one's original self, which is essential for holistic health.



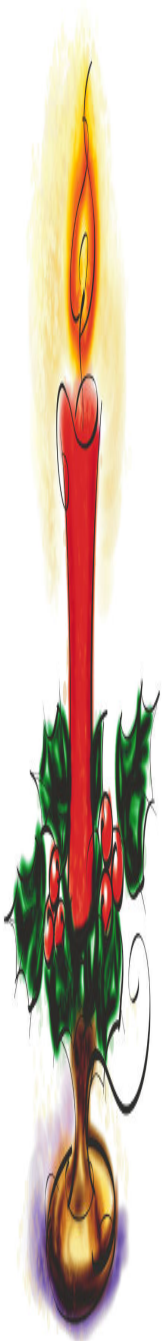


- Due to self-realization one gets stabilized in soul consciousness and hence one easily gets free from vices, which leads to inculcation of values and virtues in life.
- Raj yoga meditation ultimately establishes a love full and purposeful union of the self with the supreme power, which leads to enlightenment, empowerment and enrichment of the self, ultimately leading to divine personality and healthy life.
- It is a key leading to total positive transformation through self-realization, God realization and world realization.



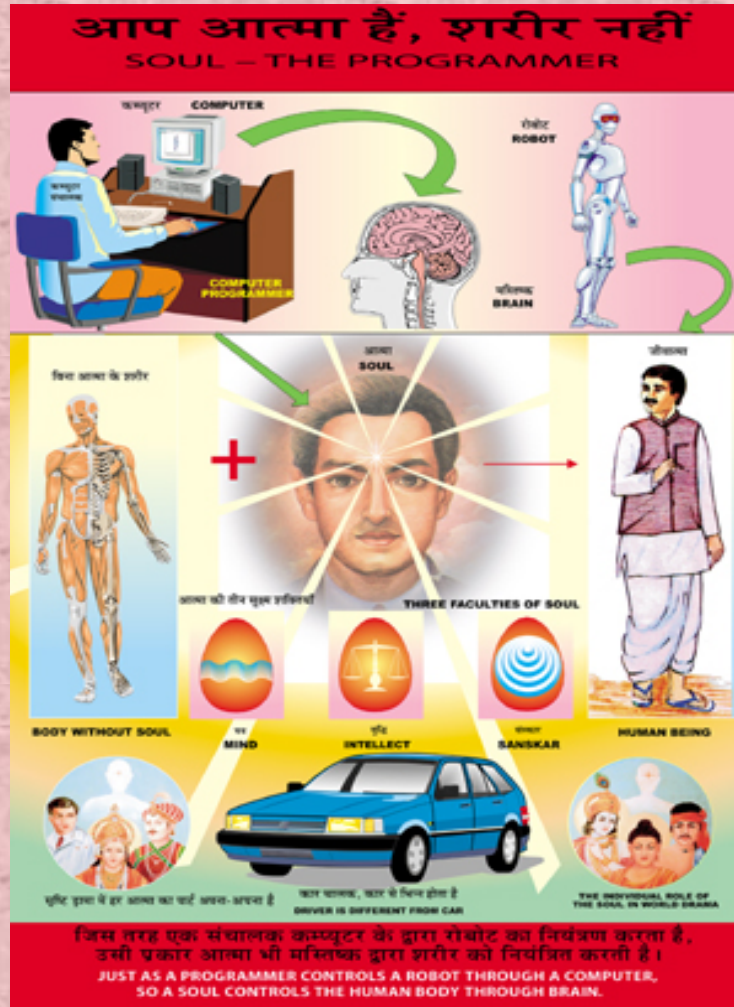
Major Steps of Raj Yoga Meditation

- Physical and Mental Relaxation
- Withdrawal
- Concentration
- Introversion
- Introspection
- Self Transformation
- Self Realization
- Linking up with God
- God Realization
- Empowerment And Enrichment of Self



Self Realization

Means knowing one's own self



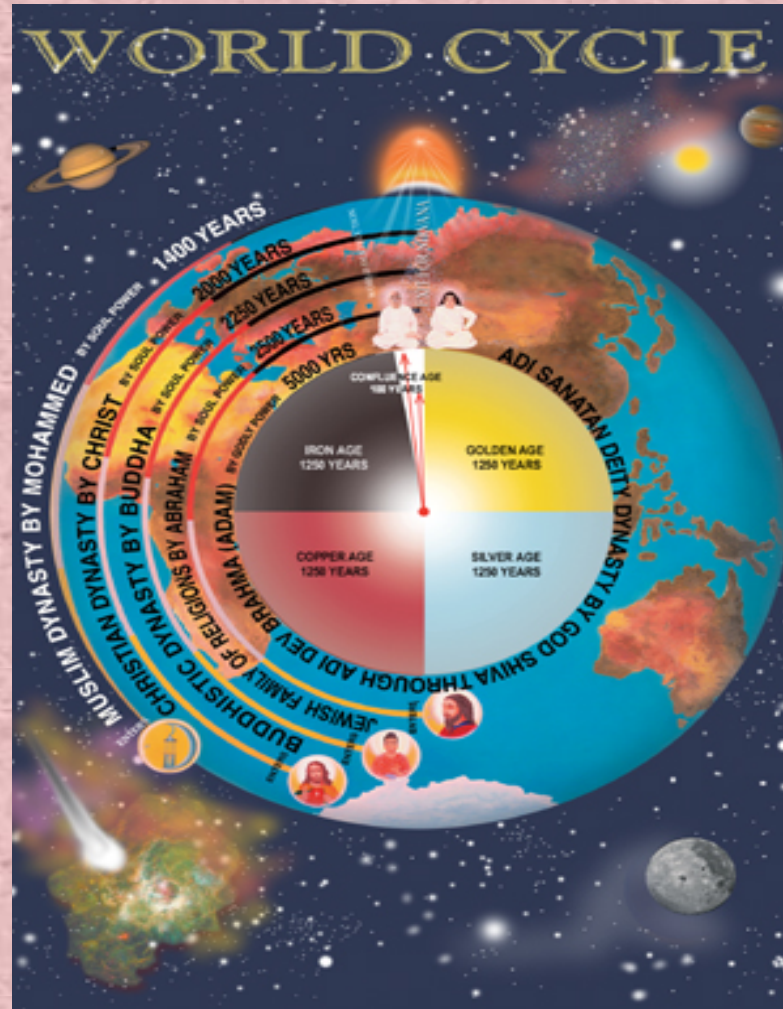
God Realization

Means having true concept of GOD



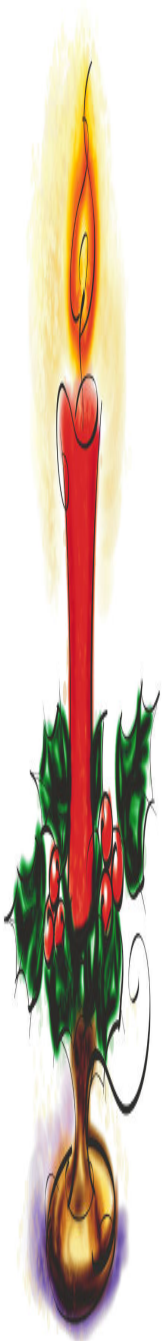
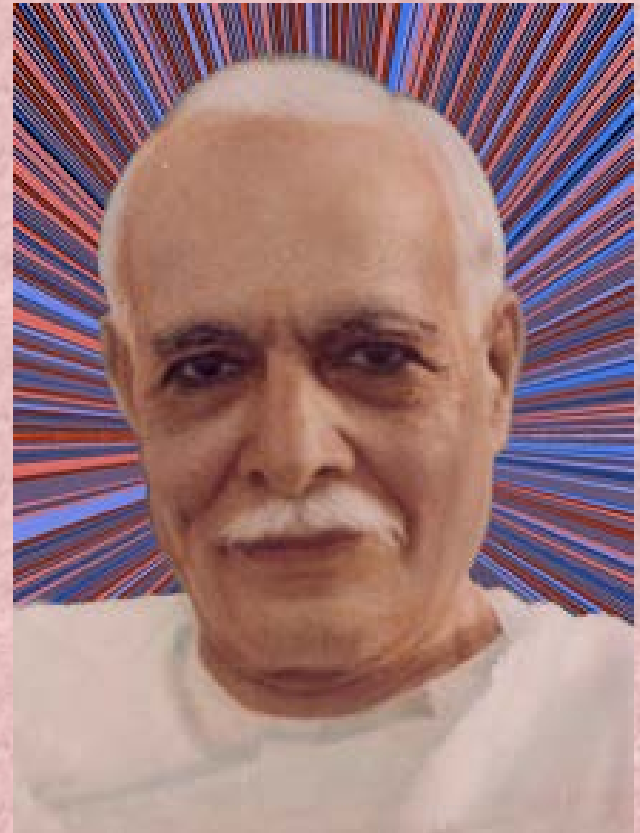
World Realization

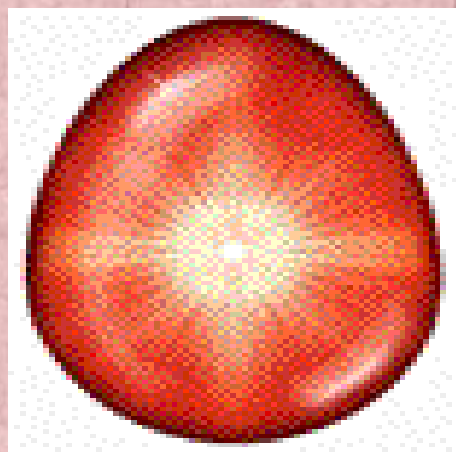
Understanding the eternal world drama and its principles



THANK YOU VERY MUCH

FOR YOUR ACTIVE
PARTICIPATION IN
THIS PRESENTATION.
WE HOPE YOU WILL
CONTEMPLATE OVER
VARIOUS POINTS
SHARED IN THIS
PRESENTATION AND
MAKE IT A PART OF
YOUR PERSONALITY.





Om
Shanti