

Useful information in daily life

Booklet Part-2

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*Virtual
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Useful Information booklet part-2

There will be a series of booklets which may cover important information related to health, education, information about Govt projects/schemes & other information which a common man needs or use in daily life. Keep all the booklets with you to have these complete details.

Regards

Author

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Doing Yoga asana:

Important Note:

1. Yoga must be done in empty stomach.
2. Best time of doing Yoga is in early morning.
3. If done during the day ; it must be done minimum 3 hours after intake of food .
4. All the Asanas must be done slowly, without any jerk. Else it may not give any benefit.
5. Exhale/ Inhale/ hold breath/ breath normally ; wherever necessary; as per Asana procedure.
6. There is a particular method of doing every Asana. Yoga must be done as per standard method ; & there is nearly no margin of modification/ alteration in the Yogasanas ; as yoga effects directly your organs ; body & soul .

Mudras :

Mudras are excellent hand postures; which can be done by elderly people; who finds difficulty in doing normal yoga exercises ; especially who have not tried yoga posture earlier. Though 'Mudras' is for all.

To do Mudras; you just need to use your fingers & thumb & their various combinations.

There is a continuous flow of energy in all the body parts. When there is some obstruction in flow this energy in the body; body complains in some form & it lead to some disease; sooner or later.

Mudra helps in flow of this energy in the body ;by generating the energy waves movement & even helps in curing many health problems such as diabetes , blood pressure, heart problems, recurring cough & cold , gastric problem, Parkinson (a severe incurable air related disease) etc.

We will discuss some of the basic mudras ; which will energise you ; help you to keep in good health & maintain the immunity also.

Note : For the best effect of Mudras in the body; Keep a gap of minimum 1 hour between Mudras & normal yogasana postures. Best effect will be when you do Mudras & other yogasana on alternate days. Even when doing on a single day ; keep gap between mudras & yogasans .



*Wow! This is the
coolest one!*

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Some Mudras :

Vyoni Mudra :

Vyoni Mudra is excellent posture to maintain the blood pressure . Vyoni Mudra helps the high / low blood pressure to bring it to normal . Thus it is helpful for both high & low blood pressure patients. Vyoni Mudra is equally helpful to all the people as it keeps your blood pressure normal during hectic life of the people & their modern life style. It is good for gums also.

One point to be noted is that Yoga asana / Mudras take their own time for their good effect in the body.

Method :

To do Vyoni Mudra join the tip of your thumb to the tips of index & middle finger. Keep this posture on your knees as like in other Mudra position; while sitting straight. Hold the position for 2-3 minutes . Perform this posture with both hands. After doing this Mudra; sit in Vajrasana Position & relax. Its details are given with other Yogasanas.



Vyoni Mudra



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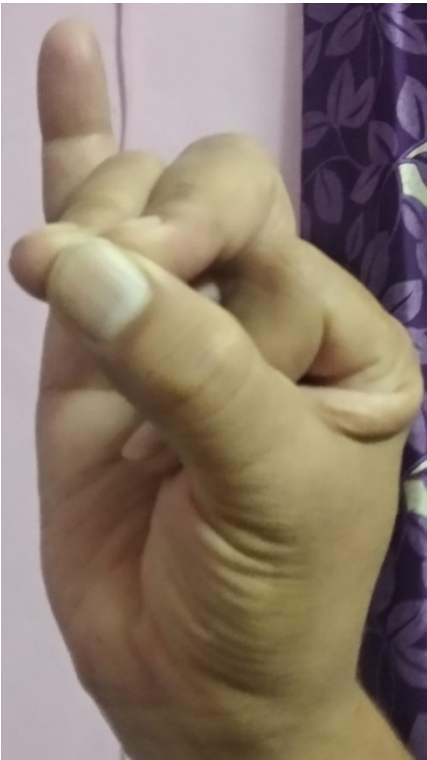
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Mrit Sanjeevani Mudra :



Mrit Sanjeevani Mudra is an excellent Mudra for the heart patients. It can be done by normal person also to keep heart problems at bay.

Method : To do this Mudra keep your index finger at the base of your thumb & touch the thumb with the tips of middle & ring fingers ; as shown in the pic. Keep little finger straight. Maintain this posture of fingers with the other hand also. Keep both of your hands on the knees; while sitting in cross leg position & keeping your back straight.

Pran Mudra :



Sometime due to some health problems or prolonged illness ; patient loose his good health. Pran Mudra helps to regain the lost health.

Method : To do Pran Mudra join the tips of thumb with the tips of ring & little finger. Keep middle & index finger straight.

Note : Mudra helps to restart the obstructed energy waves in the body & thus bring the body system back to normal. All these Mudras can be done for 1-2 minutes together; with both hands ; sitting straight & keeping both the hands on your knees. Kidney Mudra should be done at last. Mudras can be done by all including the healthy person; as an exercise ; as it helps you to deal with stress , fatigue & energise & helps it to function normally.

Most of these details given in the book are based on age old facts & knowledge given by ancient Indian sages & being practiced in India since thousands of years.

Good digestion helps in maintaining good immunity in the body to fight against all the germs & diseases & person having good digestion, unadulterated food, fresh water, air & natural environment helps him to be in good health. In addition; intake of right food , right exercise & if need arise ; right medication ; helps you to maintain your good health.

Here I have included some useful Yogasanas to maintain good digestion (which is basic source of good immunity). In addition some selected food & herb uses which will help you to boost immunity & fight with germs & diseases.



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Bhujangasan and Shalbhasan

Bhujangasan & Shalbhasan must be done together. When done together both cover upper & lower part of the body. **This way whole body is exercised.** This way it gives immunity to the whole body.



Bhujangasan : Method

1. Lay inverted on the ground or floor.
2. Put both of your palms beside your shoulder touching the ground;
3. Inhale & raise your upper part of the body; touching the lower part on the ground. (Make sure that stomach & lower part of the body must touch the floor) .
4. Put down your raised upper part of the body on the floor; exhaling simultaneously.
5. Relax for few seconds & repeat the process 2-3 times.

Shalbhasana



Shalbhasana : Method

1. Lay inverted on the floor.
2. Raise your legs with lower part of your body (below stomach) inhaling simultaneously keeping the stomach & upper part of the body touching the floor.

3. Raise to the angle u can; stop & hold your position. Try to keep your legs straight & hold your breath.
4. Slowly lower your lower body part; exhaling simultaneously & touch the floor.
5. Rest for few seconds & repeat the process 2-3 times.



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Note: These are some portion of my book on Yoga & Corona available in Amazon. (also available in 13 countries' online portals) Its path is given in my site & blog: **darshannegi.blogspot.com**



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X 9999
89946
89946X
89946XX
89946XXX
99930006

Vedic method

9994
Details :
X 9999
Step 1 : **99930006**
9994 - 1 = 9993
Write on the left side of the answer.
Step 2 :
9999 - 9993 = 0006
Subtract first step result from lower

