

Useful information in daily life

Booklet Part-3

courtesy



*Virtual
World coaching*

Useful Information booklet part-3

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 breathe/ breathe 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 find 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.

Mudras 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 .

Some Mudras :



Apan Mudra

Apan Mudra :

Apan Mudra helps the body to get rid of toxins in the body. It is helpful for diabetic patients. As per need it can be done moderately or for longer time.

Method :To do Apan Mudra ; sit straight & join the tip of your thumb with the tips of middle & ring finger & keep the posture on your knees while sitting & keeping your back straight. Hold the position for 3-5 minutes. After mudra ; sit in the Vajrasana

position & relax.

Vayu Mudra :

Vayu Mudra ; helps in getting rid of extra air element in the body. It must be done moderately only for 2-3 minutes or till the problem subsides. Vayu Mudra helps in getting rid of facial material & thus helps in constipation. Also it is helpful in gastric problems. Vayu Mudra is helpful in treating 'Parkinson' ; an incurable disease normally; when being treated with medicines.



Vayu Mudra

Method :

To do Vayu Mudra ; keep your index finger at the base of your thumb & keep thumb over the index finger & press it a little ; as shown in the picture. Keep other fingers straight. You can do this Mudra with both of your hands. But as air is an essential component of life ; so this Mudra must be done moderately.

Kidney Mudra :



Kidney Mudra

One of the very important Mudra is Kidney Mudra which helps to remove the toxins developed in the body due to various cell functions in it. Toxins need to be removed out of the body else they act like poison in the body & as a result various organs start failing.

Method : To do this Mudra; fold little & ring finger & touch the base of thumb; keep thumb over the folded fingers & keep index & middle finger straight. Position becomes like a toy pistol (gun) as shown in the picture. Keep the posture on your knees; while sitting straight. Do with both hands. Kidney mudra should be done at last; after doing other Mudras ; as it helps to remove the toxins developed in the body.

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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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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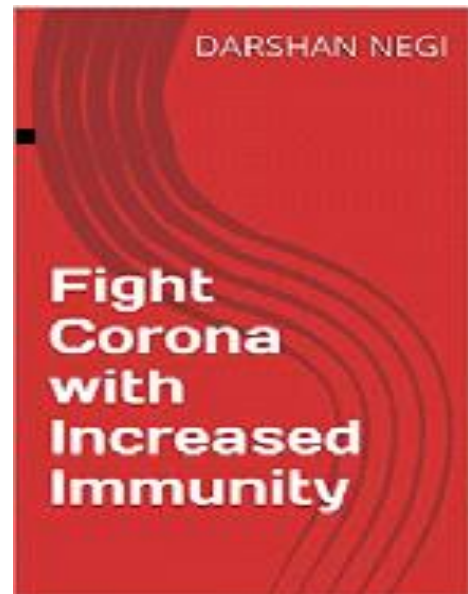
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Pranayam :

Pranayam means Saanso ka Aayaam (breathing exercise)

Air is an important component of all the living organisms. Air is an essential component of energy also ; which drive the life.

Pranayam is called as the king of Asanas. Pranayam keeps an excellent supply of oxygen to the lungs & thus do various body parts.

Pranayam energise all the internal body parts & keep the body healthy.

Pranayam is of several types :

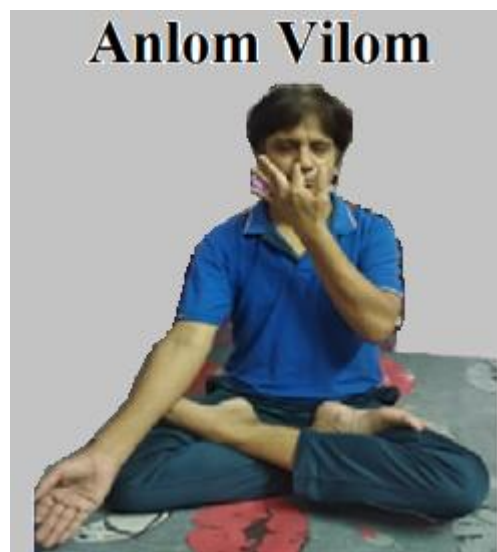
More than half the problems of body or diseases can kept at bay by doing Pranayam only ; as it is the air element in the body which energize the body cells/ parts & help them to function normally.

Some Pranayaam are : Anlom Vilom, Kapaal Bharati & other Pranayams.

Here I am covering Anlom Vilom.



Pranayam



Anlom Vilom : Method

1. Sit in Siddhasan/ Padmasan or even in crossleg position ; keeping your back straight.
2. Close your nostrils as shown using your thumb & index fingers. Inhale deeply but slowly with your left nostril & fill your lungs with air.
3. Hold your breath in your chest & close both your nostrils.

4. Hold your breath for sometime.
5. When not able to hold the breath; slowly exhale from your right nostril ; pressing & closing your left nostril.
6. Exhale completely & hold for few seconds.
7. Repeat the above process; this time inhaling from the right nostril & exhaling with left nostril ; after holding the breath.
8. The above process can be repeated 8-10 times.

Note : You can make a list of Asanas for yourself as per need & keep Sarvangasan, bhujangasana – shalabhasana & 1-2 asanas for stomach etc. Rest of the asanas you can keep in the list as per your choice or need.

Shirsasana :

Shirsana is one of the most important Asana; next to Pranayam. Shirsana has hundreds to good and positive effects in the body; & thus helps you remain healthy. Shirsana accumulates the blood in upper part of the body & thus effects the upper part of the body most including your heart, brain etc. Pranayam effects the various organ systems of the body & help them to function normally. Cold

Shirsasana



doesn't withstand next day ; if you do Sheersana daily. These are just very few good effects of Sheersana. With the age growth; there is effect of earth's gravity in your body & your body parts are affected by it. Sheersasana helps to nullify the effect of gravity in your body.

Method :

Shirshasana is inverted standing pose. i.e. head down & feet up. To do Shirshasana; cross fingers of both of your hands & make a cushion ; put it on the floor ; resting upper part of your forehead on it. Give a little push & left your body up.

Initially you can do against the wall. Keep your raised legs straight ; balance the body & hold the position for some time. After 10-20 seconds slowly fold one leg & keep it on the floor. Afterward fold & put down another leg on the floor.

All Yogasanas including Shirshasana must be done slowly; without any jerk ; else it may cause more harm than any benefit to the doer.

Note : Shirshasana must be practiced alone only when you know it already. Else do it under the guidance of Yoga expert.

Sarvangasan :

Sarv-ang-asana means which exercise all the body parts. Sarvangasana is easier than Shirshasana to practice. Sarvangasana gives strength to all the body parts & thus give gives good immunity to the body.

Method : To do Sarvangasan lay on the floor in normal position. Lift your lower part of your body up as shown in the picture. Balance the body on the shoulders; chin touching the upper part of your chest. Maintain the posture for a while; keeping your legs straight; pulling them upside a bit. After 15-20 seconds slowly lower your raised legs & lay normally on the floor & rest.



Stomach related asanas

90% of the immunity is given by stomach to the body. So stomach should be fit & digestion perfect for good health & immunity. Here I am covering few Asanas which can be done daily.

Padhasthasan :

This Asana is good for stomach , liver , pancreas, legs, back and other body parts. It helps to keep stomach back in shape & helps in digestion.

Method :

To do this Asana ; stand erect , inhale & raise your hands over your head. Exhale & bend forward & hold toes of your feet. Maintain the pose for sometime & breath normally. Afterward slowly stand up to the normal position.

Padhastasana



Vajrasan :

Vajrasan is the only asana which can be done; anytime; even after taking food. Vajrasan helps in digesting the food.

Method : To do Vajrasana ; bend your knees & sit on your toes. Keep your upper part of your back straight ; resting your hands on your knees. Sit in this position for few minutes. Vajrasana is the basic pose ; which can be done switching between various asanas for resting & to breath normally. Vajrasan makes your body strong.



Vajrasana

To be continued:



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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

