

Introduction

Yoga – The Saviour

Way back in the 1970s, one night, I suddenly found my fingers twisting and turning. Soon my whole body was convulsing violently. Nothing I did would stop it. I was rushed to the hospital. The doctor examined me, went out of the room and said to his colleague “She has tetany.” I heard it as ‘tetanus’, and to me it sounded no less than a death knell.

Though after an injection, my convulsion subsided, it recurred after a few days. My body was for some reason not absorbing calcium from food. But pathological investigations revealed no abnormality whatsoever. All the milk and calcium tonics which I took were of no use. Convulsions occurred again and yet again. I was told there was no permanent cure for this calcium deficiency related convulsions and only the symptoms could be controlled by a calcium injection. I started fearing the attacks. A casual question of a friend as to what would happen if the muscles of my heart suffered from cramps scared me stiff. Tetany may not be a serious ailment but my reactions were no less than that of a terminally ill patient. I would panic if I was not close to a good hospital. My fear and anxiety led to insomnia which became worse by the day. I was put on tranquilizers. I deteriorated fast, physically and mentally gathering ailments such as acute anaemia, severe backache, cysts





in the uterus, palpitations etc. And then I took to yoga and in two weeks all my problems vanished!

I was wonderstruck by yoga's power and started studying it in depth and later teaching it to help other sufferers. I became busier and busier, traveling and taking 2-4 classes a day. I had no time for my own yoga practice. Punishment was bound to come. Suddenly my stomach stopped functioning. No matter what or how little I ate, it remained in the stomach for the entire day. My weight came down rapidly from 56 kgs to 45 kgs. Again after thorough investigation, the Head of the Department of Gastroenterology of AIIMS announced, "There is nothing wrong with your system. For some reason your inner temperament has changed and we cannot do anything about it". Another death knell!

I started the yogic and dietary treatments, promising myself again and again never to leave it ever in my life. Once again yoga pulled me out of my predicament. I remember I had gone to Australia with a YPO (Young Presidents' Organisation) group to teach yoga in their retreat. At dinner, Tom, a student and a dear friend was watching me piling my plate with sausages, crabs, fish and prawns. He could not believe it when I finished them all. He went and exclaimed to my daughter, "Your mother is crazy, she has actually finished a kilo of meat". I could digest all that only because of my yoga. Touch wood!

As a practitioner of yoga for the last twenty five years and as a yoga therapist for the last twenty years, I have experienced the benefits of yoga on

Chapter 2

Flier's Friend

The successful man today is a globe trotting man, flying from one corner of the world to the other. The long hours in an aircraft are not without perils. In recent time, many long distance fliers have met with sudden deaths causing concern the world over.

In the aircraft, a passenger's hands and legs remain inactive. The blood circulation especially the venous return becomes less and less as flying hours become more and more. This diminished venous return causes stasis in the blood vessels which can lead to clot formation. This clot can travel to the heart causing a sudden heart attack.

A simple group of asanas called *Pawanmuktasana* prevents such a calamity by maintaining the optimum health of the blood vessels. Many asanas from this series can be done in the aircraft itself to quickly speed up blood circulation.

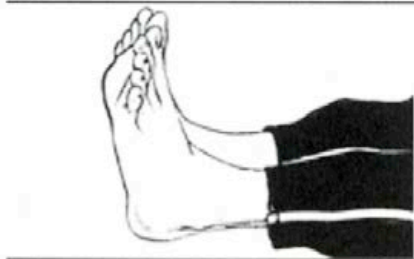
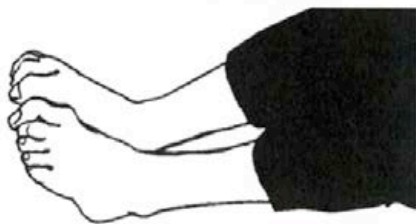
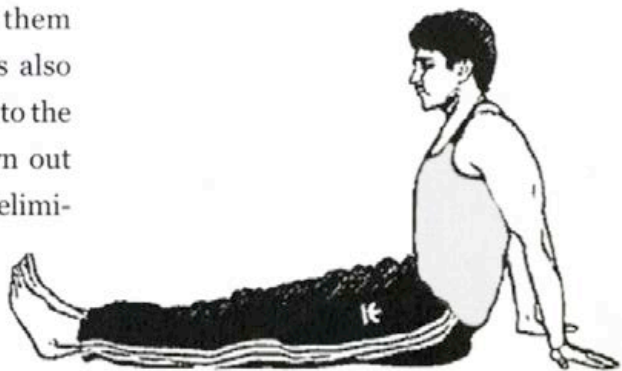


Pawanmuktasana

This series puts all the joints into motion and loosens them. By stretching and relaxing the muscles and blood vessels it exercises them properly, making them supple. The stretching movements also squeezes out toxins from the tissues to the bloodstream which are then thrown out of the system by the now healthier eliminative organs.

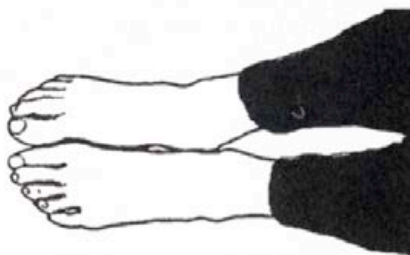
Exercise 1

- Sit on the floor stretching the legs in front.
- Place hands on the floor behind you to support the body.
- Join the feet and keep the toes pointing up.
- Bend the toes forward and then backward.
- Repeat 10 times.



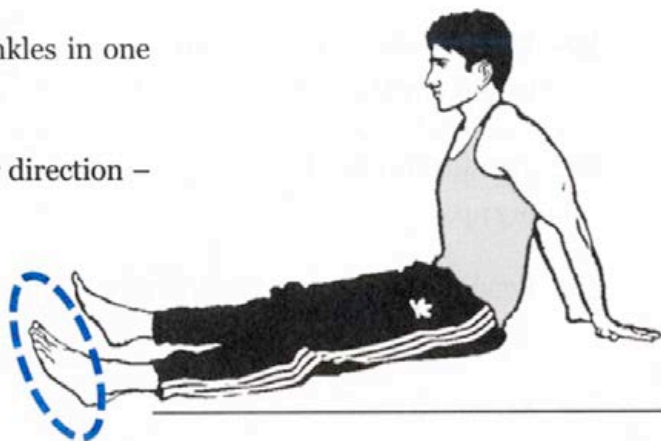
Exercise 2

- ▶ Bend the feet forward from the ankles then bend backward.
- ▶ Repeat 10 times.



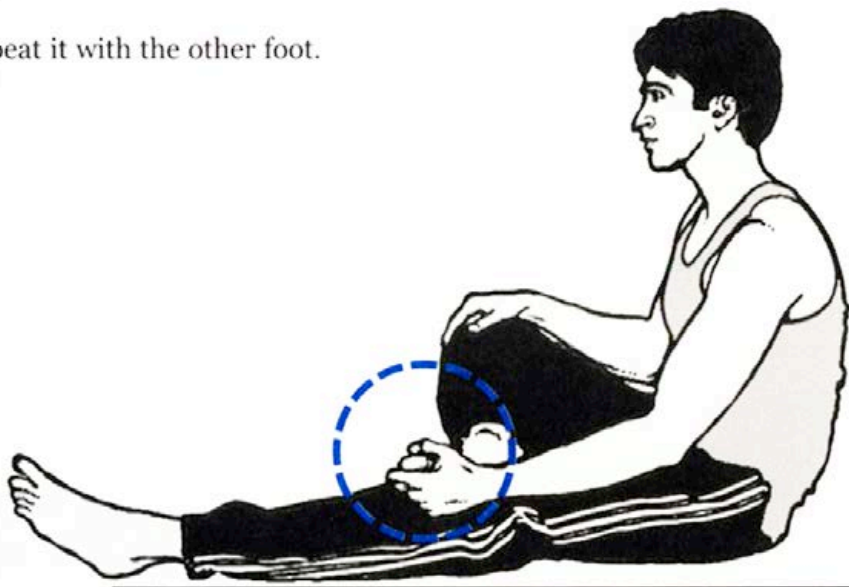
Exercise 3

- ▶ Move legs apart.
- ▶ Rotate feet from the ankles in one direction – 10 times.
- ▶ Rotate feet in the other direction – 10 times.



Exercise 4

- Place the right foot on the left thigh.
- Place the right hand on the right knee.
- Hold the right foot in the left hand.
- Rotate the right foot with the hand in one direction – 10 times.
- Rotate it in the other direction – 10 times.
- Repeat it with the other foot.





Manipura Chakra

Chapter 5

Success in Meetings

Meetings are a part of a working man's daily routine. Deals are clinched, differences are sorted out, policies are formulated and problems are solved. It does not pay to become stressed before or during an important meeting. A tense mind is a handicap – it is inefficient and inaccurate.

An examinee may forget various vital points in the examination hall, but as soon as he leaves it, the information comes flooding back. Information come better from a highly relaxed mind.

Also a relaxed person can influence others positively and get their co-operation, which an agitated person can never achieve. Agitation spreads around and repels people. Nervousness too is counterproductive. Not only does it project a weak and unattractive image, it leads to various physical discomforts such as palpitation, dry mouth and a churning stomach.

To overcome all such undesirable symptoms, and to relax quickly, certain yogic techniques are extremely useful. The techniques can be practised anywhere and in any position but to learn them properly, it is essential to follow the prescribed method.