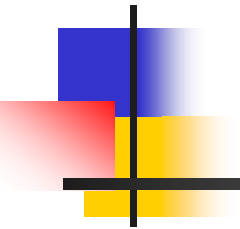


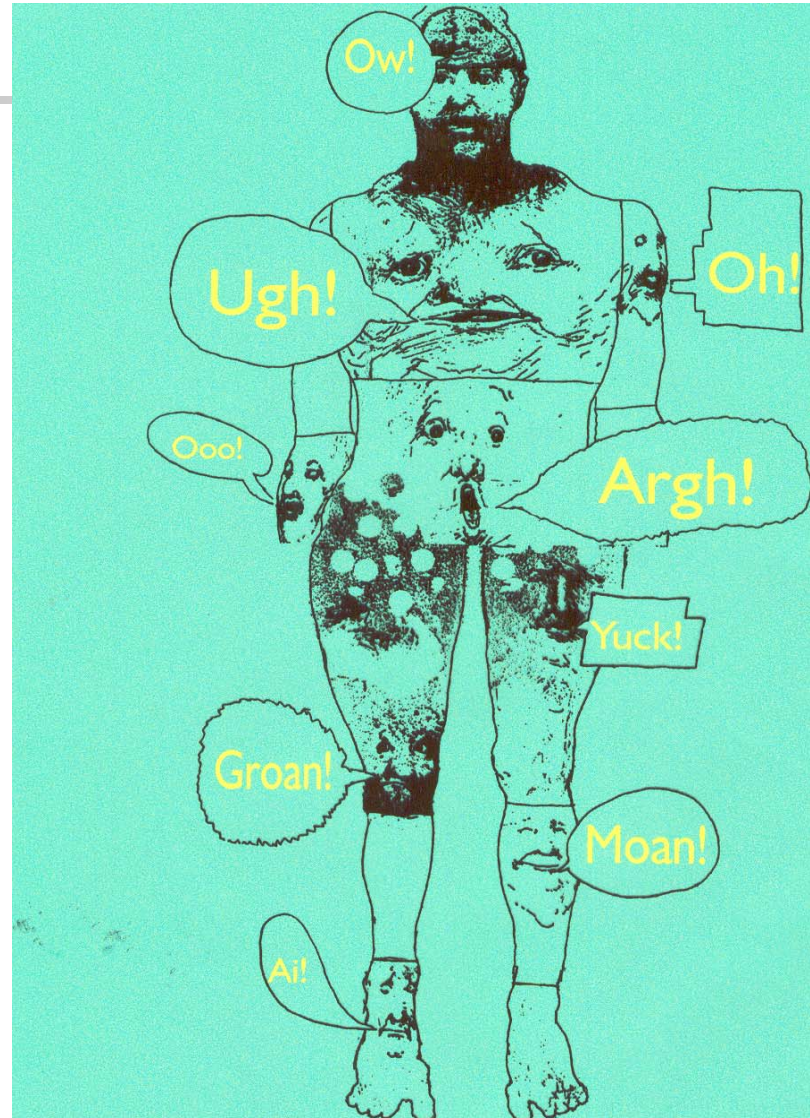
# BODY & MIND HEALTH



Presented by:  
Didi Ananda Krpa

# BODY TALKING

- Does your body feel out of sorts, imbalanced, with vague - or strong - aches and pains and tensions here & there?
- The first step towards integral health is to get in touch with our bodies, balance our physical selves, and work toward harmony between body and mind.

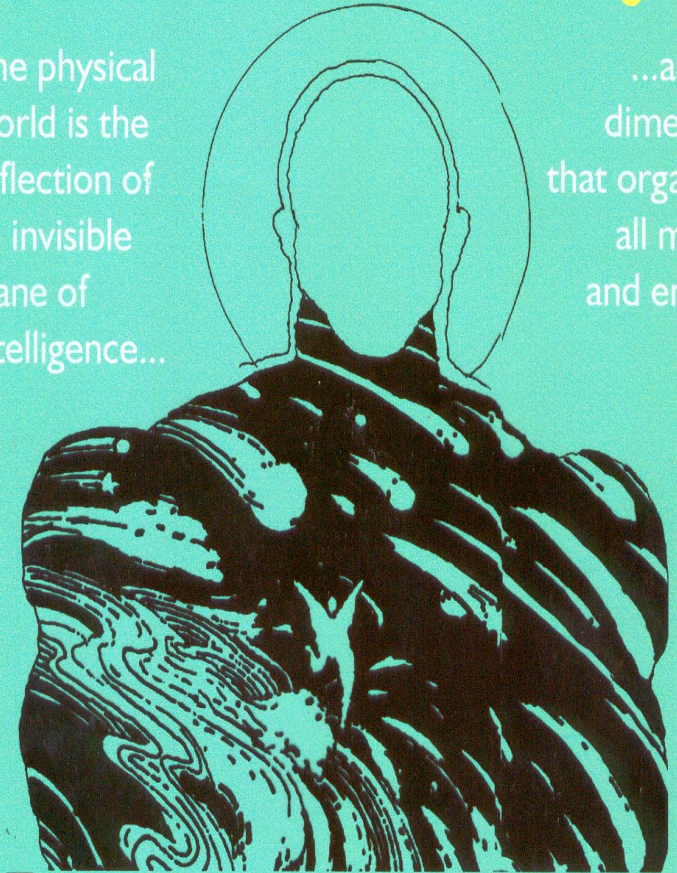


# YOUR QUANTUM BODY

- **Your body appears to be composed of solid matter, but quantum physics shows that every atom is 99.9999% empty space, and that subatomic particles are actually bundles of vibrating energy.**

The physical world is the reflection of an invisible plane of intelligence...

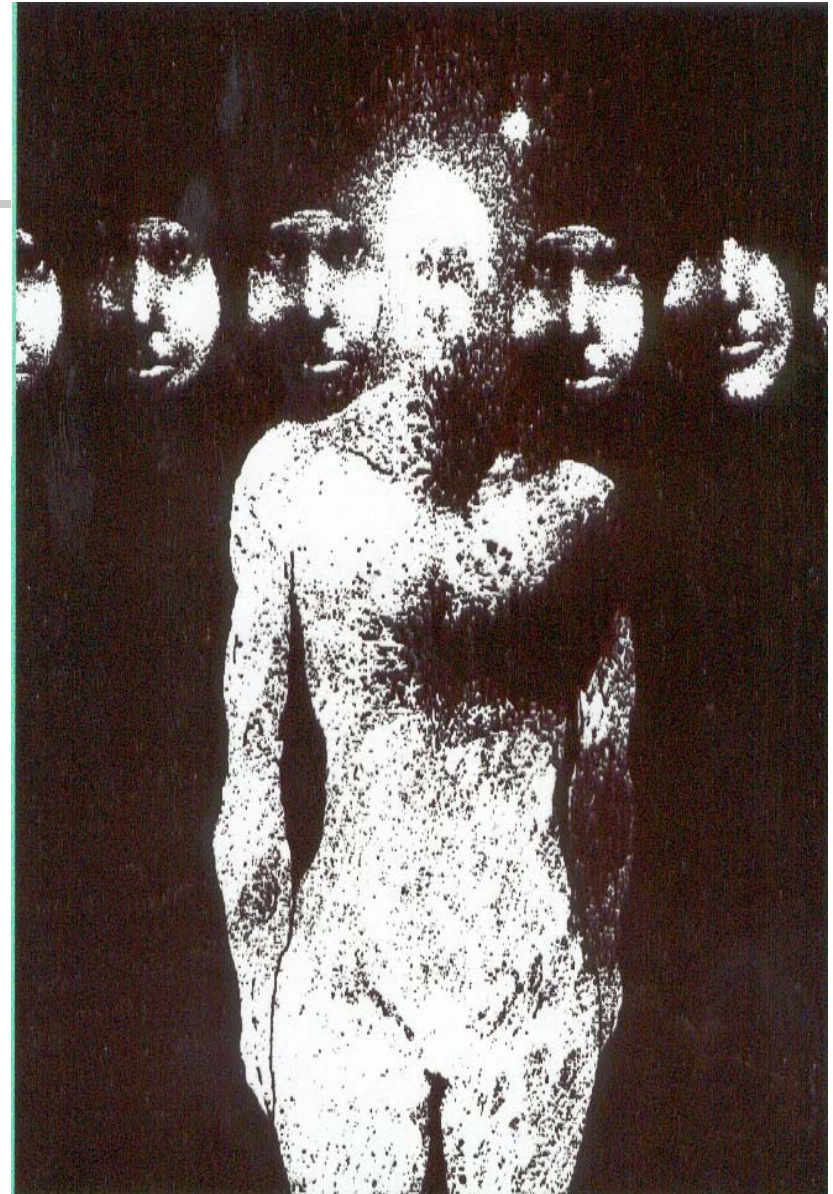
...a deep dimension that organizes all matter and energy.



an infinite pulsating  
field of consciousness

# 3-DIMENSIONAL PROJECTION

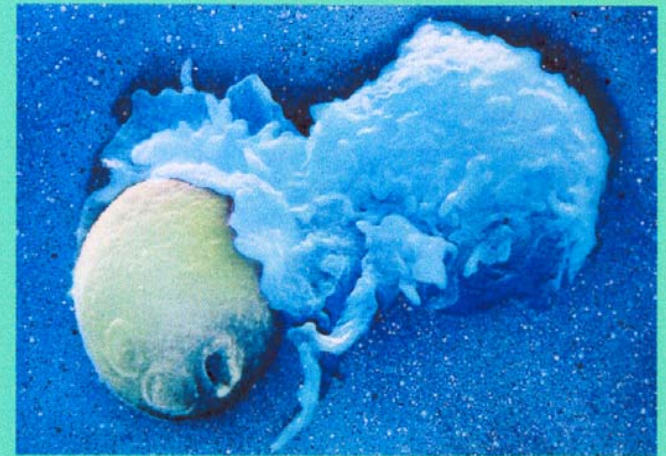
- **Mind pervades every cell of our body; our bodies are really 3-dimensional projections of our thoughts.**
- **Thoughts and feelings are transformed into molecules, and molecules stimulate thoughts and feelings.**



# MIND/BODY MEDICINE

- **This is the current revolution called the “mind/body medicine”:** wherever thought goes, a chemical goes with it, especially the hormones of the endocrine glands.
- **When you hear the words “I love you”, your heart starts to pound – your emotions are being transformed into molecules of adrenaline.**

## mind/body medicine



- How do mental states get converted into biochemicals that create disease?
- Why are chronically depressed people 4 times more likely to get sick?
- How do placebos stop pain in 30% of patients?

# BIOPSYCHOLOGY

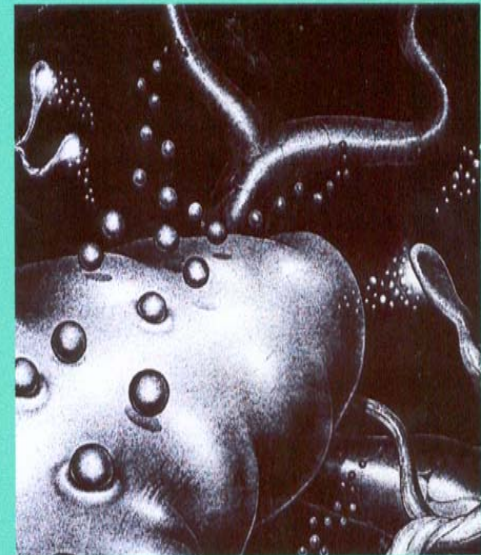
- **Neurotransmitters are the billions of tiny globules of chemicals that are emitted at the nerve endings, that pass across the gap, or synapse, between the cells, to stimulate the next nerve cell.**
- **When we are depressed over losing our job, for example, we project sadness everywhere in our bodies. The neurotransmitters for sadness attach to receptors on every cell: our skin becomes sad, our liver becomes sad, our kidneys becomes sad.**
- **We physically become the emotion.**

## Biopsychology

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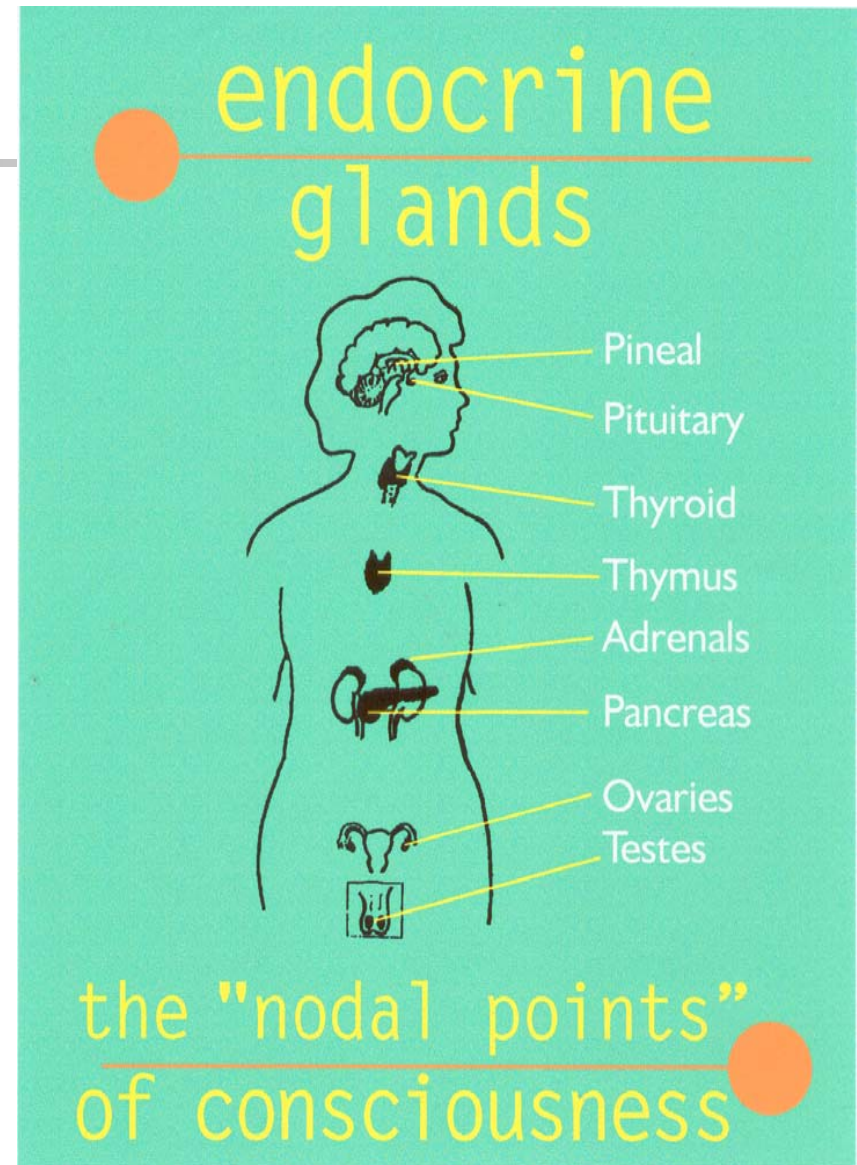
### A new science

Neurotransmitters and hormones for sadness affect every cell of our bodies -- even our tears -- and transform our genes!



# ENDOCRINE GLANDS

- **They are the connecting points between the realm of the mind and the physical realm of matter.**
- **Our immune cells and endocrine glands both have the same receptors for the brain's chemical signals.**



# OVER-UNDER SECRETION

- **Over- and under-secretion of these endocrine glands may cause not only sickness but various mental and emotional disturbances as well.**

hyper or hypo-secretion  
of glands

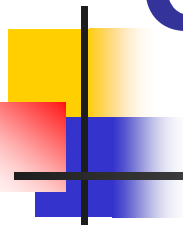
Causes  
psychic  
disturbances  
like:

- Anxiety
- Hatred
- Anger
- Fear

disturbs  
the emotions

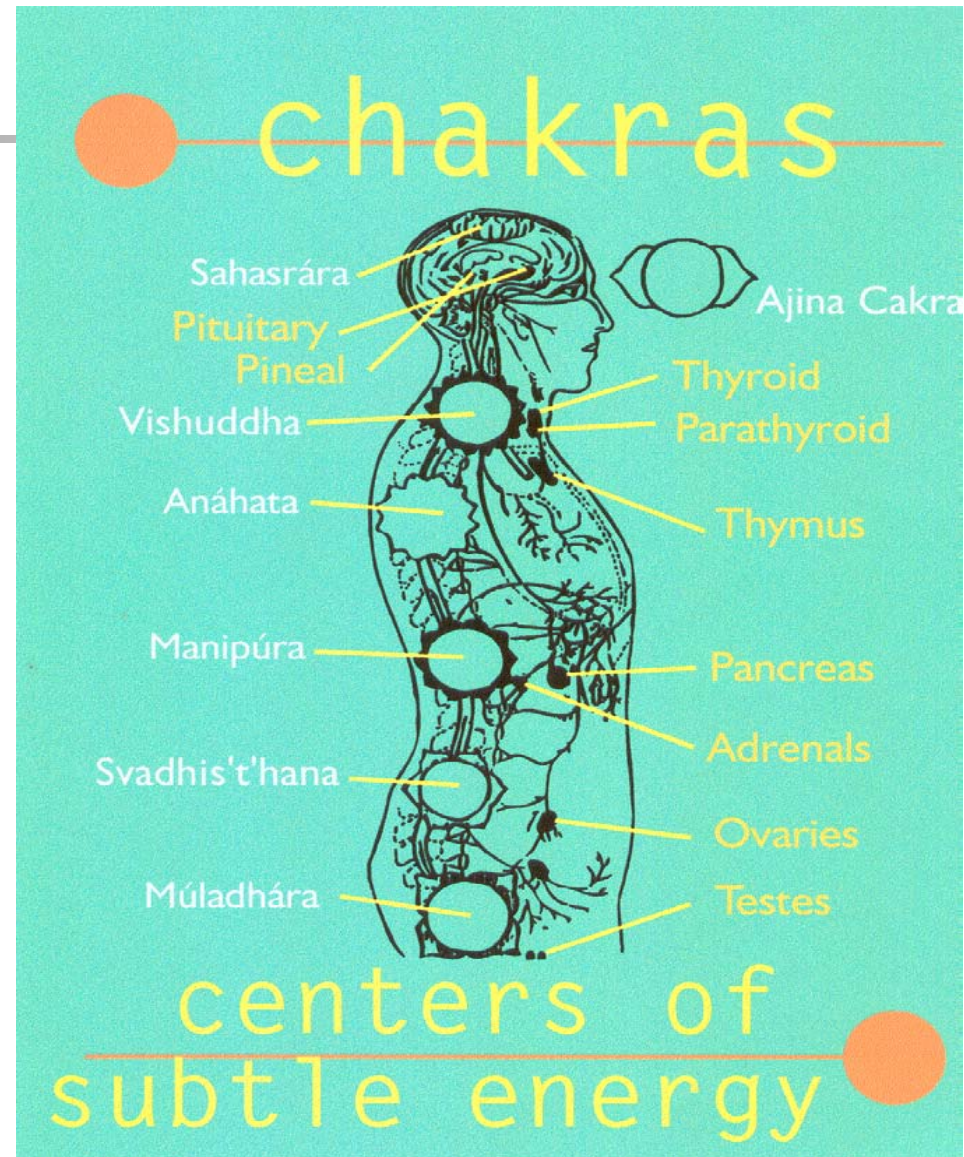


# CHAKRAS



- **Mind is connected to system of endocrine glands in the physical body by means of the subtle energy centers called chakras.**

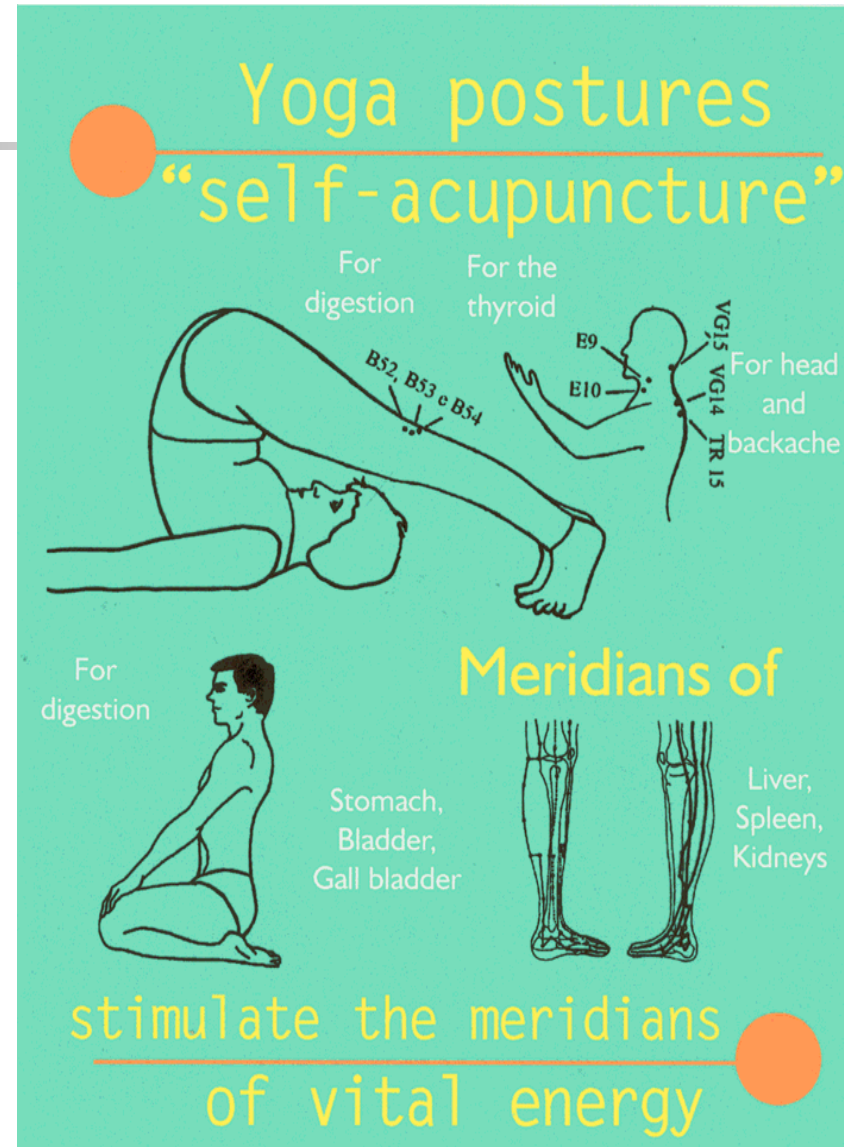
- **Psychic centers having a physical relevance.**



# POSTURES & MERIDIANS

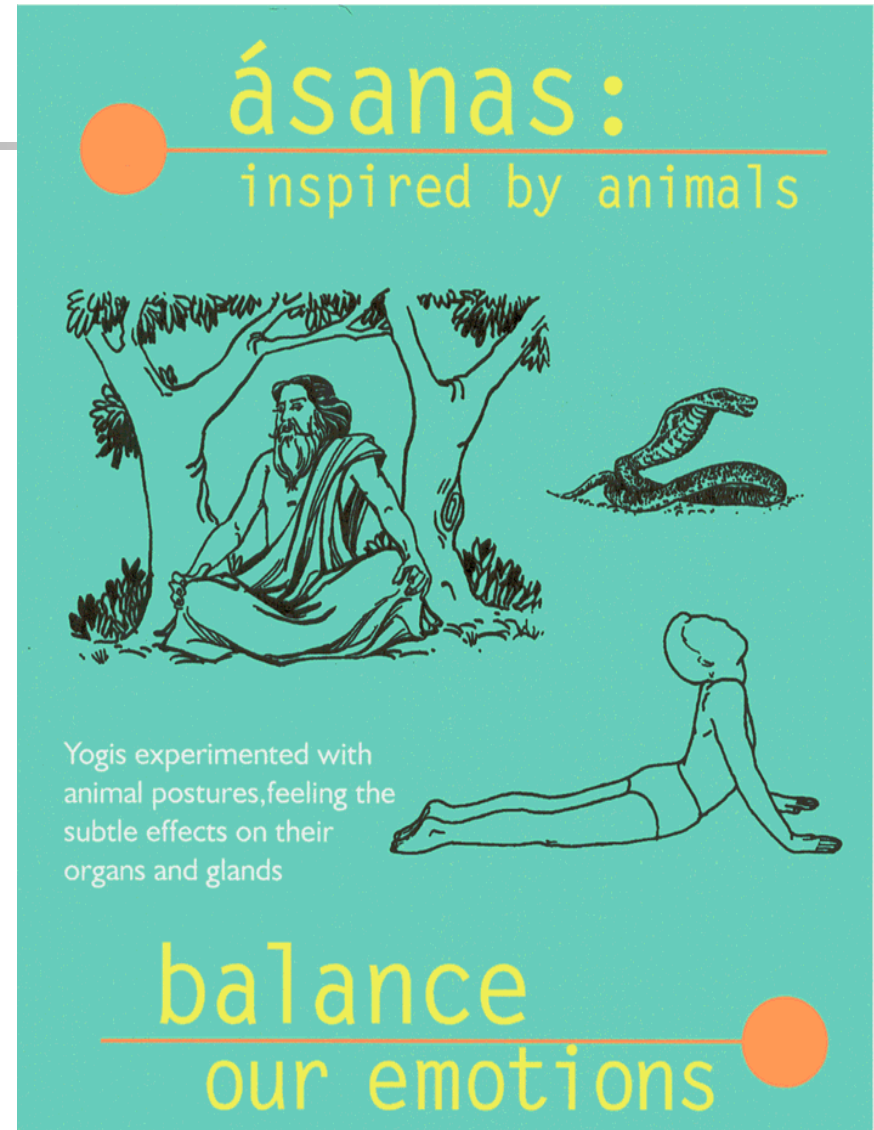
- There are 12 major meridians of chi or vital energy in the body, most of them related to one particular internal organ which they transverse.

- Yoga postures directly press these key points strengthening the meridians and if necessary redirecting the circulation of vital energy within them.



# YOGA & POSTURES - ASANAS

- **Thousands of years ago, yogis meditating deep in the forests in India developed a series of postures especially designed to pressure the endocrine glands, the nodal points of consciousness in the physical body.**



# PHYSICAL EXERCISES

- **Asanas are completely different from other types of vigorous exercises such as calisthenics, which involve rapid movements with great physical force, often accompanied by rapid breathing.**
- **Vigorous types of exercises develop muscles and stimulate circulation, but they also cause fatigue, heart strain or muscle pain.**

physical  
exercises



- Repeated muscular contractions, developing strong muscles
- Possible fatigue, muscle cramps, or heart strain
- No energy gain
- Principal effect on the skeletal muscles

mainly physical  
effect

# ASANAS

- **The main difference between asanas and other exercises is that asanas affect the internal organs, not only the skeletal muscles – and so we may call them 'innercizes'.**

## ásanas



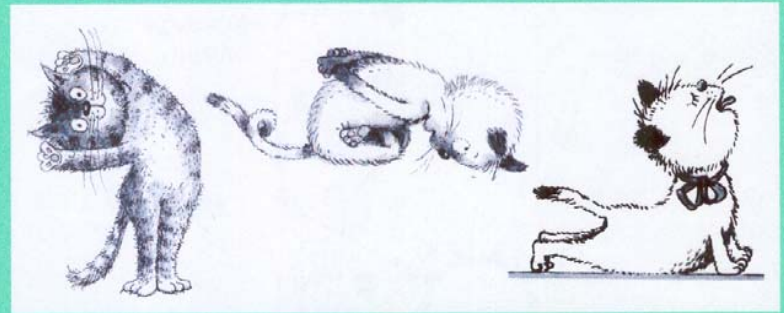
- Slow muscular contraction followed by relaxation
- No fatigue, muscle cramps, or heart strain
- More energy accumulated than spent
- Principal effect on internal organs especially glands

physical and  
mental effect

# "ASANA" MEANS EASY

- If you can't do any of the postures now, daily practice will gradually stretch tight ligaments and make stiff joints flexible again.
- Remember practice makes perfect.

ásana means  
"easy"



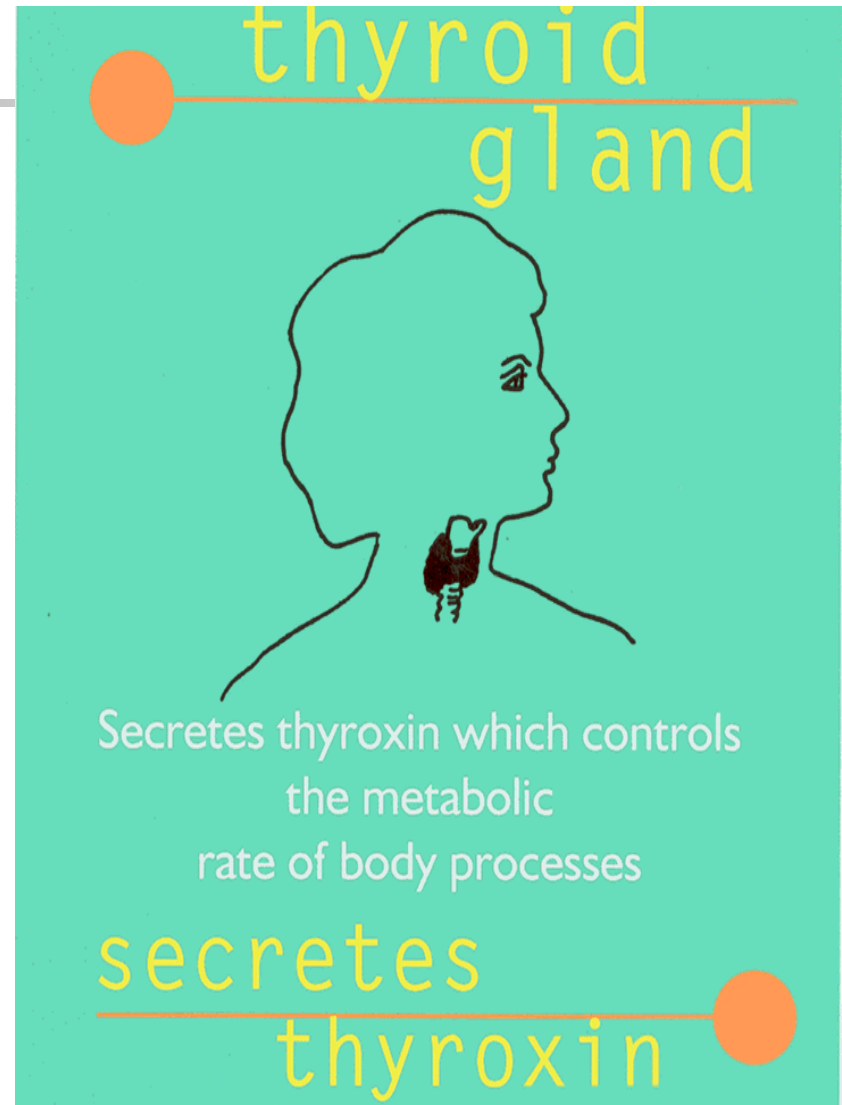
Ásanas are so simple that children and the elderly can practice them, and even cats!



Remember: practice makes perfect!

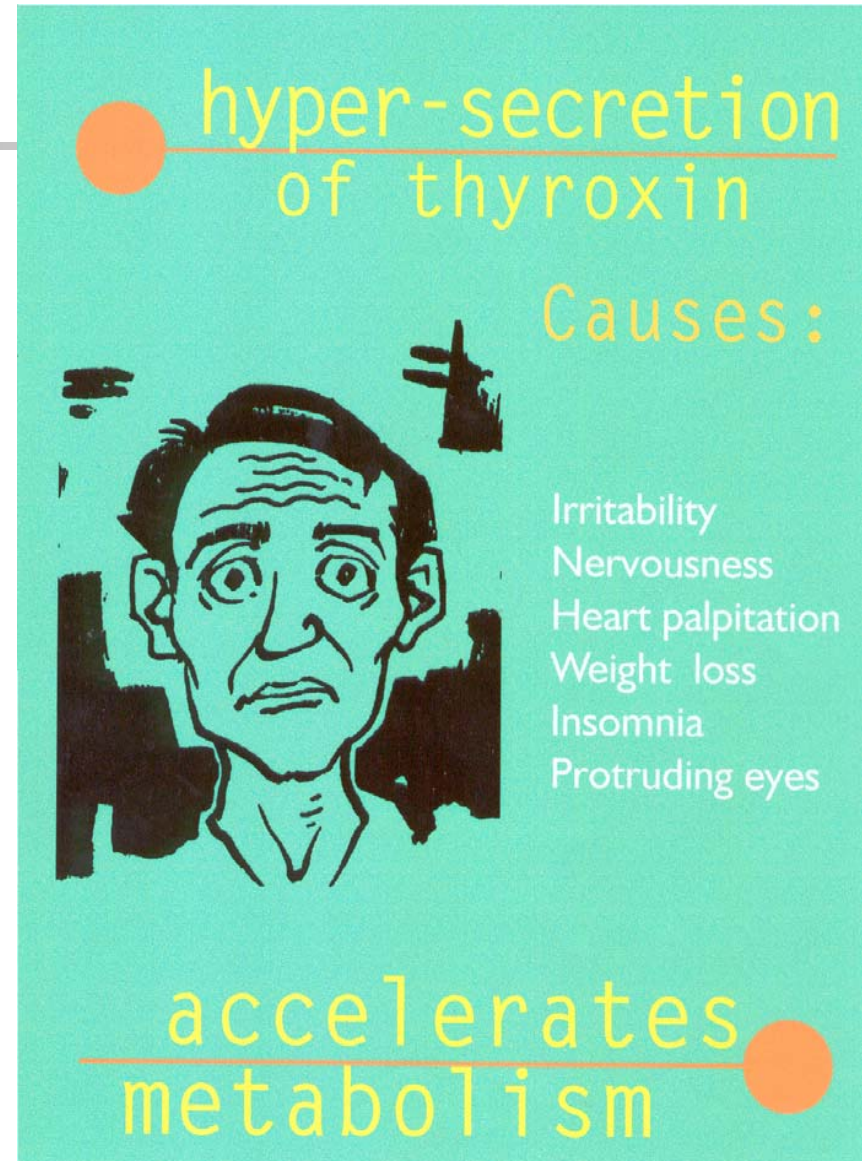
# THYROID GLAND

- **An important gland.**
- **Easily harmonized by certain asanas, such as the shoulder stand.**
- **A small increase of the secretion of the thyroid hormone **THYROXIN** may cause profound physical and mental changes.**



# HYPER-THYROID

- **Excess secretion of THYROXIN may cause irritability and worry, nervousness, heart palpitation, insomnia, loss of weight, and may make the eyes bulge like a frog.**
- **Such a person may eat large amount of food, but will never become fat.**






# HYPO-THYROID

- Under secretion of the hormone **THYROXIN** may bring about sluggish metabolism, mental dullness, and extreme sleepiness.
- Such a person may like to sleep **12 to 14 hours a night!**

hypo-secretion  
of thyroxin



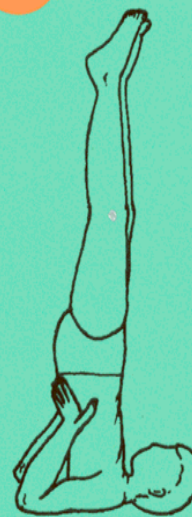
slows  
metabolism

Diminished heart rate  
Mental dullness  
Obesity and bags under eyes  
Extreme sleepiness


# SHOULDER STAND & FISH POSE

- The harmonious secretion of thyroxin is very essential for physical and mental health.
- Shoulder Stand squeezes the thyroid gland whereas the Fish Posture stretches it.
- The combination of the two asanas gives a complete massage to the gland and increases the blood flow to the gland.

sarvaungāsana




Shoulderstand  
(Sarvaungāsana)



Fish pose  
(Matsyamudra)

regulate the thyroid hormones



Compress and stretch the thyroid gland, giving it a total massage

"good for everything"

# PLOUGH

**This posture stimulates points on the inner side of the knee.**

**The effect is good for constipation and abdominal problems.**

**It also affects the points on the back of the neck.**

**The effect is good for headache, neck and back pain.**



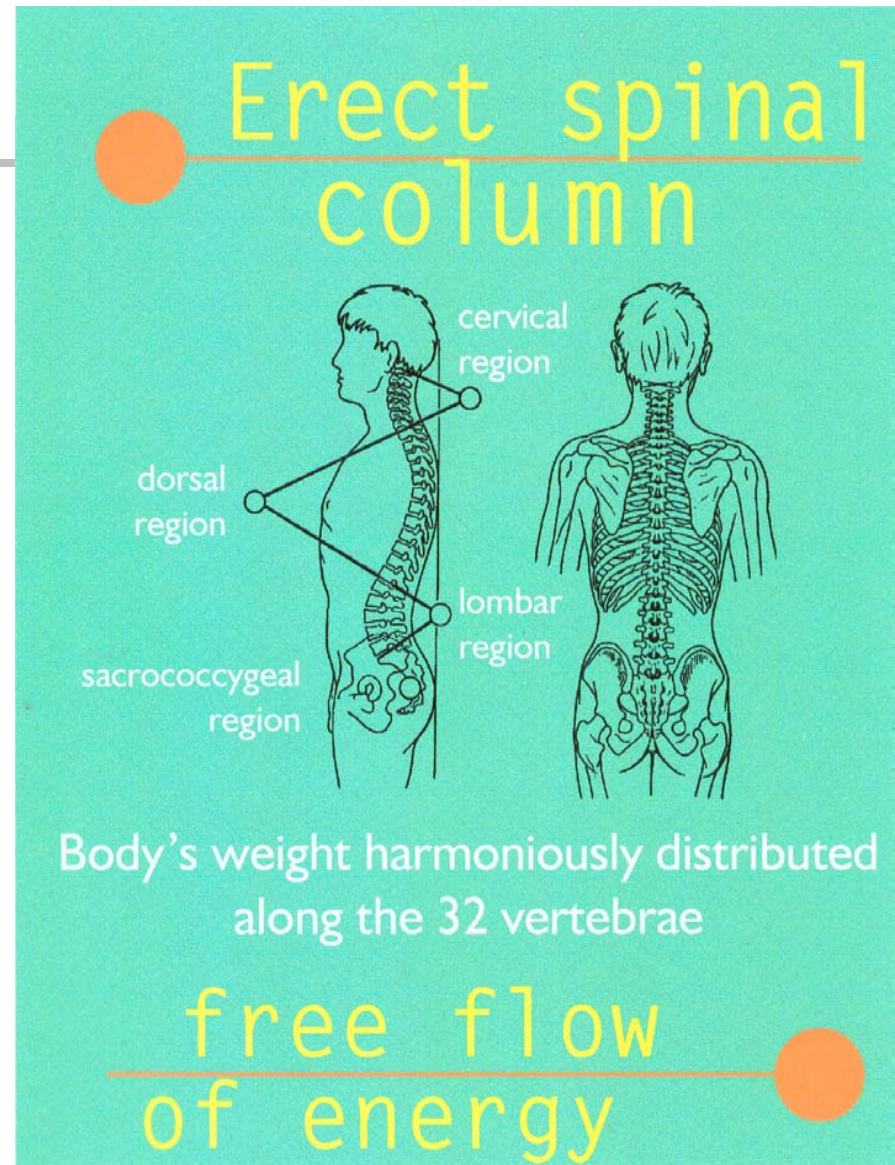
# UTKATA VAJRASANA

**This posture tones up the urinary bladder, stomach, gall bladder, liver and kidney meridians.**



# SPINAL COLUMN

- It is composed of **33 vertebrae** divided into **4 regions**:
  - the **cervical** (with **7 vertebrae**);
  - the **thoracic or dorsal** (with **12 vertebrae**);
  - the **lumbar** (with **5 vertebrae**);
  - the **sacroccocigeal** - the **sacral** (with **5 in one bone**) and the **coccyx** (with **3 in one**).



# 80% OF POPULATION



- **60 years ago most people worked standing up, & slept on the floor or on hard beds.**

- **Now most people sit in front of machines: TV, computers, move around in cars or sleep in soft beds.**

- **Bent over our desks at work or at school, our spines gradually become curved, and this compresses the spinal nerves, leading to back pain or head ache.**

80% of population suffers back trouble

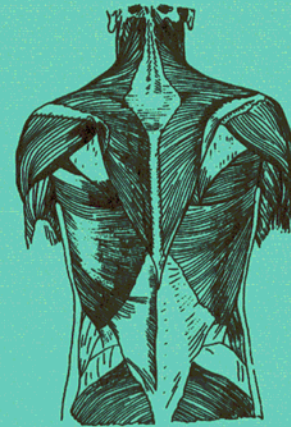
By sitting for long periods in incorrect positions

from incorrect posture

# CURVED COLUMN

- Due to improper posture, the vertebrae misalign and press on the spinal nerves and so either block the flow of impulse or increase it by irritating the nerve roots.
- We must gradually strengthen the muscles necessary to restore the body to its proper position, while simultaneously stretching and loosening the contracted and tightened tendons, ligaments and muscles.

## curved spine

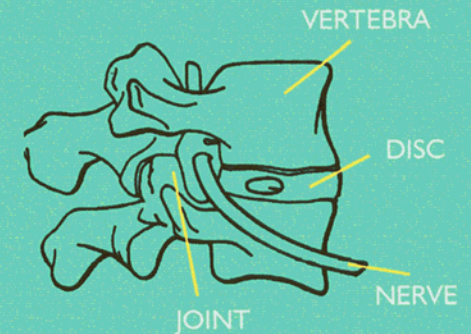


### Back muscles

Are strained, maintaining the body in improper positions

### Vertebrae

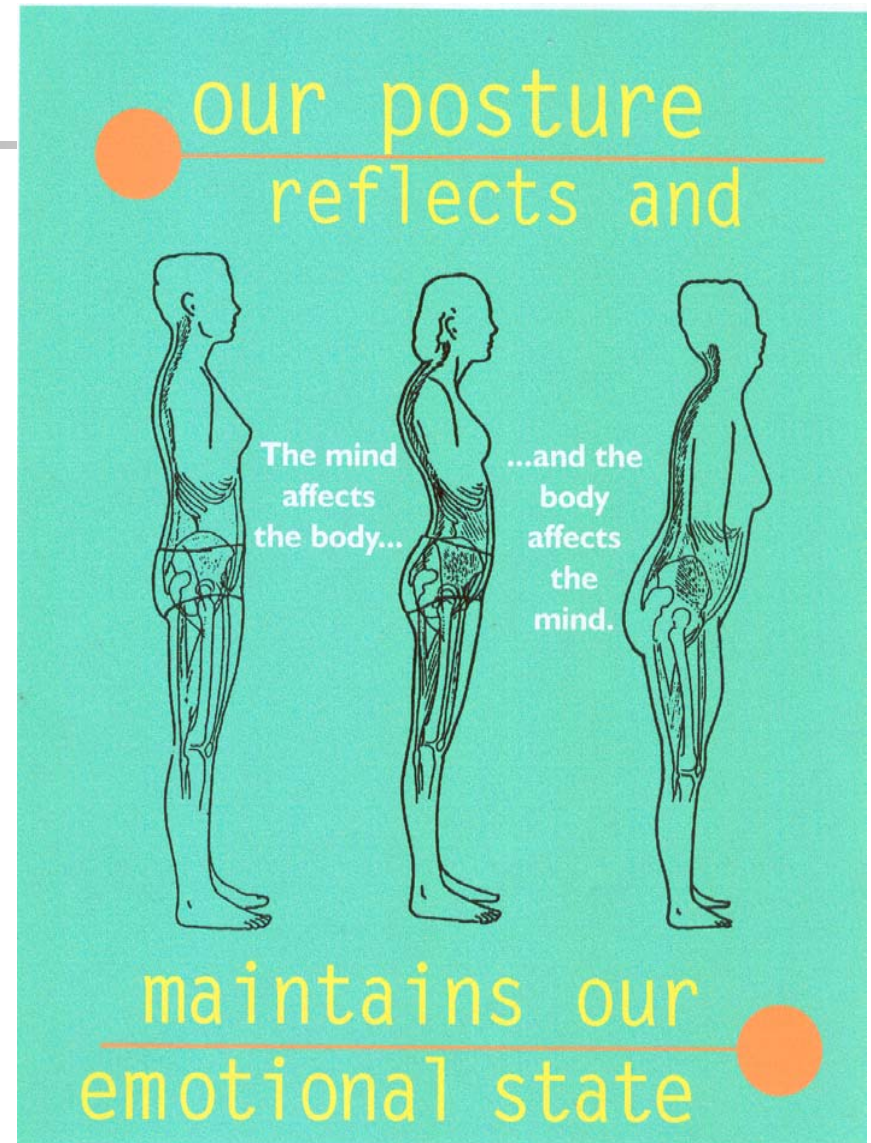
Are unaligned, compressing the spinal nerves



## muscles and vertebrae

# OUR POSTURE REFLECTS

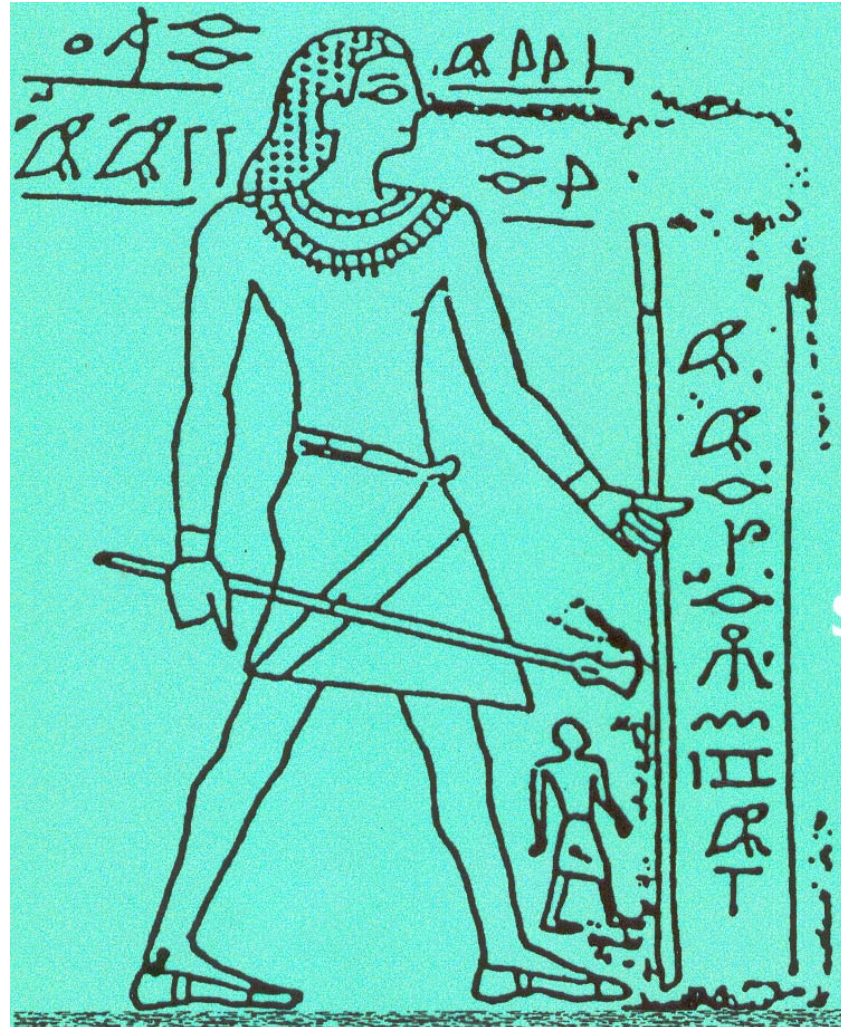
- **Depressed people habitually walk with head down and shoulders stooped, as if they were carrying the weight of the world on their shoulders.**
- **Optimists, on the other hand, walk with head and shoulders erect, and look straight in the eye with positivity.**





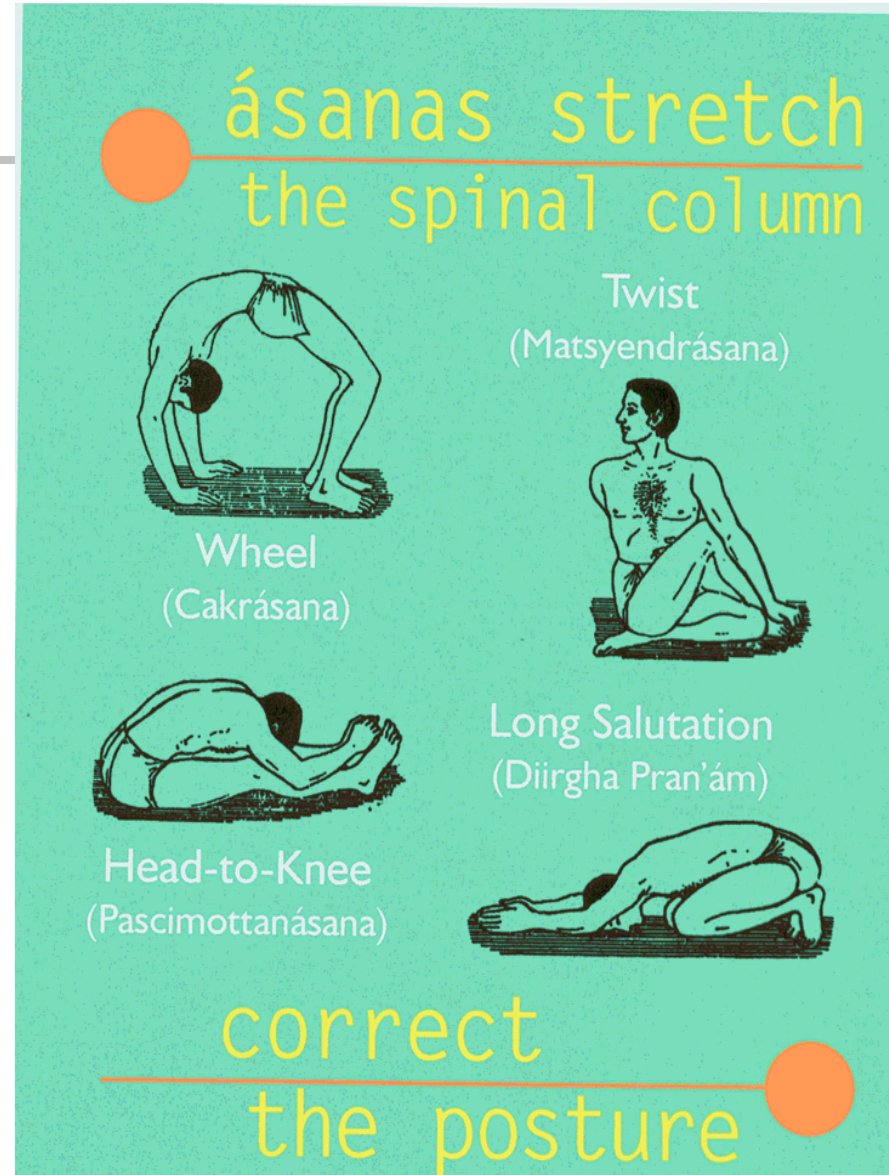
# PHYSICAL EQUILIBRIUM

- Thus physical equilibrium is intimately related with mental equilibrium.
- Note the paintings of the ancients - the Egyptians, Greeks or Hindu – of their divinities.
- Ancients well knew the importance of an erect posture to express our human dignity.



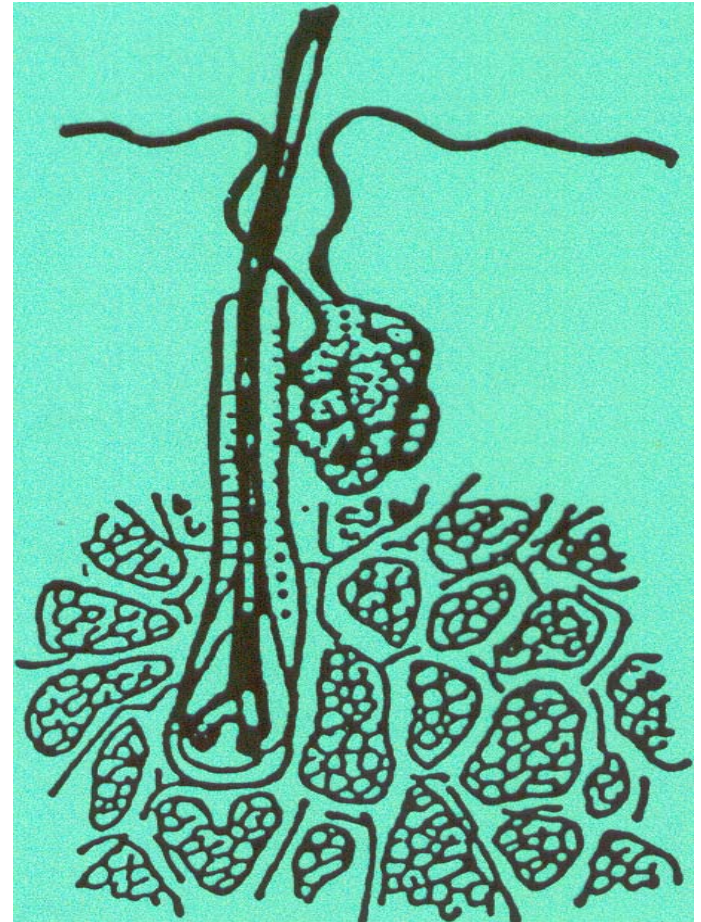
# ASANAS STRETCH THE SPINE

- There are many asanas which stretch and twist the spine in different directions, thus maintaining its proper curvature and strengthening the back muscles.
- Asanas realign the cartilage discs, and increase the blood flow to nourish the spinal column and nervous plexi.



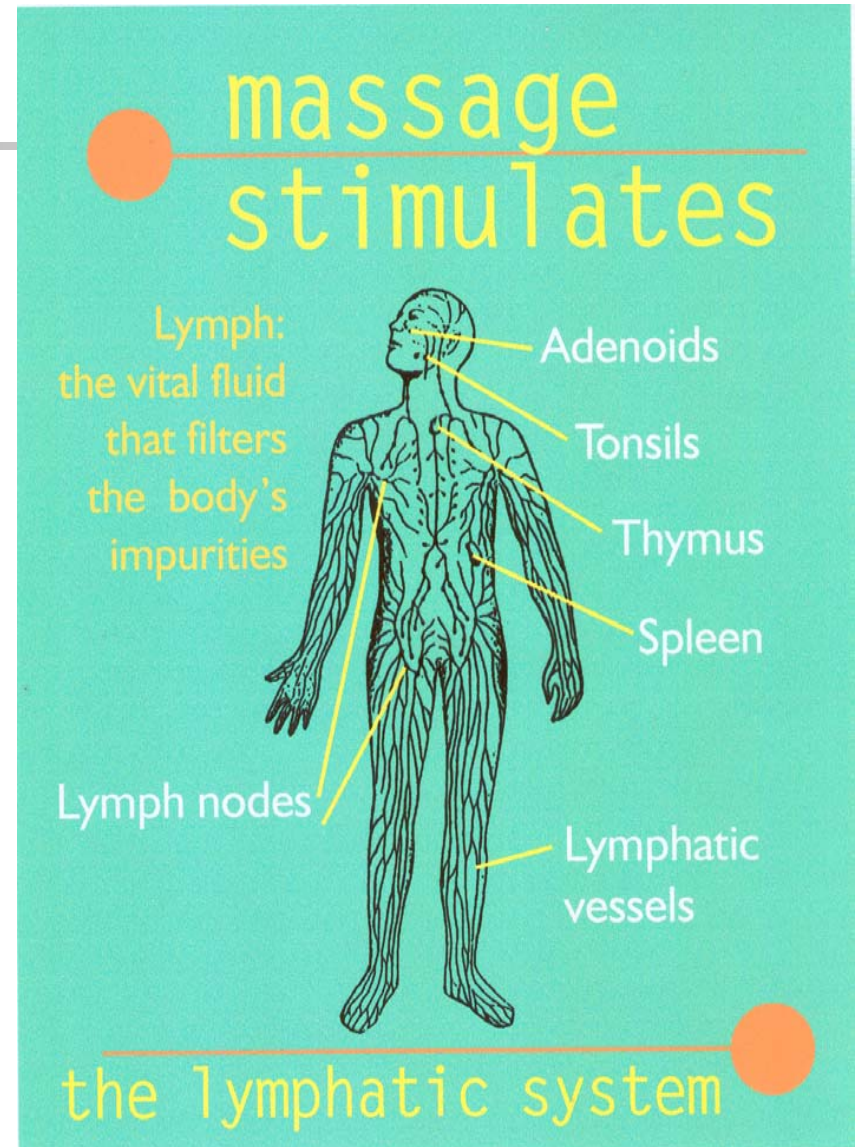
# SEBACEOUS GLANDS

- **Asana practice stimulates the sebaceous skin glands just under the surface of the skin to secrete their natural oils – the perfect balsam for our skin.**
- **It is necessary to do a self-massage after doing asanas.**
- **The self-massage after asana practice stimulates these sebaceous glands and rubs these beneficial oils back into the skin, maintaining the skin as soft and supple.**



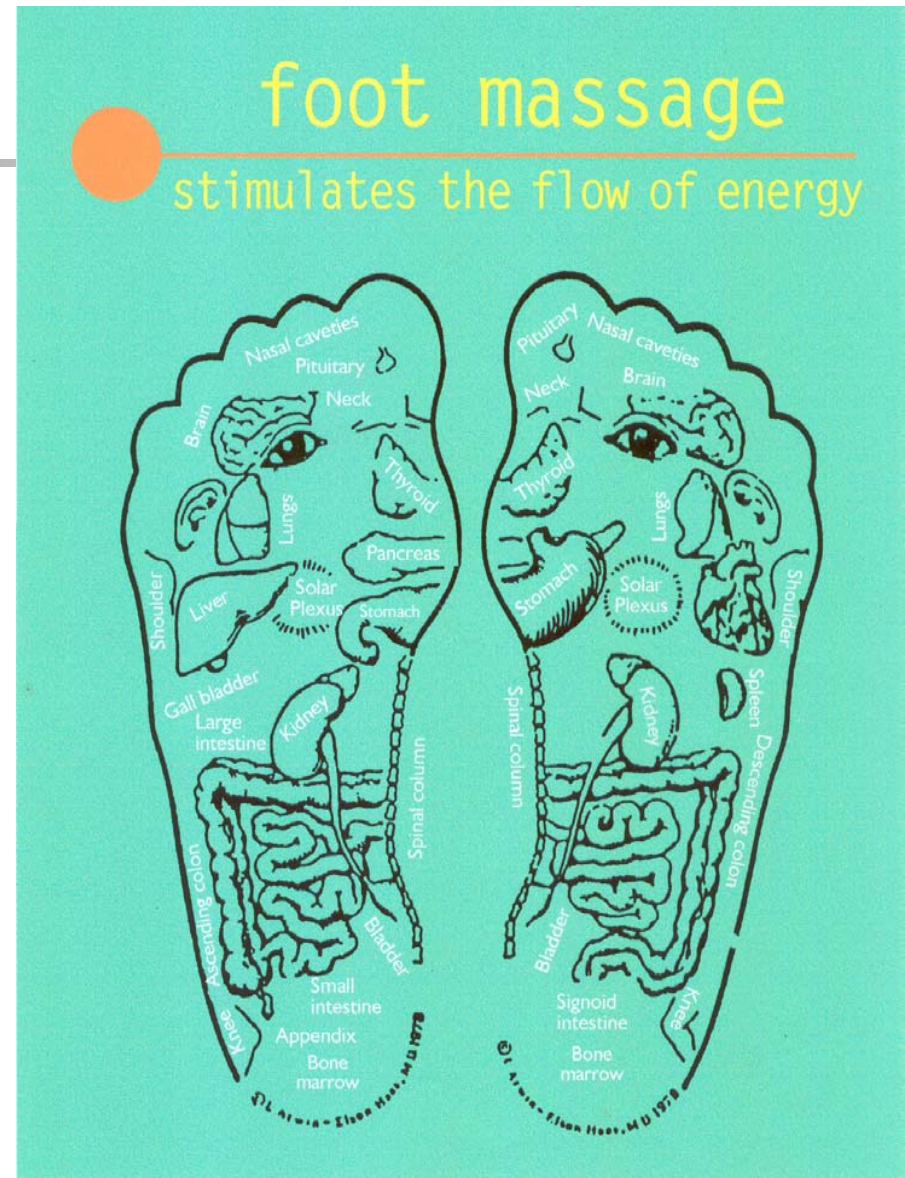
# LYMPH SYSTEM

- **Lymph is a vital fluid which purifies the body, picking up waste matter and dead cells.**
- **The wastes are first taken to be filtered at the lymph nodes, and finally excreted by the kidneys.**
- **This purifying lymph, which bathes all cells of the body, is not pumped by the heart but is moved by the action of our muscles.**
- **Massage stimulates the flow of the lymph.**



# FOOT CHART

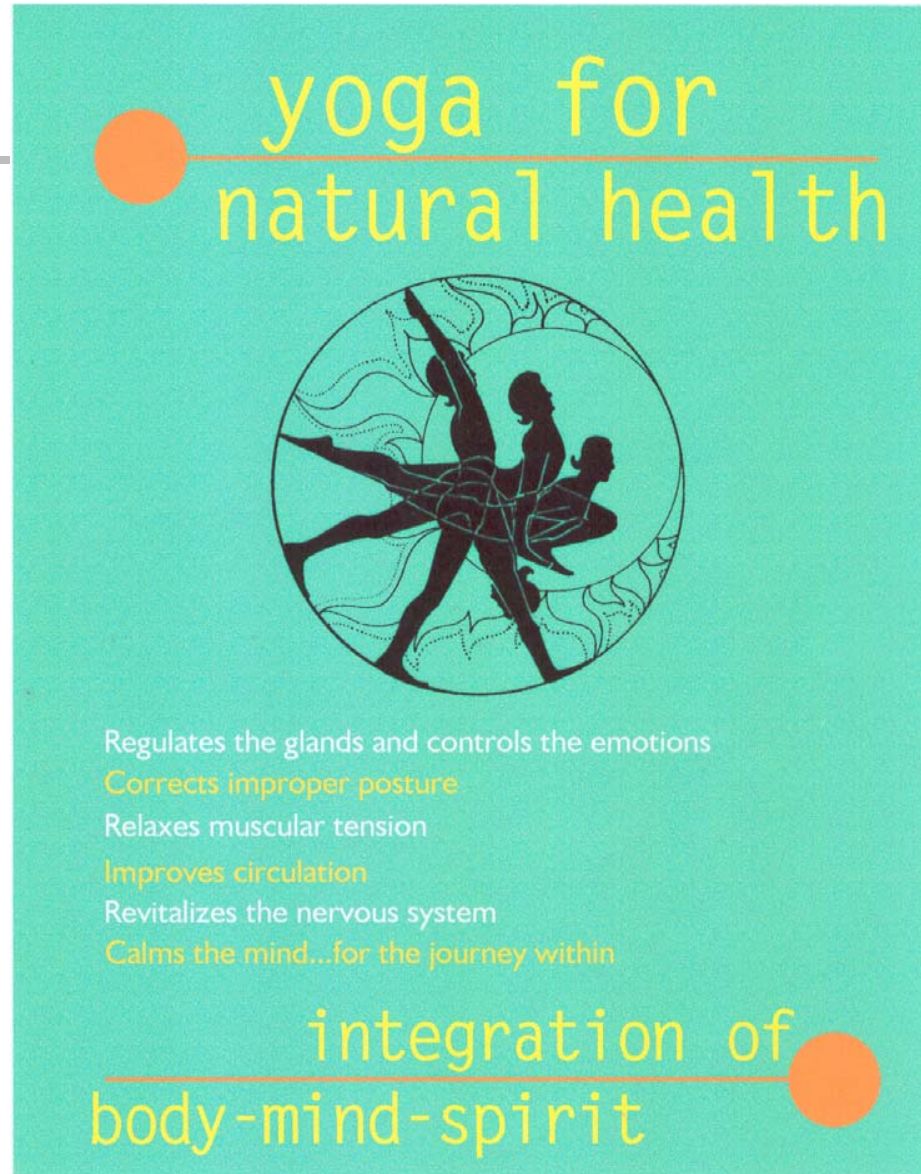
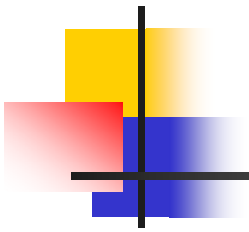
- **Massage also stimulates the nerve endings in the skin, so stimulating our nervous system.**
- **The foot massage is very important, because most of the nerves of the body end in the feet.**




# YOGA FOR NATURAL HEALTH

- **Yoga asanas and self-massage:**

- **harmonize the glandular secretions**
- **help us to control our emotions**
- **correct improper posture**
- **relax muscular tensions**
- **improve circulation**
- **revitalize our nervous system.**



**yoga for**  
**natural health**



Regulates the glands and controls the emotions  
Corrects improper posture  
Relaxes muscular tension  
Improves circulation  
Revitalizes the nervous system  
Calms the mind...for the journey within

**integration of**  
**body-mind-spirit**

# THE INNER JOURNEY

- **With yoga practice we can become masters of our selves – prevent disease, retain youthfulness and remain energetic.**
- **All the postures of yoga prepare us – our nerves, our glands and our minds – to dive deep inside into subtler and subtler layers of our beings.**

## the inner journey



Yoga postures prepare us -- our nerves, our glands, our minds -- for the blissful journey within



# KAOSHIKI DANCE



**COMES FROM THE WORD 'KOSA'  
WHICH MEANS 'LEVEL OF MIND'.**

**This dance, which is especially designed for women and can also be done by men, develops not only the body but also the subtler layers of the mind.**

**It acts to prevent and help the following conditions:**

**Back pains, acidity, hemorrhoids, hydrocele in men, neuralgia, nervous weakness, kidney problems, bladder and urethra problems, gall bladder problems, gastritis, acidity, dysentery, syphilis, gonorrhoea, obesity, emaciation, arthritis, rheumatism, insomnia, lethargy.**



# KAOSHIKI STEPS

## KAOSHIKII



Baba



Nam



Baba



Ke-



valam



Baba



Nam



Baba



Kova-



lam



Baba



Nam



Baba



Baba



Nam



Baba



Ke-



valam