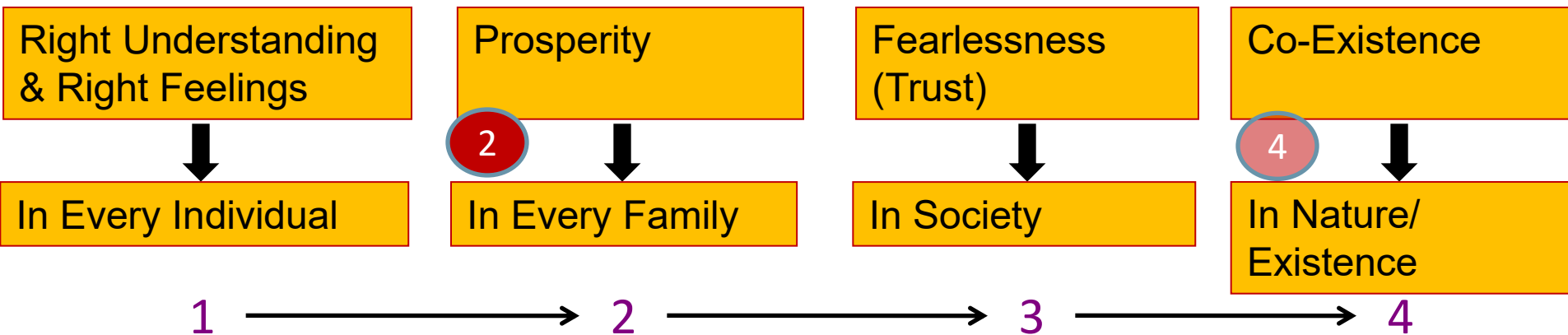


Health of Body

Harmony in the Society (lekt esa O;oLFkk)

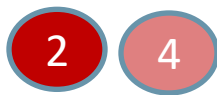
Human Target



Human Order ¼ekuoh; O;oLF

Five Dimensions ¼i;kp vk;ke½

1. Education – Sanskar
2. Health – Sanyam
3. Production – Work
4. Justice – Suraksha
5. Exchange – Storage



2b. Sanyam – Feeling of responsibility for Nurturing, Protection and Right Utilization of the Body

2a. Health (Swasthya) – Body acts according to I
Parts of the body are in harmony (in order)

→ Recognising required physical facility

Program for Health-sanyam

Sanyam in the Self (I): Feeling of responsibility for Nurturing, Protection and Right Utilization of the Body



Program for Sanyam

- | | |
|--------------|--------------------------------------|
| 1a. Intake | 1b. Daily Routine for Upkeep of Body |
| 2a. Labour | 2b. Exercise |
| 3a. Asan | 3b. Pranayam (Breathing) |
| 4a. Medicine | 4b. Treatment |

Health (Swasthya) in the Body

1. Body acts according to Self (I)
2. Parts of the body are in harmony (in order)

Intake includes air, water, food (poshak, pachak, nishkashak, swadisht)
Labour results in production of physical facility

Talk by

Dr. Ismile Tak, Naturopath

Overview

स्वास्थ्य - संयम

स्वास्थ्य = आहार + विहार

स्वास्थ्य + व्यवहार = व्यक्तित्व

एक इकाई + अनुकूल इकाई = पोषण

एक इकाई + प्रतिकूल इकाई = कुपोषण

एक इकाई - अनुकूल इकाई = शोषण

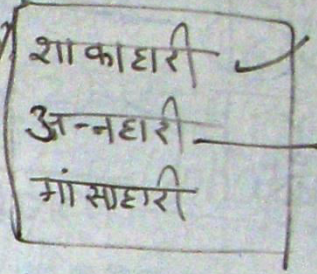
संयम = स्वास्थ्य

रोगी

नियम + न्याय = व्यवस्था

न्याय + नियम = व्यवहार

= आहार - 8%



20%

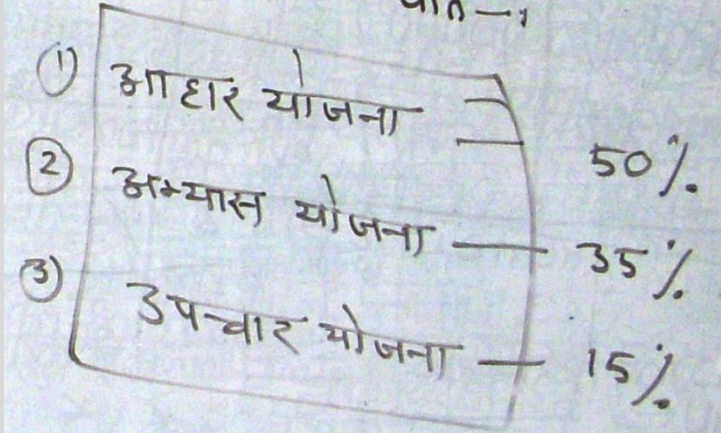
शाकाहारी

कोष — अन्न मय कोष, प्राण मय कोष, मनोमय कोष,
मानन्द मय कोष, विज्ञान मय कोष

कफ -

पित्त -

वात -



80% Shakh – ahar

20% Ann – ahar

0% Mans – ahar (meat, sugar, alcohol, tea/coffee...)

Daily Routine (Some Tips)