

Follow your Heart Yoga

Heart disease is a problem of modern times. It is psychosomatic in nature. Improper lifestyle, faulty diet and negative thinking play an important part in triggering heart disease. Our thoughts, feelings and emotions affect our body and mind. Negative emotions spark chemical processes throughout the entire body. Any irritation in the lining of arterial walls - which includes high levels of fat in the blood, smoking and high blood pressure - can trigger heart diseases;

Yoga can help in preventing and curing cardiovascular heart disease. Proper lifestyle and diet are the keys in managing and avoiding heart disease. Yoga has a role to play in both of these. Vedic wisdom in yoga lays emphasis on four aspects that have a direct bearing on health. They are

- ❖ Achaar (character and conduct): It stands for moral virtues - truthfulness, chastity, compassion and kindness.
- ❖ Vichaar (perception): The way we think influences our way of life. Develop a positive outlook in life and remove negative thoughts from the mind.
- ❖ Vyayahaar (behave): It pays to replace undesirable habits with positive ones. If we fear change and cling to old, negative habits, we cannot succeed.
- ❖ Ahaar (diet): Food sustains our body. What we eat affects our mind directly. Intake of proper and healthy food nourishes body and mind. Avoid over- eating and eat in moderation. Any imbalance in any of these aspects results in disharmony of body, mind and soul. This paves the way for diseases.
- ❖ Yoga has an important role in the prevention of cardiovascular diseases that includes recurrence of heart attacks, hypertension and coronary heart diseases.
- ❖ Yoga influences the hypothalamus directly, the area of the brain that controls endocrine activity, and helps prevent heart attacks
- ❖ Poses to practice: Warrior, Triangle, Tree, Lotus, Corpse pose
- ❖ Pranayam: Bhramari, Nadi shodham,

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