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# PERFECT HEALTH

THE COMPLETE GUIDE FOR BODY & MIND

HEALTH  
HAZARDS & CURE



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THE COMPLETE GUIDE FOR BODY & MIND

## Health Hazards & Cure

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## PUBLISHER'S NOTE

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According to Francis Bacon, “A healthy body is the greatest chamber of soul; a sick one, its prison.” But to maintain a healthy body one must not only follow the rules of moderate health living coupled with a state of moral relaxation exercising one’s judgment in meeting the strains and stresses in life but must also understand the disease process, since a proper understanding of not only the health but also of the sickness is essential in maintaining a healthy being.

The present day stress of life produces harmful effects not only on different organs of the body but also on the psyche. There is no denying the fact that both the mind and body are so interlinked that their mutual interaction constitutes equal share in the maintenance of the normal human cycle.

To live a normal healthy life one has to live life and enjoy it. Life can’t be a mathematical equation of do’s and don’t but, put in a judicious manner; the various intricacies of a healthy and diseased body must be well appreciated. If one can understand that the road to healthy living through a life of moderation in one’s habit and attitudes towards life, the task becomes much easier.

To make the task easier we present to you *Perfect Health*, a set of four books.

- Book I:** Perfect Health: Body, Diet & Nutrition
- Book II:** Perfect Health: Fitness & Slimming
- Book III:** Perfect Health: Health Hazards & Cure
- Book IV:** Perfect Health: Stress & Alternative Therapies

This set of four books is not meant to create awareness about the physical well-being alone. There are many books doing that, already. Instead, all the four books are all about creating awareness that fitness of the mind and emotions is as important as the fitness of body. And unless one works at being fit in every way, one is not likely to find true health.

To many, this would seem an unattainable goal but it is not so. The effort required to work towards an integrated health and fitness regime is hardly any more difficult than trying to balance your social and spiritual life. Where there is a will, there is a way. And so with fitness.

*Perfect Health* provides a complete step-by-step program of mind body medicine tailored to individual needs. The result is a total plan, tailor-made for each individual, to reestablish the body’s essential balance with nature; to strengthen the mind-body connection; and to use the power of quantum healing to transcend the ordinary limitations of disease and aging – in short,

for achieving perfect health.



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## **SECTION 1**

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**S**Ocial **S**piritual **W**ays: **M**ental **S**trength

## **OUR HEALTH DEPENDS ON US**

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**I**t is we who can make or mar ourselves, create and keep a healthy person inside or unhealthy patient. It is up to us to remain healthy or suffer illness.

By maintaining proper diet; proper balance, correct postures, working hard, doing physical labour, taking adequate rest, keeping inside out clean and by doing good deeds we can be healthy, happy and satisfied. But if we do the opposite, we will create obstacles and suffering of different hue, quality and dimension to lead a miserable life. Our misery and our happiness depend totally on us. It is the work, word and philosophy that moulds a person and his personality and shapes his life, and to a certain extent of those that are dependent on him/her or are related to him/her.

### **Habits Play Major Role**

Our habits influence our thoughts and deeds and also that of those who closely watch us. Each one is mask for someone, and all of us have a mask for ourselves. We fix our target, unannounced and often we don't realize that we are following someone or we are trying to be like someone. That someone is our secret idol, the mask for us.

If that someone is cultured and refined then we easily become cultured and refined but if that someone is a criminal we learn criminal activities. If that someone is healthy we often cite his example that, so and so, has maintained his/her health meticulously well. But if the opposite is the case we suffer inside. Every human being has a tendency to copy someone. What is important is to copy a healthy and happy man of good health. We must imbibe good qualities and create good habits.

- **Sitting Habits:** One must sit in a comfortable position and move left and right or bend forward and sit erect. Sitting in one position should not continue for long. The women cooking while sitting get a lot of natural movements, like that of Yoga, and hence, are healthier. Always keep you feet up if sitting on a chair.
- **Standing Habits:** One should not remain in standing position for long. Any posture that continues for long affects the free flow of blood and hence of oxygen. The abdomen bulges out of those that stand for long for cooking at tables or higher platforms or keep a watch over customers or other movement while standing by a counter.
- **Walking Habits:** Walking after taking supper must be slow and easy paced but morning walks must always be brisk with longer steps, and enough to start sweating even during winter season. Men going towards office, work

place or bus stop or station must walk faster with longer steps but girls and women should not walk hurriedly even if it is late.

- **Sleeping Habits:** Don't cover your face while sleeping or don't fold both the legs. The best way is to take such a posture which induces sleep and it varies because of different way of sleeping habits. Don't go to bed late; don't sleep late in the morning. The best time for sleeping is between ten at night to six in the morning. Six hours are adequate for a young and healthy person or persons between the age-group of twenty to sixty. Sleeping during the day is strictly prohibited. Children, ailing men or women and old can sleep for long and even during the day. Always sleep on the left side first, then on back and then turn to right side, say, for the first ten to fifteen minutes. After that there is no barrier.
- **Breathing Habits:** It is intriguing how and why the change occurred, but it is a fact that most of the modern men, women and children, particularly city-dwellers have started breathing in and out of abdomen. It is imperative all should inhale or exhale through chest. If breathing is done through abdomen there will be no control over it, and the abdomen itself will bulge out. Check your breath and start breathing from the chest by exerting very little pressure on the navel to pull it in.
- **Eating Habits:** Don't eat between meals. Always eat less than what you can. There must be a standard six hours gap between one and another meal. It should never be less than four hours. Eat something after six hours if the next meal is delayed. Take a bit of water before taking your meal; and at least half an hour after taking the meal. If there is no emergency, then don't take water while taking your meal. Take medium sized morsels and chew your food well to allow the saliva to get mixed well.
- **Working Habits:** Don't waste your precious time of early morning from 5 a.m. to 8 a.m. Family members will be busy in daily routine; children will be preparing for schools; ladies will be busy in cooking; you are usually left alone. If you have no fixed work to do then spend this time on study reading classics or scriptures or writing personal accounts; letters.

Work for eight hours, usually four hours at a stretch. Don't work for more than ten hours at any cost. If more time is spent on work then there will be no life and energy left. Sooner or later, it will create tension and health problems will start springing up. You may not realize that it is due to hard work. Spend your evenings with neighbours or children: own children or neighbours' or both.

- **Combination of Work, Rest and Entertainment:** One's life must be a balanced combination of work, rest and entertainment. Those who are wise spend their days that way. But those that are heartily participating in the common rat-race will miss a lot for money: the most precious will be life; the second best will be health; the third is peace.

The most important thing in life is **life** and nothing else. If one has life, is

lively and has a habit of laughing then he is bound to be healthy. Health gives not only stamina but happiness also.

### **Inner Philosophy Keeps Healthy**

Two simple factors are responsible for domestic quarrels, pain, worry and suffering, and hence to mental tensions and physical illness. When there is tension in the family or at the work place, the routine is disturbed, particularly, the food-intake, the meals. People hardly realize that the secretion of different hormones and enzymes increases when the tension grows, and if there is nothing in the stomach to digest the enzymes often create havoc. One must be careful, Carelessness at any time and place is dangerous and always causes some apparent or unknown loss.

Everyone wants others to do the work and bear the expenses; and everyone wants material comforts, respect and praise. If one changes the idea and starts fulfilling the desires of others, he will be free from worries and get immense pleasure. In place of taking from the world if we start giving the world the things, concrete or abstract that we possess, things will change for better.

If mourning is sharing the grief, it is all right for the time being and in a limited way; but if mourning is for the sake of mourning then it is the wastage of inner power and positive values. Maintain balance; give due weight-age to everything. Proportion is the golden key to health and happiness. Avoid excess of everything; and everything means everything.

Krishna was against mourning and worrying. He says in the Gitā:

*One should get rid of the strain in mind and conscience when the event is over; and the sooner the better. One should never carry on the spirit of mourning or the sense or cause of worrying. The negative impact of undesired events should neither be nursed nor carried forward. Forget them, get refreshed and resume the work as fast as you can.*

### **Thinking Helps, Worrying Destroys**

One must realize the distinction between thinking and worrying; thinking is creative, positive and essential; worrying is destructive, negative and unnecessary. Think about your works, never worry about the problems. Remember, works and responsibilities; dearth of material possessions and burdens over head are not problems. Only major hurdles and obstacles, which can't be removed easily, can be treated as problems.

Creative ideas and constructive thought are basic and imperative states and steps towards contemplation. When one is positive in outlook and concentrates on constructive thinking one is moving correctly ahead towards inner awareness and richness. That way one can prosper, know and feel prosperity. Then worrying will be reduced, eliminated or totally eradicated; and thinking sensibly will be strengthened. The physical power and health will remain intact. Mind is to work incessantly without rest throughout the

life, hence avoid wearing it out or tearing it off by worrying. Give it rest for rejuvenation.

Have faith in the self and in others too. The best thing about faith is to believe that only the person concerned and his/ her personal God are there to take care of the person; and all other relations, relatives, friends and foes are mere illusions: they are 'all' selfish and they are responsible for their deeds: good deeds and misdeeds. This illusion must be cleared and one should not be in illusion. Knowingly think and behave as if all are faithful, sincere and cooperative because their mischief will not affect him/ her. So it is safest to follow the easiest rule. This will considerably reduce the burden over the body and the mind. You will grow and feel healthier.

Never attack; and if attacked never retaliate; injuries or resultant death will be boon in disguise and the attacker will be ruined; may live but like a dead one. The faithful can be sure of being saved from the jaws of certain death. Save your energy, for growing from inside and for better utilization. Enmity takes the sap out of body and later on out of life. It is wastage of birth in human form if one fails to remain healthy for doing good to the posterity because it is only the posterity that gives continuity to life on the earth. Ignore the attacks and also all negative suggestions to be fresh and alert. If you are doing everything righteously, have faith you will be healthy. You may not get a lot of 'something' but you will get everything including precious health.

Have faith in the self and show faith towards others. It is a great thing about faith that it gives no pain as all the pain is drained out by the 'Unknown'. One is relieved of each mental burden and is free to perform other deeds with ease and confidence.



## HEALTHY BEHAVIOUR FOR HEALTHY LIFE

**B**ehaviour is the most powerful and smooth way to remain healthy. Behave well and others will follow the suit; be rough and you will be treated roughly. You will not have peace in mind which will ruin your health. It was this need for humble behaviour that Indian Scriptures laid rules for. There is the rule of salutation to all the elders, man or woman, known or unknown. All the equals must be greeted and all the younger ones must be showered blessings. The form of each has been discussed in detail. The climax comes when it is claimed that they gain in four things, life, knowledge, fame and strength, (the most valued things for a healthy life) of all such persons who salute and serve the old everyday:

*abhibādansheelasya nityam bridhopasevinah  
chatwāri tasya vardhante āyurvidya yasho balam.*

### **Work Place: Readiness**

When one takes on an employment, job or starts one's own work, one realizes that the learning in schools and colleges and the grades secured there have no application in life. We feel robbed of the years spent on collecting matters which are not helpful. We start learning again, getting training, making mistakes, correcting them and gather that knowledge which we need to know in day-today performance. But one that had followed the following things or follows after realizing the earlier mistakes then one is bound to perform better, and be always some step ahead of the others.

- ❑ **Maintaining Time:** People usually suggest us to be in time. The best philosophy is to go to the work place or to keep an appointment or to attend a function, always reach there a few minutes earlier, and make it a point to leave the place a few minutes after the work or function is over. You would learn many things, meet many persons and be in a position to help one that needs help. Even when you are late, don't avoid the opportunity that you are late. Better late than never. It's the sincerity that matters, and it's the effort that is meaningful. Results are not under control hence one should not worry about that.
- ❑ **Be discreet:** Use your discretion and follow your inner conscience. Always remember that you are not the body in which you are; you are the spirit in the body. Your conscience makes, guides and expresses you. Follow it. It will plainly and clearly dictate what is to be done and what is not. For a moment others may not like it as they are driven by the present need and lust but when they are composed they would feel that you were correct and did the best under the circumstances. So, don't get wayward, behave in a

natural and sincere manner irrespective of the fact what others are thinking and speaking about you. Your conscience must be clear and discreet. There should never be any feeling of guilt anytime. Never be guilty in your own eyes.

- ❑ **Be positive and courteous:** Make positivism a permanent trend of your mind and courtesy an integral part of your behaviour. Don't allow the behaviour and attitude of other persons to influence you. Don't get affected by the pressure. Be pleasant, look fresh and always keep a positive outlook. Your skill, attitude and approach will assist you imperceptibly. Never give vent to anger or unpleasant feelings that may have unknowingly cropped up. Always be courteous: to all: irrespective of designation and power.
- ❑ **Be compassionate and show concern:** Compassion is the greatest healer, and it creates friends. Don't allow the feeling of enmity to crop up there will be no enemy. Show concern towards others. Let others feel that you are there to help them in need. Others too will get confidence. Faith would be created from nowhere and stay longer. You won't do anything wrong and others won't think of doing wrong to you if you possess and show concern and compassion towards others.
- ❑ **Be closer:** maintain reasonable distance: Close persons like wife, mother, father, grand parents, children, grand children and friends etc are intimately attached and hence, are weaknesses. Be close to them. Do everything for them that you can do without killing or injuring your conscience. Be clear in conscience and hence, maintain a reasonable distance from them (from each of them). The best way is: 'never volunteer everything that you know and think. Remember the advice of Chānakya: *manasā vichintayet vachasā na prakāshayet*; don't express all that you think.
- ❑ **Neither threaten nor live in fear:** Earlier on there was a genuine trend to be and keep others free from fear. In the beginning of 18<sup>th</sup> Century (in the whole of the world) a dangerous trend developed to keep all others in constant fear. This trend is at its worst as almost everyone is creating fear for others. Teachers and students, leaders and people, scientists and employees, landlords and tenants, industrialists and workers, criminals and police (in recent years soldiers and policemen killed have outnumbered the criminal), judges and criminals, doctors and patients, and farmers and traders are all in fear. This is the worst phase of modernity. For a change shake off the fear and try your level best to keep others free from fear. If fear persists there would be no happiness. Never threat others, and never allow a situation when you are under threat. Be conscious from this moment. Surrender to your God, you need not surrender to anyone else. Be sure to do only just and good and be free from the contagious fear psychosis.
- ❑ **Dress up freely:** Modern culture has developed a dress code. With fixed dress people are recognized as students, teachers, airhostesses, drivers,

workers, leaders, and conductors etc but their personal identity is lost. It is the ability and performance that matters, dress won't improve the function. Wear only clean and comfortable dress according to the demand of season and never against the season or climate of the place. Don't be a slave, be a free man. On the one hand people are revolting to be free from tradition and rituals and on the other they are creating new rituals and rather dangerous trends and traditions. Dress codes and dress consciousness mars the freedom, affects thinking and becomes a burden. Don't get swept away by the wrong notion that fixed dress gives an ease. That is the best dress, which is clean and gives comfort.

A man is not known by the dress that he wears but the character that he bears. A saint is not known with saffron or scanty dress but with moral character, pious behaviour, judicious attitude, benevolent nature and the knowledge that he possesses; mostly from the thoughts and deeds.

Some say, "You're where your thoughts have brought you, you'll be where your thoughts take you." It is only the half truth. The other half is the karma. Only the thoughts won't change you and the milieu, though they have the impact, only karma will not make the difference though it will show the impact. The impact of both the thought and the karma bring definite and lasting changes: the better it is the greater is the growth.

- ❑ **Keep lies away:** One is not responsible for what others do or say. If others tell lies, you can do almost nothing. They will face the consequences. They are not the matter under discussion. Don't tell lies. Never in any situation. The worsening situation may improve but the lies won't return or can never be purged. Take different recourse. 'I can't say'; 'I don't want to remember'; 'I did not do or say like that'; 'I won't say'; above all, 'keep mum'. These are some answers that can give you an opportunity to keep lies away. You don't need to tell it. Lies weaken the soul. Be strong from inside.
- ❑ **Language makes the difference:** People advise to use proper language. There is no proper language as such. Physics has a different language and chemistry another; history uses different words and psychology or philosophy has different vocabulary. The so-called proper language differs from place to place, situation to situation and listeners to listeners. They have their own vocabulary and understanding. The language that impresses the boss will not impress the friends or children or competitors. So, first possess command over rich and correct language; and then use only that language which can be understood by the person or persons listening to you. Always remember: That is the best language, which has clarity, shows confidence, is simple enough to make the ideas clear; and that shows neither ego nor challenge. If a word or a phrase or a clause can make the point clear then don't bother for complete sentence. Your understanding of the subject or the situation is more important, which must be conveyed through the language that you use. Natural expressions are always the winners against artificial coinages.

It is known as readiness. You are ready to work, even if you are not working. Grow your skill so well that you finish your work easily, in time and without showing labour or tension. Work is worship and skill is the mantra to finish it. Be in readiness: it will come with the growth of inner consciousness, which will always give an edge over others.

### **Father, mother and teacher:**

A person wins this world with his devotion to the mother. He wins space with his devotion to father and the Brahma loka with his devotion to his Guru.

*Āchāryascha pitā chaiva matā bhrātā cha purbajah  
Nārtenāpyavamantvyā brāhmanen visheshtah.*

2/225

*ĀchāryoBrahmanomurtih pitā murtih prajāpateh  
Mātā prithivyā murtiastu bhrātā swo murtih ātmanah.*

2/226

*Teshām trayānām shushrusha paramam tap uchchayate  
Na tairabhyananugyāto dharmamanyam samācharita.*

2/229

Manusmriti discusses the last and lasting effects of bad deeds when the immediate gains encourage the evil doer who is completely destroyed before his final tragic end. On the contrary it praises the late but lasting gains of those that do only good to all:

*Adharmena idhate tāwat tato bhadrāni pashyati  
Tatah sapatrān jayati samoolastu vinasayati.*

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There are clear instructions regarding behaviour. A man must keep a few things in mind for peace:

- (i) One should clearly declare one's irreligious activities and sins already committed.
- (ii) One should refrain from committing sins.
- (iii) One should always follow one's own religion.
- (iv) One should never show anger to women, children, servants and ailing persons and to one who is aggrieved:

*Tasmāt prakāshayet pāpam swadharmam stat charet  
Stribālbhritiyagovipreshwatikopam vivarjayet.*

Parāsher 9/62

Non-violence; to stop physical and oral violence and not even to think of violence is truth. He asks each one to be truthful. One should never steal a thing. Both inner and outer cleanliness or purification and control over the senses are the most essential aspects of a religious life. One must donate something according to his ability. We must show control over our inner feelings, exhibit compassion towards all and there should be not anger at heart, in words or in action:

*Ahimsa satyamasteyam shauchamindriyanigraha  
Dānam damo dayā kshāntih sarvesām dharmasādhanam.*

Prosperity must give respect but how can one deserve and get respect if one is not showing respect to others.

### **With Parents and Elders**

Only the able can grow. The greater the ability the easier is survival. Two things are very important about the parents and elders:

- (1) that they have helped us live and grow;
- (2) that they have survived as they have wisely and courageously faced the tides and storms, the flood, cold and heat.

They may not be able to share their experiences or they may not be followed but these two contributions are enough to make others respect them and listen to them.

They have survived and they will survive even if you break the relation but if you show due respect and maintain the relation your own survival will be easier and growth faster. It is so because they never evade responsibility, they take responsibilities and fulfill it according to their available resources.

### **With Children**

Nowadays, parents take away childhood from children. Despite the fact that we have the traditional understanding to start education after the completion of fifth year; and despite the fact that the government has fixed 6<sup>th</sup> year as minimum age for admission, the parents unwisely and in the name of better education send their two and half years or three years old sons and daughters to schools or prep schools against their wish and at the cost of their mental and physical health. It is a moral crime. They should be fostered with care. They should not be given undue tension at such a tender age.

Send the children to school only when they have enjoyed their childhood for about five years. Believe it, then, they will learn faster as they are bound to realize the value of learning and knowledge. They will be knowing, what they are doing and what is expected of them.

On the other hand, it is a crime if you fail to give them proper education. The parents and the grandparents and also the teachers must help them, and

do, everything under their command to make a child grow well, get maturity, learn different skills to be able to do something worthwhile, to work well to earn a decent livelihood.

They can enjoy their childhood and learn everything essential for later days without thinking of schools and exam. They must feel relieved when they enter the life of household around the age of twenty five.

One can be free from the debt to one's parents when he/she fosters one's children well and make them able and strong citizens.

## **With Women**

Be always sweet and full of respect towards all the ladies: relative, known, or unknown. Men can do a lot but only the ladies make a home. He can achieve any height that behaves in a respectable manner to the ladies, if not then one is bound to fall sooner or later. Listen to them intently, never ignore them deliberately. One is always free to take the best decision keeping everything in mind.

This fact brings to another phase of the matter. Never take any decision in haste. The Scriptures are very clear about it: Gods reside there wherever women are respected and adored:

*yatra nāryā astu pujanya ramante tatra devatā.*

## **No Work in the Presence of a Visitor**

The arrival of a visitor is instant relief from the work one is concentrating on and trying to finish. Never treat it as a hindrance. It's a boon, heaven sent opportunity. It will give immediate relief and restore the energy. Be sure, your mind will keep on unknowingly thinking and concentrating on the job. It will not be distracted (as commonly believed), it will remain engrossed, and when the visitor goes out, your mind is well prepared to finish the task and it will be finished within no time.

So, don't work in the presence of a visitor. The visitor is more important. He may have greater problems than you. He may not divulge it but he may be in search of some much needed relief. He needs to be taken care of with compassion and intelligence. Don't enquire into the real purpose he may not like to state his position or problem. Talk of only on the subjects he has opened the door of.

Always remember that the best time is the immediate present, this moment; the best work is the work one is doing and the best person is the person before you: *atithi devo bhava.*

Your attitude, approach and behaviour towards him will affect you directly; and the family and work-place indirectly. It's bound to show the effect whether you realize it or not.

## General Conduct

One should never indulge in crime. Wealth earned through sinful deeds results in making the life a hell. The Indian Scriptures denounce all sorts of crime. Maharishi Aitareya identifies six types of criminals. In his eyes these six types of such treacherous persons are: one who sets something ablaze; one who administers poison; one who kills with arms in hand; one who forcibly takes away wealth; or land; or women:

*Agnido garadaschaiva shastrapānirdhanāpahah  
Kshetradārharaschaiva shadete ātatāyeena.*

Aitareya Samhitā 3.19

Maharishi Vashishtha insists that lust is the basic reason behind pain, suffering and immoral activities. One's lust is never satiated. On the contrary it incessantly grows. Once a man falls in the hardened grip of lust he can't be free even when he is completely ruined. A man with lust can never prosper. So, one must not encourage lust and must lead a life of frugality and contentment. There lies peace and prosperity. The moment one opts for extravagance he takes the ruinous path of crime, falsehood and immoral activities. He should feel satisfied with the religious deeds:

*jeerayanti jeerayatah keshā dantā jeerayanti jeerayatah  
jivanāshā dhananāshā cha jeerayatoapi na jeerayati.  
Yā dustyajā durmatibhīryā na jeerayati jeerayatah  
Yoauso prānāntiko rogastām trishnā tyajatah sukham.*

For the prosperity and emancipation Maharishi Aitareya clearly states that mind is purified with knowledge, body is purified after taking a bath with clean water, the purgation of heart is achieved by following truth and religion and life is purified with penance. Only with that sort of purity one can prosper and only such prosperity will be permanent:

*Abhigātrāni shudhyati manah satyen shudhayati  
Vidyātapobhyām bhutātmā buddhirgyānen shudhyati.*

(Aitareya Samhitā 3:56)

## As Suggested in the Gitā

We have deliberately and simply because of ignorance and due to the illusory attraction of others' non-tested life style, stopped studying and following the teachings and healthy way of living of our great Rishis, reverend gods and even incarnations like Shri Krishna, who clearly stated in the Gitā:

*All the pure and healthy persons take and relish the juicy and smooth easily digestible food. It adds to longevity, gives wisdom and energy, keeps healthy and increases: pleasure and compassion:*

*Āyuh sattva bala ārogya sukha preet vivardhanā;*

*Rasyāh snigdhāh sthirā hridayā āhārāh sāttvika priyā.*

Although, it was very well analysed and explained by Shri Krishna in the Gitā (17:14, 15 and 16) what *tapa* or penance is, yet we disbelieve and never indulge in the pious penance of *body, mind and speech*. What we get easily perishes easily; what we achieve through penance lasts forever. Shri Krishna said:

*The penance of body is to worship and follow gods, brāhmīns (pure and wise men), parents and gurus; it is saralatā, simplicity; brahmacharya, celibacy; and ahimsā, non-violence.*

*Deva dwija prāgya poojanam shaucham ārjavam;  
Brahmacharyam ahimsā cha shāriram tapa uchyate.*

*Speaking patiently with compassionate the truth for general welfare; study of the Scriptures and recitation of God's Name is the penance of speech:*

*Anudwegakaram vākyam satyam priya hitam cha yat;  
Swādhyāya abhyāsanam chaiva vākyam tapa uchyate.*

*Pleasantness, peacefulness, silent thinking, purged emotions,  
control over emotions are mental penance, the tapa of the mind:*

*Manah prasādah saumyatvam maunam ātma vinigrahah;  
Bhāva samsuddhīh itye tat tapo manasam uchyate.*

To modern man, following every wild thought from the West, these ideas may seem to be esoteric and useless but these are the sure ways of living a healthy and happy life. It is the mind and the will power that gives health and strength. One can't remain healthy only by cleaning bowel and taking medicine. Follow the above rules and get rid of most of the medicines. Be sure, you will never fall ill 'seriously'.

