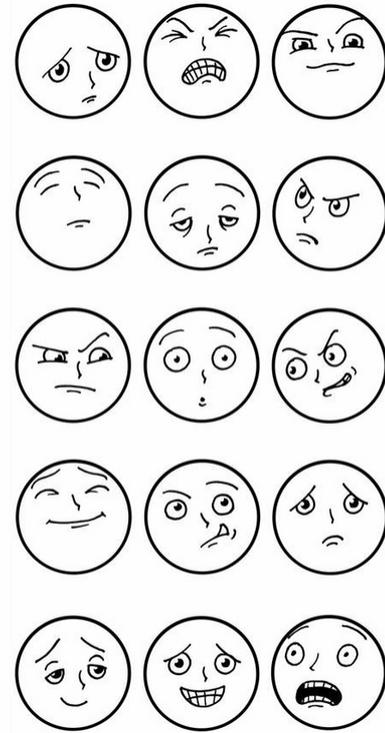


# Yoga For Health

## Ac. Shankarsana'nanda

In the previous article a general introduction to yoga was given, and I mentioned that true happiness can only be achieved when there is balance between body, mind and soul (consciousness). Today I want to focus more on the physical aspect of yoga and take a closer look at the effect they have on body and mind.

Basically, the yoga postures, called asana, were developed by Tantrics thousands of years ago. These Tantrics were the early yogis doing the groundwork for modern yoga science. Among the more underestimated pioneers of yoga we find a great saint named Astavakra. He was born in Bengal, India, about 2300 years ago, and was the first yogi to map the psychological effects of asana. He realized that certain asana was very effective in controlling negative emotions such as irritability, fear, jealousy, hopelessness etc, which are obstacles for our advancement in life. A hormone produced in the navel region causes irritability, and by relative simple asana such as Dhanurasana (bow pose), or the more demanding Majurasana (peacock pose), this emotion can be controlled. So easy, so natural, and without any medicine.



Yoga postures are also well known for its stimulating effect on the internal organs and to the nervous system. The nerves are the messengers in the body sending info to and fro the various organs informing them on their operations. Furthermore the postures give a direct, but gentle massage to the various internal organs stimulating their functions. A weak functioning liver will cause big trouble for a person such as digestive disorders or diabetes. The liver may then fail to clean the blood, which again may cause more serious problems such as cancer etc.

We all have weaknesses of various parts of our organs, nerves or glands and suffer unnecessarily. Some more, some less, but daily we see how these gentle postures cures various problems being it physical or mental. Among the more general feedback we get from our yoga students is that they feel more balanced and on top of things. One achieve peace of mind, and what more do we want?

