



# ayurveda: knowledge of life

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## Get inspired with Ayurveda, the ancient wisdom of India.

Ayurveda, one of the most ancient medical systems in the world, can find solutions to many burning problems of mankind, including stress. Ayurveda addresses the mind, body and soul, balancing the various opposing forces and energies working inside the body. This helps one lead a healthy, happy and peaceful life. It does this by recommending some changes in the lifestyle and diet of an individual and by prescribing some naturally-occurring herbs and minerals.

According to Ayurveda, stress is a state where the mind is imbalanced. It can be brought about many factors, such as financial concerns, family problems, work-pressure etc. Stress can also be brought about by an imbalance in the body itself, or as a result of environmental factors, such as insufficient natural light and air, chemicals from food and the intake of stimulants like caffeine, tobacco and alcohol.

### Balance & Harmony

Elements that can help to maintain a balanced mind and body include; a healthy diet, breath control, daily stretching exercises, regular meditation sessions and relaxation techniques such as massages, aromatherapy and herbal remedies. Ayurveda recommends certain daily, monthly and seasonal lifestyle regimes that harmoniously adjust our body and mind with the changing natural rhythm.

It also helps us to recognise something beyond mind and body - the soul - the very seat of power that drives the mind and the body. According to Ayurveda, in addition to feeding our body with good food and our mind with sound education, we should also

feed our soul. Food for the soul includes practicing non-violence, speaking the truth, helping others, not cheating or exploiting others, living with love, peace and harmony and through acknowledging the fact that the soul exists.

The wisdom of Ayurveda can help with problems of the modern world. There is much we can learn! So, let us get inspired with this 5000-year old natural system of medicine that originated in ancient India. It's time to regain balance and calm! In future editions of Inspired Times, I will focus on various illnesses and the Ayurvedic approach. For further information about Jiva organisation and Ayurveda, visit [www.jiva.org](http://www.jiva.org).



## Deep Breathing

The mind has a very close relation with breathing. A person has short and shallow breathing when anxious or stressed, and deep breathing when relaxed and happy. Next time you become stressed, watch your breathing. Take a relaxed position and breathe deeply using the abdominal muscles. Let the abdomen expand while breathing in and contract while breathing out. This will immediately relax you.

During work, make it a habit to take short breaks at regular intervals throughout the day and relax (by abdominal breathing) for a few minutes.

Fresh air is essential for well-being at all levels! Throughout the day, whenever you have a chance, fill your lungs with fresh air. Breathe the air in deeply, making sure the abdomen expands. Fill your lungs as full as you can, then slowly empty them completely. Do this 5 times.

Appreciate both fresh air and deep breathing, and all that they can do for you!



**“The concept of total wellness recognizes that our every thought, word, and behavior affects our greater health and well-being. And we, in turn, are affected not only emotionally but also physically and spiritually.”**

**Greg Anderson**