

YOGA & U

in your daily life
(A Cardiologist's journey through Yogaland)

Let this book be inspiration to one & all especially youngsters as they are shiny stars of this universe.

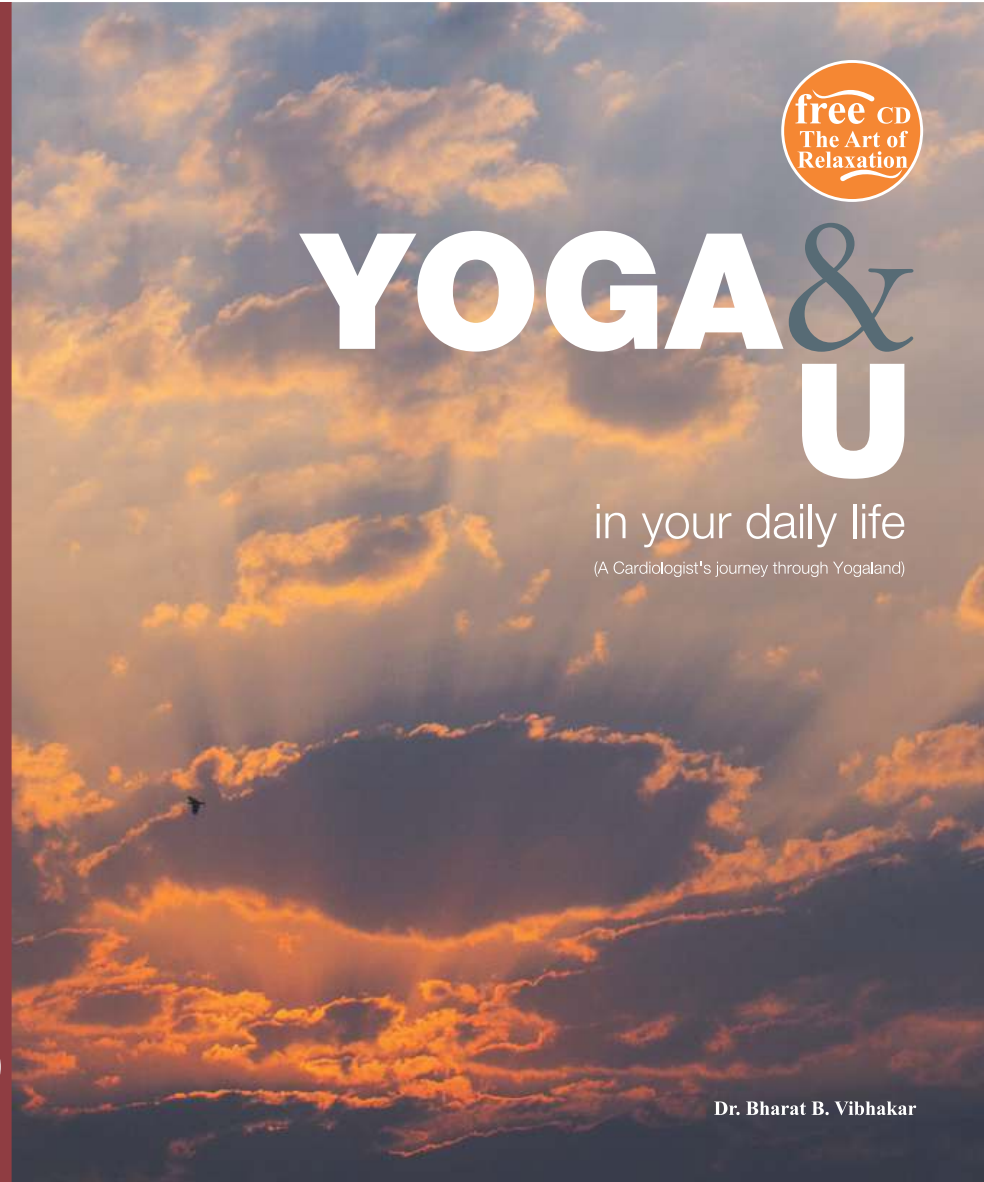
Let their knowledge be adorned by 'Namrata' (kindness) towards all mankind, 'Uchchata' (greatness) towards teachers and 'Pujniyata' (veneration) towards parents & elders.

The inner strength thus created will make them march forward. By now they know very well that even in bad time it is better to 'light a candle than to curse darkness.'

Dr. Bharat B. Vibhakar

YOGA & U in your daily life

(A Cardiologist's journey through Yogaland)



YOGA & U

in your daily life
(A Cardiologist's journey through Yogaland)



Dr. Bharat B. Vibhakar



YOGA & U

in your daily life

(A Cardiologist's journey through Yogaland)

Dr. Bharat B. Vibhakar

© 2016 Dr. Bharat B. Vibhakar

All rights are reserved for the publication of this book & CD. They cannot be reproduced or transmitted in any terms or by any means without permission. Any unauthorized act in this relation by any person will be liable to prosecution and civil claims for damages.

CAUTION:

Information given in this book & CD is based on personal experience and the experience gained in practicing medicine over the past forty years. The observations made are related to general common knowledge, combined with basic Yoga philosophy and teaching. An individual can get an overview from the information given, and, in turn, seek advice and guidance from a personal physician and a Yoga teacher to customize a program for the self.

Thus the contents are merely for information and reference and that the author, printers, publishers and sellers are in no way engaged in rendering medical, legal, yoga or other professional services. They disclaim all liability for any loss, damage, distress, injury etcetera suffered by any person on the basis of the content of this book & CD.

Further, we believe that the content of this book & CD do not violate any existing copyright, intellectual property of others in any manner. Nonetheless if any copyright has been inadvertently infringed, kindly notify us in writing so that appropriate corrective measures can be taken.

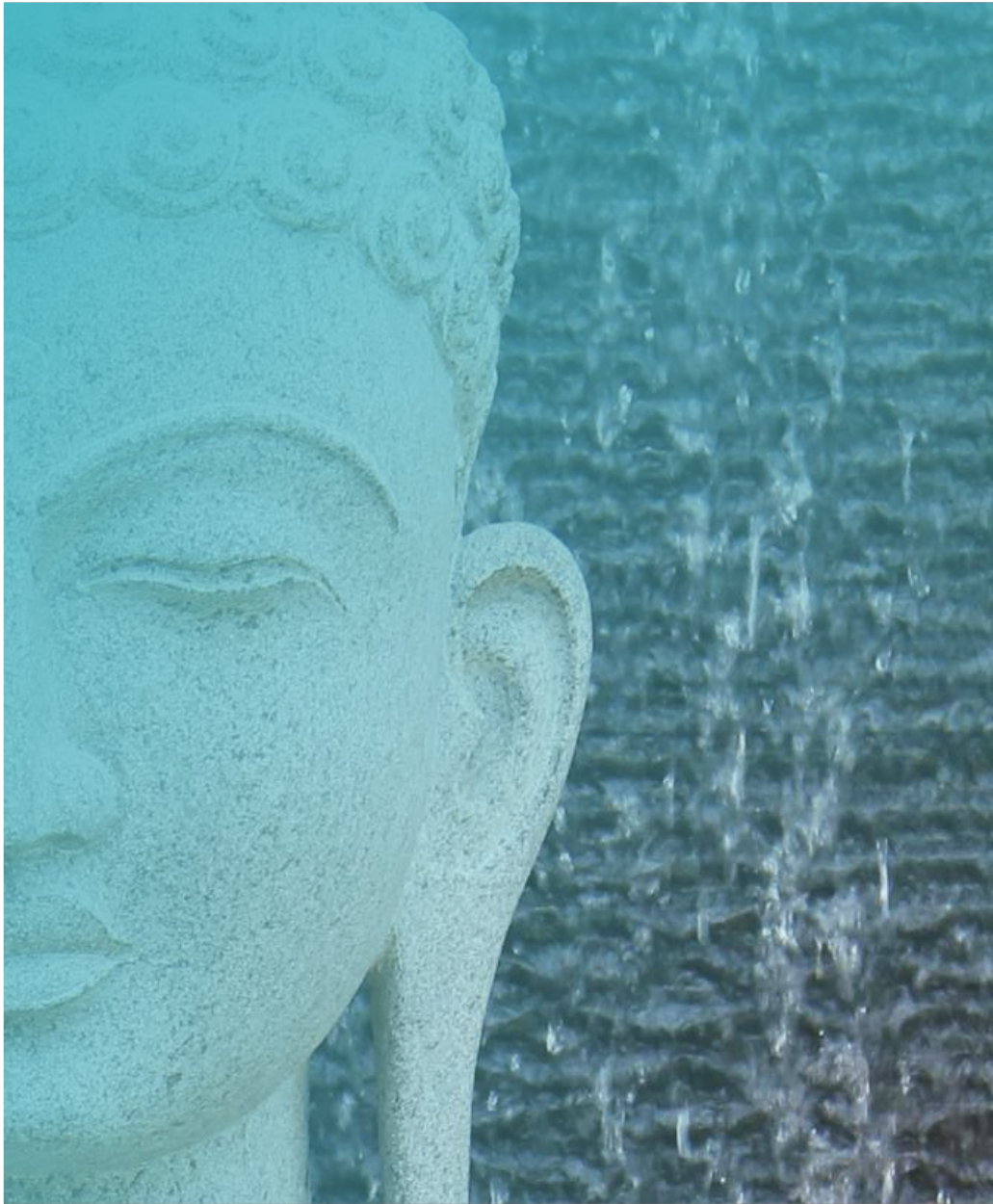
Concept & Design by Flyfish Design
Photography by Studio127
Video Shoot & Animation by Rajiv Virani
Printed and bound in India by King of Kings Printer Ltd.



About Author:

Dr. Bharat B. Vibhakar is a post graduate doctor in Internal Medicine from The Grant Medical College, Mumbai, India. He specializes in the field of cardiology in England and the U.S.A. For the past decade his interest has shifted to preventive cardiology and life style modification. Understanding behavioural aspect of an individual and customizing a program to suit his or her needs is his forte. These, along with application of yoga to an individual has made a lot of difference in overall management and treatment of several people avoiding unnecessary hospitalization in quite a few of them. Further, his new found knowledge and certification in Acupuncture has helped patients in alleviating musculo - skeletal pains which had interfered in their day to day living.

This book is the result of vast clinical experience along with close contact with patients and their family members be it in India or abroad. These have helped in creating a doctor's perspective of how the fountain of youth must be maintained and keep it functional as we grow older. CD production is his way of understanding, pursuing and inculcating peace besides achieving unification of mind, body & soul and coming closure to divinity.



CONTENT

Preface	6
Acknowledgments	10
Introduction	12
I. The beginning	
II. Formal training	
Chapter 1:	23
Basic Yoga Principles	
A. Why Yoga?	
B. The Patanjali philosophy	
I. Introduction to Sage Patanjali	
II. Learning Patanjali philosophy	
C. Achieving happiness	
D. Conquering Bhaya (Fear)	
E. Embracing Maun (Silence)	
Chapter 2:	42
Limitations	
Chapter 3:	46
God's creation	
Chapter 4:	48
Why it works: reasoning	
I. General	
II. Flexibility	

III. Breathing
IV. Gastro intestinal system
V. Circulation
VI. Nervous system
VII. Endocrine system
VIII. Psychological health

Chapter 5: 60

Setting a goal

Chapter 6: 62

Yogabhyas (Yoga learning)

Practice: Hatha Yoga, definition

Astangyoga

Stage 1

Yama:

I. Ahinsa

ii. Satya

iii. Asteya

iv. Brahmacharya

v. Aparigraha

Stage 2

Niyama:

i. Saucha

ii. Santosh

iii. Tapa

iv. Swadhyaya

v. Ishwarpranidhana

Stage 3 Asana

Stage 4 Pranayama

Stage 5 Pratyahara

Stage 6 Dharna

Stage 7 Dhyana

Stage 8 Samadhi

Chapter 7: 81
Way to shed lethargy and feel refreshed

Chapter 8: 92

Asana

Definition and general tips

Meditative: Sukhasana, Padmasana, Vajrasana, Virasana,
Vrsasana, Eksthitprarthanasana

Relaxation: Eksthitprarthanasana, Nishpandbhav, Savasana, Makrasana, Dradhasana,
Sukhasana, Vajrasana with Om chanting, please refer to CD

General: Vertebral column and Postures, Back and Extremities,
Abdominal Muscles and Inverted Postures

Chapter 9: 129

Mudra, Bandha

Chapter 10: 135

Ways to Improve Orgasm

Chapter 11: 138

Chakra

Chapter 12: 142

Surya Namaskara (Sun Salutation)

Chapter 13: 147

Diet

Chapter 14: 170

Hygiene

Chapter 15: 173

Time to Achieve Kaivalya (Liberation)

Review 180

Dedicated to
Ba, Bhai and Kakima



You mean the world to me.

PREFACE

A decade down the twenty first century, scores of people worldwide have awakening and wanting to become spiritual. They want to initiate renaissance, especially, in learning Yoga. This is mainly related to its untold benefits which, by now, have been not only widely published in media but also have been experienced by de-vout householders.

Yoga has emerged as a breath of fresh air, especially after significant stress and struggle modern men and women have undergone and are still undergoing. They have begun to realize what Thomas Alva Edison said 'I have not failed, I have just found 10,000 ways that won't work.'

These folks now want to experience for themselves what others are gaining. Actually, I was one of these people and found my *raison d'être* for pursuing Yoga. I can attest that I have come a long way learning, imbibing and practicing Yoga with immense benefits. The important among them being recognizing and correcting my behavioral pattern which led up to designing appropriate life style modification. I believed and followed what Kahil Gibran professed 'Progress lies not in enhancing what is, but in advancing towards what will be.'

Being both an experienced cardiologist and a trained Yoga instructor, I strongly advocate the practice of both, Yoga and medical management, as necessary, together. Such practice, I have witnessed has the ability to alleviate several symptoms and combat prevailing conditions. It prevents end organ damage and helps in reversal of atherosclerosis. I have seen many people's quality of life dramatically improve by simply incorporating Yoga into their life style.

However, there are times, when people question whether they 'qualify' for practicing Yoga. They are somewhat confused about its usefulness in their daily life or its long term benefits. Even today, I come across people who carry myths about Yoga. 'Yoga means tying your body into knots', 'Yoga is for celibates', 'Yoga will turn me into a monk', 'I am too old to start Yoga', 'My child is too young to get into it' etcetera. There are those on the

other hand who believe, 'Yoga is cure for everything' and shy away from medical management. Under these circumstances, I apply myself tactfully and diligently to dispel these misconceptions from their minds and most times I feel rewarded.

Although Yoga has been around for centuries and has come a long way in the modern world, it is true that not everyone benefits equally from Yoga learning. The preponderance of 'Gunas' (positive attributes) and 'Sanskara' (innate qualities) determine the motivation of an individual. However, it has been my endeavor to assure that both mental and physical limitations need not hinder Yoga learning. It is important and imperative to first create self esteem, and then tell yourself that you can also practice Yoga in its proper form. Consider this a birth right and determine to learn it. The mantra 'Heal thyself through Yoga' will then be practiced full-heartedly with ease.

A strong conviction to learn alleviates all kinds of doubts and helps the mind get steadied, peaceful and calm. Then patience, which is of most paramount importance in learning, is achieved. Minor physical limitations can be addressed by working slowly and gently until reasonable flexibility is obtained. The body and the mind in tandem bring about a cohesive unity, a sublime oneness to achieve maximum results.

Thus inculcating triad of 'Shraddha' (faith), 'Shanti' (peace) and 'Saburi' (patience) make it easier for an individual to go ahead with full-fledge learning. An oft ask question is whether person's lack of education or checkered career make them ineligible to learn Yoga? Mais non. In fact such people, when motivated, have burning desire to improve and win over life successfully. As just one example, and an important one at that, Yoga has even helped in jails where criminals are found to have significant benefits. This has been clearly observed at Tihar Jail in Delhi.

Therefore, the results are obvious if we really give our best and work really hard to achieve the goal. Edison's belief, 'Genius is 1% inspiration, and 99% perspiration' is equally applicable here.

This book will help those wanting to strengthen their belief in the art of 'Yogabhyas' (Yoga learning) and their resolve that they can also practice Yoga. Many among us are hard workers. Many enjoy moving in the fast lane. Some of them are very meticulous and have type A personality. I would like to tell them that, undoubtedly, burning a candle at both ends doubles the illumination, but it is short lasting and soon plunges one into darkness. What they have to learn and realize is to filter their energy appropriately and spare themselves from committing the colossal mistake of depriving themselves of sound health, peace and spirituality derived from Yoga.

I know of a few once successful businessmen who had fallen into a low point in their careers, bouncing back to their former stature by incorporating Yoga into their lives. They have mellowed. They are awakened out of their reverie by seeing wonderful results. Thus, Yoga learning in its proper form and under proper guidance has become a panacea for lot of things that ail. It creates a positive desire, a positive attitude, which leave an indelible mark on the mind. The need of the hour is, 'let us stop making excuses and start investing in ourselves to-day and everyday of our lives.'

This healthy understanding and practice will not only help at an individual level, but will ricochet throughout the family members and friends. Even people who have been procrastinating practicing Yoga will have the most positive impact and take it up with renewed vigor.

To fully maximize the benefits of this book, please remember it is imperative to read slowly and reread each paragraph as often as possible until the message is completely understood. This way one is able to create a strong foundation which will make subsequent learning easy and pleasurable.

Finally, I would like to compare a thorough Yoga learning with dedicated singers and musicians who together create a heart rendering 'Nagma' (melody). Similarly, if one wants to create 'a spiritually melodious life' then they have to start with 'Tayari' (preparation), 'Riyaz' (practice). These efforts will lead to 'Laykari' (rhythm) and 'Khubsurti' (beauty) of physical, mental and moral life style. 'Nazakat' (finesse) thus created brings out 'spiritually melodious nagma' for the self.

I must submit before you that I have never written a book so far. Over forty years of my clinical experience and fifteen years of Yoga exposure have made me pour my heart out to you. However, it has taken several years to express my feelings paragraph by paragraph. Contentment and happiness derived from this work has made me feel joyous and rightly so because I followed what Mahatma Gandhi said 'Happiness is when what you think, what you say and what you do are in harmony.'

Those who seek advancement in Yoga learning, and detailed understanding of practicing varieties of Kriyas, Chakras, Asanas and Pranayamas, are requested to be in touch with established institutions and teachers for guidance.

ACKNOWLEDGMENT

In life, while growing up, our basic ‘Sanskara’ (innate qualities, characteristics) and education make us humans. Experience further helps us mature into humble human beings. Our day to day dealings teach us a lot about right from wrong, and the purity of our mind, achieved through Yoga, constantly gives us direction to stay on the right path. It is this purity of mind combined with clarity of thoughts that develops honesty and the capacity to speak ‘Satya’ (the truth).

These qualities bring about wholesomeness and overall personal development, which frees us from anxiety and stressful living. For the first time one realizes the value of sound sleep, and the beauty of waking up in the morning ready to face the world with new found zest. Life begins to flow like a river without turbulence, easily circumventing obstructions.

To achieve this state, it becomes mandatory to be in the company of good people, attend ‘Satsangs’ (spiritual meetings), read scriptures and the autobiography of great leaders and religious personalities.

In our profoundly liberated world with unlimited ideas, one can see inspirational movies like Gandhi, Iqbaal, Lagaan, Black, Taare zameen par, or plays like Kabir, Tulsidas and Vivekananda. These, audiovisual stimulations are one of the best ways to churn our internal desire where confusion prevails between good and bad. The churning brings out a new kind of consciousness and understanding within us, giving us a clear objectivity to our life. We are then able to pursue our goals realistically.

Aside from setting clear goals in life, we can overcome our daily hardships and anxiety by acquiring self respect, self love and faith. Having a source of inspiration and encouragement makes it easier to absorb these values in our daily life.

I am fortunate that in my life I found such a source. I am talking about my mother, father

and maternal grandmother, whom we lovingly called Ba, Bhai and Kakima respectively. I found them full of joie de vivre, quick-witted and able to analyze situations promptly. Their words not only had a tremendous impact on my understanding of the reality of life, but were also a constant source of encouragement that clearly lifted my morale and spirits. They made me appreciate the value of ‘Karma’ (duty), and removed the notion of ‘a loser’ from my system.

The most important thing I learned from them is that ‘The gift of life is the greatest of all gifts God has given us and should never be taken for granted, wasted or abused.’ They believed strongly in taking ‘Anuvrats’ (small vows) at an early age for a happier and healthier life, which also ensured a strong personality. Taking these small steps was never a burden for me and, in fact, they reaffirmed my resolves.

These folks were bestowed with love for life and love for nature. They never hesitated or missed any opportunity to offer their gratitude to nature for its bounty. Their association inspired one and all, and I cannot but feel a great sense of veneration towards them.

I would like to dedicate this book to these fine people. May God give them peace wherever they are, and may this book become an instrument of their love and inspiration to benefit many others as well.