Swami Adhyatmananda

The Divine Life Society was founded by H. H. Sri Swami Sivanandaji Maharaj in the year 1938. Sri Swami Adhyatmananda Maharaj is the beloved disciple of H. H. Sri Swami Chidananda Maharaj, former President of the Society. Swamiji embraced the life of mendicant on 1st January 1971 and was initiated in the Holy order of Sanyas in the year 1974. Since then as per his worshipful Gurudev’s instructions he is continuously spreading the message of sages of the yore and sharing the knowledge of ancient cultural and scientific heritage of India through Yoga, Pranayama, and Meditation. So far he has conducted more than 725 Yoga camps around the globe. Since more than five decades he is a regular contributor and guest speaker on All India Radio on various subjects. Practically for four decades he has greatly contributed to Yoga teachings through television programmes.

Very recently, during the celebration of his diamond jubilee, Swamiji organized 230 blood donation camps out of love for the poor, sick, and downtrodden, in which 69,542 blood donors participated and 2,00,62,000 ml of blood was collected. Over and above this, Swamiji himself has donated blood 117 times. His great deep love for the ecology made him plant more than 10 million saplings all around the globe.

His discourses on the subjects like Gita, Upanishads, Shrimad Bhagawat, etc. in most simple language have touched and inspired millions of listeners in last thirty-five years of his monastic life. His book “Gita Nirnemsham” in Gujarati was awarded “Maharshi Premji Gold Medal” by Gujarati Sahitya Parishad in year 2003. His sincere contribution to modern youth to make them free from the vice of the drugs and its addictions in the East and the West has brought him into great limelight. He is a recipient of Life Time Achievement Award from India Canada Cultural and Heritage Association Inc. at Winnipeg, Canada. A monk with sympathy and kind heart and holy touch has shown these youngsters a dawn to their doomed life.

His services to the nation through his yoga camps in the universities, colliery mines, Indian armed forces, Indian administration services not only in the plains but also at Leh (Ladakh), Kargil, Punch etc. have benefited countless individuals through the dissemination of the knowledge of yoga of synthesis. He is always eager to serve the mankind - known and unknown. At present he is the president of Svananda Ashram, Ahmedabad as well as of Gujarati Divya Jivan Sangh.

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Swami Adhyatmananda

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Yoga: A Way of Life

Swami Adhyatmananda

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Opp. Ratanpolenaka, Gandhi Road, Ahmedabad 380001
Dedicated to:

Most worshipful and Rev. Sri Guru Bhagawan
H. H. Swami Chidanandaji Maharaj


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Health and strength of the body is of utmost importance to all human beings, because our body is the only instrument we have in which to dwell and through which to act in this world in its diverse fields of human vyavahara. Our Worshipful Sadgurubhagawan Swami Sivanandaji Maharaj always used to declare ‘‘Health is real Wealth.” Therefore he wrote many books on Yogasanas, Pranayama, Suryanamaskar, diet and fast- ing and produced books like Health and Long Life, Health and Happiness etc. We also have the western saying in the Latin language which means ‘‘A healthy mind in a healthy body’, in order to bring out the interconnection between mind and body thus giving us this inner secret of ensuring a healthy body by keeping the necessary positive and desirable state of our psychological interior. To bring out the importance of health our ancients had this well known saying, ‘‘Dharma - Artha - Kama - Mokshanaam Arogyam Mulam Uttamam.’’

Revered Sri Swami Adhyatmanandaji Maharaj has a good knowledge of anatomy and physiology and so is able to explain the benefit of Yogasanas, Bandhas, Mudras etc. in a scientific manner. As such this book will be of benefit to all sections of the general public, especially because Swamiji has treated a subject from the point of view of therapeutics, meaning thereby, the disease curing properties and results of Yoga practice. I wish your publication wide circulation so that much benefit may be obtained by the public.

Jai Sri Gurudev!

– Swami Chidananda
Preface

Human body is the most wonderful mechanism in the world. The driving force of this body is Nature, because it gives power to the vital force itself. Human body and human life are very much precious, and they should not be wasted away in useless pursuits.

Health is our birthright and not disease. It is as natural to be healthy as it is to be born. Health is a gift of Mother Nature or the Almighty Lord, who is the power behind life.

Health is of greater value than gold, wealth and any kind of treasure. The Upanishad says: God cannot be attained by the weak and the unhealthy... नायुष्ठ आल्या बलहीमे तमां:।

Ralph Waldo Emerson of United States says: “The first wealth is health. Give me health and a day, and I will make the pomp of emperors ridiculous.”

The first requisite in life is good health. It is absolutely necessary for every kind of happiness of life.

Good health is that condition of the body where all its functions are efficiently performed without any difficulty. It is the condition of comfort, ease, ability to eat, move and perform other functions of life. It is the state which results from the harmonious performance of various functions of the bodily organs. It is that condition in which man sleeps well, has good digestion and appetite, normal breathing and normal pulse, good quantity of pure blood, strong nerves and a calm mind, a free movement of the bowels, normal state of urine, rosy cheeks, shining face and sparkling eyes. It is that state in which a man jumps, sings, smiles, laughs, whistles and moves about with joy and ecstasy. It is that condition in which he can think, speak and act properly.

Yogic way of life brings happiness of sound mind in sound body. Yogic living implies discriminative living. Yoga is equanimity, equipoise or equilibrium. It is skill in the performance of actions. Yoga is disconnection from union with pain and freedom from attachment and desires. It is turning away of the senses from the objective universe and concentrating of the mind within.

Yoga is eternal life in the soul or spirit. It transmutes a man into divinity. It brings a message of hope to the forlorn, joy to the depressed, strength to the weak and knowledge to the ignorant. It is the secret master-key to open the realms of eternal bliss and deep abiding peace. It helps the practitioner to enter into conscious communion with the Lord through Samadhi, to separate himself from the three Gunas and eventually to attain Kaivalya or liberation.

In this book ‘Yoga : A Way of Life’ we have brought a new dimension to Yoga-learning. Commencing from ‘Prana’ the vital energy and also all possible medicated technical effects upon different organs, like toes, fingers, eyes, liver, kidney, heart, pancreas and so on are covered in this book. The purpose is to make Yoga-learning and Yoga-teaching very much systematic and scientific. Because of the grace of electronic media, Yoga-learning has become house-hold matter; but reality and science or system are unfortunately missing from the same.

Hence, in this humble effort of Yoga sharing with the West, the weekly news paper ‘Gujarat Times’ (New York - New Jersey - Canada) needs a very special applause for publishing articles regularly and with great enthusiasm since last 18 months. ‘Yoga : A Way of Life’ is a compilation of these articles and translation of original Gujarati text. Thanks to most Respected Dr. Swetang Pancholi (M.D. Cardiologist) for the translation and Rev. Dr. M. J. Patani Saheb for checking the proof and editing the book. Thanks also to the Department of

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FOREWORD

It is a great privilege to write the foreword for Swami Adhyatmanandaji’s *Yoga, A Way of Life*. I have poured over the pages word-by-word and am convinced that this is the encyclopedia on the subject in a very approachable format.

For many years, the techniques and benefits of Yoga have been described and discussed in a myriad of books and demonstration DVDs, with different practitioners sharing their unique views on the subject.

Some practitioners present Yoga as the science of exercising the body and the spine. Others present it as an art which exercises the body and calms the mind.

In fact, Yoga is one of the world’s oldest sciences and arts. It evolved in India with the purpose of creating the highest level of health of body, mind, and soul.

By trade, I am an interventional cardiologist and my daily work is filled with stressors that could affect every facet of my self. I first became interested in Yoga 12 years ago when an expert practitioner taught me the basics of Yoga and Pranayama. Since then, these practices have become part of my daily routine and I have observed the many benefits of Yoga firsthand.

I now think constantly about how Yoga has the potential of affecting every aspect of the body and mind and how it has the potential of preventing hypertension, diabetes, and heart disease.

Medical researchers and scientists are in agreement

Swami Adhyatmananda

Deepavali, 29-10-2008
Institute of Heart Research Centre, Winnipeg (Minitoba), Canada.
that the vast majority of today’s chronic diseases are due
to “unhealthy lifestyles.” To what extent could a practice
like Yoga, which can revolutionize and revitalize one’s
whole life, prevent or at least postpone the common
ailments of mankind? If everyone were a dedicated Yoga-
practitioner, would my cardiology practice go out of
business?

Over 30 years ago, Yoga started becoming very
popular in the West. Many Western practitioners still
study with Eastern Yogic masters and take what they
learn back home. Many different Yogic techniques have
been developed worldwide but in the end must have a
common goal - that of creating harmony and equipoise.

India can be very proud of her roots in Yoga, but
despite this legacy, despite the fact that most Indians are
familiar with Yoga, relatively few practice it at all. In
the meantime, we constantly hear that the skyrocketing
incidence of disease in India is primarily due to “undi-
ciplined lifestyles and stress.”

As more and more scientific articles are being
published in the world’s leading medical journals on the
benefits of Yoga and meditation, I hope that India and
the rest of the world will continue to look at this ancient
science and art and realize that the secret to a healthy
body, mind, and spirit has been in our hands all along.

This “must read” book you are holding is for every
person who wants to become more than what he or she
is today. There are many subtle and important tips for
the Asanas, Pranayamas, and Kriyas that can help the
beginner overcome the learning curve and there are many
vital tips for the experienced practitioner.

The human body is an awesome, infinitely complex
machine that is expected to work nonstop over a span
of seventy, eighty, or more years. There must be some
kind of “oil” for daily wear-and tear. There must be some
preventive maintenance plan to help the body and mind
work efficiently for decades.

If you are convinced of this, then consider learning

basic Yogic techniques and making them as much a part
of your life as sleeping, eating, and working.

Swami Adhyamanandaji’s efforts remind us that the
world does not hand us problems without also handing
us their solutions.

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