

# 3<sup>rd</sup> International Conference and Exhibition on **Traditional & Alternative Medicine**

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## Spiritual life is a healthy life

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Seeing the material world and its deleterious effect on health, a balance in physical and mental health is a perfect and healthy life. I am teaching this aspect to my student & public as far as possible. Human body is made up of six elements, earth, water, fire, air, sky, and the 6th element is spirit. We scientifically call it life. Much has been talked about it, but less understood. The dharmas of this spirit are goodness, purity, austerity, simplicity, honesty, just like dharma of fire is hot. Maintenance of these qualities in life is called spiritual life and statistics show these spiritual people remain healthy & live longer. WHO data show that 43% death is not due to natural old age death. This figure will go up definitely.% of disease has also increased many folds. This we have acquired by material and sensual life style. Then, why not try with a spiritual life and get its benefits, There are less diabetes, controlled B.P, good sleep, good digestion etc, with less morbidity,

**Soul:** The soul is ultimately responsible for giving the body its life force. In subtle ways, it guides and directs our behavior and actions in the physical form. When the soul chooses to leave the physical body, the body perishes. The soul is driven by wisdom, love and universal service.

**Mind:** The next level is the mind, the interactive mechanism between the body and soul. The mind registers and filters emotion (the language of the soul) and registers nerve impulses generated by the body. The degree of communication between the body and mind, and soul and the mind depends on your ability to manipulate your mind to work for you. When the mind is functioning as intended, it is self-aware, focused and quiet as required. So the mind has two choices: to block out sensation or to listen to it. If the mind is smart, it listens.

**Body:** And finally, the body, our outer shell, is a product of both the mind and soul and how it is cared for on a daily basis. The body's magic formula for survival-sleep, diet, environment and exercise - can be used to prolong life or shorten it. You can learn and apply ways to sustain and energize your body - it's your choice. Body is governed by its nervous system which has sympathetic and Para sympathetic NS. Sympathetic are meant for fight & flight where as Para sympath are for calmness thinking patiences, repair and healing, the endocrines and immune system operate through this system. These are mediated through neuro transmitters, like serotonin, melatonin etc. These neurotransmitters facilitate a healthy life styles like food, meditation, pranayam, early rising etc, but these can be made optimally effective only through a strict, regulated spiritual life only.

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