

Research Paper

An appeal against swine flu and its havoc

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It is a saying that “Prevention is better than cure”. The same principle has to be adopted in case of swine flu and its havoc as till there is absence of any medical and scientific development to prevent and cure the swine flu. After large death toll all over the world due to virus and its sign of spreading beyond human control, drew the attention of many to search any kind of remedial aspects to have some solace by preventing or controlling this. On 10th evening, while I was meditating, I got a question “whether swine flu could be overcome or cured with the help of yoga or not?” After some time, an intuitive message came that “Yes, there are methods available in yogic practice given by spiritual masters (Rishis) and same can be used as a preventive approach against swine flu”. After meditation, I fortunately opened a book “A systematic course in the Ancient tantric techniques of yoga and kriya” by Swami Satyananda Saraswati of Bihar school of yoga (The book reprinted in 2007; inscribed by Nischalananda Saraswati, UK; Emended by Swami Mangalmurti Saraswati, Australia). This book contains ancient spiritual wisdom along with modern scientific wisdom written, reviewed and amended by highly elevated spiritual masters.

WHAT IS SWINE FLU?

In common man's language, swine flu has following characteristics such as (i) running nose (ii) suffering from cough and cold (iii) having fever (iv) vomiting sensation (v) Dizziness (giddiness). The symptoms number (i) and (ii) are mainly related to nostrils; symptom (iii) is mainly related to thyroid glands; symptom (iv) is mainly related to digestive system and symptom (v) is mainly related to respiratory system and central nervous system.

The scientific methods of any kind, which can prevent these systems to get affected, will be of use to overcome or control swine flu. Fortunately, scientific yogic practices explained in the above book can help as preventive measures for common people against the swine flu virus. At the same time they can be used as therapeutic practice for those who are affected at initial stage.

In brief, yogic practices related to nostril, thyroid gland, digestive system, respiratory system and central nervous system are to be utilized to strengthen these systems of the body as a preventive measure to remain immune to the swine flu or related virus of this kind.

Ancient Yogic practice against swine flu

Scientific yogic kriyas and practices are available to make the body system immune against this kind of virus. After

intuitive signal, I thought to bring out those yogic practices available in scripture for the benefit of mankind.

JALA NETI

At first glance, I opened the topic of kriya like “Jala Neti” which provides the methodology to create resistance within human system to face the viruses like swine flu.

Jala Neti is a process of inserting warm salt water through one nostril and let the same to come out through the other nostril under gravitational and natural flow of water.

The advantage of Neti is to prevent and eliminate colds. It is an effective cure for the common cold along with removal of breeding ground for any kind of viruses.

How it works

The indication of cold shows something significant when our body is in weak condition. The mucus due to cold around the inner portion of the nostrils makes the good ground for the dangerous and infectious virus to breed; like mosquitoes breed at stagnant water.

Jala Neti cleans the mucus (breeding ground of infectious

virus) and makes the capillaries of inner nostril strong to have pure flow of blood rich in oxygen. This will not allow the virus to further sustain for longer.

While Jala Neti cleaning, the virus could be unable to penetrate the defenses of human system; our auto therapeutic could be strong enough to withstand such an attack. Otherwise, the virus flourishes in nerve tissues, particularly the olfactory nerves in the nose. During virus attack, neti generally helps by removing the accumulated mucus in the nose which otherwise is a breeding ground for the virus.

By Neti, the nasal passages work at optimum efficiency and their by help to maintain a healthy body. It is better to remember that breathing through the mouth or insufficient treatment of the inhaled air prior to the entry into the lungs, due to nasal blockage and congestion, can encourage the onset of disease, by allowing germs to infect the lungs, or by generally weakening the state of the health of the body.

The other advantages of the Neti is to help in curing sinusitis, elements of eyes, nose and throat, tonsillitis, catarrh as well as inflammation of the adenoids and mucus membranes. It is effective in removing, headaches, insomnia and tiredness. Jala neti has a subtle influence on the various nerves which end in nasal passages, such as the olfactory bulb and other adjacent nerves which innervate the eyes, ear etc. This has very soothing influence on the brain and can help to relieve such elements such as migraine, epilepsy, depression and tension.

Neti helps to prevent and cure lung diseases such as asthma, pneumonia, bronchitis, pulmonary tuberculosis etc. Respiration becomes much easier which leads to an improved intake of oxygen, improved removal of carbon dioxide and consequently better health. The symptoms of fever and giddiness due to swine flu could be removed when lungs are kept in healthy condition.

The above book describes how Jala Neti is helpful for removal of breeding ground of virus, making thyroid gland and lungs effective. If only this yogic kriya (Jala Neti) is regularly practiced by an individual (old, young and student), the virus like swine flu can be prevented.

To have the firewall against swine flu virus, other techniques of yogic system could be used such as Dhauti, Simha mudra, Relaxation and Pranayama along with Jala Neti.

SIMHA KRIYA (LION'S YAWN)

Another approach described in the yogic book is Simha Kriya (Lion's yawn). It is a simple process to sit erect, head little pushed back, inhalation in depth and while exhalation take out the tongue fully with sound of "aaah". The tonsils can function effectively if blood supply around it is pure and rich in oxygen. The lion's yawn removes the stagnant impure blood around the tonsils and allows having pure blood around it.

The same Kriya (action) provides the massages in throat region. It can squeeze the stagnant blood and send the same to kidney for purification. By this the blood vessels of the throat are relaxed. The rich oxygen supply in the blood in the tonsil region has wonderful rejuvenation effect; which in turn improves the health of the body and removes the cause of tonsillitis.

How it works

In the throat there are many vital organs including thyroid glands, the pharynx, the larynx and the salivary glands. All of them receive a wonderful massage with the help of lion's yawn kriya. These organs provide the essential functions of the body, the improvement in their health through the simple practice of lion's yawn (Simha Kriya) can have vast repercussions on the liver.

Neck is the vital crossroad of the nerves connecting body and brain. Also, in the throat region there are various nerve plexuses which control the organs of the throat. This kriya stretches the nerves and remove stagnant blood. This in turn allow an influx of fresh blood. This increases the efficiency in the glands and organs of the body. It also improves the general throat elements.

NADI SHODHAN PRANAYAMA (ALTERNATE NOSTRIL BREATHING)

This practice helps to nourish the whole body with extra supply of oxygen and the carbon dioxide is removed effectively. This process purifies the whole blood system and increases the overall health of the body. It improves the power of the body to resist any kind of diseases. The deep and slow breathing encourages the removal of stagnant air from the lungs. The advantage of Nadi Shodhan Pranayama is to achieve the calmness of the mind by regulating the flow of prana in the body. It helps to remove the blockage of nadis and there by allows the free flow of prana in them.

KUNJAL KRIYA

The process of this kriya is to drink warm salt water until stomach is completely full; then voluntarily expel the same through the mouth. The advantage of this kriya is to get ease feeling in the abdominal region. There is a tendency for the residue of undigested food to lie in the bottom of the stomach after all the easily digested food has passed through the intestine. This is particularly the case if one has a stomach with internal pressure at bottom of stomach. This acts as a reservoir in which fermentation takes place. When one eats the next meal this residue is mixed with incoming food and can pass into the intestines. This can contaminate and poison the System, for such it will be absorbed into the blood stream

from the intestines. Kunjal kriya throws this fermented waste out of stomach before it can cause the harm. This kriya is sure way of preventing auto poisoning of the body.

This kriya expels the water (green colour) which indicates the presence of bile. Bile is secreted from the gall bladder into the intestines below the stomach. This kriya provides the wonderful relief by eliminating the accumulation of nauseating and bitter tasting. In addition, it helps the asthmatic people to improve the lung function. This technique provides the best possible wash to the digestive system from the stomach to the mouth. It also helps to eradicate the accumulation of phlegm in the throat region which can become the breeding ground for the virus.

RELAXATION

There are various methods of relaxation described in yogic books. Basically Shavasana relaxes the physiological and psychological aspects. It relaxes the 3-H namely Head, Heart and Hands of our human body mind configuration. A relaxed head allows us to see and relate the world and the people around us in a more realistic light. Similarly we can carry our works (actions) more smoothly and attain the happiness in our day to day work. This happens at an emotional level. The emotional conflict is removed with the help of relaxation. Otherwise the tensed and emotionally imbalanced mind implies a certain psychosomatic diseases. Relaxation of mind/body complex helps to relieve and prevent diseases.

The five steps described above are the full proof approach against infectious virus like swine flu.

However, at least Jala neti, Lion's yawn and Relaxation techniques are recommended to have the preventive approach against swine flu. To build a firewall against the harmful virus, one has to adopt all the five steps.

AN APPEAL

More than 3000 years ago, Lord Mahavir stated that environment consist of harmful and infectious viruses. The same can be encountered by wearing the mask on the nostril (Normally Jain monks wear) and remain in hygienic condition. This is not possible in the present era to wear the mask in busy day to day schedule. At least the practice of Jala Neti, Sutra neti, Dhauti, Relaxation and Pranayama can be adopted to encounter the dangerous viruses, specially the virus which spreads the infection.

An appeal was made to the world citizens including Indians to learn the easiest yogic method of Jala Neti or Sutra Neti (Another kind of cleaning the nose) to have the prevention against any kind of virus , specially infectious. This is easy to learn.

If required, any yogic institutions could be contacted for demonstration and learning purposes; as many yogic institutions are available throughout the world, specially the branches of Swami Vivekananda Yoga Anusandhana Sansthan (Deemed University) and Bihar school of yoga (Internationally known first university in yoga). In case of difficulty, interested persons can contact for any help (either related to clarification or demonstration) to the undersigned on the e-mail addresses thus:

(i) Upanishad.an@gmail.com, (ii) aiw.an@rediffmail.com and (iii) vedanta1232000@yahoo.co.in

In the beginning Jala Neti practice could be done every alternate day for a fortnight and afterwards same can be done once in a week or fortnight to make the breathing system effective against the viral system.

COMBINED ROLE OF EAST AND WEST

The yogic practice can be implemented along with whatever precautions and practices given by World Health Organization (WHO) and Indian Medical Association. Till confidence is built, the importance of yogic practice should be understood and the result of the same could be experienced. The yogic practice works parallel to the vaccination against particular disease. When swine flu is spreading and there is no vaccine so far developed to prevent the infection caused by this; it is better to adopt the easiest yogic practice suggested by our spiritual masters (Rishis) to encounter the same.

I hope that the WHO, the common people, medical association, NGOs and other government organizations can adopt this prevention without giving any colour of religion as yoga is meant for everyone. I appeal to adopt this practice of yogic kriya not with the sense of propagating yogic practice but with the feeling of utmost requirement of the same to prevent the virus generally not commonly known.

REFERENCE

A systematic course in the Ancient Tantric techniques of yoga and kriya" by Swami Satyananda Saraswati of Bihar school of yoga.