

Raman's keys to health

By Neena Badhwar

When you meet Raman Das Mahatyagi he will just stand back, look at you and say, "What is wrong...your skin is not telling a healthy story." And I always wondered, does our skin, our demeanor, our gait give away seasoned 'Vaidyas' clues to our health. Do our faces reveal a story.

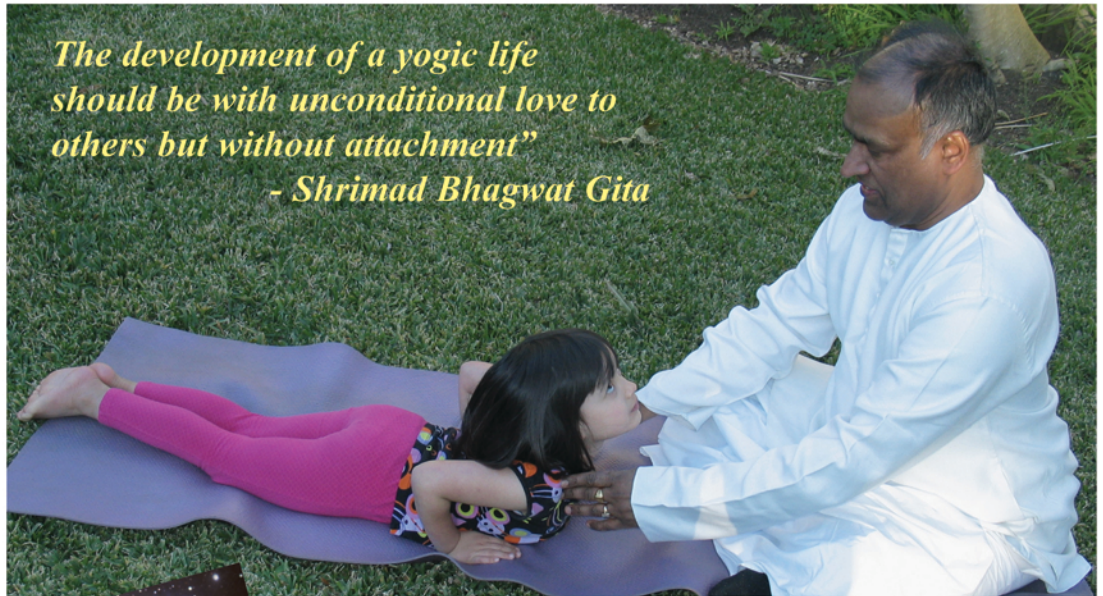
I guess, yes; a night at a pub drinking has its own tell tale signs the next day. A night being awake due to some nagging worry has its own impact. And certain chronic conditions with ongoing health issues leave their stamp on our faces and body.

It is not a surprise then that since Raman is a practicing Ayurved in Sydney, he looks at us in a different way than any other person would and he knows. But then he also has reassuring words: "Come to me and I will give you some good advice to help you restore your prana."

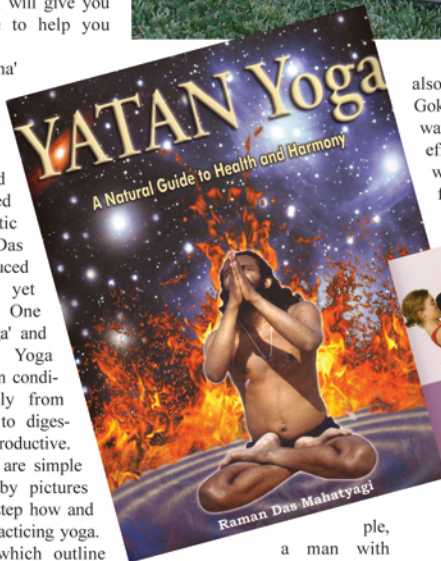
His word 'Prana' rang in my being and stayed in my thoughts. In spite of being quite busy in his Ayurved and Yoga practice called the Yatan Holistic Centre, Raman Das Mahatyagi has produced two very simple yet colourful books. One book is 'Yatan Yoga' and the other, 'Yatan Yoga Therapy' is based on conditions, systematically from circulatory system to digestive, urinary and reproductive.

Both the books are simple and accompanied by pictures which tell step by step how and what to do when practicing yoga. There are tables which outline Ayurvedic principles and align them to different yoga postures, preparation of body for yoga, tantric principles, warming up, standing and sitting postures. These are all explained in a schematic and scientific, yet simple, way how the body works and how to develop that sensitivity to the well being of our body.

Raman says, "The aim of yoga is to restore the energy flow as we tend to accumulate and cause blockages in the flow of prana. For exam-



The development of a yogic life should be with unconditional love to others but without attachment"
- Shrimad Bhagwat Gita



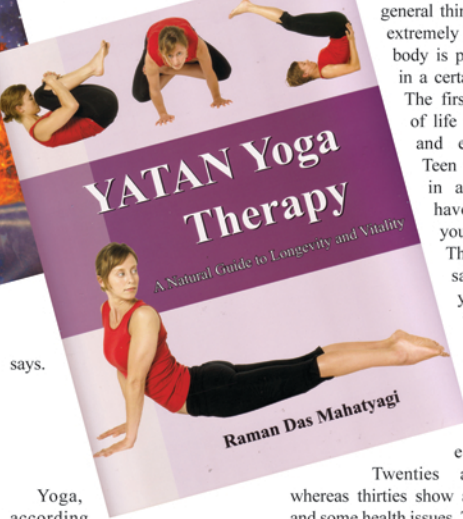
also suggest people to take Gokashura - three grams in warm water three times a day. Other beneficial food is Asparagus spears which improve urine flow," he

environment which is our body. It should be supple and the feeling of well being should be there from top to bottom.

"We tend to forget various stages in life as general things keep us extremely busy. Our body is programmed in a certain manner. The first ten years of life are healthy and event free. Teen years bring in a hormonal havoc for young people. They were the same happy young things running around with no health hassle earlier.



"Mahavedha Mudra means opening of the chakras by powerful Pranik flow. It is also called the Taran Mudra - taran meaning forceful"



ple, a man with enlarged prostate would naturally have stagnation in the reproductive area. To help flow the energy. I suggest simple asanas, such as Guptasana, Brahmacharyasna, Siddhasana, Gorakshasana, Uddiyana - abdominal contraction and finally Shavasna.

"At the same time Bhastrika, Maha Mudra and Mahavedha mudra would help penetrate the chakras and open them up. The blocked energy will find flow. While following this yoga routine I

Yoga, according to Raman, is a sure way to health maintenance. "The human body is programmed in such a way that we do not look at life as a whole and hence do not understand the intricacies of health. Health is maintaining a healthy

Twenties are stable whereas thirties show a downturn and some health issues. Then forties are stable and fifties bring on menopause, andropause and all other age related issues. Sixties are fine and seventies again start to bring out serious health issues as one ages faster during this decade of life. If you have gone past eighties you ought to be congratulated for a successful healthy ride," Raman Das Mahatyagi says.

His second book, based on

health conditions and how to correct the problems with the help of yoga and Ayurvedic herbs, is also quite simple and pictorial. The adage 'a picture tells a thousand words' perfectly describes the book. Self explanatory pictures with chapters of sound advice, frequently asked questions with answers, help explain intricate health issues to a novice.

The books are a welcome health relief as compared to many other books in the market which go on with the complex yogic philosophy and Ayurveda - easy to consult for sound advice and presented in easy to follow steps for a healthy body and lifestyle.

*Nadi Shodhan
Pranayama - Purifier of
nerves network*

