



# One day School on Health

## Adi Ayurveda Philosophy

Adi Ayurveda advocates that the route to perfect health can only be attained through a balance of structure, posture, breath and nutrition. | A balance in the posture can only be achieved if there is a balance in structure. | A balance in structure can only be achieved if there is a balance in the breath. | A balance in the breath can only be achieved if there is a balance in the bodily fluid and sufficient hemoglobin in the blood. | Adi Ayurveda aims to create harmony in the body by correcting imbalances of structure, posture, breath and nutrition. | The common cold, asthma, epilepsy and 400 odd diseases which are unseen in other living beings and found only in man can be underlain and solved through the right movement - breath awareness program.

To overcome the huge economic and other burdens related to these diseases, we welcome you to our One Day School on health program.

<p>The habit of standing for long hours is unhealthy.</p>	<p>While standing the feet should be parallel.</p>	<p>Feet shouldn't fall inwards or outwards.</p>	<p>When standing feet should not fall inward or outward.</p>	<p>Balancing area Upper body should be straight</p>	<p>While standing ear, shoulder, hip, knees and ankle should be in a straight line.</p>		<p>Imitating fashions and work related habits makes the body unsteady.</p>		
<p>While sitting the shoulders, ears and hips should be in a straight line.</p>		<p>The habit of sitting straight creates steady breathing.</p>		<p>If rib shrinks while sitting-breathing defects occur.</p>	<p>Footwear should be flexible and have an ankle support.</p>			<p>High heeled footwear destroys the balance of the hip.</p>	
<p>Walk with an upright upper body.</p>	<p>Trunk shouldn't lean forward. Do not look at the ground.</p>	<p>While walking feet should not fall inwards or outwards.</p>	<p>Feet shouldn't rotate outwards Feet shouldn't fall inwards (Overpronation)</p>	<p>Always walk in a straight line.</p>	<p>Try walking in a straight line to practice proper foot and ankle stabilization.</p>		<p>Maintain the structure of your body without couching your shoulders or shrinking your clothes.</p>		
<p>GRAVITY</p>		<p>Right breathing and right movements are directly related.</p>		<p>The structure and posture of body changes with movement and breath imbalance.</p>					
<p>Unless you correct your breathing you will continue to have Asthma, Allergies and Nasal problems.</p>	<p>Sighing regularly, sniffing, upper chest breathing, yawning, taking long breaths before speaking and breathing through the mouth are obvious indicators of over breathing.</p>	<p>Over breathing changes the PH of blood and produces many symptoms of diseases.</p>	<p>The right volume of breath maintains the right PH level at 7.5 - 7.35</p>	<p>A healthy person breaths less, breaths still, breaths calm.</p>	<p>Sleeping open mouthed or snoring invites diseases.</p>	<p>A child sleeping with closed mouth will be free from the habit of bedwetting and sweating of palms.</p>	<p>Mouth breathing results in dental decay, dental protrusion, gum diseases persisting-loosing saliva leads to continuous problems in throat and stomach.</p>	<p>The airborne diseases like Tuberculosis, swine flu(h1n1) etc can only be prevented by breathing through the nose.</p>	<p>Nasal breathing and closing your mouth while work, improves the efficiency and precision.</p>
<p>Correct breathing volume is essential to perfect health.</p>	<p>Body does not store oxygen like nutrition, it acts involuntarily.</p>	<p>A healthy person breaths only 4 to 6 liters of air in a minute.</p>	<p>If breathing exceeds 12 finger distance that is over breathing</p>	<p>A healthy person does not take more than 12 breaths in a minute.</p>	<p>Increase in volume of air increases the pulse rate.</p>	<p>Overbreathing increases panting and pulse rate.</p>	<p>Per minute 60-80 is the right pulse rate.</p>	<p>The pulse rate and heart rate indicates the volume of breath.</p>	<p>The more you breath the less your health.</p>
<p>Long term over breathing leads to the build up of organ damage, resulting in the development of illnesses specific to the hereditary traits of each person.</p>	<p>To balance the volume of breath the right proportion of Iron (hemoglobin) and volume of water are necessary in blood.</p>	<p>Forceful over breathing reduces the amount of carbondioxide in the lungs.</p>	<p>Carbondioxide is not just a waste gas. It is essential for all metabolic functions.</p>	<p>The volume of oxygen in the atmosphere is 150mmhg and that of carbondioxide is 0.02mmhg.</p>	<p>The volume of oxygen in pure blood is 100mmhg and that of carbondioxide is 40mmhg.</p>	<p>In impure blood the oxygen is 40mmhg and that of carbondioxide is 47mmhg.</p>	<p>Hemoglobin falling below 12 in blood leads to breathing defects.</p>	<p>Increase the Iron in blood by consuming any one of these daily- a little green leafy vegetables, one spoon sesame seeds, two dates.</p>	<p>Right breathing is the elixir of life.</p>
<p>The maximum volume of breathing increases at night between 11pm and 4 am</p>	<p>Consciously using both sides of mouth to chew food and sleeping only after digestion reduces over breathing.</p>	<p>Sleeping on your back or on your stomach opens your mouth.</p>	<p>Once you stop inhaling through the mouth-sputum formation stops in 2 weeks time and in turn gets rid of all medicines.</p>	<p>All breathing exercises are irrelevant. Right breathing is still and calm.</p>	<p>Blocked nose, running nose, sneezing, cough, chest tightness, frequent yawning, air borne allergies, snoring.</p>	<p>Light headed feel, poor concentration, numbness, sweating, dizziness, vertigo, tinkling of hands and feet, trembling headache, faintness, raising or irregular heart beat, chest pain.</p>	<p>Some degree of anxiety, tension, depression, apprehension, dry mouth, bad dreams, nightmares, chronic exhaustion.</p>	<p>Dry and itchy skin, sweating of inner palm, excessive urinating, bedwetting, excess day sleeping.</p>	<p>Over breathing leads to mental turbulence and vice versa.</p>
<p>When over breathing is rectified- Dandruff and all skin problems automatically vanishes.</p>	<p>Definite changes occur among epilepsy, multiple sclerosis and parkinson patients between 7 days and 7 months.</p>	<p>Correct breathing stops tonsillitis, synacitis, sneezing, blocked nose, asthma without recurrence.</p>	<p>To improve right breathing, drink according to body weight. per/kg body weight = 40ml 5kg body weight = 250ml 50kg weight = 2ltrs</p>	<p>Body can absorb only two to three mouth fulls of water. Create the habit of drinking water to avoid dry mouth.</p>	<p>Make a habit of holding water in your mouth whilst bathing to improve your breathing pattern and prevent symptomatic aggravation after bathing.</p>	<p>Sleep always on active nostril side which will open the blocked nose and improve your breathing habits.</p>	<p>By controlling panting - through closed mouth walking - this movement and breath retuning program makes you free from blood pressure, cholesterol, diabetes and joint erosion problems.</p>	<p>As soon as you wake up in the morning, breath out normally, and check how many seconds you can hold your breath comfortably. If it is below 40 seconds, you need to improve your breathing pattern.</p>	<p>Use a paper plaster to keep your lips closed whilst you sleep. This will improve your quality of sleep, stop you snoring and enhance your breathing performance.</p>

### SYMPTOMS OF OVER BREATHING

