

Shree Swaminarayano vijayteteram
Shree Nanarayandev sahitya Series No - 44

In the memory of new temple of
Lord Shri Narnarayan Dev

MENTAL & PHYSICAL

HEALTH



Author

Dr. Swami Satyaprasad dasji, Vedantacharya

-: Translator :-

Ashish Raval

Inspired by

H.H. 1008 Acharya

Sri Kaushalendraprasadji Maharaj

Published, by

Mahanat Sadguru Purani Swami Sri Dharmnandan dasji

Shree Swaminarayan mandir - Bhuj

Available at

Shree Swaminarayan mandir,
Shree Narnarayan Dev Kothar Bhuj - Kutch
Pi.No. 370001

© Shree Swaminarayan mandir - Bhuj
All Rights reserved

First Edition :- Copies :- 3000.

Samvat :- 2066 Vaishakh Sud 5
Date :- 18 -5- 2010

Price :- Rs. 20

Typing Aad set by :-
Dr. Swami Satyaprasad dasji

Printed in India at
Shree Narnarayan Printing Press
Shree Swaminarayan mandir - Bhuj

INTRODUCTION

Lord Incarnation Shree Swaminarayan Bhagawan was born at Chappaiya in the lap of religion and devotion. After rendering service to parents, studied Ved Puran and many religious books he left his house at the age of 11 years with a view to uplift all the living beings and moved about to propagate the religion. During the journey of forests he obliged the saints with his Darshan and rewarded them accordingly. After touring whole of India for 7 years he entered Gujarat and met with shree Muktanandji and other 50 saints at loge village. Shree Ramanand Swamiji blessed him with Bhagwati Diksha named him as Sahjanand Swami and Narayan Muni after passing away of Shree Ramanand Swami Shree Sahjanand Swami started the voyage of religious propaganda in the cities and villages. Gujarat had plunged in to darkness of misrule. The kings used to harass their subjects and themselves were drowned in vices like eating mutton and drinking. Shree Hari himself addressed them personally and made them free from the clutches of vices and made them mentally and physically strong. He preached the kings about their duties and the subjects to vice versa. Thus Swamiji created a new society leading the road of religion and Moksha.

This book is guide line for human beings to know how lead the life free from the vices and full of religion. Hope this effort will yield good result for the readers one and all.

Mahant Sadaguru Purani Swami
Sri Dharmanandan Dasji
Shree Swaminarayan Mandir Bhuj

-: TWO WORDS :-

Within a short life span of thirty years the Lord Shree Swaminarayan had transformed the social face of Gujarat State. The administration in the country was disturbed and dispersed. Especially in Gujarat even the kings themselves were looting the common people. There was not a single sign of Religion, Non-violence, Good Conduct and Ethics in public life. And due to addictions the common people were looted. And the common public was engrossed in liquor, tobacco, Afim etc.

Observing the plight of the kings and their subject, the Lord Shree Swaminarayan thought that in order to bring the king and the subject on the righteous path of Dharma, Ahimsa (non-violence) and ethical behaviour, it is required to remind them of their duties and even prior to that it is essential to restore their physical health and financial condition. And the easier way to accomplish this is to help them get rid of their addiction.

With this motto, the Lord Shree Swaminaryan held 'Freedom from Addiction' camps at various villages and made a rule that the followers of Shree Swaminarayan Sampradaya shall refrain from any addiction as directed in 'Shikshapatri'

“द्युतादि व्यसनं त्याज्यं नाद्यं भंगादि मादकम्”

It means all the followers and devotees should refrain from addictions like liquor, wine and other drugs.

Thus, the Lord Shree Swaminarayan helped the people gradually improve upon their physical, mental and economical condition and to reach at certain spiritual level. The Lord Shree Swaminarayan began with freedom from addiction to make these people religious. And even today impact of this approach can be perceived in our Sampradaya.

In this booklet 'Freedom from Addiction and Addictor' an humble attempt is made to explain in easy language the ways to attain spiritual or religious state of mind. I hope that this little

6 MENTAL & PHYSICAL HEALTH

booklet would prove to be a guide for the people and especially youngsters of this modern generation to improve their physical, mental and economical condition and would prove to be a gateway to enter into the spiritual world.

Dr. Swami Satyaprasaddasji
(Vedantacharya)
Bhuj-Kachchh

Introduction of an author
Dr. Swami Satya prasad Dasji (Vedantacharya)

After attaining Bhagwati mantra Dixa from **Acharya Tejendraprasadji Maharaj** and receiving religious course from honourable **Sataguru Swami Morlimanohar Dasji** and **Swami Premprakash Dasji** at Bhuj became their disciple in Samvat 2041 Bhadra sud 11. (E.V. 24-9-1985) Sanskrit Pathashala running in the temple premises and **K. Kasturi Rangacharya**'s guidance, after finishing primary education, proceeded to Melkote (Karnatak) for higher studies went to the abode of scholar so **K. S. Vardacharya** to study Vedant and finished his studies becoming Acharya in Vedanta Thereafter proceeded to Tirupati (Andhra pradesh) at **Rashtriya Sanskrit Vidhyapeth** to carry out research in research department. He Wrote Bhasya as **Shribhasyam** by **Shri Ramanujacharya** and **Brahmimamsa**. by **Shri Muktanand Swami**. He wrote **Shodhaprabandh** on above two Bhashyam due to it he was awarded "**Vidya Varidhi**" **Ph.D.**

He has written many religious extract books, being published by-Bhuj Temple Publishing House.

I N D E X

(I) MENTAL & PHYSICAL HEALTH

1. ‘Sharirmadhyam Khalu Dharma Sadhanam’ 9
2. Why do we fall sick? 12
3. How to save the health? 20
4. Diet 21
5. Mental Stress 24
6. Peace of Mind (Mental Peace) 24

(II) VYASANA (ADDICTION) AND VYASANI (ADDICTOR)

7. Rasayan (Chemicals) 36
8. Beginning of Vyasana 38
9. Bad effects of narcotic drugs upon a person 42
10. Addiction to tobacco – invitation to diseases 48
11. Characteristics of Addiction 49
12. Remedies to save from Addiction 50

Shree Swaminarayano vijayteteram



MENTAL

&

PHYSICAL HEALTH

‘Sharirmadhyam Khalu Dharma Sadhanam’:

Kavi-Ratna Gem among the Poets Kalidas has rightly quoted “शरीरमाद्यं खलु धर्मसाधनम् ।” It is human body which is the first means to perform our Dharma (duties). Body is and therefore there is Life. Life is essential. Life is a sweet juice and therefore those who have learnt to protect the health of this body can live merrily, are happy in this world and only these people can think about emancipation and can have spiritual thinking. If the body is not healthy, then it will have an immediate effect upon the wealth that is lying within it. What can a deceased person do in life? For him nei-

ther his present world nor the next world would be happy.

Lord Shree Swaminarayan has, in his message entitled 'Shikshapatri', while stating the essence of all the scriptures of spiritual and practical life, stressed upon the path which makes a human being happy in this world. Men can strive for the Truth only when they are happy in this world. This must be the reason why Lord Shree Swaminarayan while asking for two boons from his Sadguru Shree Ramanand Swami, has stated about the economical and physical health of His followers and devotees. Therefore, prior to talking about the next life, it is essential to talk about the condition of this present life. Only those artisans, who have good quality tools, can carve out a shape of an idol from a stone. Similarly, only those people, who are physically and economically sound, can be good religious people. Physically sick people cannot remain healthy mentally for a longer period of time. This is very natural and therefore, it is impossible for a deceased person to have spiritual thinking. For him it is very difficult to remember Almighty God because along with physical deceases he is also attacked by mental deceases. For a deceased person it is impossible to perform Bhakti, Satsang, Dhyān, Bhajan or even to drink or to eat. Mind of a deceased person keeps on roaming about and around his deceased body only; therefore, in order to

make this life religious and spiritual endowed with Bhagwat Bhakti, it is essential to have knowledge about health protection. Health is everything and if there is no health there is nothing in life. It is rightly stated in English language:

“If wealth is lost, nothing is lost, health is lost, something is lost, and if character is lost, everything is lost,”

A man can perform Bhagwat Seva, can render his services to the poor and to his country only when he is healthy. What can a man do if he is physically unhealthy? Instead of rendering service to others, he needs the services of others; therefore, a number of great religious people have stressed upon pure diet for physical and mental health. Because human body is a physical institution and whatever input we drop in, there is bound to be its natural consequences. If someone drinks liquor, the cells of his body would be affected adversely and it would have a natural effect upon his mind therefore, pure diet is absolutely necessary for physical health and mental health. It is very much important to pay attention to one thing in pure diet i.e. the diet which is ‘Tamasi’ and the diet which is ‘Rajasi’. That means one should not take those things and drink or eat such edible items which create drowsiness in the mind. Because such addictive things create various type of deceases in our body. Detailed informa-

12 MENTAL & PHYSICAL HEALTH

tion about such addictive edible items and their effect upon human body is given in this booklet.

Even one should have good friends. Friends in whose company there is piety, coolness of mind and purity of heart. If one remains in such a good company and good environment then his mind always remains healthy and he can save himself from virus. If you keep the company of bad friends then you will bring home various types of addictions and gradually you would be trapped into bad habits. These habits which significantly contribute in preserving or spoiling our physical and mental health. To be regular in all our day to day activities viz. to sleep, to answer the call of nature, to cleanse our teeth, to take bath, to take a balance diet at specific time of the day, to take rest after work etc. helps us to remain healthy.

Our health deteriorates due to irregularities of our meals. Habits of taking alcohol, tea, coffee, tobacco and pan-masala with tobacco spoil our health. Moreover smoking causes blood pressure. In this way, all these habits spoil our health.

Why do we fall sick ?

IMPROPER DIET

- * To take meals without hunger.
- * To keep on eating time and again during the course

of the day.

- * To eat more than it is required.
- * To eat excessively spicy meals.
- * Not to take liquids like water, milk, butter-milk during meals.
- * To be angry or to be mentally disturbed while taking meals.
- * To take meals without washing our mouth, hands and legs.
- * To take meals without chewing properly.
- * Impurity of meals is considered to be improper diet.

IMPROPER COMPANY

- * To move in the company of bad friends.
- * To move in impure atmosphere.
- * To move in a place where there is bad climate.
- * To move at places and gardens which have adverse effect upon the mind.
- * To visit such places where drugs and other addictive edible items are sold.
- * To visit such places where bad people are smoking, drinking liquor and consuming such addictive ed-

14 MENTAL & PHYSICAL HEALTH

ible items.

- * To visit such places where immoral songs and dances are being performed.
- * To visit such places where gambling is going on.
- * Above written 'dont's are prohibited .

MENTAL STRESS

- * To worry unnecessarily.
- * To think seriously about trivial things.
- * Not to make efforts to understand and solve the problems patiently.
- * To fail time and again in the work.
- * To ponder over failure instead of trying again.
- * Lack of patience in taking decisions.
- * To increase mental problems by creating disturbance in the lives of others.
- * Habit of worrying about others without any purpose.
- * To keep on working for hours together without giving rest to the mind.
- * Not to get rid of mental stress by taking sufficient sleep.
- * To think excessively about business or study also

causes mental stress.

- * Not to have faith in other people and our friends and to undertake all the works in our hand and ultimately fail in them — is also a kind of mental stress.
- * To remove mental stress, Bhagwat Dhyana, Bhakti and study of scriptures are very useful.

LACK OF SELF-CONFIDENCE

- * Not to have self-confidence.
- * Lack of patience in small and big jobs.
- * To be dependent upon others in all matters.
- * To experience desolation at the initial stage of work.
- * To betray one's own self.
- * To doubt one's own self or to think that "I cannot do this work" is a kind of lack of self-confidence.

AIR POLLUTION

- * To cut the forests.
- * Not to clean the surrounding area of our house and not to remove garbage and dung of the animals.
- * Not to keep latrines and drainage system clean. This spreads bad odour and it ultimately pollutes the air.
- * The smoke of a cigarette and Bidi also pollutes the air.

16 **MENTAL & PHYSICAL HEALTH**

- * Chimneys of factories & furnaces emitting smoke also pollute the air.
- * If vehicles are not maintained properly than they emit dirty smoke from the silencer which also pollutes the air.

WATER POLLUTION

- * Dirty water is known as water pollution.
- * By using water in factories producing chemicals, iron, steel and sugar and by releasing dirty water into pure water.
- * To lay a drainage pipeline beside a pipeline of pure water.
- * To wash utensils, to wash clothes beside drinking water.
- * Not to make proper arrangement of disposal of dirty water at a specific place.
- * Not to use stored water for a longer period of time and to keep it in a tank.
- * To keep water tanks and other water filled utensils open and uncovered— also create water pollution.

NOISE POLLUTION

- * To create undesirable noise.

-
- * Noise of high decibel from huge machines.
 - * Noise of the vehicles.
 - * To keep radio and television at higher volume than it is required.
 - * Noise of people in public gardens.
 - * Noise of people on the occasions like fair.
 - * Even the noise of an aero plane also creates noise pollution.

LAND POLLUTION

- * Modern methods of agriculture.
- * Unnecessary deforestation.
- * Erupted lava.
- * Uncontrolled use of chemical in edible items and medicines destroying vegetation.
- * Drainage system with unscientific planning.
- * Earth quake.
- * Acid and other alcoholic chemicals emitted by various industries also create land pollution.

POLLUTION OF FOOD

- * To use chemical fertilizers excessively to obtain

18 MENTAL & PHYSICAL HEALTH

more agricultural products.

- * To use preservative medicines excessively for the protection of grains and pulses.
- * Manufacturers mix up various items in edible items like Ghee, Milk, Oil and all types of spices. This creates pollution of food.
- * To take medicines which are impure.
- * To keep the food open for a longer period of time.
- * Polluted food is a kind of slow poison, which creates an adverse effect upon our body when we consume it.

IRREGULAR LIFE STYLE

- * To keep on changing time of taking meals everyday.
- * To remain awakened up to late night and to get up late in the morning.
- * Not to pay attention to our work.
- * Not to perform our work on time.
- * Not to perform work in accordance with the promises we make.
- * To keep on changing our daily activities time and again —are also known as irregular life style.

COMPANY OF DECEASED PERSON

- * It is good to render our services to a deceased person but while doing so we must be very much alert.
- * It is dangerous for our health to sleep beside the deceased person.
- * Wear the clothes of a deceased person.
- * Use the things, which are used by a deceased person, without cleaning them.

**TAKING DRUGS AND
ADDICTIVE ITEMS**

- * Smoking and taking tobacco.
- * To eat pan-masala with tobacco.
- * To drink liquor.
- * To take various drugs like heroine, brown-sugar, charas, ganja, afim etc. are also dangerous to our health.

LACK OF PHYSICAL WORK

- * Not to do any physical activity.
- * Not to do any physical exercise.
- * Not to walk any time throughout the day.
- * Not to do any physical work in our domestic chores.

20 MENTAL & PHYSICAL HEALTH

- * Not to do any physical work on the field or in our business.
- * Not to participate in games and sports by children and the youngsters.
- * Thus, by not performing any physical work we invite physical sickness.

HOW TO SAVE OUR HEALTH

- * Pure diet.
- * Good company.
- * Self-confidence.
- * Clean atmosphere.
- * To take bath regularly.
- * To take meals in healthy and happy state of mind.
- * Not to take meals which are excessively spicy and sour.
- * Clean air, pure water and balanced diet.
- * Proportion of diet should be in accordance with the digestive capacity.
- * To perform Yogasana and meditation everyday in the morning.
- * Not to take tea, coffee, bidi, tobacco, afim, liquor etc.

- * To keep cleanliness of our skin, nails, teeth, hair, eyes, ears etc.
- * To take bath with clean and cold water everyday in the morning.
- * To sleep early in the night and wake early in the morning.
- * To take meals less than our hunger.
- * To move in open air everyday in the morning and evening.
- * To take meals by chewing it properly.
- * To have regular life style.
- * To have happy state of mind.
- * To have physical work in our life.

DIET AND WAY OF LIFE

In order to maintain physical health and not to allow any disease to overcome our body it is essential to have our diet nutritious, balanced and Satvik. Besides our diet, there should also be sufficient sleep, physical exercise and happiness of mind. Person with strong resistance power can achieve good health but how does one get it? The secret of it is here in natural diet and way of life. Balanced, nutritious and proportionate diet help us to achieve good health because in

22 MENTAL & PHYSICAL HEALTH

it there is strong resistance power to fight against the deceases and to overcome them. Balanced diet means, diet in which we get all the nutritious elements in required quantity. Because of such balanced diet energy, agility, health and balanced growth of the body are achieved. Balanced diet and way of life are very important for our health. Healthy diet contains water, grains, milk and number of leafy vegetables, roots, fruits etc. 'Healthy Way of Life' is a very popular concept. All necessary and useful activities in daily life are included in it; that means if matters relating to healthy way of life are studied minutely then it is experienced that diet and physical exercise are prominent and of prime important in life. It is this way of life, which either helps us achieve success in life or destruct our life. If our diet and way of life are not balanced, that means the essential elements are not included in proportion and other useless elements are included in each of them. This would create a number of deceases in our body because balance and imbalance of the body depends heavily upon our proper and improper diet and way of life.

Equality helps human body to grow whereas inequality destroys it. Therefore, proper diet and way of life are very crucial for the human body and they are inevitable too. Thus, it is essential to think over it minutely and wholly.

There is a very close relationship between diet and way of life. Diet affects the way of life and similarly way of life has an equal impact upon the diet and therefore, it is essential to think about diet and way of life simultaneously. Nutritious diet consists of milk, fresh and washed fruits, green vegetables and roots etc. They all have natural resistance power against the diseases. Therefore, there should be abundant proportion of all these things in our regular diet. Excessive use of spices, oily items and the sweets disturb our digestive system. Irregular diet and irregular daily schedule also disturb biological clock of our body. If this continues for a longer period of time then gradually digestive system of our body is weakened and consequently slow poison and other useless elements are stored in our body, which eventually create a number of difficulties and problems in our body. And in this way digestive system becomes a birth place of various types of diseases.

Today people live just to eat; they neither look at time nor think about appropriateness of things in relishing spicy and tasty items. They keep on eating such things without any control of quantity and without thinking about the proper time; as if nothing else can be thought without the taste of the tongue. To eat spicy food, to keep on eating, to eat stale food, to eat in anger and worry, to eat without hunger- all these things are harmful to health.

MENTAL STRESS

Fast and complex modern age is very dangerous for the health. Stress has a direct and adverse effect upon all the systems of our body and it affects physical health of body. If the mind would be peaceful and free from worry then body would remain healthy. If the mind is full of stress and at unease, then first of all it will have its effect at physical level. High blood pressure, headache, lack of sleep etc. are its symptoms. If one looks at it closely then one would find that root of the most of the deceases is mental disturbance and therefore, in order to improve our health and to keep our mind in happy state, primarily we have to concentrate upon four major things.

PEACE OF MIND

- * Good balanced diet.
- * To live in the Present.
- * Self-confidence.
- * Devotion to duty.

It is essential to give sufficient rest to the body for mental peace. Excessive labour/work and excessive rest both adversely affect the mind. When necessary take rest and when necessary take food. Keep this goal always before you. Dhyan (Meditation) is

very useful in removing mental stress. Concentrate upon subjects like Aatma & Paramatma; this would eventually reduce your present mental stress. Those, who perform Dhyan (Meditation) experience that with the maturity of Dhayn, mental stress is removed and mind experiences serenity. Main reason for mental stress is over burden of thinking.

Too much thinking is also a kind of decease. Some people are suffering from one or more deceases and they keep on thinking constantly without any purpose. There are a number of activities which are performed with a purpose but that doesn't mean that a person should keep on thinking. Thinking more than it is required by the purpose creates stress. With the help of Dhayan (Meditation) we can have control over it. We should think only as much as it is required. The moment requirements are fulfilled, close the door of thinking and sit in meditation, your mind would be at peace. A person, who doesn't live a spiritual life, would live a life full of stress till his death. Whereas a person living a spiritual life would get the death of Samadhi and he leaves his body with satisfaction and peace. Such persons think that now nothing is remained to be done. Whatever was required to be done has been accomplished and pilgrimage of human life is now accomplished.

A person who doesn't live a spiritual life and who always remains in stressful condition ultimately dies unhappily. He takes with him mind full of stress and unhappiness and leaves behind him stress and unhappiness. Therefore, it is essential to put aside all the worldly matters for sometimes and to perform Dhayn (Meditation). This will help us remove physical and mental stress. Peace of mind, nutritious diet and physical exercise coupled with sufficient rest keeps our mind and body healthy. If we bear all these things in mind then we can keep ourselves away from the diseases and worry. Therefore, do not live in a stressful life to keep yourself healthy. Keep your mind in a happy mood in all the conditions. This is the goal of life because roots of all physical illnesses are lying in the stressful mind.

GOOD AND BALANCED DIET

Good and healthy diet means that one should take Satvik meals and should keep $\frac{1}{4}$ th of his stomach empty. According to Sushrut, $\frac{1}{4}$ th part of the stomach should be filled with water, $\frac{1}{4}$ th with the air and $\frac{1}{4}$ th part with the food. Food more than this, disturbs our stomach and its digestive power and creates diseases like fever, blood-pressure and a number of other such diseases. When a human body is sick then the mind becomes stressful. Thus, it is essential to have

good and balanced diet for maintaining physical and mental health.

TO LIVE IN THE PRESENT

To live in the present means not to worry about the incidents and events which have taken place in the past but to think about their consequences which are before us and to find out their solution. Keep a watch over the events which are happening in the present. We watch what is happening in the present, whether it is happening inside or outside our body. We witness the sensation of itching of our body because it is an event and a reality. Similarly perspiration of our body, which we feel and witness, is also an event and a reality. We feel effects of heat, cold and a number of such other climatic changes over our body and we observe them neutrally. To look at the event, to look neutrally, to look with equanimity means to live in the present and to experience the Present. To use the Present in this way helps us develop equanimity. With the development of this equanimity, the mind remains free from unhappiness and stress.

SELF-CONFIDENCE

Self-confidence is the first stage to achieve goal in human life. The goal may be practical or spiritual. Without self-confidence, even easy goals appear very difficult and one cannot achieve it. With confidence

even difficult tasks can be achieved easily. One should perform every action with enthusiasm and happy state of mind. There should be smile on the face and it should be shining with self-confidence.

If we think seriously then we hold ourselves responsible for every problem, difficulty and unhappiness. We have encircled ourselves with one or the other weakness. Hence, we should be very much careful and before starting any work we should think over its pros and cons. Unnecessary confusion and performing any work without any thinking may bring a wrong result, which may cause unhappiness to us. It is always better to take any decision after some thinking. There is one saying:

“Those who perform any action without any thinking will repent in the end”.

One should imbibe this proverb in one's life. Keep on doing your work with self-confidence; one day you will achieve the desired result. Confidence is always result oriented. It is a very common thing. Almighty god has granted a miraculous gift to human beings in the form of self-confidence. No other animal other than human beings possesses such a divine power. In a way the Almighty God has granted a magical stick. By using it we can achieve everything. What is required is perseverance and enthusiasm. If we think

in our mind that we cannot perform this action then we would certainly not be able to perform the action. In such a condition no outer energy can help us. We would remain the same. Thus, if there is firm confidence then we can achieve success in practical life. Almighty God is not standing far but very close to us.

LACK OF PHYSICAL WORK

There is abundant physical work being done in the rural areas but in the urban areas and in the cities, due to comforts and facilities of life people take a derogatory view of physical labour. People doing physical work are being looked down upon whereas people working while sitting on a chair are being looked with the respect. But people sitting on the chairs are not aware of the fact that one feels sufficient hunger because of physical labour only and it is due to sufficient meals that one gets sufficient energy and resistance power to fight against all the deceases. Thus, lack of physical work may cause various types of deceases in our body. If there is no scope of any physical work by the urban people then they should develop a habit of walking in the morning and evening and doing Yogasana etc.

EXERCISE

For healthy physical body in future and in the present it is essential to have some exercise regularly

in the childhood. Physical exercise has very close relationship with the meals therefore, to distinguish between good and bad food and nutritious and harmful food is very much important for exercise. Exercise protects our health. Exercise does not only help in physical growth but it also helps in mental development. Memory becomes sharp, one's capacity to earn and to learn increases. Thus, it is essential to do all type of exercises in the childhood as well as in the youth to make our life happy and successful till the end. Therefore, one should keep on doing exercise as per his capacity and availability of time. Through exercise constituent elements of the human body expand. Exercise means 'to expand' and it is a matter of experience. When we run then all our red cells and living cells get expanded completely, they spread all over the body and ultimately we experience the state of health. If we keep sitting the whole day then our living cells get withered and ultimately we experience illness of health.

Through exercise our lungs open to the full and they throw out Carbon Dioxide from the body; this increases the speed of blood circulation and our whole body gets purified. Therefore, to do some exercise regularly is very much essential for complete purification of our body. Once our body is purified then our mind is purified and after purification of mind we be-

come capable of spiritual thinking and thinking relating to Almighty God. Therefore, it is essential to have some exercise for our physical and mental health.

:- POLLUTION:-

We find pollution of higher degree in all developed and developing countries, especially the metro cities. Gradual increase of urbanization, industrialization, factories and industries and a number of vehicles running on the roads pollute environment, air and water. Decreasing number of trees and forests, increasing number of concrete cement forests contribute in polluting the environment. Resulting into the proportion of carbon in the atmosphere has increased tremendously and it becomes very difficult to breath in fresh air. Water of the rivers and lakes do not remain drinkable water. Therefore, pollution has a great role in decreasing our resistance power. This pollution causes various deceases like Cancer, Asthama, Skin deceases various types of allergy etc. This is due to our decreased resistance power. Therefore, in order to keep our body free from all types of deceases it is essential that we take pure air, clean water and Sattvik meals and we eat less than our hunger. One should understand importance of physical labour and should give it a proper place in life. One should always try to live as much natural life as possible.

VEHICLE GENERATED POLLUTION

Smoke emitted by the vehicles consists of Sulphar Dioxide, Nitrogen Dioxide and particles of dust. This smoke is taken by people by breathing the air. The moment a patient of Asthama breathes in this smoke his breathing pipe gets swelled. This smoke may also create chronic bronchitis in healthy people.

**HOW TO SAVE FROM
THE AIR POLLUTION ?**

Now in this present scenario it is very difficult to save ourselves from smoke and pollution. Yet there are certain ways and means through which we can save ourselves to some extent from this air pollution.

- * While walking on the road and footpath, we can keep a handkerchief on nose and it would help us in protecting us from air pollution.
- * By wearing face-mask, we can protect ourselves from air pollution.
- * People ridding two wheelers vehicles can protect themselves by wearing face-mask or helmet.
- * In the villages and the cities, public latrines should be constructed at proper places so that air pollution is not spread here and there.
- * Garbage should be thrown at proper places.

- * Residential houses and Halls should be airy and spacious.

HOW TO SAVE FROM WATER POLLUTION ?

- * It is necessary to prevent water pollution. Most of the deceases are created because of dirty water.
- * No one should be allowed to create any dirt near the well, river, lake etc. and no dirt should be drained into pure water of the river.
- * Potassium Permanganate, Bleaching Powder etc. should be spread in big water tanks and in the wells from time to time.
- * Every time water should be sieved through clean cloth and one should drink boiled water.
- * Dirty water should not be allowed to be flowed near our house and residence.
- * We should keep the places of water storage of our house neat and clean.

HOW TO SAVE FROM THE LAND POLLUTION ?

- * In order to protect our health and health of our mother land, it is essential to prevent all types of

34 MENTAL & PHYSICAL HEALTH

pollution and especially land pollution.

- * One should plant trees in large number near the residence and on both the sides of the road.
- * To purify the land by having planning of the latrines and underground pipelines.
- * To keep the surface of the land even by filling up the ditches and leveling them at the places like playground, roads etc.

* * * * *

VYASANA (ADDICTION) AND VYASANI (ADDICTOR)

Nowadays addition is dominating human society especially the youngsters. Even among the youngsters students of High School and College are prone to such addictions.

By showing illusive happiness, this addiction is leading the youngsters towards the Ocean of unhappiness. Moreover, even the youngsters invite addiction in the hope of happiness of the self but later on they are trapped in the net of this addiction. These youngsters become slaves of addiction and they spoil their opportunity, money and physical health behind such addictions.

Educated or uneducated, rural or urban everywhere we find smoking and use of drugs. These social evils are increasing day by day. They have their impact not only upon illiterate and rural people but also upon the students of high schools and colleges of the cities. Resulting the young generation of the country bring its own destruction. This contagious decease of addiction is spreading like anything amongst youngsters. If no proper treatment is given to this decease the whole society will face grave consequence and will have to repent later on.

Therefore, if you want to see your future gen-

eration happy then it is necessary to ensure that it is free from addiction. These drugs make a man patient. Addiction like gambling can turn a millionaire into a beggar in just a few minutes. This addiction makes the whole family unhappy and it is the wife and children who suffer in the end. No one is unaware about this because we witness such things and events time and again in our society. Surprising thing is that there is a clear warning mentioned on the cigarette box viz. CIGARETTE SMOKING IS INJURIOUS TO HEALTH. But despite knowing this, educated people get trapped into this addiction of smoking. Is it development of science? Is it the identity of the youth? Is it the identity of the rich and the celebrities in the society? Get trapped to such an illusion because in today's science age, doctors have proved that energy of the drugs is artificial and it has adverse impact upon our body. Detail information in this regard is also given in this booklet.

RASAYAN (CHEMICALS)

Drugs are also a kind of Rasayan (Chemicals). Natural cycle of the body is affected by these drugs. In medicines also, these things are mixed up and therefore, whenever one becomes sick then he takes medicine to resist the power of the disease. Thus, to take medicine of such Rasayan (Chemicals) as per the prescription of the doctors, as and when required is not harmful to the human body. But if they are taken in the

form of drugs then it may change physical and mental condition. They are known as drugs; that means that anything which affects normal physical, mental, activities of the body, is known as a drug.

PROMINENT RASAYAN

Stimulate - Bajedin, Daisedrin, Maithedrin, Efftemincy, Coffin, Nicotine etc.

Depressant - Alcohol, Barlituturate, Sikonal, Nembural, Gardnal, Valium, Liberian etc.

Sedative - Medrecus, Doriden etc.

Narcotic - Narcotic, Enaljaisik, Afim, Muffin, Cocin, Heroin, Brown sugar, Methajen, Pethadin, Mepradin, Ganja, Charas etc.

Among these Prominent Rasayans, there are certain Rasayans, which are used by the doctors and medical practitioners to help there patience getting read of their deceases. This also brings fruitful changes in our mental and physical condition. However, there are other Rasayans viz. Brown sugar, Ganja, Bhang, Charas, Nicotin etc, which are not used in any medicines. Therefore, it is dangerous to use them in any form and therefore question of proper use of it does not arise. Rasayans which are harmful to the body, can be divided into five divisions.

* **Stimulate** : This drug increase normal activity of the mind and therefore, head becomes hot and it

38 MENTAL & PHYSICAL HEALTH

may be beyond control too.

* Depressant : This drug decreases normal activity of the mind and therefore, head becomes cool or it may fail in working properly, permanently.

* Sedative : This Rasayan is mixed up with afim or with narcotic and other analgesic items. By taking this drug, our memory cells of the mind are destroyed and our mind's mental ability is affected adversely.

* Narcotin : Rasayan obtained from Bhang is very dangerous and it increases normal activity of the body tremendously. This helps in increasing Taamas Guna. This may create sleep or destroy sleep.

* Illusive Drug : Such type of Rasayan adversely affects our eye's vision, hearing capacity and thinking power permanently. This affects clear vision of the eye and hearing is lost and mind cannot think over serious subjects.

BEGINNING OF ADDICTION

Why do youngsters get attracted towards addiction?

There is no any one reason:-

- * Copying
- * Pressure of the friends
- * Symbol of maturity
- * Curiosity of an experience

- * Desire to create an impact upon others. There can be many more reasons
- * In most of the cases, youngsters get addicted due to company of such friends and due to their curiosity to have an experience of drug and other addictive items.
- * Many young boys and girls start addiction in their life to get rid of dullness and desolation from r mind.
- * A person may have affection towards any person or thing but if he does not get any response or affection from these persons things then it can be a cause of addiction.
- * Among students, addiction begins due to the friends of the same age group. An addicted student inspires other innocent students towards addiction.
- * Many times young collegians are threatened and pressurized to take addiction. And gradually this addiction spreads in the whole class like a contagious disease.
- * Shops situated near schools and colleges and selling drugs and other addictive things are also responsible for encouraging students towards addiction.
- * Many students begin addiction with a view to have a test of such things which later on takes the shapes of an addiction. Students get trapped into this addic-

40 MENTAL & PHYSICAL HEALTH

tion to such extent that it becomes very difficult for them to live without such addiction and they become impatient without these drugs and addiction.

* Students living in a hostel also come in contact with other persons and students involved in their activity of addiction. Here there is no social control and therefore, it becomes very easy to take addictive items.

* Students of rich and well-known families consider addiction as a royal thing and waste their money like water in such addiction. Not only this, these students also invite their friends to join them. In this way all the friends get trapped into addiction. When they do not get help of their friends then they spend their own money and continue with their addiction.

* Many youngsters take addiction because of failure in love affair.

* Many young students take addiction because they fail in examination, they do not get job or because of any inferiority complex.

* It has become a system of civility in rich families to offer some addictive things to their guests on social occasions. Offering wine on the occasions like Marriage, Birthday-party etc. has become a fashion and modern way of life among such families and those who do not take wine on such occasion are laughed upon. How can a young generation keep patience in such a

condition? Youngsters are compelled to take addictive things on such occasions. This also becomes a beginning point of addiction in their lives.

* Films and cinemas have the greatest impact upon the young generation. When they see any young artist or their favorite actor or actress in a film or television either smoking or taking wine or taking some other addictive things then under the influence to emulate their favorite actor and actress, these youngsters start taking addiction.

* Small children especially in rural areas take pan with tobacco, bidi, cigarette, etc. which are easily available in the market. At the initial stage this addictive items don't have much effect but gradually they spread in the whole body. When these young students are not satisfied and finding them insufficient then they are compelled to take addictive items of high degree like wine, Charas, Hashish, Heroine, Brown Sugar etc. Gradually this becomes their habit and they lose their balance of body and mind.

* There is another reason because of which youngsters get trapped into addiction. If they are unhappy, desolate or worried for any reason then in order to get rid of such worry and desolation all to forget better condition of life they take help of addiction. But what would they get other than destruction and death from this addiction? This is nothing else but self de-

ception. But how long the youngsters would keep on betraying themselves by taking resorts to addiction without facing difficulties of life ?Is it a proper way and solution ?

BAD IMPACT OF ADDICTION UPON A PERSON

Things which create an addiction in a person are known as addictive things. Tobacco, Afim, Ganja, Charas and liquor are known as addictive things. People take addictive things in an illusion to get read of mental stress and in copying others. These addictive items may lead a person to his death also. The quantity of these addictive items may be less or more but it is certainly harmful to our health and there would certainly be its bad impact in any form.

There is a poisonous element called Nicotin found in tobacco which increases of the speed the heart. Under the influence of this Nicotin, instigated organs of the body get weaker and loosened after addiction. This disturbs and slows down digestive system of the body and the whole nervous system is also affected adversely. Addiction to wine leads to decrease in thinking and memory power. Person's little mind is instigated and he starts speaking anything without any control over his speech. There is no pleasure and enthusiasm in a life of an addicted person and his life turns out to be without any interest. His body is weak-

ened and he becomes old at premature age. In spite of knowing all these things, is it proper for the youngsters to take addictive things? These addictive items things are not beneficial in any way. Because of this a person is morally destroyed. He wastes and loses his money. There is an evil and immoral impact of addiction upon the young minds, health of the body is spoilt and resultantly fatal deceases like cancer and T.B. develop in the body. Energy is lost at a very young age and memory becomes dull. In this way both physical and mental powers are weakened. Due to lack of physical strength and mental stress, a person cannot do any good work in his life. By spoiling his money in wine and other addictive items he is also ruined economically and in the end a person becomes a debtor. The whole family is destroyed because of irresponsible behavior of an addictive person. By adopting wrong means of earning like theft, robbery, and killing, a person not only destroys himself but also his family.

Under such circumstances, the young generation should think and should protect their morality so that the Present and the Future can be protected and improved. In India we find that, legally or illegally, business of various drugs and addictive items has been at its all time height. In big metro cities and other suburban areas, these drugs and addictive items are sold in public. Therefore, students of college and university can easily get into this addictive items and this has been

creating great problems and disturbance in the society. Unfortunately these addictive items are available in the market in the form of medicines with different names. Therefore, the young generation keeps pills of such medicines in their pockets and consumes them as per their convenience. Thus, misuse of these addictive items has made human beings so much dependent that without addiction a person cannot live peacefully.

Nature of these addictive items is such that initially even if we take them regularly then there is no any apparent impact upon our body. On the contrary a person enjoys it very much. Addiction of smoking begins with one or two cigarettes in a day; but just after a few days, one feels like having more and more cigarettes. Pleasure of two cigarettes during the initial stage becomes ineffective after some time and now out of habit person requires to take more cigarettes in a day. This addiction is spread in the blood. Gradually the blood is transformed and resultantly a person can do any work only when he has taken some addictive things otherwise it cannot perform even the smallest work. On the other hand, if he abandons this addiction all of a sudden then his difficulties increase many fold. His body feels various types of experiences such as uneasiness, shivering, fear, confusion, weakness, lack of hunger etc. Thus, a person gets trapped into addiction to such an extent that neither he can get rid of

addiction nor he can regulate it. Gradually he is compelled to take addiction in more quantity. These addictive items even if they are taken in small quantity, have their impact upon our body and if they are taken in more quantity then they have bad impact upon our body and a person falls sick physically and mentally.

Compared to other countries, in India there is less proportion of addiction among the pregnant women. But proportion of addiction is increasing among girl students of high schools and colleges. Therefore, condition of pregnant woman in future is becoming very delicate.

According to experts and medical practitioner & babies of addictive pregnant women born at premature stage or they born with physical and mental deformities. Due to addiction of drugs from the childhood, the jeans of desire develop before proper growth of the body and resultantly even the child gets addicted at an early age. Thus, it becomes very difficult to get rid of impact of addiction and person gets trapped into addiction more and more. There is only one solution to these problems which is known by all. It is to abstain (to remain away) from addiction.

BAD IMPACT OF SMOKING AND TOBACCO

Most of the addictions begin with smoking like bidi or cigarette, pan, Gutkha, tobacco etc. which gradu-

ally grow into habits of wine, charas etc. Nowadays smoking has become very common and a fashion in the society. Most of the children get into smoking of bidi or cigarette not in the form of addiction but out of curiosity. Thereafter they get addicted to it; but these children are not aware of the fact that there is a poisonous element known as Nicotin in tobacco, which increases the speed of the movement of our heart. This Nicotin also instigates our nervous system. While smoking, the smoke spreads throughout our respiratory system and lungs and causes great harm to them. And a person who is addicted of smoking gradually becomes a patient of the decease called cancer.

Now there is no any special time or place for smoking; people do smoke at any time and at any place. It means that these addictive persons have left no time or place where they may feel ashamed of smoking. When innocent children observe the elders smoking they become curious about smoking. Gradually they also get addicted to smoking. Tobacco and smoking cause cancer and this is scientifically proved. A person smoking 22-25 cigarettes per day is prone to the cancer of lungs 10 times than a normal person. Similarly, cancer of mouth, throat, kidney etc. is found generally among persons who are addicted to smoking. Besides this, they are also likely to suffer from T.B., headache and deceases relating to breathing, stomach etc. Energy and charm of the body, a beauty of the

face, pink colour of the rosy lips, and white color of the teeth- all are lost. Even bones of the body also get weakened. The blood does not remain thick. Heat and temperature of the body increase and the mind does not remain stable; memory power decreases gradually and the body is also weakened. Thus, on account of number of harmful effects upon his body, a person who is addicted to smoking can not perform any work with patience and he turns out to be a failure in life.

Structure of a female body is somewhat special than a male body and therefore, smoking has more dangerous effects and impact upon female body when compared to male body. Most of the rural women are found addicted to smoking. Among urban women, smoking has become a fashion; resultantly a number of problems occur in their body. Women addicted to smoking are found suffering from throat and breast cancer. Gradually their memory power and consciousness are affected adversely. Pregnant women who are addicted to smoking cannot give breast feeding to their young babies. This has a direct adverse impact upon the growing child who is prone to a number of genetic and contagious deceases. The child's complete mental development is also hampered. Due to smoking women cannot provide sufficient oxygen to womb and because of mal-nutrition their children are found suffering from certain deceases by birth. Therefore, women should get rid of smoking keeping not only

their own health in mind but also physical and mental health of their children.

ADDICTION TO TOBACCO INVITATION TO DISEASES

During the Ancient times, there was a tradition of offering paan to the guests on the occasions like marriage and festivals; but nowadays this tradition has taken a wrong shape. Instead of paan, tobacco, masala and gutka in colorful pouches are offered. Use of paan masala and gutka is found much among students. Even in the market pouches are available in various colors. Young generation of the urban areas in cities and villages, people of the poor and rich class and literate and illiterate persons in the society are found addicted to paan masala exhibiting pouch culture.

By keeping this paan masala in mouth, they feel freshness for sometime but its long term results are very dangerous. Scientists of 'Cancer Research Institute' have confirmed the proposition that even less use of paan masala is harmful for the health and its excessive use invites serious and fatal deceases. Beautiful papers and pouches containing tobacco and gutka not only attract us towards its taste but also warn us against its harmful effects. We find this slogan on the pouch: **TOBACCO IS INJURIOUS TO HEALTH.**

Even paan masala are harmful to our health and

yet we invite death by calling fatal deceases. Is it a prudent decision? Is it the courageous step of a youngster? Many people get addicted of keeping and chewing tobacco or gutka in their mouth for hours and they sleep at night while keeping tobacco in their mouth. This tobacco or gutka adversely affects soft inner parts of the mouth and possibility of cancer is increased to a greater extent.

Most of the producers of gutka mix up a chemical known as Menthol in paan masala which gives a sweet taste to it. But when this Menthol enters stomach with meals or water then a person develops swelling into stomach and if this swelling remains for a longer time then there are greater possibilities of cancer. Many youngsters while chewing gutka, do not spit out and they eat gutka. But they are not aware what they are doing and what effect this gutka will have upon their body.

CHARACTERISTICS OF ADDICTION

- * To sleep for a long time or not to sleep at all
- * To lose interest in daily routine work
- * To perspire excessively
- * To have pain in the whole body
- * To speak loudly
- * To eulogize or praise one's own self

50 MENTAL & PHYSICAL HEALTH

- * To have dull or unclear vision
- * To create noise
- * To lose desire of eating
- * To feel dizzy
- * To feel lazy
- * To develop red eyes
- * To fumble while walking
- * To emit bad odour from the body.
- * To sit and stand up in improper and imbalanced way
- * To behave in an unnatural way
- * To lose reorganization of things

All these are characteristics of addiction.

REMEDIES TO SAVE FROM ADDICTION

(1) Duties of parents towards their children :

- * Behaviour of the Parents with their children should always be straightforward and innocent. They should always listen to their children patiently and should try to solve their queries and problems.
- * Parents should be aware about the behaviour of

their children and they should also have information and knowledge about their children's friends and their company.

- * Parents should sit together with their children and should try to understand their problems and difficulties. But they should not take the issue out of home in the society.
- * Parents themselves should not take tobacco or wine or any such addictive things and thereby they should present a role model before their children.
- * They should keep a vigil so that knowingly or unknowingly any addictive things do not enter into the house through their children.
- * Even any guest or visitor should not be given any opportunity for smoking or such addiction.
- * They should make their children aware about addictions and their adverse and harmful effects and should warn their children against such addictions.

(2) Duties of teachers and lecturers :

- * Teachers and lecturers should speak frankly and openly with their students and should listen to the students very patiently.
- * They should explain their students the harmful effects of addiction through examples.
- * They themselves should not take any addictive things.

- * They should be aware about the conduct of their children and should warn them against addiction.
- * They should inform the students about adverse effects of drugs and should inform them about such disasters in the country and abroad.
- * They should explain importance of time and human body to their students.
- * They should guide their students in solving their problems and difficulties.
- * They should encourage their students for more and more study and also for achieving the goals in a time limit and in this regard they should guide them properly.
- * They should update themselves with the latest information and developments in the field of addiction and should warn themselves as well as their students against the harmful effects of addiction.

(3) Duties of citizens and

the public servants :

- * Residents of rural areas, citizens and leaders should not allow the drugs to be imported.
- * They should not allow such things to be sold in shops situated near primary schools, high schools or playground.

- * They should keep a watch over the vagabonds and other such roaming and unemployed youth and should warn the students against them.
- * They should ban the drugs and their import from abroad in the country.
- * They should contact vigorous the campaigns of Ministry of Social Welfare and other such government agencies.
- * They should warn people against addictive items through radio, television and such other media. They should also ban propaganda of such addictive things through these media.
- * They should make moral education mandatory in school curriculum.

(4) Our Duties :

- * There should be efforts and initiatives by a person himself to get rid of addiction.
- * As regards progress in life, they should not depend upon others.
- * Youngsters are to lead great life and present a model before the society and keeping this goal in mind they should make all efforts.
- * Before taking addictive things, the youths should think about their future. Once got trapped into addiction, the whole life gets spoiled. Thinking like

this, they should try to save themselves against the addictions.

- * When the young generation is going to use its energies in one or the other field then why shouldn't it be directed towards the progress and development of the society and the country? This will protect the young generation against addictions.
- * Reading of the scriptures, company of good people and good friends is essential in life.
- * They should concentrate in their studies.
- * In order to pacify the perturbed minds, the youngsters should take interest in games in stead of addiction. This would be more productive and beneficial for them.

In this way, if every one performs one's own duties then problems of the present and future time of the society would be solved automatically and great energy would emerge in the society. It is not that addictions are being taken in the present scientific age which is full of facilities and comforts of life. These addictions used to be taken even during the ancient period. But one thing is clear, addiction in this age has become more common phenomenon in the society than ever before. There had never been more addictive before than they are today. This is because in the present age, various types of chemicals are being mixed up

with these addictions and therefore their effect upon human body is more intensive.

In this Age of Lord Shree Swaminarayan, addictive things like wine, tobacco, Afim etc. are spreading like anything in the society. Therefore Lord Shree Swaminarayan thought if the society remains replete with these addictive things then it would not progress. A person, who is trapped into any addiction, cannot progress and cannot be happy in his life. Due to addictions, the whole social structure is being disrupted causing complete moral degradation. Under the influence of addictions, people of royal families of the ancient times forgot their duties. The number of robberies in the state had increased. The common mass was under constant threat of the robbers and thieves. And rulers of the kingdom were absorbed in addictions and they were indifferent towards the difficulties and problems of their subject. Even then, life earlier was better than the present day life. How?

* Has not the addiction, which has spread among the college and high school students, made the situation of the society very delicate?

* Do you know that young students are drinking poison in the form of one or the other addiction?

* Are you aware as to how delicate the present day situation would be for the future time?

* Are you aware that the proportion of addiction has been increasing day by day among the high school and college students?

Therefore, chances of girls becoming mothers in future are becoming very delicate. Witnessing the plight of the drug and addiction affected people, Lord Shri Swaminarayan and His saints and devotees had initiated and accomplished the ‘Campaign of Freedom from Addiction’ in the society. The campaign proved a magic in the society and standard of life of all the people, be it social or economical life, improved drastically. Many people became devotees of Lord Shree Swaminarayan and got rid of addictions.

People can make their whole family happy from the money saved by getting rid of addiction. They can also save themselves from various types of diseases. Therefore, one saying became very popular in Shree Swaminarayan Sampradaya ‘Kusangi Ke Phel Mein Satsangi Ki Roti’. That means, the money spoilt by one person behind Madira, Ganja, Tobacco, Bidi, Cigarette, Charas etc. can be saved by transforming him into a Satsangi. His great wealth would be saved, which he use to utilize to meet with his day to day requirements. Fortunately, this ‘Campaign of Freedom from Addiction’ initiated by Lord Shree Swaminarayan is given top most priority in the society even today.

* * * * *

