

*How much **lethargy**
can we afford ?*



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W.H.O. *has done*

a lot in the eradication and control of communicable diseases.

Nothing practically has been done in the prevention of chronic ailments. This is because the **impact** has **not** been **visualized**.

The result is that people are **living longer** with **multiple chronic problems** than what it would have been **5 decades** ago.

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Incidence of **Chronic problems** has drastically increased, about which we **never realized** its **effect** on **Quality of Life** and the **economy** of even the most developed countries.

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Important reason...

Sedentary life

is one of the

most important

reasons.

lethargy



Multiple problems by 30+...

An individual whether a *man* or a *woman* suffers from **4 to 6** of the following list of the diseases by the age of **30 years & above**



- Cervical spondylosis, Brachial Nuralgia
- Lumbar spondylosis, Siatica
- Chronic digestive problems
- Respiratory allergies Ch.sinusitis & Asthma



- High blood cholesterol
- High blood pressure
- Heart attacks
- Diabetes.M.
- Over-weight
- Osteo-arthritis
- Insomnia



Being a *developing country*,

can we or in fact

can *any* other country

afford to be

Lethargic ?



Risks of *Sedentary life*

Hyper lipidaemia

- Hypertension
- Coronary artery disease & Strokes

Obesity

- **Type II Diabetes Mellitus:**
- Gallstones, Reflux esophagitis, hiatal and ventral hernias.
- **Pulmonary function impairment** - *Snoring, Sleep Apnoea, Pickwickian Syndrome*
- Psychological disability
- **Degenerative diseases**
 - *Osteoarthritis of weight bearing joints, Spine causing Sciatica.*
- Varicose veins & Thrombo-embolic Phenomenon.
- **Malignancies**(Cancers): **Men:** *Colon, Rectal & Prostate.*
Women: *Uterus, Biliary tract, Breast & Ovary.*

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Benefits of **Regular Exercise**

- **Improves** Cardiac and Respiratory reserves.
- **Promotes** new vessel formation and improves Collateral circulation in the heart.
- **Promotes** HDL levels in the blood, removes fatty depositions in the blood vessels
- **Burns** Calories and lowers blood sugar levels.
- **Movement** to Joints and keeps Spine flexible.
- **Improves** digestion and helps in getting rid of Constipation.
- **Keeps** you active through out the day.
- **Solves** the problem of Insomnia.



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Conventional Exercises

Like Walking, Jogging, Swimming, Playing games, attending Health clubs, Gyms, Judo, Karate, Aerobics, Yoga institutions etc., are not possible on regular basis for *today's Executives, Professionals and Businessmen.*

Reasons are:

- *Time constraint*
- *Tours*
- *Requires preparation*
- *A companion needed*

Moreover, *these exercises cannot* be done for **5 to 6** days in a week and **they lack total effect on the body.**



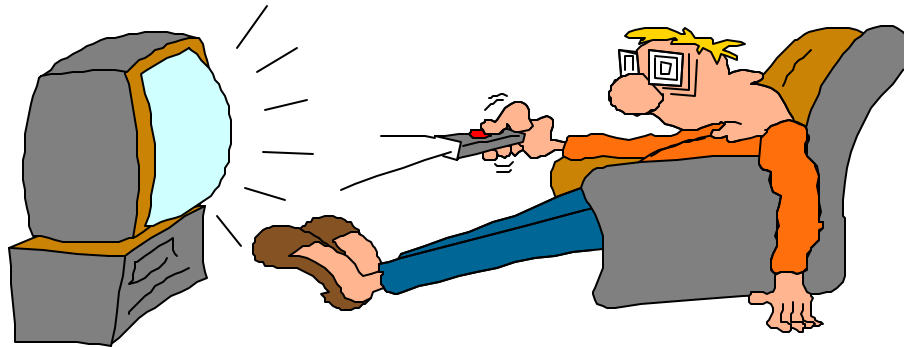
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Luxury

is defined as the

amount of lethargy

the one can afford.



DR.B.BAPUJI

lethargy



Less physical & more eating...

The **physical exertion** on account of **domestic** and **professional** reasons cannot be considered as sufficient exercise **excepting** in **hard labor** in the fields or at the construction sites.

*How much we **over eat** and*

*How less we **exert**,*

*you will be **shocked** when you*

see the following table:

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How much **we over eat** and how **less we exert!**
see the following table

Each of the following activities burn only 200 Calories	Each of the following foods give as many as 200 Calories
12 mts of Jogging	2 Slices of Plain bread
1/2 hr of Swimming	2 Medium size apples
1 hr of Walking	53 Peanuts
3 hrs of Singing	24 Ozs of Beer
4 hrs of Dish Washing	2 1/4 Bottles of Soft drink
14 hrs of TV Watching	3 Cups of Tea with Sugar

Based on the extracts from: *Harrison's "Principles of internal medicine"*



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How many days in a week...

Any exercise

not done for

5 to 6 days in a week

*has no positive effect in
maintenance of health*

DR.B.BAPUJI



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Criteria for an **ideal exercise regimen**

Should be of **short duration**.

Should be **feasible** wherever you are
at **home**, in a **hotel room** or at a **guest house**.

Should **not require** any preparation.

Should be **easy** to **adopt**.

Should give:

Enough exertion, Movements to all the joints, Keep the spine flexible and should have beneficial effect on all the vital organs including heart and lungs.

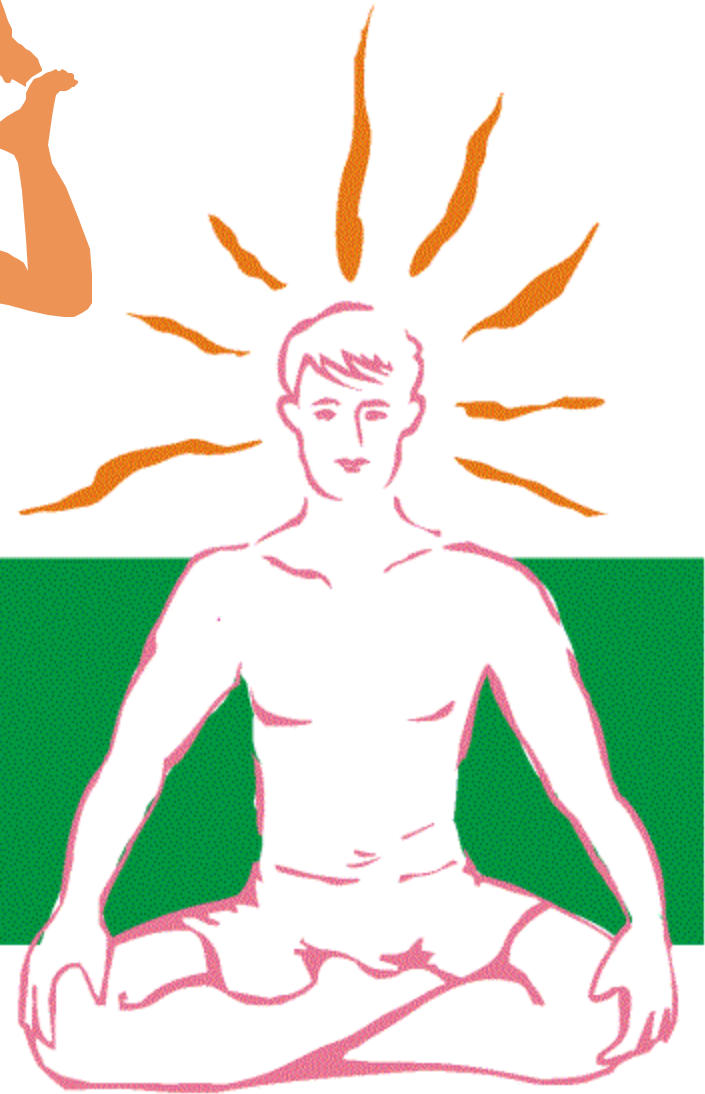
- And, one should be able to **achieve**

Target Heart rate i.e **220 - Age** at the **Peak** of daily exercise.



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Regular Yogic Exercises



No Yoga – No Peace.,

Know Yoga –Know Peace.

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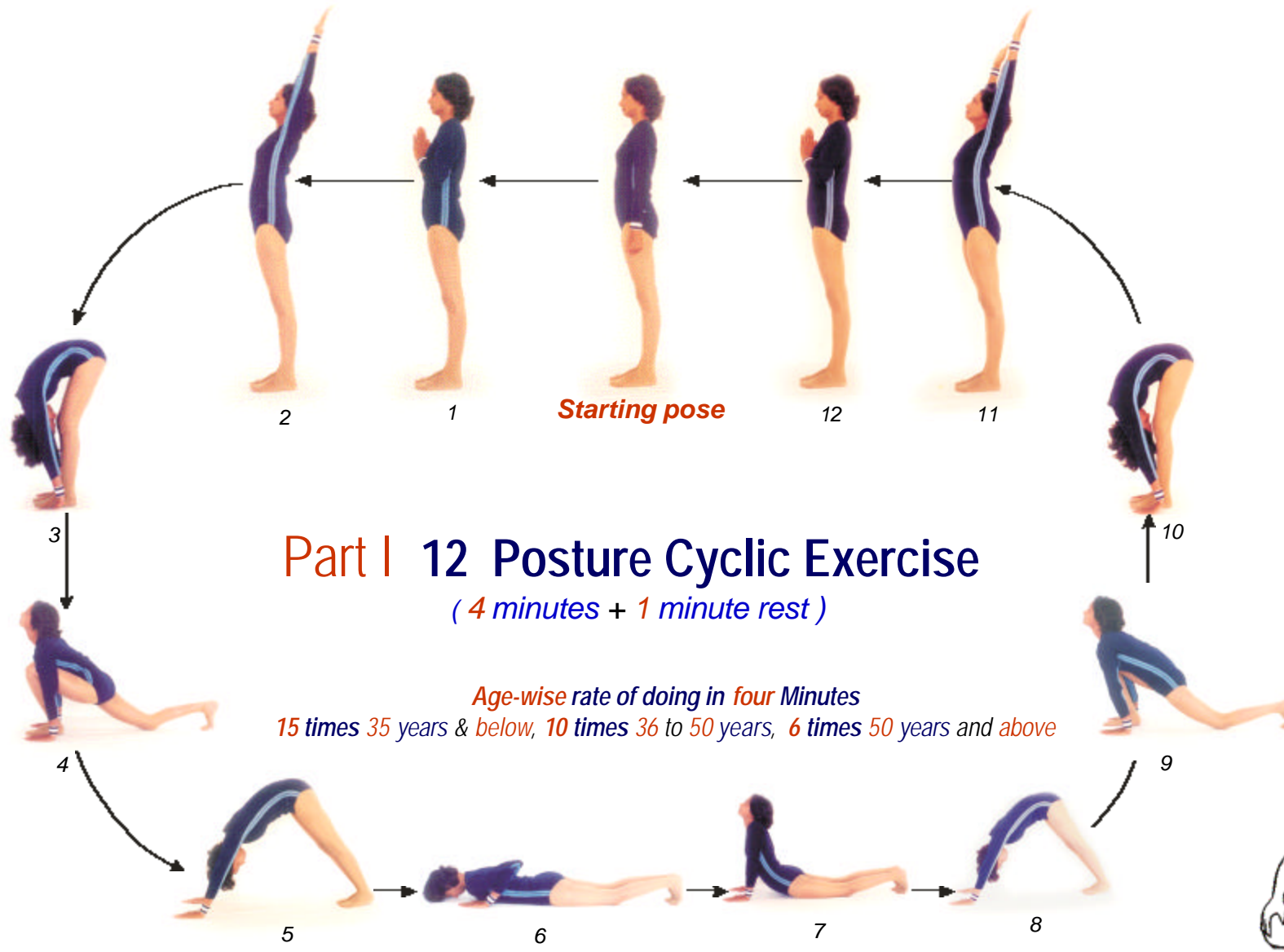
25 minutes **yoga** for you

by **Dr. B. Bapuji** B.Sc.,M.B.,B.S.,N.D
Dr. Rani Bapuji N.D.

Part I	12 Posture cyclic exercise (4+1 mts)	5 mts
Part II	2 Abdominal exercises (2+2 mts)	4 mts
Part III	6 Yogasanas (1+2+1+1+1+2 mts)	8 mts
Part IV	6 Breathing exercises (4+2 mts)	6 mts
Part V	1 Shavasana (2 mts)	2 mts
Total time		25 mts

“25 minutes yoga” should be done in **25 minutes only**.





Part I 12 Posture Cyclic Exercise
(4 minutes + 1 minute rest)

Age-wise rate of doing in four Minutes
15 times 35 years & below, **10 times** 36 to 50 years, **6 times** 50 years and above

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“25 minutes Yoga for You”

Part II ...

Part II 2 Abdominal Exercises (4 minutes)

Exercise I



Exercise II



Target-
20 times at
a stretch
each of the
two
exercises



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“25 minutes Yoga for You”

Part III 6 Yogasanas (8 minutes including ½ minute rest in between)



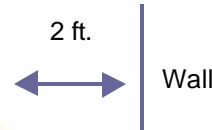
Pachimothanasana

½ mt + ½ mt rest



Sarvangasana

2 mts + ½ mt rest



Padmasana

½ mt + ½ mt rest



Bhujangasana

½ mt + ½ mt rest



Dhanurasana

½ mt + ½ mt rest



Ardhamatsyandrasana

½ mt + ½ mt + ½ mt rest



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“25 minutes Yoga for You”

Part IV Breathing Exercises *6 minutes*

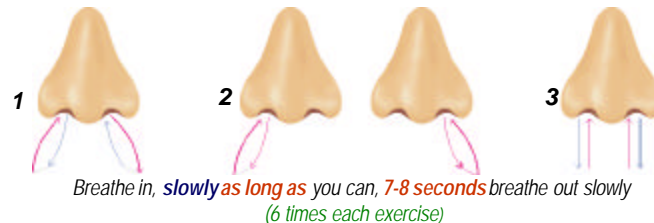


Posture for exercise 1,2,5 & 6

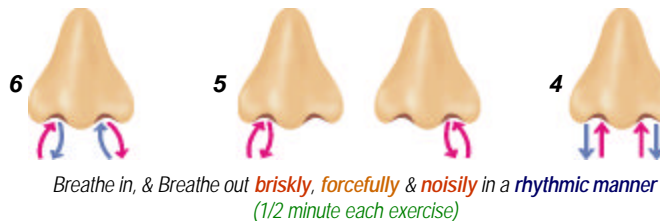


Posture for exercise 3 & 4

Three **deep breathing Exercises** – 4 minutes.



Three **brisk breathing Exercises** - 2 minutes.



Part V Shavasana *2 minutes*



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“25 minutes Yoga for You”

10 Minutes Spinal Exercises

For people suffering from lower back and neck pain

And also for people above the age of 60 (apart from their regular walks)

Lower back exercises

1



6 times, need not hold the final position.

2



6 times each leg, alternating with the other.

Note: Knees to be kept straight and do not allow palms and shoulders to lift.

3



Elbows close to the body, feet together, lift head & chest only to the level of the naval.

4



Palms under the thighs.

Elbows under the abdomen.

Lift one leg at a time, thrice alternating with the other.

5



Only once, hold on for half a minute.

Lift head & neck and push the legs backwards, feet & knees to be kept one foot apart. Only once, hold on for a half a minute.

Note: 1. To be done twice a day before breakfast and before dinner for a month and then only in the morning for a month.
2. Relax for half a minute after each exercise except during neck exercises.

Neck exercises



Less forward more backward 6 times.



Side tilting, alternating 6 times each side.



Turn the head from one shoulder to the other 6 times.



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For lower back & neck pains

Solution...

Solution lies in:

- Designing a **suitable exercise regimen** for **healthy people** of various age groups & **separate exercises** for patients with **specific problems**.
- **Educating** children at **school**, students at **college** level, people working in **Government, Public & Private sector** organizations about the **need of regular exercise**.
- These exercises have to be made **mandatory** at **educational institutions**, at **work place**.



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People in Medical fraternity have to take up regular exercise first.

W.H.O. can take initiative to design a **short** but a **complete** exercise regimen that **can** be **done indoors** and could be taken up as a mass movement with **as much vigour** as is being done against **AIDS**.

Motivation has to be taken up at Individual, Community, State & Country level.



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“To live is *not sufficient*.
We need also the *joy* of *living*.,

And the *joy* of *life* requires *Health*.

Above all, *we need* the *Health*
which *embraces* the *body*, the *mind* and the *soul*”

-Alexis Carrel



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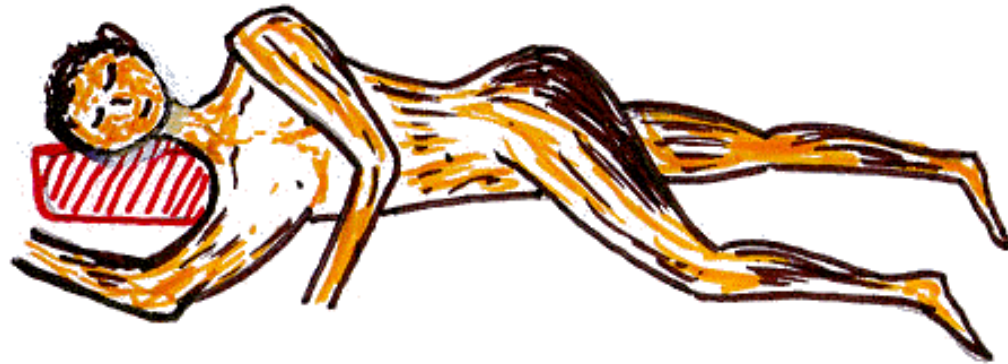
ARE YOU SUPPOSED TO USE A PILLOW UNDER THE HEAD ?

IF YOU DO NOT KNOW HOW TO USE A PILLOW CORRECTLY, WHICH IS A DAILY AFFAIR, YOU ARE HEADING FOR SERIOUS SYMPTOMS OF CERVICAL SPONDYLOSIS,

Which can create confusion with Cardiac chest pain..



THE ONLY, PRACTICAL AND THE CORRECT WAY OF
SLEEPING AND
USING A PILLOW IS-



THROUGH OUT DURING SLEEP, ONE CHANGES POSITION FROM
RIGHT TO LEFT AND LEFT TO RIGHT
ATLEAST HALF-A-DOZEN TIMES.

According to Campbell's Law of
ENGINEERING

STATISTICS

Statistics is a good tool, provided used wisely but remember Statistics is like a Bikini, what it reveals may be quite amusing But what it conceals is more vital.