WHO NEEDS BYPASS SURGERY?
An Emerging Approach to Heart Disease

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MRCP (Cardiology), FRCP (Edin.)
An inspiring meeting with the Hon’ble Prime Minister of India Shri Narendra Modi on 4th May 2017, wherein Dr. Ramesh Kapadia shared the success story of the Universal Healing Program promoting sustainable treatment of Coronary Heart Disease, its Primary Prevention, and importance of Yoga.

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For My Teachers
Who Taught Me To Love

Dr. Ramesh I. Kapadia
MRCP (Cardiology), FRCP (Edin.)
## Contents

- Introduction 1
- Frequently Asked Questions 5
- A Win Win Approach to Management of Coronary Heart Disease 15
- An Approach to Healing: Equally Beneficial to Doctors and Patients 17
- Important Observations about Coronary Heart Disease 20
- Heart Disease Kills more than All Cancers Combined 24
- Dieting 26
- Science of Shavasana 27
- Science Of Meditation 38
- Healthy Longevity 45
- Universal Healing Program 54
- Messages 59
Introduction

It is increasingly becoming a matter of common knowledge that, in India and across world, coronary heart disease is killer no.1. We frequently hear news about sudden heart attacks, resulting from such ailments deaths, consequent pain and suffering in families, and their psychological and social effects among friends, neighborhoods, workplaces etc. We also learn about costs involved in treatment of coronary heart disease (CHD) which usually throws patient and his family in the complex world of doctors, hospitals, angiography, angioplasty, bypass surgery, expenses, recurrence, threat to life, etc. Most of us are aware that our medical insurance system creates major financial burden for government and society. At first sight, the picture is gloomy and fearsome. Lots of us live with feelings of uncertainty and anxiety about ourselves and our loved ones.

This book intends to share with you a spectrum of scientific facts to convince you that much of the worry and anxiety is avoidable and irrelevant. It is an established fact that heart disease can be prevented before it creeps in and its treatment can be made simple, painless and affordable by citizens at all levels of income.

As you move on with the following chapters, you will soon notice that the central message of this publication and its multifarious dimensions are covered under the title Universal
Healing Program (UHP). The term (UHP) includes a comprehensive approach to dealing with CHD treatment cure, healing, affordability, personal, social, and economic implications etc. The book aims at removing the widely prevailing fear of CHD. You will soon learn that the need for expensive treatment involving angiography, angioplasty, and bypass surgery has been decreasing. It will raise your awareness of affordable, successful treatment without compromising survival benefit. The book also deals with mental and spiritual aspects of positive change of individual’s interpersonal and social levels, contributing to a holistic uplift of society. The contents of the book pay a special attention to primary prevention of CHD which includes measures for early detection, rehabilitation at initial stages, as well as preventive and curative rehabilitation programs. Talking of prevention and rehabilitation, there is indeed global urgency to focus on younger generations. Youth constitutes psychological, social and economic asset all over the world. Hence, the Concept of expenditure on primary prevention should be reckoned as investment rather than cost.

Rehabilitation should especially be viewed in terms of long term cost effectiveness for individual, family, hospitals, insurance companies and government. There is an unquestionable need for swift concrete action by government, medical profession and innovators.

This book has evolved out of my practice in cardiology of over fifty years. UHP was born and has grown as a precious product of this practice. The program consists of simple
practice of Shavasana and Meditation which empowers the practitioner to make life style changes while giving inner strength to meet the stresses of daily life. It not only heals coronary heart disease but heals the individual as a whole. A testimony of the efficacy of UHP, which is now formally in its 25th year, is that it has benefited my countless patients.

The key element of the UHP is its effectiveness in removing the fear of coronary heart disease by strengthening the mind. The book may be read in any sequence as it has evolved over the course of my long practice. Each chapter can be read by itself.

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**Reflection**

I am 82 now.

I have been practicing for more than fifty years at Ahmedabad in India. Ahmedabad is the Capital of Gujarat state with a population of five million now. And in the first twenty years of my practice which I started in 1965 there was no angiography or angioplasty for its treatment and we treated thousands of patients of heart attack at home. They all recovered over a period of four weeks of rest. We assessed their recovery from the symptoms of pain in chest and discomfort and watched the healing pattern in their EKGS. Symmetrical inversion of T waves and rising R waves in V leads. Most of them joined their previous occupation after six weeks.
I was introduced to Dr. Kapadia in 1994 with a history of triple vessel blockage and advice for immediate bypass surgery. I promptly earned from him a totally reassuring prognosis of active good-quality life with the UHP regime so convincingly presented in this book. I have since then led a healthy life in peace and bliss to be able to record gratitude at age 84. The rare combination of clinical wisdom and spiritual intuition incorporated by Dr. Kapadia in his unique craft of healing has enriched the lives of his large cohort of patients like me both as patients and human beings. I may add a related thought; I have exhilaratingly witnessed over the years how noble and fulfilling the practice of healing can be if it is practiced Dr. Kapadia’s way.

Narayan Sheth, (Ph.D.)
Former Director, IIM Ahmedabad, India.
Frequently Asked Questions

Q: 1. What is the proper diet for patients of coronary heart disease?
A: In an average Indian diet, the fat content is about 30 – 40% of the total calories. Recommended fat intake for a heart disease patient is less than 10%. The diet recommended is purely vegetarian. It should be rich in complex carbohydrates and vegetable proteins, like grains, pulses, lentils, fresh green vegetables and season’s fruits. However, intake of simple carbohydrates and excessive use of salt should be limited. Simple carbohydrates include refined sugar, jaggery, polished rice, preparations of rice (puffed rice, and poha), soft drinks, fruit juices, honey and sugarcane juice.

Q: 2. What type of symptoms should prompt one to seek immediate medical help to prevent a Heart Attack?
A: If you experience discomfort in the chest, like a feeling of tightness or severe pain, which may or may not radiate to either of the arms, with or without a choking sensation in the throat or any unusual feeling of distress in the chest, you should immediately call for an ambulance to get your pain evaluated in a nearby hospital. This is important if you are prone to coronary heart disease because of strong family history, high...
blood pressure, diabetes, high cholesterol or a habit of smoking. If the pain is diagnosed as acute myocardial infarction (heart attack) or unstable angina, then angiography followed by angioplasty or bypass surgery is necessary. One 325 mg tablet of Aspirin (to be avoided if there is known allergy to aspirin) dissolved in water should be taken immediately. Four to eight pills of 75 mg of Clopidogrel may be taken with a glass of water and a Sorbitrate can be taken under the tongue if there is delay in getting emergent medical help.

Q:3. I get angina pains and I am afraid it may result in a fatal heart attack. What is chronic angina and what is unstable angina?

A: Chronic angina is an experience of discomfort and pain in the chest, which comes with predictable exertion like walking with a particular pace, walking immediately after heavy meals, climbing high stairs or during a burst of anger. Chronic angina is typically relieved by rest. In a large majority of patients with chronic angina and normal ejection fraction of the left ventricle, conservative medical management is all that is required. Chronic angina rarely leads to a fatal outcome. As long as the frequency and duration of angina is stable, there is no need to be alarmed. Chronic stable angina is frequently associated with establishment of collateral circulation. One
should not fear death or heart attack with every episode of stable angina. Fear leads to the narrowing of coronary arteries and an increase in the viscosity of blood which may aggravate angina. Regular practice of Shavasana and Meditation helps to overcome the fear of death.

Unstable angina is an angina which comes during rest or with minimal exertion and is not always relieved by rest. Changing patterns of angina i.e. angina becoming more frequent, with lesser exertion etc. is also a sign of unstable angina. Although sublingual nitroglycerine may relieve angina it is only partial relief or the angina occurs again compelling further use of sublingual nitrate. Such an episode of angina calls for immediate medical or surgical intervention to prevent heart attack.

Q: 4. Is angiography necessary to diagnose coronary heart disease?

A: A carefully taken history, ECG, exercise treadmill test and at times 2D ECHO are enough to diagnose that the patient has diminished coronary circulation because of narrowing of the coronary arteries due to atherosclerosis.

Coronary angiography is usually advised only when the clinical condition of the patient is such that he requires intervention by angioplasty or
bypass surgery. **Coronary calcium score**, with CT Scan X ray of chest, without injection of a dye, gives a fair estimate of beginning of atheromatous changes in coronary arteries.

**Q: 5. When should one go for angiography and angioplasty or by-pass surgery?**

**A:** In a large majority of patients with chronic angina and normal ejection fraction of the left ventricle, conservative medical management is all that is required. Bypass surgery or stenting is unlikely to prolong survival in this situation. Angioplasty or by-pass surgery may prove to be beneficial to the patient of incapacitating angina and diminished left ventricular ejection fraction.

**Q: 6. Is it true that a heart attack is likely to occur any moment if coronary artery is more than 70% blocked?**

**A:** It is important to realize that a severe heart attack does not occur commonly because of an artery which is already more than 70% blocked. The heart attack occurs more frequently in the artery which is less than 60% blocked. This may be explained to some extent by the fact that there are many areas of the arteries which have less than 60% blockage compared to areas with more than 70% blockage. When a heart attack occurs, the affected artery gets 100% blocked. Many
times even if the artery gets 100% blocked, it happens slowly enough so that there is chance to develop collateral circulation and hence there is no heart attack. Once the artery is already 100% blocked, there is no risk of heart attack happening from that artery. On a routine check up even if all the three arteries are severely blocked and the ejection fraction of the left ventricle is normal, mostly, medical management with risk factor modification may be sufficient. The fact that the ejection fraction is normal in spite of blockages in arteries shows that there is sufficient collateral circulation available to the heart muscle. In other words, natural bypass may have already taken place.

Q: 7. There is a common belief that blockages in the arteries cannot be reversed. Is the reversal of blockages at all possible?

A: Life-style changes and treatment of high cholesterol by appropriate treatment aiming to bring the LDL cholesterol below 70mgm will halt the progress of narrowing of the arteries due to atherosclerosis and will result in reversal of blockages. Heavily calcified blockages are slow to reverse. However, most blockages get naturally bypassed through collateral circulation. Regular moderate exercise, maintenance of normal
weight, normal BP, normal postprandial blood sugar will increase collateral circulation.

Q: 8. **Is Universal Healing Program an alternative to modern medical therapy of coronary artery disease?**

A: **No. It does not replace modern medical therapy.** It complements the mainstream approach and enhances the benefits of medications and interventions. It helps to achieve risk factor modification and life style changes essential for better long-term outcome in patients with coronary artery disease. In other words, it helps patients needing conservative or invasive treatment.

Q: 9. **What made you introduce UHP in your practice?**

A: While treating coronary heart disease patients and advising them to make lifestyle changes, like giving up smoking, giving up excessive use of alcohol, and losing weight, we felt that patients change their lifestyle out of fear of the disease, whereas practice of Universal Healing Program empowers them to change their lifestyle without a sense of deprivation and reduces the fear of disease. All studies related to coronary heart disease done to date have shown conclusively that beta-blockers which reduce sympathetic activity are helpful in preventing heart attack. Beta-blockers only partially neutralize the harmful effects of
increased mental & physical stress. UHP appears to be a beta-blocker par excellence. It helps to control all the harmful effects of stress and helps the therapeutic measures to prevent plaque rupture and plaque stabilization. It heals isolation, reduces hostility, self-centeredness and cynicism - proven toxins to the heart and body as a whole. The program provides a successful cost-effective integral approach to management of coronary heart disease.

Q: 10. In what way does the practice of Shavasana and Meditation help the coronary heart disease patient?
A: Regular practice of Shavasana and Meditation helps the patient to experience his SOUL FORCE by quieting outer activities of mind and body. The SOUL FORCE is common to all living creatures. This experience increases the inner strength of individual to change his lifestyle and face the stresses of life with equanimity.

Q: 11. What are the guidelines for prevention of heart attack?
A: Maintain normal weight. Follow regular moderate exercise like walking on a level surface for 40 minutes daily or at least 5 times in a week. Avoid tobacco in any form. Avoid unaccustomed heavy exertion immediately after meals. Keep blood pressure below 130 / 80, blood sugar 2 hours after meals below 140 mg. Now, LDL cholesterol is recommended as the primary goal in lipid...
analysis for screening and risk assessment, as well as target for treatment. Control of culprit LDL C through adequate dose of statin has reduced the incidence of heart attack, stroke and the complications of diabetes a great deal. In case of strong family history if LDL-C is kept below 70, (Lower the better), triglycerides lose their strength as risk factor.

Primary Prevention of Coronary Heart Disease (CHD) works: 50% of the reduction is seen in CHD mortality due to changes in risk factors. Regular practice of Shavasana and Meditation is a proven antidote for the harmful effects of physical and mental stress.

Q: 12. What will be your advice for healthy long life?
A: Nutritious diet, pure drinking water and sunlight are important for our health. However equally important, or perhaps more vital, is to have the feeling of harmony in our mind. Harmony is the quality of Soul, which is the Source of our existence common to all of us. Discord is the quality of our mind. In our varied existence, it is natural that harmony is disturbed very often. Our health depends upon how soon we establish the feeling of harmony once again. Practice of Shavasana and Meditation by relaxing the body and calming the mind makes one experience the inner oneness of our existence and thus helps to re-establish harmony.
Q: 13. Very often there is difference of opinion regarding management of CAD. One doctor advises conservative approach and the other advises intervention. This causes great confusion. What would you suggest to solve this problem?

A: As the last word is not yet written regarding the treatment of coronary artery disease, such difference of opinions may occur. More than one opinion is helpful and is encouraged in many situations. Unbiased opinion from a clinical cardiologist may be helpful to resolve the confusion. The whole issue is very complex. A decision for or against intervention depends upon a variety of factors and circumstances.

Q: 14. What in your opinion is crucial in bringing about a successful outcome in treatment of coronary heart disease?

A: Three conditions vital to the curing of any disease are:

1. The doctor’s faith in himself to cure his patient.
2. The patient’s faith in his doctor that he will cure him.
3. The doctor’s Karma - his skill and its application with love.

The doctor’s only source of income is the patient. However when he examines the patient, he should not see him only as a source of income. If he listens to the patient with empathy and concern for his suffering, treatment becomes more effective.
Q: 15. What are the components of Universal Healing Program?
A: In addition to mainstream medical treatment,

The program consists of:

• Diet counselling
• Moderate exercise like walking on a level surface for 30 to 40 minutes
• Stretching and relaxation exercises leading to progressive deep relaxation, i.e. Shavasana.
• Meditation and visual imagery.
• Group discussion with an emphasis on the sharing of feelings.

The Program increases the inner strength of the participant to make the life style changes and also helps to overcome the fear of disease.
A Win-Win Approach to Management of Coronary Heart Disease

Our knowledge about the origin, detection and management of coronary heart disease is expanding, thanks to the collective clinical wisdom and ever responsive technology. There is also a growing appreciation of the fact that the predominant part of the origin of the disease is embedded in genetic forces and a person’s behavioral tendencies and habits (sense of isolation, aggressiveness, addiction to tobacco, liquor and such others). This awareness has steadily led to a view that the medical profession and society as a whole need to pay maximum attention to early detection and prevention of coronary heart disease in an integrated manner. This need for effort in prevention is being recognised in India and elsewhere. There are commendable programs in preventive management among hospitals and professionals. However, given the alarming incidence and progress of the disease; we need to spend much greater expertise and resources on early detection and prevention of CHD. We also need to develop a clear holistic perspective to deal with the problem of prevention and detection.

Each stakeholder (Health Providers, hospitals and doctors and Health receivers, the patients), would understandably view the problem in terms of their primary interest and cumulative experience. It is a common popular belief that doctors and hospitals treat
the patients with their own yardsticks of revenue and profit. Patients and families often feel compelled to debate the risk and expenses involved in treatment. Regulating agencies commonly tend to take the bureaucratic view of their responsibility. In this scenario we need to urgently work towards an inclusive approach to CHD management at the societal level. The seemingly conflicting or incompatible interests and opinions of the various stakeholders need to be reconciled in the best possible manner so that all stakeholders can gain optimum benefit in relation to what they look for. In the following observations and recommendations my aim is to share some salient facts and ways towards fruitful modifications in the current system of ground-level CHD management.

The addition of rehabilitation facilities in hospital will enable it to generate additional revenue along with the extra professional merit of crucial public service. Rehabilitation is indeed an important current need in dealing with CHD. This should be urgently brought to the notice of policymakers, health providers and regulating agencies at various levels of government. Expenses incurred by citizens for rehabilitation should be included in health insurance schemes. This will serve to save for individuals and society a lot of avoidable expense, presently incurred on angioplasty and bypass surgery. Such a move should also lead to a win-win scenario for the various stakeholders in CHD management.
An Approach to Healing: Equally Beneficial to Doctors and Patients

The world is witnessing a big shift away from expensive angioplasty and bypass surgical procedures. Their numbers are declining sharply, thanks to potent new medicines, life style changes, empowered by stress management through practice of yogic disciplines like Shavasana and Meditation. This remarkable development gives an assurance that ‘heart attacks’ need not be life-extinguishing.

The Universal Healing Program (UHP) complements the mainstream approach and enhances the benefits of medications and interventions. It is a powerful and cost-effective integral approach in managing CHD without compromising the health and survival benefits. The practice of UHP empowers people to change their lifestyle without a sense of deprivation. The UHP controls all harmful effects of stress and assists therapeutic measures to prevent plaque rupture which results in heart attack. It heals isolation, reduces hostility, self-centeredness and cynicism, all of which are proven toxins to the heart and body as whole.

With my experience of more than five decades of consulting practice as a consultant cardiologist, I feel that large number of patients of coronary heart disease after recovering from heart attack can lead normal useful life with medical treatment and lifestyle changes. The decline
in expensive procedures will help in eliminating the fear among CHD patients who shudder at the enormous costs involved in undergoing surgery without any credible assurance of increase in survival. I believe that a combination of mainstream medical approach, lifestyle changes and stress management through yogic disciplines, like Shavasana and Meditation, have saved lives without resorting to expensive and traumatizing interventions like angioplasty and bypass surgeries. During the last three decades, I have been able to successfully treat thousands of patients, who were recommended immediate surgery, without resort to surgery. They are leading a normal life without the fear of CHD lurking over them.

MY faith in UHP is bolstered up by studies that confirm that for a large number of patients undergoing surgical interventions, the survival rate is not better than those managed by medical treatment and other supportive measures. Bypass surgery improves survival only in patients with the left main artery disease or three-vessel disease with significantly impaired left-ventricular function. When left ventricular function is good (LVEF above 40%), surgery does not offer better survival benefits. My approach to tackling the complex problem of CHD has attracted worldwide attention.

Evidence is now available that a participative approach to healing is advantageous to both health providers as well as patients. This perspective should serve to rationalize the cost for providing care to patients.
Universal Healing Program is an integral approach in coronary artery disease management. It is demonstrating beyond doubt that a holistic approach goes a long way in providing the best results, at less expense and with a lasting assurance of well-being. The art of communication with the patient is the key to successful approach to healing. Without communication skill all the scientific knowledge and expertise fail to bring about the desired outcome. As a result the cost of managing illness rises which in turn reduces the effectiveness of a successful outcome.
Important Observations about Coronary Heart Disease

The mortality of the patients with Stable Angina is only 1% higher than that of the general population. In any study, coronary revascularization using angioplasty or bypass surgery has not shown advantage in saving life when used in patients with Stable Angina. Angioplasty is shown to save life only in patients of unstable Angina or patients actually having heart attack.

One definite indication for bypass surgery is chest pain not responding to medical therapy and another where there is poor left ventricular function with anatomic changes such as aneurysm, ventricular septal defects or mitral leaks, making life miserable for the patients. The coronary bypass surgery is a boon to these very ill patients.

For a large number of patients undergoing bypass surgery there is no evidence that it improves their survival compared to those managed by medical means. Bypass surgery only improves survival in patients with the left main artery disease or three vessel disease with impaired left ventricular function but does not offer survival benefit when the left ventricular function is good.

Those who declined surgery – even with left main artery disease – and were followed up for over a decade, the annual mortality was only 1.3% which is not significantly
higher than that of the general population and it was 0% for single and double vessel disease.

When obstructed internally, coronary arteries are capable of remodeling themselves and enlarging at the site of obstruction. This reminds us of our Father of medicine, Hippocrates’s observation that the body has inherent capacity to heal itself.

Bypass surgery or angioplasty can help to eliminate angina which improves Quality of life for active individuals. This is an important consideration for Revascularization even in stable patients who as we know are not at risk of dying or having a heart attack.

We should encourage angioplasty or bypass surgery based on the patient’s Symptoms and disabilities rather than on angiograms with so called critical Narrowing of coronary arteries.

All too frequently requested angiograms and advice for angioplasty and bypass surgery by the well intentioned highly qualified doctors is due to a different perception of the disease and its probable outcome in a particular patient. There is indeed a need for rethinking in this field.

In one report from USA, out of 500 stented angioplastied patients, as many as 125 restenosed within six months. These stents were even genetically treated to prevent occlusion (2). The cause of restenosis was probably increased hostility score in these patients. Researchers postulated how hostility per se can affect the endothelium
of coronary arteries through chemical changes. Research findings at Duke University Medical Center, N.C., USA also support the notion that hostility plays a role in the pathogenesis of coronary atherosclerosis and point to the potential importance of interaction between hostility and other risk factors(3). Another study at McGill University, Montreal, Canada, also shows that hostility may predispose coronary artery disease patients to a more adverse prognosis.

The following points are very important to remember while treating patients.

(1) Even patients of triple vessel disease, do not need bypass operation or angioplasty when they have no complaints or symptoms. This has been shown in several studies and experienced by thousands of Dr. Kapadia’s patients in his practice for more than half a century.

(2) One of the major risk factors is stress in modern life and its antidote is regular practice of shavasana and meditation. It has several good effects to transform the life to bring health and happiness. Use this tool for you and teach others you advise or treat.

(3) Our prime concern should be to remove the fear of death, fear of expenses involved in lifelong treatment of coronary heart disease and fear of not being able to lead normal active life. The practice of Shavasana and Meditation is a tool to the mankind as antidote to fear of death. Large majority of
coronary heart patients can be treated by affordable medical management without compromising the survival benefits. Most of them are able to lead normal active life.

Review of cardiovascular epidemiology studies in India indicates that this has become an important public health problem in India. Coronary Heart Disease (CHD) is one of the most important causes of mortality and morbidity in the country. It also leads to massive economic burden. It has been widely accepted that return on investment of interventions to promote healthy living and to prevent, treat, and manage CHD in India is cost effective. There is an urgent need to promote primordial, primary, and secondary prevention strategies. Primordial strategies such as advertising smoking/tobacco cessation, physical activity and healthy dietary habits should prevent risk factors from occurring in the first place. Primary prevention should focus on screening and better control of risk factors (hypertension, hypercholesterolemia, and diabetes) to prevent incidence of overt CHD. Good quality secondary prevention and better management of acute and chronic events will prevent premature mortality and morbidity.
Heart Disease Kills more than All Bancers Combined.
But 80% to 90% of the time, it is preventable.

PRIMARY PREVENTION:
• Prevention of disease BEFORE it occurs.

RISK FACTORS FOR CORONARY HEART DISEASE:
• Family History
• Abnormal Lipid Profile
• High blood pressure
• Diabetes
• Smoking
• Psycho social issues
• Way of Living and way of Feeling
• Physical inactivity
• Heredity and age are uncontrollable factors

CONSUMPTION OF TOBACCO IN ANY FORM TREBLES THE RISK.
• Stress management is important in Primary
• Prevention of CHD.
  Universal Healing Program (UHP) has an important
  role to play in stress management, and freedom from
  addiction.

INVESTIGATIONS:
Fasting blood sample for CBC, Lipid Profile, SGPT, Sugar,
HBA1C, TSH Coronary calcium score, with CT Scan
X ray of chest, without injection of a dye, gives a fair
estimate of beginning of atheromatous changes in
coronary arteries.
LDL cholesterol is recommended as the primary goal in lipid analysis for screening and risk assessment, as well as target for treatment. Control of culprit LDL C through adequate dose of statin has reduced the incidence of heart attack, stroke and the complications of diabetes a great deal. In case of strong family history if LDL–C is kept below 70, (Lower the better), triglycerides lose their strength as risk factor.

**PRIMARY PREVENTION OF CORONARY HEART DISEASE (CHD) WORKS:**
50% of the reduction is seen in CHD mortality due to changes in risk factors.
"Food is not just a commodity. It is also a community. It’s a web of relationships that connects you to all of life. What you eat literally becomes you. When you bring your food choices into integrity with your values – with what you truly want for your life and your world – something extraordinary happens. Your life takes on a deeper sense of meaning. Your thoughts become clearer. Your world becomes more congruent."

– Ocean Robbins

Following table explains recent **Non-Conventional** approach for reducing the weight:

<table>
<thead>
<tr>
<th>Conventional</th>
<th>Non-Conventional (Recommended)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Restriction of calories. Quantity of food consumed is less.</td>
<td>Only restriction of fat calories. Quantity consumed sufficient.</td>
</tr>
<tr>
<td>Feeling of hunger and deprivation</td>
<td>Feeling of satiety due to consumption of complex carbohydrates and proteins.</td>
</tr>
<tr>
<td>Lack of energy and feeling of fatigue</td>
<td>Feeling of energy due to sufficient calorie intake.</td>
</tr>
<tr>
<td>The body tries to conserve the weight in the face of lack of food intake, by diminishing the basic metabolic rate (BMR) which does not help weight reduction.</td>
<td>The consumption of adequate amounts of carbohydrates leads to increase in BMR, which helps in weight reduction. When a diet high in carbohydrate and low in fat is eaten, more thyroid hormone is converted to the active form. It results in increase in BMR.</td>
</tr>
<tr>
<td>As the weight loss is not achieved as desired, motivation is dampened and people tend to go off the diet.</td>
<td>As weight loss becomes easier to achieve, there is a fillip to stick to chosen regime.</td>
</tr>
<tr>
<td>There is a rapid gain in weight when a person gives up dieting as during dieting, fat cells are reduced in size not in number.</td>
<td>Fall outs are few. There is a steady weight loss.</td>
</tr>
<tr>
<td>Yo-Yo dieting leads to frequent weight fluctuations with a higher risk of heart disease.</td>
<td>They continue to enjoy the new way of eating</td>
</tr>
</tbody>
</table>
Science of Shavasana

Today science has realized its own limitations. It has reached a dead end. In the effort to break this dead end are the seeds of new science - Science of Consciousness.

To keep peace and live in accordance with natural law, we have to develop higher states of Consciousness. What is Consciousness? Consciousness is the essence of life. It is just like sap for the tree. Every word that we speak and act that we perform is an impulse of Consciousness. The whole universe is the expression of Consciousness. Since Consciousness is the most basic element of every one’s life, knowledge of Consciousness is the basic necessity for every one to exist and enjoy life to the fullest.

To experience the qualities of Consciousness, we have to practice Shavasana and Meditation. Meditation and Shavasana are mental techniques to find Inner Peace. According to Maharshi Patanjali, Yoga is not a therapy, it is a discipline. A discipline is needed even when you are in good health. Yoga sutra has clearly stated that Shavasana and Meditation must be practiced consistently with complete devotion, perseverance and regularity.

The human body and its functions are regulated through a nervous system consisting of the brain, spinal cord and nerves. The nervous system has two distinct parts, one of which is under voluntary control. Most of the ordinary functions of the body like walking and working fall under the category of voluntary control. Vital functions of the
body like respiration, circulation, and digestion, are involuntary.

The human body has developed some self-regulatory mechanisms for its survival. In the case of fear, the sympathetic nervous system is activated which prepares the individual either to fight or run away from the fear (flight). As the danger disappears, the parasympathetic nervous system comes into action. This calms down the individual. In real emergency situations, stimulation of sympathetic activity is helpful to “fight”. Hence it is known as sympathetic. However, when it remains stimulated during chronic stress and in imaginary fearful situations, it is a drain on the energy of the individual and proves harmful. Shavasana and meditation activate the parasympathetic nervous system which makes secretion of hormones like adrenalin, noradrenalin and corticosteroid normal. As a result, the heart rate, blood pressure and blood sugar become normal. Blood becomes thin and the arteries dilate. The formation of lactic acid is also reduced which results in retardation of the aging process. Shavasana has been practiced from ancient times in different ways. Physical and mental relaxation achieved by Shavasana has no equal.

There are various techniques to perform this asana. The one adopted in the program of Dr. Dean Ornish has been evolved by late Swami Satchidanandaji of Virginia, USA. It relies on the premise that for optimum relaxation of muscles of the body, prior stretching of the muscles is necessary. Experience has shown that if relaxation is preceded by stretching, it yields optimum results. A very
significant point to remember is that while stretching a particular group of muscles, it is not correct to believe that the more the stretching, the better the relaxation. The stretching must be just enough to create a pleasant sensation. The awareness of an individual doing this exercise must be focused on the process of stretching and relaxing. The simple observation that the awareness must be brought on to the part of the body being stretched is the cardinal feature of the technique, without which the benefit of Shavasana is not complete.

The practice of Shavasana prepares the individual for meditation. Shavasana, as we know, stems from the progressive deep relaxation. It is achieved by prior stretching and relaxation of the group of muscles one by one as shown by the various stretching and relaxation exercises. Indeed, bringing of awareness to the present, that is, to the process of stretching and relaxing is of crucial importance. As the Father of medicine Hippocrates has observed, the mind is present in all the cells of the body and so when the body is relaxed during Shavasana, the mind too automatically relaxes. This is the essence of Shavasana.

Moderate stretching and relaxation exercises followed by Shavasana and meditation bring about the desired relaxation with all the helpful changes, via increased secretion of endorphins, decreased formation of lactic acid and reduction in secretion of noradrenalin and adrenalin. Balance between parasympathetic and sympathetic or right and left brain will promote health. The right brain stands for intuitive instinct and the left
brain for hard logic. While in relaxation mode, the right brain is more active than the left, while in the stress mode the reverse occurs.

When a complete relaxation of the muscles of the body is achieved, the individual brings his awareness to the natural process of breathing. He now becomes a witness to his own breathing process without any special effort to breathe in a particular manner. It is only the natural process of inhalation and exhalation that is witnessed when the individual’s awareness gets focused on the natural process of breathing, the suggestions are given that all the muscles of the body are now relaxed, and hence the coronary arteries which are made of muscles are also relaxed. This leads to dilatation of the arteries and increase of blood flow to the heart muscles. It improves the functioning of the heart, which in turn increases the perfusion of all the cells of the body with the result that the individual feels very energetic and well.

All the advice in the management of coronary heart disease regarding hygienic measures like regular walk, giving up tobacco, moderation in use of alcohol and reduction in dietary fat and animal protein are physical measures. They do not deal with the root causes of stress like the sense of isolation, anger, hostility and fear of death.

The yogic disciplines, abdominal breathing, Shavasana and meditation, increase the inner strength of the individual and foster the feeling of connectedness bringing about a reduction in stress.
Shavasana helps you develop spiritually. It puts you right on top of the world.

**Technique of Shavasana:** Normally to practice Shavasana one lies down flat on his back. However, Shavasana can be practiced even in a sitting posture. In our program, quite a few have practiced it while sitting in a wheelchair. The Practice of Shavasana begins with bringing one’s awareness onto one’s body. Normally our mind is wandering. Bringing the awareness to the body and keeping it there, is the first vital step to control the wandering mind. With practice one can bring the awareness onto the body very gently and if the mind wanders, without undue force gently bring it back to the body. The benefits derived from Shavasana depend upon the adherence to the simple guidelines explained here.

Lie on your back. Keep your feet 12" apart. Let each foot lie on its side in a comfortable position. Keep your arms 6" away from the body with your palms facing the sky and fingers half bent.

Bring your awareness to the feet and bend the toes towards the ground, feel the stretch and then relax. Do this exercise again. Now forget the toes.
Bring your awareness to your left leg. Stretch the muscles of the left leg from toes to the hips, lifting the leg a little off the ground. Feel the stretching of the muscles. Then relax. The leg will automatically fall to the ground. Repeat the same. Now forget the left leg and repeat the same with the right leg.

Bring your awareness to your back. Contract the muscles of the lower back and pelvic region (around the hip joints). The body will rise slightly off the ground. Feel the stretch, and then relax. The body will come down automatically. Repeat the same.

Bring your awareness to your chest. Contract the muscles of the chest while inhaling and raising the chest a little off the ground. Feel the stretch and then relax. The chest will come down automatically. Repeat the same.
Bring your awareness to your arms. Close both fists. Contract the muscles of the whole arms up to the shoulder lifting the arms a little above the ground. Feel the stretch and then relax. The arms will come down automatically to the ground. Repeat the same.

Rotate the neck from one side to another side gently as if somebody is holding the neck and moving it. Feel the stretch, and then relax keeping the neck in a comfortable position.

Bring your awareness to your jaws. Open the lower jaw towards the chest and experience the stretching of the muscles of the jaws and the cheeks. Feel the stretch and then relax, bringing the jaw back to the normal position. Repeat the exercise.
Open the eyes gently and fully, stretching the muscles of the eyes, brows and the forehead. Feel the stretch. Then relax these muscles, letting the eyes close effortlessly. Do this exercise again.

Having relaxed the whole body, the practitioner remains in the relaxed position forgetting his whole body, and brings his awareness to the natural process of breathing. Resting in the comfortable position he gradually becomes one with the breath and remains in that state for a few minutes.

While he is one with his breath, he is meditating. So in a nut-shell, Shavasana starts with meditation on the body and ends with meditation on the breath.

**SHAVASANA KEY TO HEALTH AND BLISS**

For Quick Shavasana, a practitioner lies flat on his back in a relaxed position. Having brought his awareness to his body and gently keeping it there, he contracts the muscles of the whole body, raising his head a little off the ground and his arms and the lower trunk with both the legs also lifted a little off the ground. He experiences the stretch in all the muscles for a few seconds and then relaxes them bringing the body back to position and experiences the relaxation in the whole body.
In this relaxed posture, forgetting the body, the practitioner focuses his awareness on the natural process of breathing. Without making any effort to change breathing, he becomes a witness to every single breath that goes in through the nose during inhalation and every single breath that comes out during exhalation. This way he becomes one with his breath. He remains in this blissful state for two or three minutes. Then he takes in a deep breath and exhales slowly. He gently opens his eyes, makes some movement of his hands and feet, turns on his side and assumes a sitting position. The whole exercise would take less than five minutes but it refreshes the practitioner for a long time. It is easy to see that a complaint of lack of time to do this simple Asana is irrelevant. Those who have complaint of back pain may not contract the muscles of the whole body. They may contract only the muscles of the hands and lower trunk, raising only the hands and the legs off the ground, keeping the upper trunk and head in a resting flat position as shown below.

Our physical body, mind and intellect are outer layers enveloping our Inner Self. Our identification with the impermanent outer components of our being causes all our sorrows. Shavasana helps us to reach our innermost Supreme Self and gain enduring peace and happiness.
“We are both actors and spectators in the great drama of existence,” says physicist Niels Bohr. The Soul is ‘two-in-one,’ the actor “i” and the spectator I. The actor “i” goes through one’s roles in life. The spectator I is the Atman, the sheer witness - sakshi cheta kevalo nirgunascha. Normally we lump the actor and spectator together. Education does not prepare us to differentiate the two. The essence of spiritualism is the separation of the actor “i” and the spectator I and the resultant freedom from emotional involvement in the roles of the former. That is the gist of the Vedas, the Upanishads, the Gita and religions, like Islam, Christianity, Buddhism and all. Practicing Shavasana is training oneself to identify oneself with the spectator and keep aloof from the actor. At night review the performance of actor “i” for the day, pull it up for shortcomings and praise it for good performance, keeping nothing for your true spectator self and be unburdened to sleep with a peaceful mind.

Shavasana helps you develop spiritually and thereby empowers you not only to meet the challenges of daily existence with inner detachment but also to live a rewarding and fulfilling life.

COMING OF NEW AGE

Humanity has been involved in developing our individuality without much attention to the larger whole of which we are a part. All the challenges we face today started with a consciousness that had forgotten our essential connection to the larger whole of life. At this crucial time in the evolution of humanity, we are
beginning to learn how to reconnect with ourselves, with each other and with the Earth. Shavasana and Meditation are handy tools to develop a sense of oneness and facilitate the birth of a new age- a new man.

**SCIENTIFIC EVIDENCE FOR U H P**

John Denninger, a psychiatrist at Harvard Medical School shows how so-called mind-body techniques can switch on and off some genes linked to stress and immune function. “There is a true biological effect,” said Denninger. According to Denninger and others, simply knowing breath-management techniques and having a better understanding of stress can help build resilience. Yoga and meditation are tools for enabling us to swim in difficult waters.
Science Of Meditation

PRESCRIPTION FOR THE PRESENT DAY ILLS
The last two decades of a fascinating century have witnessed an unprecedented change in many of our values, systems and customs. This change invites a challenge to look at one’s inner self and external situation and balance these two distinct and yet interrelated worlds. The balance between the inner and the outer worlds – the spiritual and the physical – is the only valid response to the demands of life in the present times for the survival of human race. The practice of meditation helps to overcome the worry and stress of modern life and obtain a state of calm that at once refreshes the mind and relaxes the body, and thus achieves a balance between the spiritual and the physical.

The word “Meditation” is derived from the Latin word ‘Meditari’, which means to heal. Meditation heals the whole man – body, mind and soul.

WHY MEDITATION?
The human mind keeps on constantly churning thoughts. It is always engaged in thinking of the past or of the future. It seldom remains in the present. It is estimated that an average person remains in the present hardly for an hour and a half during 16 hours of his waking period. This wandering state of mind causes stress, which alters the immune response and causes many stress-related diseases.
The greatest limitation comes from our perception that we are merely individuals limited in space and time. Man sees himself as a separate entity. This is an illusion, even if a stubborn one, and creates isolation. The feeling that the other person is separate from you is the root cause of hostility, self-centeredness and cynicism. In fact, we are also eternal – limitless in time and space – without a beginning or an end. When the individual experiences his real identity, he feels connected with the rest of the world, wisdom dawns on him and his capacity becomes unlimited. Meditation has the potential to enable the individual to experience his real identity. But meditation is even more than this.

**WHAT IS MEDITATION?**

Remember an activity in which you were totally engrossed. In such a state you did not realise how the time passed. Even when several hours passed you felt as if hardly a few minutes had elapsed. It is a wonderful experience. Your vision widens. Your time-sense expands. Such a condition is called “Meditation”.

Meditation is simply bringing our total awareness on one point or subject. It may be our breath, a rhythmic sound or any other activity. There is nothing esoteric about meditation. It is easy and can be performed by anyone. In order to meditate, one need not empty or control one’s mind.

Meditation brings our awareness on the process of what is happening in the present rather than on the goal. When we think of the goal, generally fear and worry
accompany. But when the awareness is kept on the process, there is no fear or worry, and the process becomes more effective.

- Awareness of each moment is meditation.
- Meditation gives an experience of eternity of time.

The human body has developed some self-regulatory mechanisms for its survival. In case of fear, the sympathetic nervous system is activated which prepares the individual either to fight or run away from the fear (flight). As the danger disappears the parasympathetic nervous system comes into action. This calms down the individual. Meditation activates the parasympathetic nervous system which makes secretion of hormones like adrenaline, noradrenaline and corticosteroid normal. As a result, the heart rate, blood pressure, blood sugar and cholesterol become normal. Blood becomes thin and the arteries dilate. The formation of lactic acid is also reduced which results in retardation of the aging process. Endorphins and neuropeptides are secreted from the brain. This brings peace and joy. Thus all the degenerative processes of the body are retarded and regenerative processes get accelerated.

**BENEFITS OF MEDITATION**

Meditation now-a-days has become a part of prescription in the treatment of coronary heart disease, high blood pressure, diabetes, depression, insomnia, rheumatoid arthritis, peptic ulcer, certain skin diseases and even cancer. With only three minutes of meditation oxygen
consumption is reduced by 20% as against 8% reduction of oxygen consumption after six hours of sleep. The rate of increase of entropy (wear and tear) which is common to all living things also drops during meditation.

Many industries use meditation to raise productivity and efficiency of their employees. Educational institutions have introduced meditation in the curriculum to increase concentration on the studies. It also makes students more disciplined and prepares them to meet the challenges of the present times.

Meditation can be extended to many other areas of life. One can even meditate while going about one's normal business. For example, if you bring your awareness on the process of eating, you will not overeat. That is why overweight people are advised to practise meditation. Even while you are walking, if you bring your awareness on the process of walking, the benefits are more than otherwise.

Meditation teaches the art of living efficiently and beneficially and developing a laser-like mind that can penetrate any problem. By an inner mastery, it is possible to control all outer events. The realization of soul-force brings forth the qualities of the soul – love, compassion and freedom from fear. This conviction has grown from our experience with the Universal Healing Program which have been conducting since 2 October 1991 at Ahmedabad. The program heals not only the coronary arteries but the individual as a whole; hence the name UHP.
PREPARING FOR MEDITATION

Select a quiet corner. However, with practice you will be able to do it anywhere and at any time. It can be done in sitting position on the floor, in a chair, lying on your back or even in the standing position. Meditation becomes easy after progressive deep relaxation called *shavasana*. If there is no time for *shavasana*, one may take some few slow deep breaths or do abdominal breathing which will calm the mind. Whenever you feel upset, taking a few slow deep breaths can break the stress cycle and calm you down. Even when you cannot control the situation, you can always control your breath and change your reactions to those circumstances.

During meditation, normally keep the eyes closed to avoid distraction. It is equally important to keep the body still. However the body tends to move in the beginning. Ignore it and continue meditation. If you still feel uncomfortable, you may move a little to assume a more comfortable posture. Meditation can also be done by becoming one with the rhythmic sound like Ohm. One may not meditate immediately after meals. During meditation blood flows towards the brain whereas blood is needed by the digestive system after the meal. Normally one may meditate for 20 minutes in the morning and the evening. The schedule should be free from stress. Meditation even for 2 to 3 minutes is also beneficial. More important is regularity in practice of meditation rather than the length of time.
There are several techniques of meditation. Here is one which we have found simple to adopt.

- Sit on the floor cross-legged. It is called _sukhasana_.
- Rest your hands on the knees with palms upwards and fingers half-bent in a relaxed position.
- Sit erect and still. However avoid stiffness. Gently close the eyes.
- See with the closed eyes that there is no stress in any part of the body from toe to head.
- Do abdominal breathing to quieten the mind. Now bring your awareness to the process of breathing. Experience cool air of the breath going in and warm air coming out of the nostrils. Be one with the process of breathing. Let not a single breath go in or out without your awareness.
- While breathing you inhale not just air but also _Prana_ – Life-Force and Light.
- Thoughts will come and go but you remain unconcerned. Keep your awareness on the process of breathing.
- If your mind still wanders during meditation, gently bring it back to the breathing. _Such efforts are part of meditation_. Continue meditating till you feel comfortable.
- Now gently open your eyes and slowly come out of meditation.
WHEN IS MEDITATION SUCCESSFUL?
As soon as you bring your awareness to the process of breathing and become one with it, meditation begins. During meditation time-sense expands. One cannot realise how much time has elapsed. One experiences profound peace of mind. At this time slow alpha waves are produced in abundance from the frontal lobe of the brain.

WHY SOME FIND MEDITATION DIFFICULT?
You cannot force yourself to meditate. It becomes easy when done in an effortless way. One tends to put off meditation in today’s hectic life. In fact, it is the right time to meditate as you are compensated by increased efficiency. Some people distrust their technique of meditation and are in search of a better method. In fact, all the methods lead to effective meditation. Some think that if the correct method is not followed, it may cause harm. Such a fear is baseless. Meditation is one area where judgment or competition is right out of place. Meditation does not have to be spectacular for it to have a positive effect on health. On a day to day practical basis it can be used simply to reduce stress and tension at work or at home and bring about a new level of calm and well being.
Charak, the sage physician of ancient India enunciated in the following two immortal lines, the necessary attributes of a man to remain healthy. He said:

“He alone can remain healthy who takes regulated diet and exercise, who deliberates all his actions, who controls his sensual pleasures, who is generous, just, truthful and forgiving and who can get along with his kinsmen.”

UNIVERSAL HEALING PROGRAM

While conducting a program for integral management of coronary heart disease, it dawned on us that it not only healed the coronary arteries, but healed the individual as a whole. Hence the program has come to be known as Universal Healing Program (UHP). It reduced anger and hostility in the participants and created a feeling of oneness amongst them. The feeling of oneness and harmony was a great rejuvenating stimulus for the cells of the body.

CONSCIOUSNESS

Physical body, mind and intellect are our outer layers enveloping our Inner Self. We are that Supreme Self. All the time, our attention is upon body, mind, intellect and their functioning. We identify ourselves totally with them. Our identification with these gross components of
our personality causes all sorrows. “We are both actors and spectators in the great drama of existence,” says Niels Bohr. The actor “i” is the i that goes through one’s roles in life, the agent, sowing actions and reaping fruits. The Spectator “I” is the pure Self, pure Consciousness, Atman, the silent Observer.

**UNIVERSAL MIND**

In a dramatic experiment by Paramhansa Yogananda, he wondered why a rose plant should have thorns. He went to a rose plant near his house and identified his consciousness with that of the plant. He coaxed it not to have thorns and promised that it would be protected. He did this for several days and eventually the plant stopped growing thorns and the thorns that were on it dropped off. It never grew new thorns.

**LAW OF ATTRACTION**

The strides of progress by medical science during the last few decades for ensuring long healthy life have clearly shown that feelings influence every function of the cell. Discord weakens the lifeward processes of the cells. Harmony enhances lifeward processes of the cells.

A mighty wonderful law of attraction prevails in nature. According to this law, the way we feel is the way we attract. This means; things take shape in our life according to our inner world of thoughts and feelings. Forces get drawn from the whole universe to create such happenings. All our successes, failures and troubles depend on our inner feelings. We should be careful every
moment to watch whether our thoughts and feelings are of indifference and despair, or have happy high vibrations of joy and hope. Whenever we face an undesirable situation, we should avoid frantic attempts to fix the solutions. Instead, recollect some past happy event, develop feelings of joy and be happy. We should then experience the joy that we would get if things happen as we wish. If we experience such feeling of joy for 16-20 seconds three or four times a day happy events will be drawn from the universe.

**STRESS**

Life is in a constant flux, continually changing. There are a number of changes which cause stress, e.g. failure in studies, death of a parent or a dear one, prolonged illness of a member of the family, a serious accident, financial crisis, etc. Chronic stress accelerates the aging process, thus shortening the lifespan. Excessive secretion of stress hormones such as ACTH, Cortisol, and catecholamines are blamed for such life-shortening effect. The effect of any stress also depends upon its perception by the individual; what a person makes of that situation is important.

**ISOLATION**

Isolation should be clearly understood. Solitude is not isolation. A person can experience union with the whole universe when he is alone. He may feel isolated even in the midst of family, companions and friends. The causes of isolation are numerous and complex. In modern times isolation creeps in from all directions. Isolation breeds
indifference, anger, selfishness and contemptuous criticism. These attributes are poison for health.

We are all separate individuals but have a single Source of origin. The qualities of the Source are love, compassion and harmony. We are limited in time and space. We are impermanent. The Source which unites us all is eternal. When the manifest form is separated from the Source isolation occurs, resulting in impairment of health. When the manifest form experiences the Source, one feels a sense of oneness and healing follows.

HEALING SYSTEM
Over the years, the medical science has identified the various primary systems of the human body; circulatory system, digestive system, endocrine system, nervous system, autonomic nervous system and the immune system. Two other systems crucial for the proper functioning of the human body are frequently overlooked. They are the Healing system and the Belief system. They work hand in hand. Hippocrates, the father of modern medicine, said that the healing power is inherent in the body. When disease occurs, the body makes every effort to regain ease that is health. What we believe is the most powerful option of all. The main function of a doctor is to engage to the fullest, the patient’s own ability to heal, by strengthening his belief system. Panic adds acute stress to the existing disease. It creates an environment conducive to illness and antagonistic to treatment. No responsible physician would purvey panic, whatever his obligation to the truth.
A responsible physician is the one who awakens the patient’s will to live.

Hippocrates also observed that the doctor, while treating his patient, should remember his first duty, Primum Non Nocere. In other words, he may not always be able to cure the patient, but his prime concern ought to be that he does no harm to the patient.

What is the most painful aspect of modern medical practice? It is not whether most physicians are up to date in their knowledge or in their techniques, but whether too many of them know more about the disease than about the person in whom the disease exists. The overriding issue before medicine today is not one of proficiency but of humanity. In any science of healing, healer has to heal himself. Even though the only source of income for a doctor is the patient, when he treats the patient he should not treat him only as a source of income. Rich and influential patients need more compassion and love in their management.

**PRESENT MOMENT**

The present moment is of vital importance in creation of health.

Life is not last year, or ten minutes from now; it is NOW, this very moment. The past is unalterable; the future is beyond our control. All we have is NOW. When one lives fully in each moment one opens oneself to beauties that might otherwise escape one entirely. The quality of the present moment can be known with the awareness of the
quality of breathing during that moment. With practice of Shavasana and Meditation, one can easily know the state of one’s mind. With consistent effort, one can alter the thought and state of mind by abdominal breathing.

*I will look to the moment, and miraculously, the future will take care of itself.*

**ABDOMINAL BREATHING**

Abdominal breathing is one of the simplest, yet most powerful stress management techniques. Diaphragm is a large muscle which is located between the chest and abdomen. When we breathe in, diaphragm moves down and our abdomen swells up; when we breathe out the diaphragm moves up and abdomen moves in. A new born child breathes with the abdomen. During sleep and relaxed state the breathing automatically becomes abdominal. During the anxiety state, breathing becomes rapid and is fully inter-costal. When the individual purposely breathes slowly and deeply through the abdomen the effect of stress on the body is reduced. This is borne out by a favourable change in the brain wave pattern (alpha) during slow abdominal breathing.

**DEEP BREATHING**

Deep breathing prevents harmful reactions to stress. If you practice deep breathing for a few minutes each day, you will find that events do not upset you as much as before. Also, whenever you feel upset, taking few slow deep breaths can help break stress cycle and clam you down. Even when you cannot control the situation, you
can always control your breathing and thus change your reactions to those circumstances.

**SHAVASANA**

Shavasana has been practiced from ancient times in different ways. Physical and mental relaxation achieved by Shavasana has no equal.

Shavasana and Meditation explain scientifically how you could exercise your optimum capacity for efficient and productive action. Your present actions are not tuned for maximum output. As you are acting in the present, your mind rambles into the past and fantasizes about the future. It broods over memories of what has been done earlier or over expectations of results to come. Your mind hardly remains in the present. Shavasana and Meditation provide you with the ways and means of controlling the mind. They help you to concentrate, to channel your mind towards the present activity.

**MEDITATION**

The practice of meditation helps to overcome the worry and stress of modern life and achieve a state of calmness. This at once refreshes the mind, relaxes the body, and thus achieves a balance between the spiritual and the physical.

The human mind seldom remains in the present. It is estimated that an average person remains in the present for hardly an hour and a half during 16 hours of his waking period. This wandering state of mind causes stress, which alters the immune response and causes many stress-related diseases.
Remember an activity in which you were totally engrossed. In such a state you did not realize how the time passed. Even when several hours passed you felt as if hardly a few minutes had elapsed. It is a wonderful experience. Your vision widens. Your time-sense expands. Such a condition is called “Meditation”.

"Awareness of each moment is meditation. Meditation gives an experience of eternity of time."

With only three minutes of meditation, oxygen consumption is reduced by 20% as compared to 8% reduction of oxygen consumption after six hours of sleep. The rate of increase of entropy (wear and tear) which is common to all living things also drops during meditation. Meditation can be extended to many other areas of life. For example, if you bring your awareness to the process of eating, you will not overeat. Even while you are walking, if you bring your awareness to the process of walking, the benefits of walking are increased.

**VISUALIZATION**

Visualization is creating a picture in your mind. It is easy to do after meditating because meditation helps to focus one’s awareness. Visualization is not wishful thinking or fantasy, both of which are unfocused and passive. It is direct and active, and is a therapeutic use of meditation. Visualization is the most powerful technique used for healing. Stress can be resolved by forgiving the person during visualization. We forgive not to be a good person but simply because it is in our own interest to do so. By forgiving, we feel free of stress.
PRAYER
When one prays, one instantly becomes one with one’s expanded Inner Self. Prayer done with deep faith is always answered. When one looks back some unanswered prayers have also benefited us. Dalai Lama’s Guru explained to me that in one experiment of benefits of prayer and meditation, participants prayed for the good of their adversaries. It helped the persons for whom they prayed, but it helped the participants even more. Heart full of love and prayer for the good of all is an elixir for healthy life.

COMING OF NEW AGE
Humanity has been involved in developing our individuality without much attention to the larger whole of which we are a part. All the challenges we face today started with a consciousness that had forgotten our essential connection to the larger whole of life. At this crucial time in the evolution of humanity, we are beginning to learn how to reconnect with ourselves, with each other and with the Earth. Shavasana and Meditation are handy tools to develop a sense of oneness and facilitate the birth of a new age- a new man.
Universal Healing Program (UHP)

The components of UHP are: (1) Diet counseling, (2) Walking at moderate pace on a level ground for about 30 - 40 minutes daily, (3) Light stretching and relaxation exercises (4) leading to progressive deep relaxation - Shavasana, and Meditation (5) Group discussion with emphasis on sharing of feeling. The five point program works in unison, each one supporting the others. UHP has helped in removing the fear of CHD, has increased inner strength of the participants to make Life Style changes. In conjunction with main stream medical treatment, UHP has made the treatment of heart attack affordable to all without compromising survival benefits.
Most importantly UHP is easy to learn and practice by any one, at any age, any time, in any dress and at any place. Light stretching and relaxation exercises are done to make Shavasana and Meditation more effective and easy to do.

**UNIVERSAL HEALING PROGRAM (UHP) AND CORONARY HEART DISEASE (CHD)**

1) Most Heart Attack Patients who have recovered from acute episode do not require Angioplasty or Bypass Surgery.

2) Fear of the disease is worse than the actual disease.

3) Fear kills more people than the disease itself.

4) Now successful treatment of Heart Attack is affordable to everyone.

5) Mainstream Medical Treatment is strengthened by a programme which has been tested for 25 years and proved successful. It is called Universal Healing Programme (UHP).

6) Good News is that Heart Attacks can be prevented.

The inescapable conclusion from our experience with UHP and the scientific investigations from the western world is that successful treatment and containment of coronary heart disease require both conventional allopathic treatment and strengthening of the spiritual qualities of man. UHP has proved to be a powerful tool for in-depth stress management to increase spiritual strength (ISMSS). For further information visit website: Universalhealing.org
UNIVERSAL HEALING PROGRAM (UHP)

During the last 25 years thousands of coronary heart disease patients have participated in Universal Healing Program (UHP) program. The components of the program are: diet counseling, walking at moderate pace on a level ground for about 30 - 40 minutes daily, stretching and relaxation exercises leading to progressive deep relaxation - shavasana, meditation and visual imagery, and group discussion with emphasis on sharing of feeling. The 5-point program works in unison, each one supporting the others. Experience with this program corroborates the research findings of Dr. Dean Ornish and others in the USA. It has been observed that after practicing it over a period of six weeks, a majority of the participants not only reports reduction in the number of episodes of anginal pain but is also motivated to make lifestyle changes, such as, giving up smoking and alcohol, and choosing low fat vegetarian diet rich in complex carbohydrates. Within three months, their level of hostility also drops markedly. Most of them show improvement in the heart’s ability to pump, that is, left ventricle ejection fraction shows appreciable increase in 2-D echo-studies. The program has come to be so known as universal healing program, as while it aims at healing coronary disease, it also results in healing of the individual as a whole.

During the last five and a half years more than 5000 patients have participated in our program. And many
more have used our books and cassettes with advantage. About 150 - 200 coronary heart patients from all walks of life, in the age group of 30 - 70 years, both male and female in the ratio of 4:1, meet twice a week in the evening for one and a half hours for the program. The 5-point program works in unison, each one supporting the others. The components of the program are: diet counselling, walking at moderate pace on a level ground for about 30 - 40 minutes daily, stretching and relaxation exercises leading to progressive deep relaxation - shavasana, meditation and visual imagery, and group discussion with emphasis on sharing of feeling. Our experience with this program corroborates the research findings of Dr. Dean Ornish and others in the USA. It has been observed that after attending only 10 to 12 sessions over a period of six weeks, a majority of the participants not only reports reduction in the number of episodes of anginal pain but is also motivated to make lifestyle changes, such as, giving up smoking and alcohol, and choosing low fat vegetarian diet rich in complex carbohydrates. Within three months, their level of hostility also drops markedly. Most of them show improvement in the heart’s ability to pump, that is, left ventricle ejection fraction shows appreciable increase in 2-D echo-studies. UHP has come to be so known as while it aims at healing coronary disease, it has also resulted in healing of the individual as a whole.
WHEN PRESIDENT EISENHOWER GOT HEART ATTACK IN 1955

On Sept 23, 1955, the President of the United States, Dwight D. Eisenhower while playing golf complained of pain in his chest and belly. He was diagnosed to have heart attack. His physician Paul Dudley White advised Eisenhower to exercise, cut back on eating meat, take an anti-clotting agent, eat a low-fat diet and maintain his weight at 175 pounds. There was no recourse to expensive surgery then. With medical management and lifestyle change, he went on to six more years as president and retired to an active life until he died 14 years later.
Health care is considered a fundamental human right. Governments are expected to provide affordable health care to their citizens. However affordability is becoming increasingly an unachievable goal. The cost of modern health care is threatening the economies of the richest nations on the planet. Most of the health care expenditure is spent for non-communicable disease (NCD). Governments spend tens of billions of dollars every year for the diagnosing and treatment of the coronary heart disease (CHD) and stroke.

It is clear that if we continue to try to treat the diseases after they become manifest we will never be able to provide adequate and affordable health care to the masses. Let me give you an example from my area of expertise. When a 50 year old man has a heart attack, emergency high priced treatments such as stent placement or bypass surgery, intensive care unit stay and
rehabilitation, cost a lot of money. A period of disability following hospitalization and resulting wage loss increase the cost of the illness further. When one considers that heart attack occurs hundreds of thousands of time in a year the staggering cost becomes clear.

Large population studies have demonstrated 80 to 90% of the heart attacks to be preventable. Simple measures can have a profound impact on the number of heart attacks and result in considerable cost savings. As a cardiologist Dr. Ramesh Kapadia’s life’s work is a testament to the success of prevention. Approaching human beings’ bodies is not enough. I believe that attending to the health and wellbeing of the mind as well as body is *sine qua non* for long term good health. Dr. Kapadia’s program is aimed to prevent the heart attacks from ever happening as well as to prevent the recurrence of the heart attacks in patients who already have known heart disease. In addition to the standard measures such as smoking cessation, regular exercise and maintaining of the ideal body weight, relaxation methods play a very important role in his program. Universal Healing Program (UHP), added to the conventional mainstream management of CHD, since 2nd October 1991, is the integral management of CHD. He has blended the best in medical advances with ancient science of healing. Over 10,000 patients have benefitted by this integral approach to management of CHD, resulting in saving of about three hundred crores of rupees. The saving of cost does not include the stress and
other inconveniences suffered by relatives as well as the patient. If this approach is popularized throughout India, there will be huge savings to the nation. I shall be happy to assist in such an endeavor in any way I can.

Dr. Murat Tuzcu  
M. D. | Professor of Medicine | 
Vice Chairman, Department of Cardiovascular Medicine  
Cleveland Clinic | 9500 Euclid Ave. | Cleveland, OH 44195 USA  
For last 22 years in a row, Cleveland Clinic, USA is rated # 1 in Heart Care.
HEAL YOUR HEART:
HEART DISEASE, PREVENTION AND TOTAL HEALING

Prof. S.C. Manchanda

Dr. Ramesh Kapadia’s book “Heal Your Heart” is an excellent work on holistic approach for preventing heart disease, the leading killer of mankind at present. With his vast experience in his technique of Universal Healing Program he has emphasized that the best way to control heart disease is to combine our ancient wisdom (yoga meditation etc.) with modern medicine. There is a lot of scientific support for this approach including our own research studies on Reversal of Heart Disease. This unique book has been extremely well written in a very simple language and should be of immense benefit to both the medical practitioners as well as general public. I recommend this book to anyone who is interested in preventing heart disease and wants to lead a happy and stress free life.

Prof. S.C. Manchanda
MD, DM (Cardiology)
Senior Consultant Cardiologist - Sir Ganga Ram Hospital, New Delhi
Former Head, Department of Cardiology- AIIMS, New Delhi, India
Padmashree Awardee of President of India
I have read, ‘Heal Your Heart: Heart Disease, Prevention and Total Healing’ from cover to cover, and I have nothing but admiration for it.

“Dr. Ramesh Kapadia’s recommendations in ‘Heal Your Heart: Heart Disease, Prevention and Total Healing’ if implemented, would eliminate the vast majority of heart attacks and strokes in modern societies. The approach of Dr. Kapadia, who is one of India’s outstanding cardiologists, is based on solid science. It has been tested clinically in both India and in the United States in Dr. Dean Ornish’s celebrated program and elsewhere. Prevention is the best medicine. But not only does Dr. Kapadia’s Universal Healing Program (UHP) prevent cardiovascular disease, it adds joy and fulfillment to one’s life as well. This is not just a program for the body, but for the mind and spirit as well.”

Larry Dossey, MD
Former co-chairman, Panel on Mind/Body Interventions, National Center for Complementary and Alternative Medicine, National Institutes of Health.
UHP Center in Gujarat Vidyapith, Ahmedabad, India

The centre is setup at the Gujarat Vidhyapith with a mission:

• to remove the fear of coronary heart disease (CHD)
• to make the management of CHD affordable without compromising the survival benefit.
• to popularize Primary Prevention of CHD
• to explain the role of Universal Healing Program (UHP) in total management of CHD and to explain the simple yet very effective method of practising Shavasana, which not only give inner strength to participants to change their lifestyle, but also promotes feeling of universal brotherhood, which is the crying need of the hour.

Gujarat Vidyapith was founded by Mahatma Gandhi on 18th October, 1920. It has been deemed university since 1963 [University established under Section 3 of the UGC Act, 1956].
Publications of Dr. Ramesh Kapadia

- Primer of Universal Healing
- Wealth of Food, Health of Heart
- Heart Disease: A New Direction
- Heart Disease: Science and Spirituality
- Spinning One's Own Health
- Heart to Heart
- Prevention of Heart Attack
- Shavasana: Key to Health and Bliss
- Total Health
- Heal Your Heart: Heart Disease, Prevention and Total Healing
- Health and Harmony
- Swasthay Sudha (in Gujarati)
Dr. Ramesh Kapadia, practising consultant cardiologist for over five decades and founder of Universal Healing Program, is known for his integral approach in cardiac care. Dr. Kapadia has given lectures at many conferences and seminars. He delivered the prestigious Dr. Kempner Memorial Lecture at Duke University, USA in June 1994. He was invited as a Resource Person to deliver a talk on Universal Healing Program in holistic management of Coronary Heart Disease, at CAMHADD/WHO International Consultative Workshop held at Bangalore, India, in November 2001. He has also published a paper on his work in prestigious journal, "Proceedings of the Royal College of Physicians of Edinburgh, UK."

He has been widely felicitated for his missionary work and has been appointed Adjunct Professor in Science and Non Violence Center of Gujarat Vidyapith, founded by Mahatma Gandhi in 1920. Dr. Murat Tuzcu of Cleveland Clinic, USA, an internationally recognized expert in interventional cardiology and author of more than 200 peer-reviewed publications, observes, "Dr. Ramesh Kapadia's Universal Healing Program (UHP) is unique because he combines the conventional cardiovascular medicine together with other components of healing. I strongly recommend Dr. Kapadia's Program as we are facing not only in India but also the entire world, an onslaught of cardiovascular disease, 90% of which is preventable. According to recent research, large majority of coronary heart patients can be treated with affordable measures without compromising the quality of life and survival benefits. Time is ripe to broadcast this news which will have a great positive influence on the economics of health care all over the globe."

Dr. Kapadia is the author of eight books about UHP and its impact on coronary heart disease and life in general. They are published by Navajivan Publishing House, Ahmedabad India, founded by Mahatma Gandhi in 1919. UHP and all its publications can be downloaded free of cost from the website: universalhealing.org. Large number of internet users across the world has been benefitted by it.

There is an App of universal healing program which can be downloaded from play store in android & App store in IOS.