

L

LIFESTYLE

Dance away stress

Dancing helps girls overcome low spirits, stress, fatigue and headaches, besides contributing to their mental health and self esteem, says a study.

According to the study, dancing also brings greater poise and capacity to deal with daily problems. IANS

HEALTHY NOTES

Music found to be soothing in surgery

MUSIC THERAPY HELPS soothe patients before, during and after surgery, besides reducing pain and speeding up recovery time, says a study.

A review by the University of Kentucky examined the use of music in the pre-operative, operative and post-operative stages of surgery, and music was shown to have positive results in all three stages.

Calm, slow, gentle music was shown to produce the most positive results and facilitate relaxation and pain reduction in patients.

Data proposes that music could be beneficial in reducing cost and length of stay in intensive care units, the *Southern Medical Journal* reported.

Patients were less anxious before the procedure and recovered more quickly and satisfactorily after being exposed to music during surgery and post-operation phase. They also required less sedation and reported better satisfaction with their medical experience, according to a Kentucky statement.

Music that is selected by trained personnel is preferred because specific guidelines for music selection should be followed in order to maximize its positive effect on patients, though the patient's musical tastes should still be considered. IANS



ALIGN YOUR LIFE

Ayurveda : A way of life

EVERY TIME I HAD a cold or cough in my childhood, my mother would take me to see an Ayurveda doctor who lived nearby. I used to love visiting him. I was never poked by needles or was given any potent antibiotics. The doctor would take my pulse and listen to it intently. He would then make an assessment based on the pulse and ask me various irrelevant questions. I found it fascinating. I would then be prescribed various powders and brown pills made from herbs packed neatly in small plastic pouches. They surely tasted bitter, but a dash of honey always made them more desirable. Miraculously I would be healed in a day or two without much fuss or a relapse.

To understand Ayurveda one needs to understand the underlying principles behind the science. Think of your body as a fruit, which is not growing in size. In allopathic medicine, one would be injected with various medications to grow in size or perform surgical procedures to restore the shape. However in Ayurvedic medicine, focus is on the type of soil, or water used for irrigation and the environment in which the fruit grows. A detailed analysis is carried out to know why the growth is stunted and what factors in the surroundings could be contributing to it. Alternate therapies are then implemented to help address the underlying causes of the problem. The term Ayurveda, itself is a combination of the Sanskrit words Ayur (life) and Veda (knowledge or science), which means "the science or knowledge of life."

Ayurveda is based on theory of the five great elements; ether, air, fire, water and earth. The underlying belief in Ayurveda is that everything in this universe is made of these 5 elements. In the human body these five elements, help balance three essential governing principles known as "doshas." Vatha is a combination of air and space. Pitta is mostly fire with some water. Kapha is mostly water with some earth. By keeping your doshas in balance you can achieve overall wellbeing and improve the quality of life. You can visit an Ayurveda doctor if your health needs immediate attention or you can even opt for some of the home made remedies that can improve your vitality, reduce stress, eliminate small illnesses, and give the much-needed boost to your immune system. For example, irregular sleep patterns can be treated by consuming warm milk prepared with cinnamon and dates, while physical stress can be reduced by massaging warm oil into your palms and soles of your feet. Ginger juice with honey combats everyday cough and muscle aches can be treated with the paste of mustard oil, turmeric powder and a pinch of salt. You will find many such simple Ayurvedic cures that will help you in leading a well-balanced life. After all that's what Ayurveda is all about - A way of life.

Shivani Adalja is an Abu Dhabi-based well-being expert. She runs the Alignment Insitute which offers effective solutions that focus on stress management and overall wellbeing

Y

YOGA

Malasana, or the Garland Pose, helps open out the hips

CLASSIFIED AS ONE of the seated poses in yoga, the Garland Pose is a great squat based pose that enhances your flexibility. This pose can be performed by beginners. However, those who have trouble with performing this yoga pose can use a chair for support. They can attempt the pose by perching on the edge of the chair, and then performing the pose as it is outlined below. Some preparatory poses for the Garland Pose include the Virasana, or basic leg stretches or lunges.

TECHNIQUE

- Squat with your feet as close together as possible. (Keep your heels on the floor if you can; otherwise, support them on a folded mat.)
- Separate your thighs slightly wider than your torso. Exhaling, lean your torso forward and fit it snugly between your thighs.
- Press your elbows against your inner knees, bringing your palms together in Anjali Mudra (Salutation Seal), and push the knees into the elbows. This will help lengthen



your front torso.

- To go further, press your inner thighs against the sides of your torso. Reach your arms forward, then swing them out to the sides and notch your shins into your armpits. Press your finger tips to the floor, or reach around the outside of your ankles and clasp your back heels.
- Hold the position for 30 seconds to 1 minute, then inhale and straighten the knees.

BENEFITS

- This yoga pose is especially good for pregnant women as a regular practice of this posture helps easy delivery. It helps to open your hips and in the last days of pregnancy helps to make your baby feel the pull down (Consult doctor before doing this).
- Malasana is also beneficial for others as it strengthens calves and ankles, feet and toes.
- It relaxes your lower back

- as the muscles feel the pull of gravity.
- Malasana - as its real name indicates - helps your metabolism work properly.
- The pose activates the second chakra.

CAUTION

People with bad knee injuries should avoid this posture.

Sumit Manav, Lifestyle Yoga
(info@lifestyleyoga.ae)

