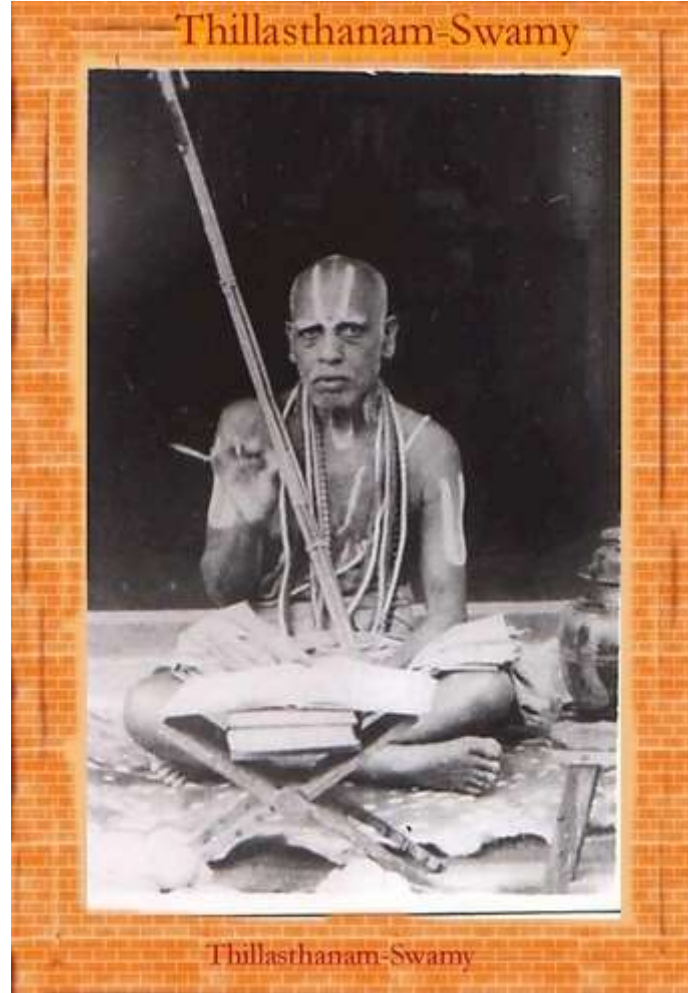


# Vedic Approach to Healthy Living

( An extract from the Web Site )



By

**SRI THILLASTHANAM SWAMY KAINKARYA SABHA  
BANGALORE**

Web Site : <http://www.thillasthanam-swamy-sabha.in>

e-mail: [tsksabha@yahoo.com](mailto:tsksabha@yahoo.com)

[tsksabha@thillasthanam-swamy-sabha.in](mailto:tsksabha@thillasthanam-swamy-sabha.in)

## **Vedic Approach to Healthy Living - Book Preview**

A good health is what everyone seeks. Our sages (rishis) have found that proper absorption of all pervading life energy (cosmic energy) is the key to health. Only input our body gets is the food intake. The body has to process this input to build necessary infrastructure for handling all human activities- both physical and mental. For doing this, the body needs motive power (very similar to electricity in industrial plants). This motive power is supplied by life energy. The absorption of motive power by the body is an involuntary process (that is, it takes place without any effort on our part). However, lifestyle, food habits and other acts, have influence on motive power. Hence, our sages prescribe some corrective measures, referred to as traditions (or Achara) etc. This booklet presents a few simple measures for healthy living. They may appear trivial but they have a great potential. This can be practiced by one and all. The whole exercise takes only a few minutes.

The sabha feels that these measures are a must in the present day living conditions.

This book also contains two addendums viz. " Vedic Ritual - Aposhanam - Significance " and " Why Darbha grass is used in Vedic Rituals "

The book is nominally priced at Rs 50/- in India and US \$ 5 abroad .

Copies are available with Sri Thillasthanam Swamy Kainkarya Sabha , e-Mail : [tsksabha@yahoo.com](mailto:tsksabha@yahoo.com) / [tsksabha@thillasthanam-swamy-sabha.in](mailto:tsksabha@thillasthanam-swamy-sabha.in)