

We Hear From

Anandamoy Manna†

Scientific Explanation of our Daily Life's Few Activities

Bhagawan Srikrishna says to Arjun that he should not say Gita to nonbelievers as is revealed in the sixty-seventh *sloka* in the eighteenth chapter *Moksha Yoga* of Gita.

The subject matter that follows may not be believed by all readers.

At bed we should lie with head in south direction. It is believed that human body is a replica of earth. Earth has two poles north at top and south at bottom and we know that like poles repel each other and unlike poles attract each other. In this case natural blood circulation will be easy and the food consumed will have natural flow towards normal direction as a result our sleep will not be adversely affected. This is the best way of maintaining of a good health. All other modes of sleeping will jeopardize health and will be maximum jeopardisation in lying opposite way.

Scientific nature of human thoughts is electromagnetic energy spreading upwards in wave form. At night the emission is unperturbed towards upper direction in the atmosphere and reflects back to earth at the end of night at *Brahmo Muhurta* during 3.00 to 4.00am. So people get energized by rejuvenated energy who are awake at that time moreover oxygen released during night fills the atmosphere. These scientific facts conform the age-old saying "Early to bed and early to rise makes a man healthy, wealthy and wise" which some of us read in "A First Book of Reading" by Peary Charan Sarkar.

It is customary to bow to superiors especially mother every morning and it is said that if it is done for twelve years unabated he will become a superman at least a different from ordinary man. Science says every object has its vibration in the form of magnetic energy and an aura emanate from the head to big toes of the feet. In bowing to superior he touches by two hands to the big toes of the feet of the superior and the superior puts his hand to

the head completing the cycle of flow of energy. This energizes the bowing person.

While bathing a person offers water to the Sun God. Our body consists of different coloured components. Our nerves blue, heart red, kidney brown, bone white, brain nerves rainbow colours. Our body will be energized by getting rainbow colours on holding a pot of water in the middle between Sun God and our body and pouring water slowly making water drops forming a spectrum of seven colours by dispersion of white sunrays which rejuvenate our coloured components of the body.

We eat by hand; it is our culture though the western countries and other countries consider it uncivilized. Let us consider the science behind it. Our bodies are made of five material elements *Kshiti, apa, Teja, Marut, and Byom*. Our hands and feet are consists of Panchavoots and each finger is an extension of each of five elements, thumb signifies *teja* (fire), fore finger signifies *marut* (air), middle finger signifies *byom* (ether), ring finger signifies *kshiti* (earth) and little finger signifies *apa* (water). Before eating we mix our staple food with pulse and curry energizing food by five elements and push it into the mouth for digestion. This pushing by hand closed with fingers help full digestion which maintains sound health. We have seen the babies suck their thumbs to enhance food digestion because they do not physical work.

These are some of our daily chores which are explained on scientific basis. Bhagawan Srikrishna says,

श्रेयान्स्वधर्मो विगुणः परधर्मात्स्वनुष्ठितात् ।

In 47th *sloka* of 18th chapter *Moksha Yoga* of the Gita. It means

"be engaged in own habits,
never indulge in others virtues".

†Retired Professor of Physics, Jadavpur University, Mobile: 9339567317