



Relax, Immunitari Booster against COVID

Ong Kar Singh*

International teacher of: Basics of Ayurvedic philosophy and medicine, Italy

***Corresponding author:** Dr. Ong Kar Singh, International teacher of: Basics of Ayurvedic philosophy and medicine, Yoga and meditation, Italy, Tel: 3471519687; Email: ettoremessinas@gmail.com

Opinion

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Opinion

May the light accompany you.
Fear is always what you don't know
That's why we're afraid, we don't know how it's going to end
up in this historic moment.
But when we're scared, what do we do?
We're sending a pulse to the body!
And that impulse goes all the way to the adrenaline and
produces adrenaline!
But do you know what happens to the wolf here?
Start running and stops when the wolf is gone, run until the
adrenaline is finished!

We used to do that. Not today, and our body responds with cortisol to counteract those adrenaline jets! But, the adrenaline of these days is too much because fear comes from all directions, from TV, radio, Internet, and if we don't control them, from the usual disasters selling negativity. The first step is to eliminate some of these sources. We just listen to a news story or read a newspaper, which allows us to choose what to read, one a day can be enough. Better, if and whenever possible, surround yourself with people who carry positive and cheer otherwise the excess cortisol attacks the immune system and other things. This is already medicine, because almost all medical cultures link the lung to the state of mind. Yoga is an instrument of the oldest medicine in the world, the ayurveda. AYURVEDA speaks of tarpaka kapha, the cerebrospinal fluid that defends the central nervous system! virus seat and defends him from these and feeds him. When Tarpaka Kapha is healthy, the state of mind is also affected and is about happiness. And happiness, as we have already mentioned, is also a good medicine for the lung. So the sellers of negativity are to be avoided, when and if possible, because they are also disease sellers.

But what more techniques can we use?

Well, the first technique is that of the grandmother, the same grandmother or mother of a time who accompanied us

to bed and with an angel of God and a Father of ours who are in heaven, made us fall asleep with a sense of protection and with the mind in the blue of the high heavens, finally detached from the troubles of the day. A mind so free to perform its night-time healing task for the body to recharge it also with strength and immune defenses.

My grandmother is gone but in the evening I still have the opportunity to read a light reading, perhaps with a companion of bright and cheerful colours that accompany my sleep. This too is a wonderful medicine simple and without contraindications. But during the day sometimes the anger of helplessness persists and then how to do it? When the children vent their anger on a glass, don't just tell them to lay it, because they're still going to have that anger in themselves and they won't let you use the techniques we're about to see. Direct their anger on the other, give them a new task!

Meditation is the best way to train the mind to stay where we want and not the other way around. But we are not made of our own mind, we also have a body, and a spirit! The body accumulates tensions and we try to discharge them, before they engage the mind during our meditation, that same meditation that eliminates the excesses of cortisol from the blood! Remember cortisol? That was our problem! So meditation is perhaps one of the most important medicines! It is scientifically proven even though the fact that it has been standing for millennia is already a demonstration. Do you know a company that has been standing for millennia? Well, there's going to be a reason. Let us then prepare such meditation well by unloading the body from anger. Let's do it together, now: just contract every part of the body, one by one and then relax it. It is a very powerful technique and, preparing meditation is already a meditation per se. It will train the mind to be where you want it, in the body! And he's not a slave to the themes of all time! It's a simple trick. Try

it, it has been working for millennia, it is free and even this without contraindications, and do not say that now you do not have time!. Once this relaxation is over we will already be in the comfortable position taken previously, perhaps sitting if the crossed legs are not our comfort. Now is the time for the mantra, the one and most powerful means of making the mind vibrate with the body! This year I was lucky enough to represent Italy at the World Conference on Natural Medicines. In particular, I represented yoga and Ayurveda for our nation. I was in Mumbai and an elderly Ayurvedic doctor told me that sometimes in his yoga classes for his novice patients with meditations suggests to vibrate a vowel, a and i or u, simply but for a long time! It's another trick for a long time! In fact, when the body speaks to the mind with its breathlessness, the mind understands that it is anxious and produces additional adrenaline... other cortisol! But if instead, with the trick of the mantra the body speaks to the mind with a long and deep breath, forced by a long ommmmmmmmmmmmmmmmmm, then the mind, continuing thus as long as possible, will understand that such a body is calm and will pander to it producing instead positive hormones, perhaps endorphins.

So in Summary

- Avoid exaggerating with bad news, just a daily... extinguishing the catastrophists
- Go to bed avoiding tragic movies, prefer readings or cheerful programs for a while
- Positively address the child's anger, inside it hurts and more will pour on the others
- Contract and then relaxes every muscle of the body starting from the feet, then calves, then knees, then thighs, then buttocks, then back, then abdomen, shoulders, arms, hands, neck, head, forehead, eyelids, nose, cheeks, mouth tongue... the more detailed you are, the better
- Vibrate a mantra, simply choose a vowel for now, maybe in the future we will get deeper into the science of marma. You can also recite a mantra with your favorite in the background but remember that you'll be training your mind again to be led from the outside! It is better if you use yours, one day it will take you to your only master, what is inside you.

