

## Vajrasana / Thunderbolt Asana and it's Importance and impact on Health Care/benefits

My Simple reasoning

**Useful effect of Vajrasana / Thunderbolt Asana, on Diabetes and other ailments, like Digestion, Varicose veins, pain and replacement of knee joints, sugar control, reducing BP, and by activating nerves and Enhancing immunity to a greater extend , to control, Asthma , Swine flu and Dengue and overall health and to fight other major diseases etc.**

I am giving here my latest observations on myself and on my friends, for the utility of this asana for Diabetes etc. with my reasoning behind it..

This asana is a very simple. One has to sit by folding legs backwards and sit straight. It can be done any time of the day, by either sex and gives good effect if done even for 10 to 15 minutes daily. If you do little Pranayama and other suitable exercises, the benefit is more and fast, and for this 15 minutes are more than sufficient.

It is not specially recommended for Diabetes by Yoga, but my observation has proved very effective, if done during Apple treatment for Diabetes. This Asana will also be most useful for those who have Diabetes and take Apple to reduce and cannot walk for various reasons or have sedentary life,

### **My simple reasoning behind:-**

**Due to constant use of new life style of using Table and chair everywhere, working in kitchen always by standing all the time, my commonsense lead me to the following reasoning, which appears to be practical and noteworthy.**

The blood normally has to travel to heart from legs onwards against gravity, so the travel is slow and so it takes time to reach the heart in time and by volume. Thus only part of total volume of oxygenated blood is made available to all organs above the waste. **Thus almost half of our blood volume does not get circulated timely and effectively with oxygen, because of slow motion of this blood to reach the heart, effectively due to anti gravity and also Varicose vein This condition will further worsen if one has sedentary life.**

When you do this asana the legs and thighs get pressed and this action in addition to this, taper shape of legs, squeezes the blood in the veins to travel forward and faster to heart and thereby full volume of oxygenated blood, is readily available in plenty, thereby to supply the oxygen adequately, to all organs refreshing all of them to work properl, in turns our health and immunity gets improved fast, to fight the diseases.

The travel of blood is faster if you keep moving your body forward and backward working like pumping action.

Thus in short we are spending our life in almost underfed supply of blood and oxygen, so results are obvious.

For Asthma one has to apply little medicine having menthol, inside the nostril by which it stops watery nose and also Asthma, as well as Dengue and Swine flu, in addition by activating nerves and improving overall Immunity to a greater extend. Pl do it yourselves and see the results in about 2 to 3 months. There is no downside

Regards,  
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Attached Links:--- U Tube on my lecture " A novel Use of Apple for Diabetes which eliminates Insulin and medicine," arranged by Vidnyan Bharati, Pune.

[https://youtu.be/6mYG9IDw\\_0s](https://youtu.be/6mYG9IDw_0s)

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**Read bellow little about Innovation mind set.**

So far nobody has given a thought on the above topic which is a simple reasoning, and this is exactly, is the real thinking of innovation mind set.

In Sakal Paper of 6 th Nov 2015 Dr. Anil Lachake has given an apt definition of Innovation, he says **“Innovation is a well organized common sense” which does not need any laboratory”**

I am an individual inventor so I do not have any finances nor the equipment to conduct trials on mass scale on my own, but the clear and logical thinking and explanation with commonsense along with innovation mindset,, will give answers to major problems how to solve them, conclusively by thinking alone, even if you do not have all pararfannalia of gadgets, equipments and finance.

**The reason that I can give results in many and varied fields/subjects is as under:-**

**“ If I want to improve a water pump I become water and pass through the pump, and I get the answer automatically”**

**That means I become one with the subject, this is the main gist of Devotion as explained in “Gita” told by Shri Krishna , thousands of years back.**