

## Avoiding pitfalls of yoga and meditation

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New Delhi, Delhi, July 1, 2009 /[India PRwire](http://www.indiaprwire.com)/ -- In this fast paced ever-stressful life and progressively decreasing childhood, we often look to Yoga and meditation for keeping us fit and healthy. Yoga and Meditation are appealing, soulful and useful as it not just helps us keep fresh and fit but fights dreaded diseases and has often come to save many lives.

Results across the globe has shown that Science of Yoga has helped us fight common diseases like constipation, cramping, diarrhea, constipation, osteoporosis, back-pain, high-blood pressure, and even terminal illness like blood cancer.

But, did you know that if specific type of steps can help fight many a disease, then blind imitation and wrong posturing can be life threatening and risky?

Researchers have warned against overdose and abuse of yoga which can be life threatening and the common man often faces the risk of falling on the wrong side of *Yogic treatment* due to lack of proper knowledge.

Delhi based renowned Integrated Yoga therapist Bijoylaxmi Hota says, "The common mistake people make is to follow a fixed set of asanas and pranaayamas. Such a routine is bound to help some and harm some"

"For example if a person with a weak back practices forward bending asanas, the condition can aggravate. A lady with a weak back who did *halasana*, got slip disc in that posture and could not come back to the normal position. And a gentleman with high blood pressure ended up in ICU after doing a vigorous *pranayama*."

The adverse effects of meditation are widely documented in Western clinical research, which reveals that it can lead to social detachment, despondency, depression, anxiety, confusion, psychosis and withdrawal into the self. Bijoylaxmi Hota says, "But such symptoms are attributed to 'The difficulties of following a spiritual path supposedly warned by the Eastern School of Thought', rather than deviation from the rules of Meditation, which is most unfair and unfortunate".

Hota further adds, "Meditation is a great practice and our only shield against stress, the root cause of all our problems-physical, mental, personal, social, and professional."

So next time you think of *Yogic meditation*, go to a therapist before you begin.

### Notes to Editor

**Bijoylaxmi Hota**, renowned integrated Yoga therapist and best -selling author will hold a 'Meditation Festival', at The Ashok, Chanakyapuri, New Delhi, on 25th July 2009. The participants will be taught seven different forms of Meditation to experience their effect and will be guided to choose the right ones for themselves for better physical, mental, psychological and emotional health.

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