



Preface

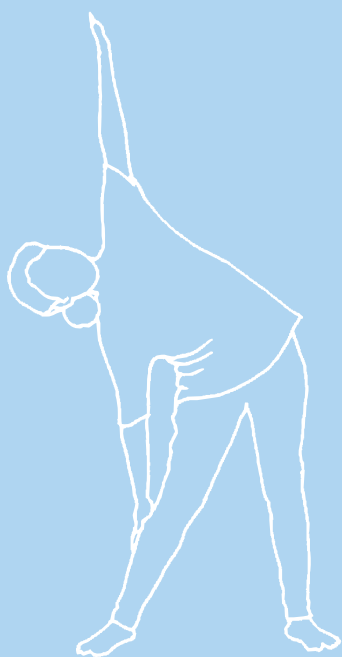
by

Mahajataq

Quantum Yoga for Health and Beauty Care

Nahar El Bukhari





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Yoga Foundation

quantummethod.org.bd

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Dedication

To my mother Mosammat Hasina Banu,
my spiritual father Hazrat Shah
Mohammad Ilyas Shah (R.A.)
and my grandfather Hazrat Shah Mohammad
Afazuddin Shah (R.A.),
as well as all the beloved members of my Quantum family.

Acknowledgment

To the yogis, monks, sages and spiritual practitioners
whose over a thousand years of practice and discipline
have contributed to the knowledge presented in the book
Quantum Yoga for Health and Beauty Care

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Foreword

Quantum Yoga for Health and Beauty Care is the result of twenty-two years of research, hard work and patience. I have never seen anyone who practices yoga with such unwavering commitment and consistency. While I often skipped my exercise routine, citing a busy schedule, she remained steadfast in her discipline. After our marriage, my yoga and meditation practice naturally sparked her curiosity. Once she understood the profound benefits of the asanas, no further persuasion was necessary. We became deeply united in our shared practice of asana, mudra and Pranayama.

Her perceptive nature and sharp intellect gave her an innate ability to master any subject and explain it clearly to others—a gift that makes her truly unique in the field of yoga. She deeply recognized the vital role of practicing yoga in ensuring the health and well-being of women.

In 1983, she established the Yoga Meditation Center and became the first in Bangladesh to begin teaching yoga specifically to women. Later, she closed her highly popular Chinese cooking school the Tai Chi Chinese Cooking Center and entirely dedicated herself to teaching yoga to women. Over the years, hundreds of women received direct training from her and through consistent practice, many found relief from back pain, spondylitis, menstrual issues and various psychosomatic conditions.

While providing yoga training, we realized that if the practice could be simplified to suit the pace of modern life, people would be even more benefited from it. Over the years, extensive research was carried out with participants.

In the early stages, many practitioners faced confusion and difficulties when coordinating their breathing when to inhale and exhale—with various asanas. To resolve this, we experimented with maintaining natural breathing patterns while performing the asanas and found that the same benefits could still be achieved effectively. Building on this, we integrated the visualization into the asana practice of wellness inspired by the Quantum Method. Thus emerged the simplest and most effective modern evolution of yoga—Quantum Yoga.

The first part of the book, *Quantum Yoga for Health and Beauty Care* contains simple and easy-to-follow descriptions of various yoga asanas, mudras and Pranayama techniques. It also explains the basic rules for exercise. By reading each chapter carefully, readers will be able to practice these techniques on their own without any difficulty. However, those suffering from complex ailments should seek expert advice before beginning these exercises. This section also includes a height and weight chart, a weekly exercise schedule, a balanced diet plan, scientific discussions on the spine, the body's endocrine systems, as well as female reproductive system. These components will greatly enrich every reader's knowledge, understanding and significantly enhance their overall health awareness.

By following the beauty care outlined in the second part of the book, you will be able to enhance your appeal. Prophet Muhammad (peace be upon him) said, "Cleanliness is half of faith." Complete cleanliness of the various parts of the body constitutes half of beauty. From bathing to hair care, skincare and dental care, hand foot and nail care, this section offers detailed natural methods of beauty care. These natural methods are both effective and affordable that can benefit everyone, regardless of gender.

Several of the author's articles on beauty care were

previously published in the monthly magazines *Digest* and *Upoma Digest*. Notably, during the 1980s and 1990s, she regularly contributed to the popular 'Nir Sunibir' feature in these digests, sharing advice on family life, cooking, beauty, health and household tips, along with answers to readers' questions. Her column gained notable popularity among readers during that time.

An especially important chapter for women in the Beauty Care section is 'How to adorn yourself.' Simply owning expensive clothes or jewelry is not enough. Without understanding which colors, outfits and styles suit a particular season or time of day, even the most exquisite attire can appear mismatched or unappealing. Therefore, every woman who desires to look her best can learn from this chapter exactly on what to wear, how to apply makeup and which jewelry or fragrances to choose. Furthermore, by practicing the principles of family etiquette, a household can truly become an abode of peace.

By reading this book, anyone will understand that the author shares her own experiences of exercise, health and beauty without any pretense—speaking to the reader in a simple, homely and heartfelt manner. Interested readers, regardless of gender, can apply this knowledge confidently in their own lives. May the Most Merciful accept the author's sincere efforts for the well-being of humanity. May all our lives shine with pure clarity and radiance.

Humbly,



(Mahajataq)

December 1, 2004

The role of exercise

Since the dawn of civilization, physical training has been practiced to develop physical strength, enhance beauty and self-care has been embraced to improve personal appearance. In ancient Dravidian and Babylonian civilizations, physical fitness and self-care were integral parts of education. We can see the influence of these practices echoing in every subsequent civilizations.

In the modern era, technology has significantly reduced our opportunities for physical labor, making the need for exercise more crucial than ever. Even for those who perform manual labor, specialized exercise is essential to keep internal organs—such as the heart, liver, kidneys, pancreas and the various endocrine glands—functioning optimally. It is also important for exercise maintains a balanced flow of hormones. It is because without healthy and active internal organs, external muscular strength and function can eventually deteriorate.

Dravidian sages developed yoga five thousand years ago with the goal of optimizing the functional efficiency of these internal organs and preparing the body for any form of spiritual pursuit or labor. Although Western health science has become highly advanced and sophisticated in the twentieth century, it has yet to discover any form of exercise more effective or superior to yoga.

Consequently, a vast number of men and women in the West are turning to yoga to maintain their health and well-being and this global community continues to grow every year. Today, various yoga postures are being successfully applied as treatment to manage and alleviate complex conditions including asthma, heart disease and diabetes.

Quantum Yoga is a simplified and modern version of traditional yoga. Based on a quarter-century of observation and research by the Yoga Foundation It has been adapted according to the needs of the modern men and women of the new millennium. By integrating the power of Quantum principles into the traditional yoga asana, these postures have become even more effective and fruitful. Although the exercises in this book have been specially designed with women in mind, men can also select the postures they need and benefit equally.

What makes Quantum Yoga unique

In traditional yoga, there are specific complex rules for breathing (inhaling and exhaling) while performing various poses. To master these techniques properly, it is often becomes mandatory to train under the guidance of a skilled instructor. However, Quantum Yoga is free from the complications of these specific breathing methods. In every posture, one only needs to maintain normal breathing. As a result, the practice is exceptionally easy to follow. It can be practiced effectively and safely even without the direct supervision of a trainer.

Secondly, Quantum Yoga integrates with quantum meditation and immense power of the mind through visualization process. By visualizing the specific benefits of each posture while performing it, one can effectively harness the power of the mind to achieve holistic health and accelerate healing.

Considering the multifaceted psychosomatic benefits of yoga and meditation, the 69th session of the United Nations General Assembly in 2014—with the consensus of 175 countries—declared June 21st as International Yoga Day. Consequently, Quantum Yoga has evolved into a psychosomatic exercise perfectly suited for the needs of modern human beings. This global recognition serves as definitive proof of how vital the practice of yoga has become for everyone in the present era.

Quantum Yoga

how it differs from conventional exercise

Quantum Yoga is basically a psychosomatic exercise. It improves both physical health and mental well-being. Let's compare this method with conventional, everyday exercises in a way that helps us understand the benefits more clearly:

Quantum Yoga

1. Ensures both physical and mental well-being, leading to a profound sense of inner tranquility.
2. Causes no physical wear and tear; therefore, no special or extra diet is required for recovery.
3. There are two types of glands in our body.
 1. Exocrine glands
 2. Endocrine glandsA type of fluid is secreted from the endocrine glands which is called hormone. Quantum Yoga helps in keeping the endocrine glands healthy. Maintain the normal flow of hormones in the body.

Conventional Exercise

1. Focuses only on the external organs and parts of the body. It does not necessarily result in mental peace.
2. Causes physical exertion and tissue breakdown, requiring additional food for recovery.
3. Focuses on external factor only erg to reduce excess body weight but has no direct influence on hormonal flow.

- | | |
|--|---|
| <p>4. Facilitates stretching of the spine both longitudinal and transverse.</p> | <p>4. It is not possible through conventional exercise.</p> |
| <p>5. Effective for the healthy of both the nerves and the muscles.</p> | <p>5. Focuses only on the muscles; the nervous system remains largely unaddressable.</p> |
| <p>6. Ensures the well-being of both body and mind, making it possible to retain youthfulness for a long time. Since it gradually restores the body to its natural state, it prevents the formation of wrinkles on the skin.</p> | <p>6. Leads to rapid weight loss or that causes skin folds and wrinkles, showing early signs of aging.</p> |
| <p>7. Creates a graceful, well-proportioned physique while significantly enhancing the radiance and glow of one's complexion.</p> | <p>7. May make the body slim, but the appearance often looks rigid or dry, lacking natural radiance. That is why nowadays yoga practice is increasing in the western world.</p> |

Therefore, to build a body that is healthy, beautiful and radiant, there is no alternative to Quantum Yoga.

Before you begin

guidelines for practicing Quantum Yoga

1. Wear comfortable, loose outfits while practicing yoga.
2. Do not exercise on a completely empty or a full stomach. A light healthy snack can be taken beforehand, such as 2-3 tablespoons of soaked raw chickpeas or 2-3 pieces of raw papaya.
3. Do not exercise on a surface that is too hard or too soft. yoga matt or a carpet or thick quilt with a sheet on top can be used.
4. Exercise three to four hours after a full meal.
5. Choose a well-ventilated open area with plenty of light and air for exercising.
6. In winter, open the doors and windows to let fresh air in before you begin exercising. This will allow plenty of oxygen to enter the room.
7. Do not talk or listen to any music while practicing Quantum Yoga. Instead, while practicing the asana, visualize its specific benefits and imagine yourself experiencing them with deep conviction.
8. Women must strictly avoid exercising during their menstrual period. You may resume your practice one day after the period has ended.
9. After exercising, cool your body down by practicing easy relaxation or Shavasana (corpse pose) for 10 minutes before taking a bath. Exercise slightly increases body temperature; practicing Shavasana helps normalize this temperature to avoid any sudden exposure to heat or cold during bathing.

10. Aim to walk for at least one hour daily, if possible.
11. If you feel the need to use the restroom while exercising, do so before continuing your practice. You should never exercise suppressing the urge to urinate or have a bowel movement.
12. Before you begin, practice at least 5 minutes of Shavasana (corpse pose) to calm and steady your mind.
13. You can practice 10-12 asanas every day.
14. It is best to practice Pranayama (breathing exercise) or mudras (hand gestures) on an empty stomach.
15. Keep your breathing natural while practicing Quantum Yoga. Follow specific breathing techniques only when performing Pranayama or mudras.
16. Do not force yourself into a perfect posture for any asana on the first try. Gently take your body as far as it can comfortably go. With regular practice, as your body becomes more flexible, your posture will naturally improve. Forcing it may cause muscle strain or lead to problems in your spine, neck or lower back. Aim to reach the correct posture gradually.
17. Quantum Yoga can be practiced at any time but morning or evening is best time.
18. During pregnancy, you may practice easy asanas and Pranayama. You must strictly avoid practicing Mudras.
19. After childbirth, mothers can gradually resume practicing yoga once postpartum bleeding has completely stopped.
20. During pregnancy, exercise should only be practiced under the advice and guidance of a doctor.

21. Those suffering from high blood pressure, slipped disc, cervical or lumbar spondylitis, heart disease, coronary thrombosis, myocardial infarction or eye conditions such as retinal hemorrhage must strictly avoid forward bending asanas and the headstand (Shirshasana).
22. Patients with peptic ulcers (gastric and duodenal) must avoid any asanas that put pressure on the abdomen, such as Paschimottanasana (Seated forward bend pose) and Janushirasana (Head-to-knee pose).
23. If you are suffering from tuberculosis, pleurisy, jaundice or kidney disease, do not practice any asanas or Mudras until you have fully recovered and only after seeking medical advice from a doctor.
24. Mothers who have given birth via a surgical procedure named C-section, can resume exercising after three months. Start with light exercises. Gradually add other exercises, provided there are no physical complications.
25. After surgery such as gallbladder removal, an appendectomy or other surgery, you may resume exercising after six months, unless your doctor advises otherwise.
26. Following heart surgery, exercise should only be practiced according to guidance of a doctor.
27. After performing a few forward-bending exercises, you must perform at least one backward-bending exercise as a counterbalance.
28. As the saying goes, 'A healthy mind leads to a healthy life.' Always keep your mind calm and cheerful. To maintain a peaceful, worry-free mind, practice meditation along with your physical exercises. Exercise and meditation together lead to a healthy and joyful life.

29. If you are between the ages of 35 and 40, you must get a blood lipid profile done. After the age of 40, you should have a blood lipid profile test twice a year.
30. If you are a female between the ages of 35 and 40, get a breast mammogram done at least once. If you feel any lumps or pain in the breast, consult a doctor immediately. Do not delay in seeking medical evaluation and taking necessary action. Currently, breast cancer rates are rising rapidly in Bangladesh, as they are globally.
31. Menopausal females should get a Bone Mineral Density (BMD) test to check the risks osteoporosis. Based on the results, ensure a regular intake of calcium and Vitamin D through your diet.
32. If you have a family history of diabetes, test your blood glucose levels from an early age—such as through HbA1c and Fasting Blood Glucose tests—to monitor your status. Diabetes is becoming a global epidemic, with an estimated 1 in 10 people in Bangladesh being affected. To reduce risk, practice the exercises in this book regularly, watch your diet and maintain a healthy weight. Avoid white rice and refined sugar. Remember, taking care of yourself is your own responsibility.
33. Women often experience various physical symptoms after menopause (the permanent cessation of menstruation). These may include hot flashes, a burning sensation on the scalp, heart palpitations, leg pain or a ringing sound in the ears (tinnitus). It is important to monitor hormone levels through tests such as FSH (Follicle-Stimulating Hormone), TSH (Thyroid-Stimulating Hormone).

34. Another common post-menopausal issue is osteoarthritis. This can lead to swelling and pain in the joints, including the knuckles and fingers. Regular practice of exercise and meditation provides significant relief and helps manage these symptoms effectively.
35. If you experience mental health problems, such as erratic thoughts, abnormal behavior or long-term emotional distress, seek professional psychiatric help or counseling services. Take medications only as prescribed by a specialist. It is a common misconception that such issues are caused by evil spirits or black magic. Do not waste time or money on holy water, superstitious rituals or scammers; instead, seek evidence-based medical advice from qualified mental health professionals.
36. To maintain overall mental and physical well-being, stay free from all forms of addiction. If you are affected by the modern-day virtual virus, seek counseling support. Stay connected with your family because your family is source of your love, the root of your peace.

Asana: techniques, effects and benefits

Quantum Yoga asanas can be categorized into two primary types:

1. Meditative asanas (Dhyanasana)
2. Health asanas (Swasthasana)

Historically, ancient sages practised meditation, contemplation, Muraqaba and Mushahida in meditative asanas to attain spiritual accomplishment or perfection. Health asanas were developed primarily to maintain optimum physical health, ensuring the body remains fit enough to sustain long-term spiritual practices. While yogis have practiced over 4,000 different postures throughout history, many of these require an expert master. For maintaining general health and well-being, practicing such a vast number of asanas is not necessary.

In this book, we have carefully selected those essential postures which are necessary for a modern individual to achieve a healthy body and a vibrant, lively mind.

The core difference between Meditative asanas and Health asanas lies in their applicability—Meditative asanas can generally be practiced regardless of most physical ailments. Examples: Diamond pose, Lotus pose, Easy pose, Cow face pose, Corpse pose. Health-focused asanas come with specific restrictions for certain medical conditions. It is vital to be aware of your personal health status and choose health asanas accordingly.

Bongasana

The ultimate posture



Bongasana: fig. 1

Bongasana is one of the most ancient and foundational postures of human civilization. Our ancestors practiced this pose naturally in their daily lives—whether at home, in the fields or during communal gatherings. This posture is unparalleled in its ability to strengthen the muscles of the lower body, improve balance,

enhance flexibility and boost overall physical vitality.

The true beauty of bongasana lies in its simplicity; you reap the benefits of a full-body exercise simply by changing the way you sit. It is an accessible and effective posture suitable for people of all ages. Regular practice of bongasana may support long-term health, physical resilience and effortless mobility.

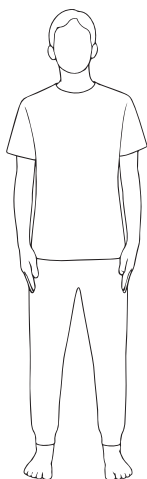
Why is Bongasana essential?

Many people die every year from diseases caused by sitting on a chair or sofa for a period of long time, that is, inactivity, which is worse than from smoking or AIDS. Therefore, to stay healthy, we need activity and exercise. Again, you can get many benefits from exercise just by sitting. A very simple way to do this is to practice bongasana regularly.

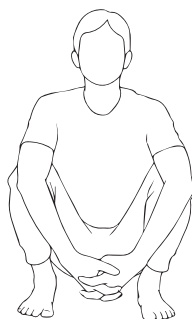
Method

1. Sit with your body weight distributed evenly on the heels of both feet. Your calf muscles should touch your thighs. Ensure that your buttocks do not touch the floor.
2. Direct your gaze forward. Keep your spine in a natural, relaxed and upright position, maintaining as much vertical alignment as possible. Place your hands either beside your knees or comfortably on top of them.
3. Keep a distance of one forearm's length—or a comfortable gap—between your feet, ensuring your weight is distributed equally on both. This will maintain the body's balance.

Duration: Hold this position for at least 1 minute.



bongasana: fig. 2



bongasana: fig. 3



bongasana: fig. 4

Benefits

- ☐ Leg muscles become five times more active and significantly stronger. The body burns as many calories as it does while standing.
- ☐ Excess fat is shed and high cholesterol level is reduced.
- ☐ Stiffness in the knee, hip and ankle joints is reduced; eliminated. The body's bones and muscles remain functional and active for a long time.
- ☐ Prevents the degeneration of nerve cells that control the prostate and bladder in men and the uterus in women.
- ☐ Decreases the likelihood of developing hernias, diverticulosis or pelvic organ prolapse by optimizing intra-abdominal pressure and strengthening the pelvic floor muscles.
- ☐ Blood flow to the lower body increases, preventing diseases of the blood vessels and muscles in the affected areas.
- ☐ Regular practice of bongasana increases the likelihood of a natural birth for women.

The knees are extended up to 150 degrees

Human health and performance largely depend on the use of the organs. But due to lack of use, natural activity of the organs is decreasing. They are losing their innate health.

Every joint in the body contains a type of fluid called synovial fluid. Its main function is to move and nourish the bones. This essential element of the body is produced in two processes—1. Use of the organs. 2. Application of pressure. If any organ of the body is inactive, then at some point it assumes that it has no function.

Therefore, there is no need to produce synovial fluid. Well, this is where the pain in the joints and the loss of the ability to move the arms and legs begin. However, in bongasana, the knees are bended up to 150 degrees and the pressure on the ankle bones is four times the body weight. As a result, the limbs remain mobile.

If you sit on a chair or sofa for a long time

- ☐ Blood pressure increases, blood sugar level increases and fat accumulates around the waist.
- ☐ The risk of premature death from life-threatening diseases such as heart diseases, colon or lung cancer increases.
- ☐ There is increased risk of pain in the neck, shoulders and back. The bones of the body become weak.
- ☐ There is also increased risk of Deep vein thrombosis (DVT) is a blood clot in the legs. This blood clot can spread throughout the body and damage the lungs.
- ☐ The risk of dementia or memory loss increases.
- ☐ The risk of obesity, high cholesterol, diabetes and stroke increases.
- ☐ Laziness and procrastination increases which has a negative impact on the person's mental health.

The secret to health is hidden in Bongasana

When we sit on chairs, sofas and beds for a long time, the leg muscles remain inactive. As a result, fat accumulates in the blood. This is where deadly diseases including heart diseases begin. But in bongasana, along with physical rest, the muscles are also active. It can be an easy remedy for the silent epidemic of this era.

Australian medical scientist and orthopedic surgeon Dr. Phillip Beach says: 'It is our birthright to sit comfortably on the floor in positions that we can comfortably sit in. Modern civilization has neglected this and has accustomed us to chairs and sofas.' For years, Phillip Beach has been advising his patients to give up chairs and sit on the floor (bongasana). According to him, the secret to health lies in squatting or bongasana.

Add Bongasana to your daily routine

- ☐ Make it a habit to do all the daily tasks that are usually done sitting in a chair or sofa, such as reading books and newspapers, using mobile phone, watching TV, etc, while sitting in bongasana.
- ☐ Those who work on the computer for long time can practice bongasana during their work breaks.
- ☐ A better way to practice bongasana to make it a habit to do daily tasks like cleaning the house, cooking, etc. While sitting in bongasana. This will make your body flexible, increase your vitality and also ensure the health of your joints.

Meditate in Bongasana

Practice meditation while sitting in bongasana. This is both a physical exercise and a mental exercise through meditation, combining the two at the same time.

Elderly people should exercise according to their physical abilities

Bongasana can be very effective for the elderly to stay free from diseases like arthritis, constipation etc. They can start practicing bongasana gradually, increasing the time little by little, based on their physical capabilities.

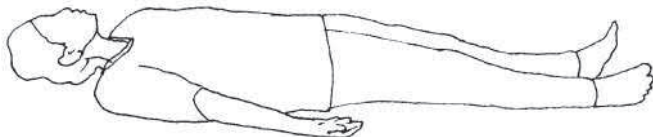
Precautions when practicing Bongasana

- ☐ At the beginning of practicing bongasana, do not force yourself to sit in this pose for a long time.
- ☐ Sit in bongasana for as long as you can, according to your physical ability. Then gradually increase the time you sit in bongasana.
- ☐ If you continue to practice regularly, you will eventually be able to sit in bongasana for as long as you want.
- ☐ Those who have degenerative diseases in their knees, who have difficulties in sitting or who suffering from any complex illness must consult a doctor before practicing bongasana.

Quantum Yoga

Shavasana

Corpse pose



Corpse pose: fig. 1

Easy relaxation also known as Shavasana, can be practiced for 5 to 10 minutes both before and after yoga exercise. The word Shava means corpse. In this posture, you lie down like a still body, allowing the breath to flow naturally and the entire body to relax completely. That means lying on your back, letting your arms and legs drop freely, as if the body were they were lifeless. Stretch both legs out long, keeping about a hand's width of space between them. Place your arms alongside your body with the palms facing upward. Now, close your eyes and take three or four deep, slow breaths, inhaling and exhaling gently. As your breathing returns to its natural rhythm, visualize your entire body becoming completely relaxed—at ease.

Now imagine that you're lying on soft, lush green grass in a beautiful, serene flower garden. If it's summer, imagine a gentle cool breeze your body. If it's winter, imagine a mild, comforting warmth flowing through the air. You feel deeply relaxed. Let go of all your worries from your mind. Stay with this peaceful image for a while. While practicing corpse pose, believe wholeheartedly that your body is completely healthy.

Feel that profound comfort spreading through you. Even if you fall asleep while thinking this—it's perfectly fine.

You can also do corpse pose lying face-down, especially if you need a one minute short break during face-down asanas. In general, however, this pose is done lying on your back.

Benefits

1. After any physical exercise, Corpse pose provides essential rest to both the body and mind. Another important aspect of this practice is its effect on the circulatory system. When we stand or sit, the heart must work against gravity to circulate blood to the upper part of the body. However, during easy relaxation, the force of gravity acts equally across the entire body. This allows the heart to supply blood to every organ with minimal effort, facilitating easier circulation. As a result, fatigue fades and body feels refreshed.
2. Corpse pose is extremely beneficial for those who engage in a lot of physical or mental exertion. Students who feel exhausted after studying can practice Shavasana for just 10 minutes to regain focus and concentration. It is also very helpful for pregnant mothers, as it supports both physical and mental well-being.

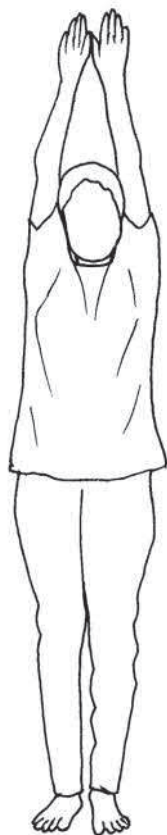
Ujjivan Warm-up

Before starting an exercise routine, it is essential to energize the body first. A gentle warm-up loosens the body, enhances flexibility and makes the asanas much easier to perform. This energizing sequence is divided into 15 steps designed to release stiffness from your muscles and joints, preparing your body for more advanced postures. Every form of exercise requires a preliminary warm-up because these 15 steps provide such a comprehensive and effective warm-up, this sequence is aptly named Ujjivan which means rejuvenation. Maintain natural breathing throughout this entire practice.

The 15 steps of warm-up

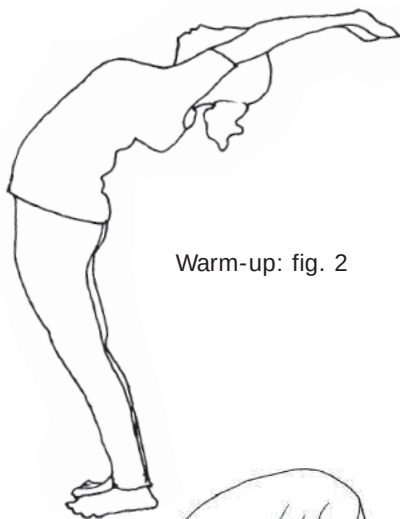
Method: Stand upright with a four-finger gap between your feet. Keep your arms relaxed at your sides and your chest lifted.

1. While standing upright with your chest out, raise both arms straight overhead. Make sure your body weight is evenly distributed on both feet. Don't lean or put more weight on one side.



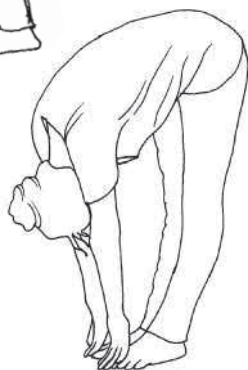
Warm-up: fig. 1

2. Slowly begin to tilt your arms and head backward. Your spine will bend backward from the waist. Keep your knees straight. The neck remains relaxed. Bend back as far as you comfortably can.



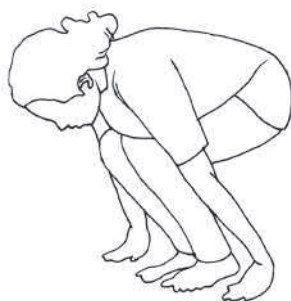
Warm-up: fig. 2

3. Bend forward completely. Bring your forehead as close to your knees as possible. Fingertips should touch the floor.



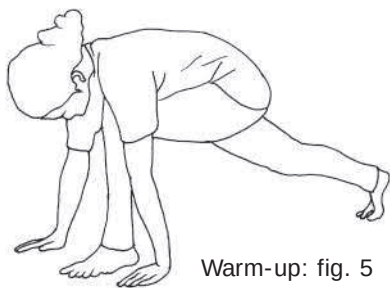
Warm-up: fig. 3

4. Bend your knees, bring your waist and head parallel to the ground. Fingertips and palms should now be touching the floor. Shift a little weight onto your hands.



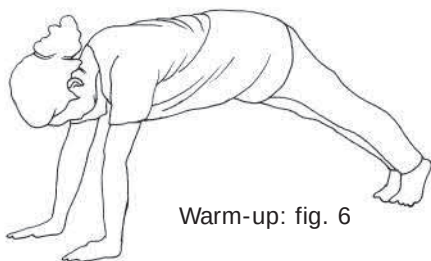
Warm-up: fig. 4

5. Support yourself with your hands and move your right leg at the back.



Warm-up: fig. 5

6. Now move your left leg at the back as well. Your entire body weight should now rest on your hands and toes. Head and waist should be parallel to the ground.



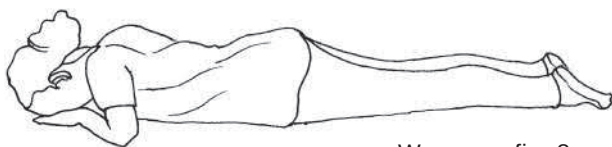
Warm-up: fig. 6

7. Let your feet and thighs rest on the floor. Bend your spine backward from the waist, supporting yourself with your hands and tilt your head as far back as you can.



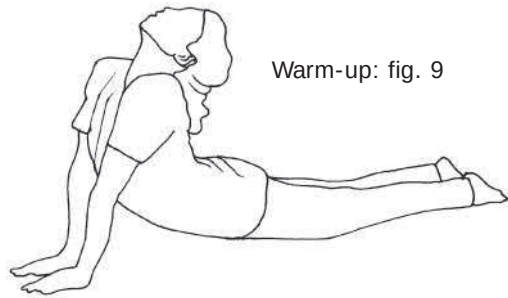
Warm-up: fig. 7

8. Bring your entire body to the floor. Let your legs, knees, abdomen, chest and forehead all touch the ground. Place your arms beside your head.

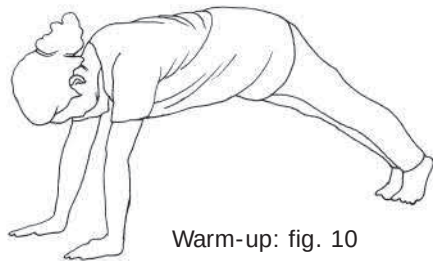


Warm-up: fig. 8

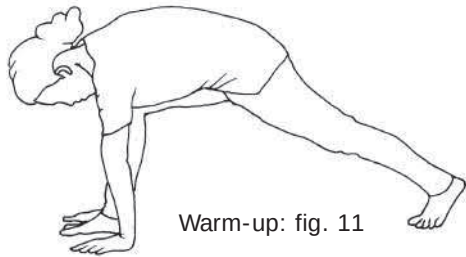
9. Push up with your hands again, arching your back and tilting your head backward. Keep both knees together. (Same as Step 7)



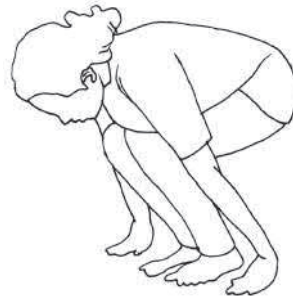
10. Now return to the posture where your weight rests on your hands and toes, with your waist and head parallel to the ground. (Same as Step 6)



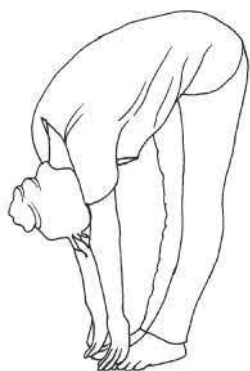
11. Bring your right foot forward between your hands. Left foot remains stretched at the back, resting on the floor. (same as step 5)



12. With knees bent, bring both feet between your hands. Keep your waist and head parallel to the ground. (Same as Step 4)



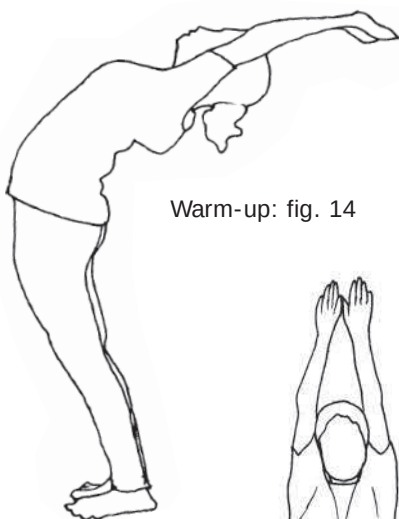
Warm-up: fig. 12



Warm-up: fig. 13

13. Shift your weight onto your feet and straighten your knees. Bring your forehead as close to your knees as possible. Fingertips should touch the floor. (Same as Step 3)

14. Lift your head from your knees and bend your spine backward, tilting your head fully backward. Both hands should now be behind your head. (Same as Step 2)



Warm-up: fig. 14

15. Now raise both arms straight upward, lifting your chest. (Same as Step 1).

Finally, bring your arms down to your sides and stand relaxed. Repeat this energizing sequence 5 to 10 times.

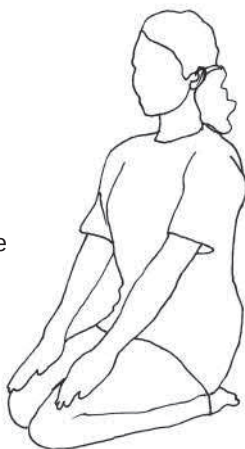


Warm-up: fig. 15

Zazen or Vajrasana

Diamond pose

Diamond pose
fig. 1



Method: First, kneel down by bending both knees. The top of your feet should be flat against the floor, facing upward. Keeping your spine straight, sit back so that your buttocks rest on your heels, ensuring your knees are kept together.

Now, extend both arms straight and place your palms (with fingers extended) facing down flat on your knees (as shown in the figure). Remain in this position for as long as you are comfortable while maintaining natural, steady breathing. Initially, you may feel a stretching sensation in your legs and feet.

If you experience excessive pressure or pain, straighten your legs and take a short break. Then, return to the posture by folding your legs again. Once you can sit comfortably without pain, you may gradually increase the duration and remain in the pose for 10 to 30 minutes.

Benefits

1. Regular practice of Zazen or Diamond pose helps remove accumulated uric acid from the knees and smaller joints. This effectively relieves arthritic or rheumatic pain, helping to keep the legs healthy.
2. Sitting in this pose immediately after each of the three daily meals helps improve digestion.
3. Brushing your hair 100 times while seated in Zazen daily helps prevent premature graying and reduces hair loss.
4. This asana helps shape the lower part of the body.
5. Practicing Zazen after dinner not only enhances digestion but also promotes sound sleep.

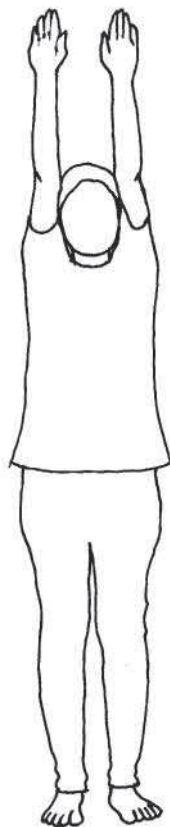
Caution: It is important to remember that you should never force your body into the perfect posture all at once. Instead, ease into the correct form gradually over time.

Hastapadasana Hand-to-feet pose

Method: First, stand upright with a gap of about four to five fingers between your feet, keeping the spine upright. Now, raise both arms straight above your head, keeping them close to your ears. Your palms should face forward (as Figure).

Next, slowly begin to bend your upper body forward. Lower your head and bring your face close to your knees, touching your forehead to your knees. Now, grasp your legs just above the heels with both hands. Keep your knees perfectly straight. Your chest and abdomen should remain in close contact with your thighs. Maintain natural breathing. Hold the position for 10 to 20 seconds. Then slowly return your body to the starting position. You can repeat this 3 to 5 times.

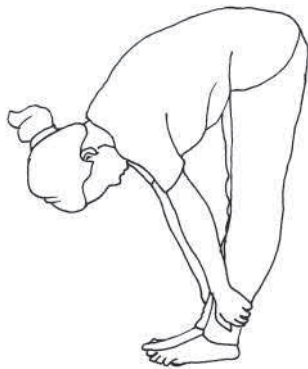
Try to stretch. Reach as far as possible. If you force it, may cause more harm than benefit. If you feel tired, rest in easy relaxation after each repetition.



Hand-to-feet
pose: fig-1

Benefits

1. This posture is ideal for those wishing to increase their height. Young men and women up to the age of 25 can benefit from this posture significantly.
2. Keeps the spine flexible while correcting postural imbalance in the body.
3. Regular practice prevents bloating, constipation and indigestion.
4. It prevents the accumulation of abdominal fat and tones the body by reducing unnecessary fat.
5. The inward pressure applied during this asana stimulates the internal abdominal organs—such as the stomach, liver, spleen and small intestine—helping them function more efficiently.
6. Individuals suffering from low blood pressure will find this asana particularly beneficial.



Hand-to-feet pose: fig. 2

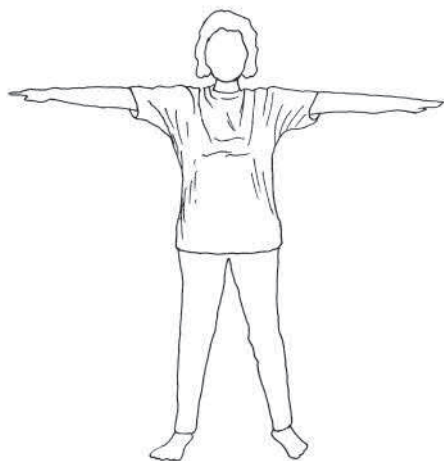


Hand-to-feet pose: fig. 3

Caution: People with any of the following conditions should not practice this asana: high blood pressure, an enlarged spleen or liver, heart disease, a slipped disc, cervical or lumbar spondylitis or a serious eye condition.

Trikonasana Triangle pose

Method: Begin by standing upright. Place your feet about 2.5 to 3 feet apart. Raise your arms to shoulder height. Extend them out to the sides with palms facing downward (fig. 1).



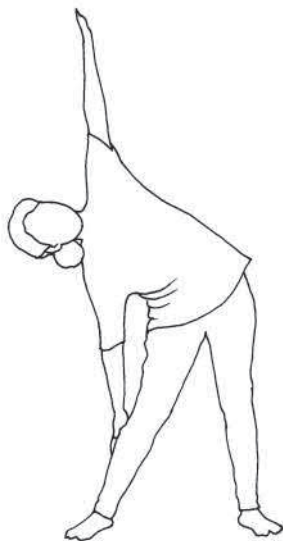
Triangle pose: fig. 1

Keep your body straight from your feet to your waist without leaning forward or backward—slowly bend to the right. Make sure your knees remain straight. Gradually bend to the right and try to touch your foot with your hand. Reach as far as is comfortable for you—do not force it. With regular practice, you will naturally be able to achieve the full posture. Start with the right side. Repeat the same movement on the left side. One full round consists of bending once to the right and once to the left. You may practice 3 to 5 rounds.

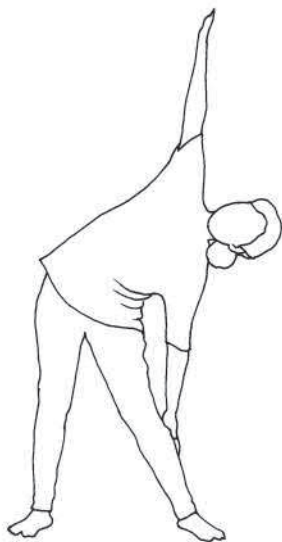
Hold the pose for 10 to 15 seconds on each side. When bending to one side, lower the arm on that side toward the floor while raising the opposite arm over your head. Direct your gaze toward the fingers of the raised hand (as fig. 2).

Benefits

1. Reduces excess fat around the waist, making it look slimmer and well-shaped.
2. The lateral stretch makes the spine flexible and supple. It enhances blood circulation to the spinal column, providing nourishment.
3. Strengthens the back muscles, preventing back pain and other discomfort.
4. Regular practice helps prevent sciatica related issues.
5. Enhances the shape and tone of the arms, legs, chest and back.
6. Improves blood flow to the kidneys, enhancing their overall efficiency.
7. This is vital for keeping the adrenal glands healthy and active. If these glands malfunction, it can lead to low blood pressure, digestive issues, reduced appetite and lethargy. Regular practice prevents these conditions. For this reason, daily practice is recommended.



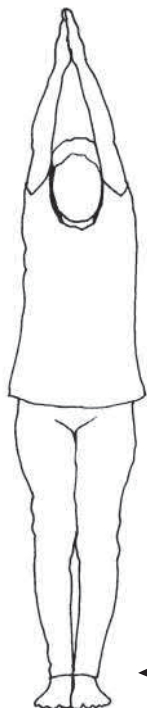
Triangle pose: fig. 2 (a)



Triangle pose: fig. 2 (b)

Ardhachandrasana

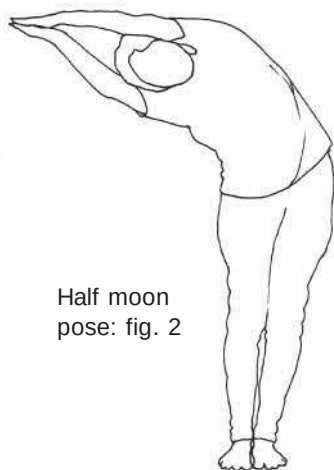
Half moon pose



Half moon
pose: fig. 1

comfortable. Hold the position on each side for 10 to 15 seconds on each sides. Do not force your body to stretch. One full round consists of bending once to the right and once to the left. Practice 3 to 5 rounds in total.

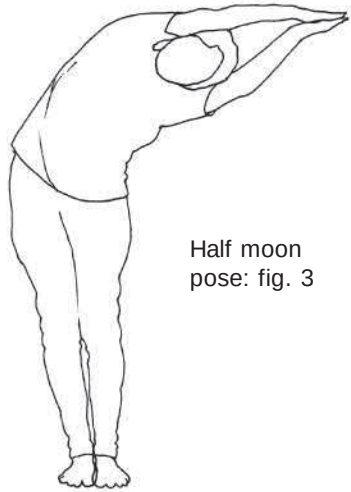
Method: Begin by standing upright with your feet together and your spine straight. Now, raise both arms overhead so that they stay close to your ears. Press your palms together firmly (fig. 1). Maintaining a straight line from your waist to your feet, slowly bend your upper body to the right (fig. 2). Return to the starting position shown in fig-1, then gently bend to the left (fig. 3). Keep your breathing natural and steady. Make sure your body does not tilt forward or backward. To help with this, practice in front of a mirror to verify your posture. Bend only as far as is



Half moon
pose: fig. 2

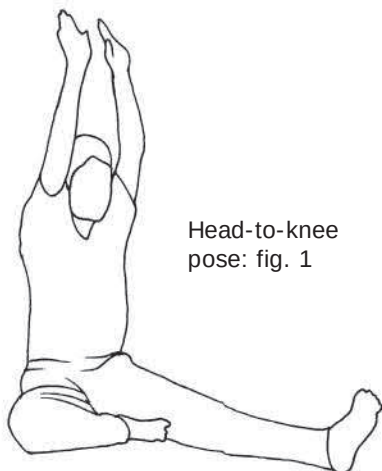
Benefits

1. By increasing blood circulation to the kidneys, this asana keeps them healthy and functioning optimally. Regular practice helps in preventing kidney-related diseases.
2. It keeps adrenal glands healthy.
3. Maintains spinal flexibility and suppleness.
4. The direct pressure applied to the waist prevents the accumulation of excess fat.

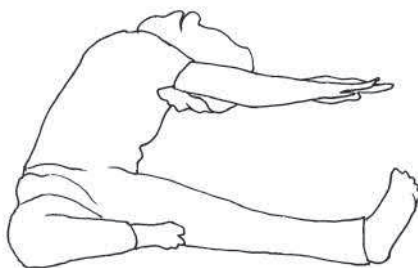


Janushirasana

Head-to-knee pose



Head-to-knee
pose: fig. 1

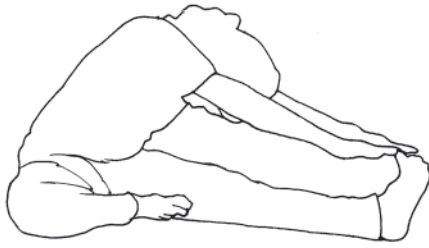


Head-to-knee pose: fig. 2

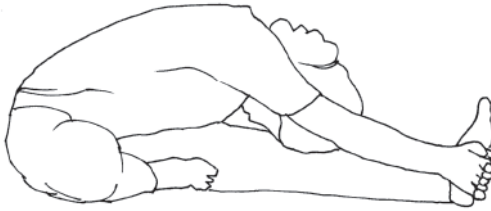
Method: First, sit on the floor with both legs stretched straight in front of you and your spine upright. Now, bend your right knee and place the sole of your right foot against the inner part of your left thigh. The two legs should form a right angle triangle. So your right leg forms a 90 degree angle with the left leg (fig. 1).

Next, breathe naturally and slowly lean forward from the waist. Try to touch your left knee with your forehead (as fig. 4). Reach forward with both hands and hold the big toe of your left foot. Make sure the left knee remains straight and flat on the ground.

Until you achieve full flexibility, lean forward as much as you comfortably can (as fig. 2 & fig. 3). Do not force your forehead to touch your knee. Then repeat the same steps on



Head-to-knee
pose: fig. 3



Head-to-knee
pose: fig. 4

the other side. Hold this position on each side for 10 to 15 seconds. One full round consists of performing the stretch once on the right side and once on the left. Practice 3 to 5 rounds. This posture is called Janushirshasana because, in final position, forehead touches the knee. Janu means knee and Shirsha means head.

Benefits

1. This asana applies pressure to the pancreas, keeping it healthy and active. It also prevents diabetes. People who already have diabetes, regular practice helps to keep blood sugar level under control.
2. The forward-bending motion prevents the accumulation of excess fat in the abdominal area.

Caution: Do not practice this asana if you have any medical condition where forward bending is prohibited.

Shashangasana

Rabbit pose

Method: Begin by sitting in Zazen or Diamond pose. Lift your upper body by supporting yourself on your knees, so you are kneeling upright, keeping your head straight. Then, slowly bend forward, aiming to touch your forehead to your knees. Reach back with both hands to firmly hold your heels. Breathe naturally.



Rabbit pose: fig. 1

Ensure your chin rests against the base of the throat and keep your heels pressed together. Place the crown of your head on the floor, as shown in the fig. 1.

Do not force your body into the final posture right away. Through regular practice, you will gradually achieve the full form comfortably. Once you reach the final posture, hold it for 10 to 20 seconds. If needed, you may rest in Shavasana between repetitions. If you have low blood pressure, you may experience slight dizziness during the initial days of practice. This is normal and there is no need to worry.

Those with sinus issues may initially feel some pressure or pain in the forehead, around the sides of the nose, or in the head. This discomfort typically subsides with continued, regular practice. Repeat this asana 3 to 5 times.

Benefits

1. Regular practice keeps the motor neurons of the nervous system healthy and strong, helping preserve youth for long.
2. Keeps the spine flexible and supple. The elasticity of spinal joints is maintained, enhancing the performance of the lower motor neurons.
3. Improves blood circulation to the tonsils, which helps eliminate tonsil-related issues and reduces frequent colds. With regular practice, tonsil problems may be fully cured—however, if the condition is chronic, consult a doctor.
4. Stimulates blood flow to the pituitary gland, keeping it healthy and active—providing relief from various gynecological issues.
5. Helps maintain normal thyroid hormone secretion.
6. Promotes height increase with consistent practice.
7. Supports healthy functioning of the pancreas, liver and spleen.
8. Increases appetite in people who have a poor appetite.

Bhadrasana Butterfly pose

Method: First, sit with both legs extended forward and keep your spine straight. As shown in the fig. 1, bring the soles and heels together and place them close to the groin. Place your hands on your knees and press the knees down gently. Keep the spine straight. If needed,



Butterfly pose: fig. 1

you may support your back against a wall or the edge of a bed to maintain an upright posture. Hold this position for 20 to 30 seconds. Maintain natural breathing throughout the posture. Repeat this asana 3 to 5 times. You may also hold the posture continuously for 1 to 3 minutes, if you are comfortable. Afterward, straighten your legs, rest for a moment and then proceed to the next asana.

Benefit

1. This is exceptionally beneficial for managing all types of menstrual cycle-related disorders. It plays a vital role in maintaining the health and efficiency of the reproductive glands. (Menstrual problems are discussed in detail in another chapter of this book.)

Gomukhasana

Cow face pose



Cow face pose: fig. 1



Cow face pose: fig. 2

Method: Sit on the floor with your spine straight and both legs extended forward. Now, bend the left knee, bringing the left leg under the right leg so the left heel rests beside the right hip. The left heel should touch the right hip, but don't force it—with regular practice, it will become easier.

Next, bend the right knee and bring the right leg over the left thigh, so that the right heel touches the left hip. The top of the foot should rest flat on the ground (fig. 1).

Now, raise your right arm over your right shoulder and place it on your back as far down as you can reach. The palm should face the back. Then, take your left arm behind your waist, reaching up to try and clasp the right hand (fig. 2). clasp your hands together behind your back. The arm corresponding to the leg on top should go over the shoulder

and stay close to the ear. If the left leg is on top, the left arm goes over the shoulder. If the right leg is on top, the right arm goes over the shoulder.

Keep your spine and body upright at all times—do not lean forward, backward or to either side. Maintain the pose with the right leg on top for 20 to 30 seconds with natural breathing. Then switch the positions of your legs and arms and repeat for another 20 to 30 seconds. One complete round consists of practicing both sides.

Perform 3 to 5 rounds. Once you are comfortable, you may hold the pose for 1 to 3 minutes on each side in a single stretch. Do not worry if you can not keep your hands clasped for even 20 seconds.

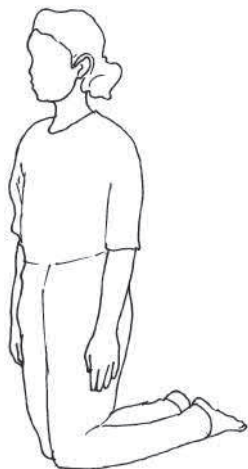
Practice as much as you can comfortably—even that will yield results. With consistent practice, your flexibility will naturally increase. Gomukh means cow's face. The name 'Gomukhasana' comes from the fact that when one knee is stacked precisely over the other, the posture resembles the shape of a cow's face.

Benefits

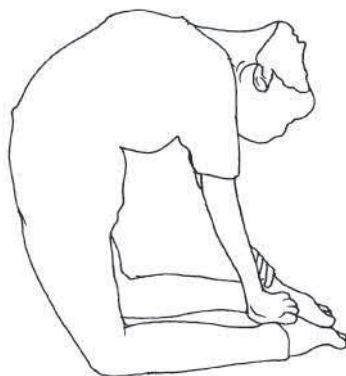
1. This asana helps to get relief from mental stress and reduces nervous tension, promoting a sense of calm.
2. Regular practice prevents arthritis and rheumatic pain in the knees.
3. It is exceptionally beneficial for the joints of the hands and shoulders.
4. Regular practice helps prevent gynecological problems and makes it easier to maintain sexual self-control.
5. This asana is highly effective for those suffering from frozen shoulder who have difficulty raising their arms.

6. Regular practice helps prevent piles, arthritis, sciatica and burning sensation during urination.
7. Those who experience a persistent, needle-like or 'stabbing' pain in the shoulders after long hours of work will find significant relief through this asana.
8. Those who do not sleep well can relieve insomnia by practicing vajrasana after dinner and gomukhasana before going to bed.

Ustrasana Camel pose



Camel pose: fig. 1



Camel pose: fig. 2

Method: Begin by kneeling on the floor, supporting yourself kneel on the floor as shown in fig. 1. Keep both knees and feet together and the spine straight. Your shins and the top of your feet should rest flat on the ground. Now, while maintaining normal breathing, reach back with both hands and hold your heels. Push your chest and abdomen forward as much as possible, while bending your neck and head backward, forming a shape similar to a bow. Hold this final position for 10 to 15 seconds, then slowly return to the starting position. Repeat this process 3 to 5 times. If you find it difficult to keep your knees and feet together initially, keep a slight gap between them to make the posture more stable. If you are

unable to hold both heels at once, Start by holding one heel with one hand and using the other hand for support against the edge of a bed or a wall. You can alternate hands: try holding the right heel with the right hand and then the left heel with the left hand. With a few days of consistent practice, you will gradually be able to perform the full posture properly. This pose is called Ustrasana because in the final position, the middle of the body rises up and resembles the hump of a camel.

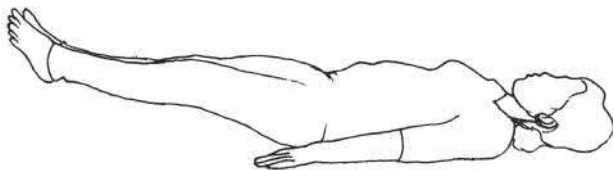
Benefits

1. This asana is highly beneficial for those suffering from constipation. Drinking a glass of water every morning followed by the regular practice of camel pose provides significant relief.
2. Regular practice of this pose helps prevent excess fat from building up around the abdomen. If excess fat is already present, it helps reduce it, resulting in a slim, well-toned waist and midsection.
3. It increases the body's ability to tolerate heat and cold.
4. It improves the function of the heart and lungs and keeps the thyroid, parathyroid glands and tonsils healthy and active. By ensuring sufficient blood circulation to the adrenal glands, it helps maintain their health and vitality.

Caution: Do not practice this asana if you are suffering from heart or lung disease until you have fully recovered.

Utthitapadasana

Leg raise pose



Leg raise pose: fig. 1

Method: Begin by lying flat on your back with both legs straight and joined together. Place your arms beside your body, palms resting flat on the ground. Now, while maintaining normal and steady breathing, slowly raise both legs. Slowly raise both legs and hold them at the height where you feel the most pressure in your abdomen, as shown in the fig. 1. Hold this position for 10 to 30 seconds. Repeat the process for 3 to 7 rounds. If needed, take a break in Corpse pose between rounds. During the initial days of practice, you may feel considerable pain in the abdominal area. Do not be alarmed; this is normal. With regular practice, this discomfort will eventually disappear.

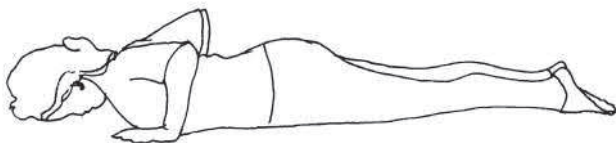
Benefits

1. Those with excess abdominal fat can reduce it effectively by increasing the repetitions. This helps in toning the midsection of the body.

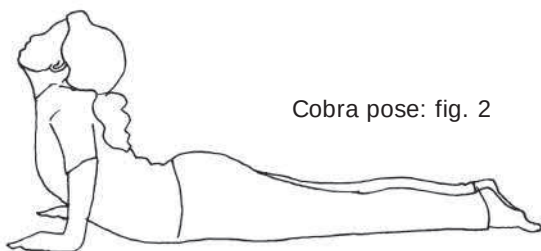
2. Regular practice of this asana significantly reduces the risk of developing hernia.
3. This asana ensures abundant blood circulation to the ovaries, which helps prevent gynecological disorders. If such issues already exist, consistent practice helps in their recovery over time.
4. It is particularly beneficial for women suffering from a prolapsed uterus.
5. Improves digestion. Keeps the abdominal muscles, nervous system, liver and spleen healthy and active.

Bhujangasana

Cobra pose

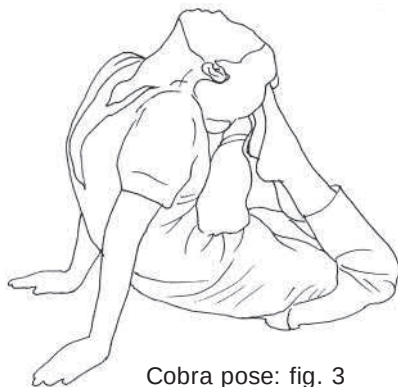


Cobra pose: fig. 1



Cobra pose: fig. 2

Method: Lie down flat on your stomach with your legs straight and feet together. Initially, you may rest your head on the floor, turned to either left or right side. Place your arms along the sides of your body with your palms facing down. Now, bring your hands forward and place them flat on the floor beside your chest, aligned with your shoulders (as fig. 1). Supporting your weight on your palms, slowly lift your head and chest off the floor. Keep your body straight from the waist down to your toes, with your legs joined. Ensure your navel remains in contact with the floor. Breathe naturally. Maintain this posture for 10 to 15 seconds (fig. 2). Repeat this asana 3 to 5 times. If needed, rest in Shavasana for 10 seconds between repetitions.



Cobra pose: fig. 3
(Full cobra pose)

From the initial cobra position, support your weight on your palms and arch your head, chest and abdomen further backward. Simultaneously, bend both knees and bring your feet toward your head, attempting to touch the crown of your head with the soles of your feet (as fig. 3). The navel will rise above the floor. Hold this position for 10 to 15 seconds. Repeat 3 to 5 times. Figure 3 is known as Full cobra pose.

Bhujanga means snake. It is called bhujangasana because the final posture resembles a cobra with its hood raised.

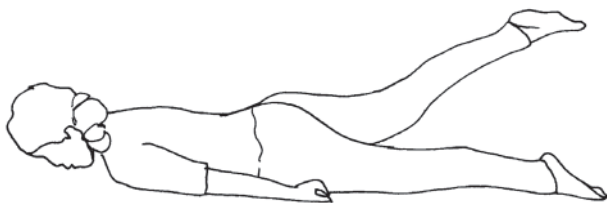
If you find it difficult to keep your legs joined initially, you may practice with your legs slightly apart for comfort. As your body becomes more flexible over time, you can gradually perform the asana with correct alignment. Do not force the movement beyond your current limit.

Benefits

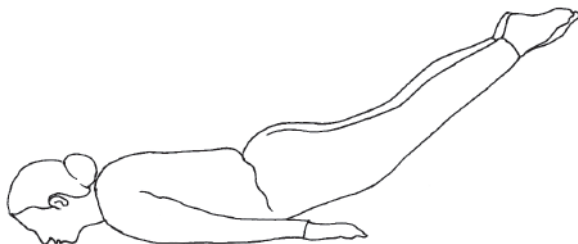
1. Regular practice of this asana helps prevent back pain, spondylitis and conditions like slipped discs.
2. This asana acts as a powerful remedy for all types of gynecological disorders. It is recommended to practice this posture daily.

3. It is particularly beneficial for children or adolescents whose chest development is narrow or underdeveloped for their age. Regular practice helps in developing a well-formed chest.
4. By applying targeted pressure to the neck, throat, face, chest, back, waist and spine, it keeps the nervous system and muscles in those regions active and rejuvenated. It strengthens and increases efficiency of back muscles.
5. It ensures the vertebrae of the spine remain flexible and supple.
6. It is beneficial for relieving tonsillitis and helps those who frequently suffer from common colds.
7. This asana is very helpful for patients with high blood pressure. Emotional stress and anxiety increase adrenaline levels in the blood which raises blood pressure. Regular practice optimizes the efficiency of the adrenal glands, helps to reduce blood pressure by regulating adrenal functions.
8. The Half cobra pose offers benefits similar to those of the Full cobra pose.
9. Consistent practice of this asana improves digestion and ensures the liver and spleen remain healthy and functional.

Ardhashalabhasana Half locust pose



Half locust pose: fig. 1



Full locust pose: fig. 2

Method: Begin by lying down flat on your stomach. Keep your arms straight along the sides of your body. Make fists and place your hands on the floor beside your body. Keep your chin resting on the floor throughout the exercise.

Maintain normal breathing and slowly lift your right leg upward as high as possible. Keep the leg straight and do not bend the knee. Ensure your left leg remains flat on the floor and the raised leg does not tilt to the left or right. Hold this position for 10 to 15 seconds. Lower the right leg and repeat the same process with your left leg, keeping the right leg on

the floor. Lifting the right leg once and the left leg once constitutes to one full set (round). You may perform 3 to 5 sets in this manner. Once you become accustomed to lifting each leg individually, you may progress to lifting both legs together (as fig. 2) without bending the knees or lifting your head. This variation is known as full locust pose.

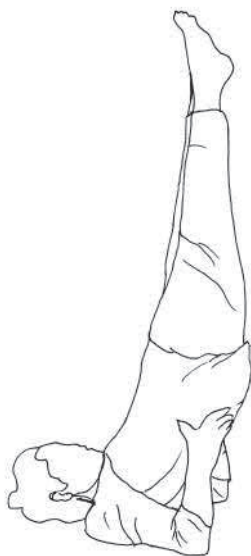
Benefits

1. Regular practice of this asana prevents back pain, sciatica and lower abdominal pain during menstruation. It serves as an excellent exercise for the entire lower body.
2. It prevents the accumulation of excess fat around the waist and lower abdomen.
3. This asana is highly effective in relieving lower back pain caused by conditions such as slipped discs, lumbar spondylitis or a retroverted (tilted) uterus.
4. It strengthens the muscles of the buttocks and back, providing better support for the spinal column. This increased muscular strength helps prevent the occurrence of a slipped disc.
5. Consistent practice alleviates sciatica pain caused by a slipped disc.

Sarvangasana Shoulderstand pose

Method: Lie flat on your back with your legs straight and arms resting by your sides. Supporting your weight on your elbows, raise both legs together upward. Place your hands on your lower back to support your body much like a prop supporting a tree. Make sure your chin is pressed firmly against the base of your throat. Keep your head, neck and shoulders flat on the ground (as shown in fig. 1). Maintain normal breathing. Hold this position for 10 to 15 seconds. You may repeat this 3 to 4 times after resting

briefly between repetitions. Once you are comfortable, you can hold this position continuously for 1 to 3 minutes at a time. This pose is called Sarvangasana because it engages every part of the body. If you find it difficult to balance initially, you may practice this asana by resting your legs against a wall for support. Alternatively, you may have someone assist you by holding your legs in place until you gain enough strength and balance to perform it independently.



Shoulderstand
pose: fig. 1

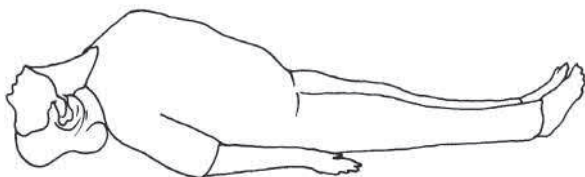
Benefits

1. It helps preserve youthfulness for a long period of time.
2. This asana stimulates abundant blood circulation to the thyroid, parathyroid and tonsils. Keeps them healthy and rejuvenated. It also facilitates optimal secretion of hormones from the endocrine glands.
3. The pituitary gland plays a vital role during puberty. Its optimal activation triggers the natural onset of puberty in young women and supports the healthy and graceful development of the female body.
4. This asana is highly beneficial for those suffering from constipation, a retroverted uterus or piles.
5. Regular practice of this asana helps a displaced uterus return to its correct, natural position.

Caution: Individuals with heart conditions and children under the age of 12 should not practice this asana. Matsyasana or Fish pose must be practiced after Sarvangasana.

Matsyasana

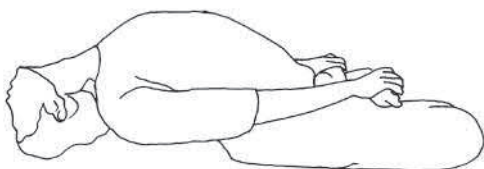
Fish pose



Easy fish pose: fig. 1

Method: Lie flat on your back with your legs together and straight. Place your arms along the sides of your body with your palms facing down. Keeping your hips on the floor, use the support of your elbows and forearms to lift your chest upward. Gently tilt your head back until the crown of your head rests on the floor (fig. 1). Breathe normally. Hold this posture for 10 to 15 seconds. Repeat the sequence 3 times.

Fish pose: fig. 2



Fish pose: fig. 3

Once you are comfortable, you may hold it for 1 to 2 minutes in a single session.

Now sit in Lotus pose. While keeping your legs in Lotus pose, slowly lean back and lie down on your back, using your elbows for support (as fig. 2). Then arch your chest and abdomen upward toward the ceiling, resting the crown of your head on the floor. Reach forward and hold the big toes of your feet with your hands. Keep your breathe normally (as fig. 3).

Hold this posture for 10 to 15 seconds. Repeat the sequence 3 times. Take short break between each round. Once you are comfortable, you may hold it for 1 to 2 minutes in a single session. This asana should always be practiced as the counter-pose to Sarvangasana or Shoulderstand pose.

Benefits

1. This asana promotes abundant blood circulation to the pituitary, thyroid, parathyroid and thymus glands helping to keep these endocrine glands healthy and functional.
2. Regular practice is exceptionally beneficial for those suffering from asthma, common colds, coughs, bronchitis and tonsil issues.
3. It provides an excellent workout for the muscles and nerves along the neck, shoulders and both sides of the spinal column.
4. This asana helps in developing a well-toned chest.

Utkat Asana Chair pose

Method: Stand upright with your spine straight. Keep your feet about one foot apart or slightly less, as you feel comfortable. Extend both arms straight out in front of you (as fig. 1) with your palms facing downward parallel to the floor. Then slowly lower your hips into a squatting position, as if you are sitting on an imaginary chair. Breathe naturally. Hold this posture for 10 to 15 seconds. Repeat 3 to 5 times. Only hold the pose for as long as you are comfortable. With regular practice, you can gradually increase the duration to the recommended time.



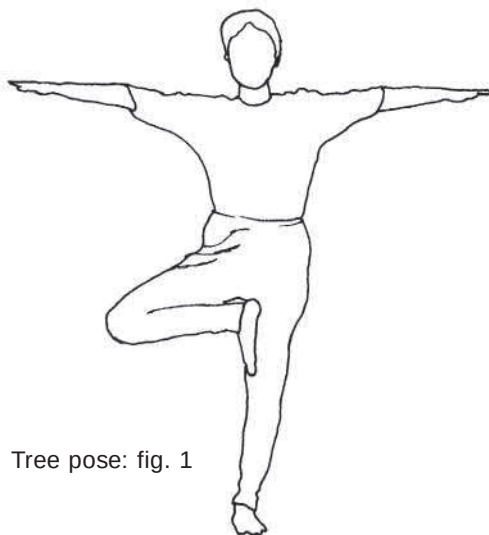
Chair pose: fig. 1

Benefits

1. This asana significantly builds lower body strength. It is especially beneficial for individuals who experience weakness or fatigue while walking or climbing stairs.
2. It applies pressure on the waist and spine and helps to prevent lower back pain.
3. Due to the intensive engagement of the thigh muscles, this is effective for reducing excess fat, creating a more defined and sculpted appearance.

Brikshasana

Tree pose



Tree pose: fig. 1

Method: Begin by standing straight on the floor with your spine straight and both legs together. Now (as fig. 1), lift your right leg and place the sole of your right foot high up against the inner side of your left thigh. The right foot should be firmly pressed against the left thigh. To maintain your balance, initially extend your arms out to the sides at shoulder level. Once balanced, slowly raise your arms above your head and join your palms together (as fig. 2). Hold this pose for 10 to 15 seconds. Repeat the same steps by lifting the left leg and placing it against the right thigh and joining the palms overhead. Hold this pose for 10 to 15 seconds. Maintain

normal breathing. Performing the pose on both the right and left sides completes one round. You may practice this for 3 to 5 rounds.

Benefits

1. This asana is vital for strengthening the legs. Regular practice helps prevent aching or tingling in the arms and legs. It also improves blood circulation in the primary arteries of the legs, ensuring that the muscles and nerves are well-nourished and rejuvenated.
2. It strengthens the muscles around the waist.
3. Regular practice leads to well-shaped and toned legs.



Tree pose: fig. 2

Mandukasana Frog pose

Method: Begin by sitting in Diamond pose. From this position, gradually spread your knees apart as far as possible (as fig. 1). Place your right hand on your right knee and your left hand on your left knee. Keep your spine straight. Maintain this position for 10 to 15 seconds. Return to the Diamond pose and relax your legs. You may repeat this 3 to 5 times.



Frog pose: fig. 1

Once you are comfortable, you can hold this posture continuously for 2 to 3 minutes. Keep your breathing natural throughout the practice.

Benefits

1. This asana is especially beneficial for those suffering from sciatica pain, as it helps relieve pressure on the sciatic nerve.
2. Regular practice helps prevent arthritis and joint pain in the knees.

Ardhamatsyendrasana

Half lord of the fishes pose



Half lord of the
fishes pose: fig. 1 (Front)



Half lord of the
fishes pose: fig. 2 (Back)

Method: Sit on the floor with your legs extended in front of you and your spine straight. Now, bend your left leg and slide it under your right leg, bringing the left heel to rest against the outside of your right thigh. Keep the sole of the foot facing upward. Next, cross your right leg over your left thigh and place the sole of your right foot flat on the floor next to your left knee. Ensure your right toes are pointing forward (as fig. 1). Bring your left arm over the outside of your right knee and hold your left knee with your left hand. Reach your right arm behind your back and rest the back of your right hand against the left side of your waist, with the palm facing upward. Turn your head and torso as far as possible to the

right, attempting to look over your shoulder (as fig. 2). Maintain natural breathing throughout the pose. Hold this position for 10 to 15 seconds. Practice once with the right leg on top and the right arm behind your back. Then repeat with the left leg on top and the left arm behind your back. Practice on both sides to complete one full round. Perform 3 to 5 rounds. Always begin the twist to the right, then repeat to the left. As your endurance and flexibility increases, you may extend the hold to one minute per side, totaling two minutes per round.

Avoid forcing your body into the final posture. Practice only within your comfort zone. As your flexibility improves, correct alignment will come naturally. Even a partial twist yields significant benefits.

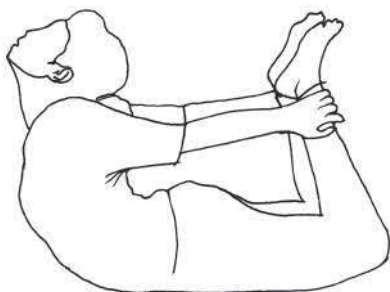
Caution: The arm reaching behind should always match the side of the top crossed leg.

Benefits

1. This asana is exceptionally beneficial because it applies targeted pressure to the middle vertebrae, which is essential for increasing spinal flexibility. It rejuvenates and activates the neural pathways in the central spine.
2. Practicing this asana regularly from a young age helps prevent spinal disorders later in life.
3. It stimulates blood circulation to the liver, spleen, stomach, kidneys, ovaries and adrenal glands ensuring these vital organs function optimally.
4. This is an excellent corrective exercise for individuals with uneven shoulders.
5. This is the only asana providing a twist to the spine, making it an important practice for people who do not engage in regular sports and physical activities.

Dhanurasana

Bow pose



Bow pose: fig. 1



Bow pose: fig. 2

Method: Lie flat on your stomach with your body straight and arms resting at your sides. Bend your knees and lift your thighs off the floor, bringing your heels toward your buttocks (as fig. 1). Keep your abdomen firmly pressed against the floor. Raise your chest and neck upward. Reach back with both hands and firmly grasp your ankles. Your arms should remain stretched. Maintain natural, steady breathing. Then, lift your knees as high as possible while attempting to keep them together. Direct your gaze upward. Hold the final bow-like posture for 10 to 15 seconds. In the early stages, if keeping

the knees together is difficult, you may practice with your legs slightly apart (as fig. 2). As your flexibility improves, aim to perform the asana as shown in fig. 1. The name is derived from the word 'Bow', as the body resembles a bow in the final posture.

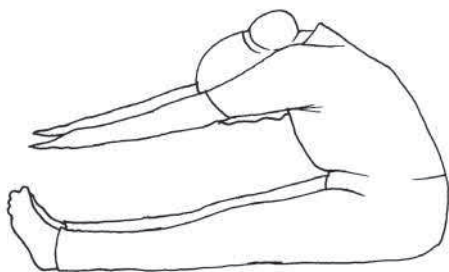
Benefits

1. Keeps the kidneys, thyroid and adrenal glands healthy and functioning normally.
2. Effectively relieves constipation.
3. By exerting significant pressure on the back muscles, it increases blood circulation to the spinal nerves, maintaining their optimal health and function.
4. Individuals with excess fat around the waist or an underdeveloped chest or ribcage will significantly benefit from practicing this asana regularly.

Caution: Individuals suffering from goiter should avoid this asana. Those with lumbar spondylitis should not practice this asana because, the posture exerts significant pressure on the lumbar vertebrae, it may aggravate lower back pain.

Paschimottanasana

Seated forward bend pose



Seated forward bend pose
fig. 1 (Easy posture)

Seated forward bend pose
fig. 2 (Exact posture)



Method: Begin by sitting on the floor with both legs extended straight in front of you and your spine upright. Now, slowly lean forward from the hips, lowering your head as far as possible while keeping your knees perfectly straight. Reach forward with both hands to grasp your big toes (as fig. 1). Ideally, your elbows should rest on the floor. Maintain natural breathing throughout the process. Practice this modification for a few days until your body becomes more flexible. Once you are comfortable, you will be able to perform the final correct posture (as fig. 2).

Final posture is like—keep both legs pressed flat against the floor. Rest your forehead on your knees. Position both

elbows so they rest comfortably on the floor. Securely hold your big toes with your fingers (as fig. 2). Maintain natural and steady breathing. If your primary goal is to reduce abdominal fat, repeat the posture 7 to 10 times. Performing the asana 3 to 5 times is sufficient for daily practice.

Benefits

1. Reduces abdominal fat and helps in achieving a well-proportioned body shape.
2. It puts pressure on the muscles of the lower abdomen and helps keep them active.
3. Highly beneficial for those suffering from indigestion or general abdominal discomfort.
4. It helps alleviate dysentery and prevents the formation of excess gas in the stomach.
5. Especially effective for both the spine and the abdominal region.
6. In children and teenagers, regular practice can help in increasing height.
7. Keeps the pancreas and bladder healthy.

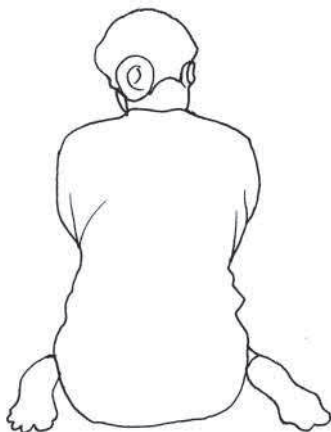
Caution: Individuals suffering from hernia or appendicitis should not practice this asana until they have fully recovered. Additionally, those with an enlarged or diseased liver or spleen are advised to avoid practicing this asana.

Sarayana

Lion pose



Lion pose: fig. 1
(Front)



Lion pose: fig. 2
(Back)

Method: Begin by sitting in Diamond pose. Keeping your knees pointing forward, spread your feet apart behind you so they are positioned on either side of your thighs. Lower your hips until your buttocks rest firmly on the floor (as fig. 2). Place both hands on your knees and keep your spine straight. Now, inhale deeply through your nose. Lower your head and bring your chin as close to your throat as possible. Simultaneously, extend your tongue out as far as possible toward your chin. Exhale forcefully through your mouth while

making a distinct 'Ah-h-h' sound from your throat (as fig. 1). Inhale through the nose and exhale through the mouth with the tongue extended, repeating the 'Ah-h-h' sound. Perform this asana 5 to 6 times. There is no strict time limit; you may continue the practice as long as necessary.

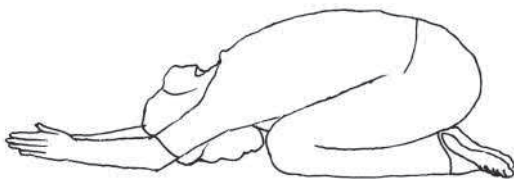
Benefits

1. This asana enhances the quality of the voice. Making it clearer, melodic, more resonant and attractive.
2. It is exceptionally beneficial for those suffering from tonsillitis.
3. Individuals who have hearing difficulties due to thickened eardrum will find this asana especially helpful.
4. Regular practice helps in overcoming stammering.

Ardhakurmasana

Half tortoise pose

Method: Begin by sitting in Diamond pose, slowly bend forward from the waist, bringing your torso toward your thighs. Continue



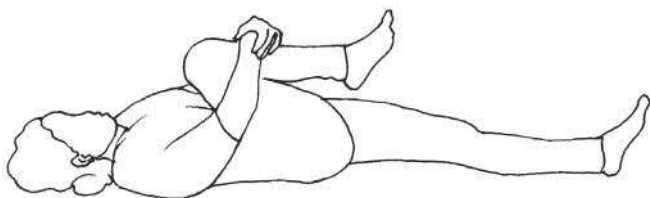
Half tortoise pose: fig. 1

until your forehead rests gently on the ground. Ensure your buttocks remain firmly seated on your heels throughout the movement. Extend both arms forward, keeping the palms pressed together. Ensure that your lips and chin do not touch the floor and that your arms remain close to your ears. Maintain natural breathing. Hold this posture for 10 to 20 seconds (as fig. 1). Once you have fully mastered the asana, you may hold for up to one minute. In that case, performing it once is sufficient.

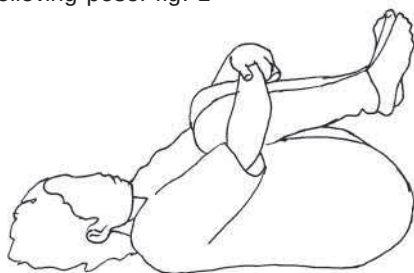
Benefits

1. This asana significantly builds physical strength. It is highly effective in preventing arthritis in the knees and ankles. It also provides substantial relief for those already suffering from these conditions.
2. Effectively reduces excess fat from the abdomen and buttocks.
3. Promotes healthy blood circulation to the liver, ensuring it remains healthy and functions optimally.

Pavanmuktasana Wind-relieving pose



Wind-relieving pose: fig. 1



Wind-relieving pose: fig. 2

Method: Begin by lying flat on your back in a relaxed position. While maintaining natural breathing, lift your right leg and bend the knee toward your chest. Clasp the knee firmly with both hands, pressing the thigh against your abdomen (as fig. 1). If the thigh does not easily touch the abdomen, place a folded towel on your stomach to bridge the gap and ensure the necessary pressure is applied. With a few days of practice, your knee will naturally reach your chest.

Hold the right leg against the chest for 10 to 15 seconds (as shown in figure). Next, hold the left leg against the chest.

Straighten both legs on the floor, then bend both knees together. Bring them to your chest simultaneously and hug them tightly (as fig. 2). One full round consists of the right leg, then the left and finally both legs together. Perform 3 to 5 rounds.

Caution: Always begin this asana with the right leg. Starting with the left leg can cause gas trapped in the colon to move backward—from the descending colon to the ascending colon—rather than being released. To ensure proper expulsion, always lift the right leg first.

Benefits

1. This asana prevents the accumulation of gas in the abdominal region and effectively facilitates its expulsion. It prevents gas from building up in the abdomen and helps expel trapped gas.
2. Regular practice is highly beneficial for those suffering from asthma.
3. It improves the function of the stomach, small intestine, liver and spleen, thereby improving digestion.

Halasana Plow pose



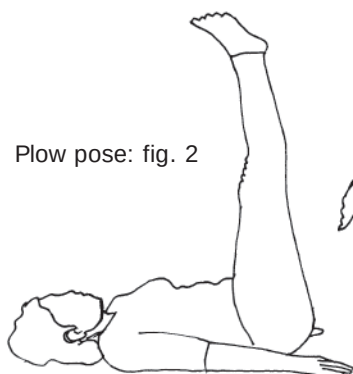
Plow pose: fig. 1

Method: Begin by lying flat on your back. Place both arms beside your body, with palms facing downward (as fig. 1). Now keeping your legs together, lift them toward the ceiling (as fig. 2). Then with both legs still joined, continue the movement by lifting your lower body off the floor and lower your joined legs over and behind your head (as fig. 3). With regular practice, you will gradually be able to bring your legs completely behind your head so that your big toes touch the floor (as fig. 4). Keep your breathing natural.

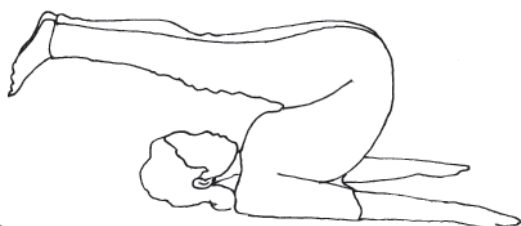
Maintain this posture for 10 to 15 seconds. Slowly return to the starting position (fig. 1). Rest for 10 seconds before repeating the process. You may perform this asana 3 to 5 times. Once you are flexible enough, you may remain in the final position for up to one minute in a single session.

Benefits

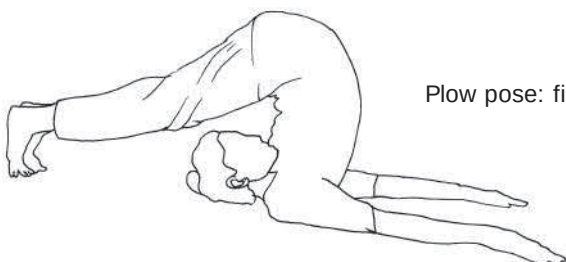
1. Reduces abdominal fat and prevents the accumulation of excess fat around the waist and hips.
2. The health of the thyroid gland, located in the throat, plays a crucial role in regulating body weight. An



Plow pose: fig. 2



Plow pose: fig. 3

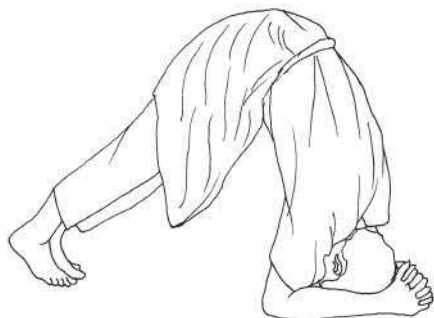


Plow pose: fig. 4

underactive thyroid (low hormone secretion) can lead to excessive weight gain. An overactive thyroid (excessive hormone secretion) can cause nervous tension, goiter, extreme thinness, bulging of the eyes and an increased heart rate. This lead to rapid unhealthy weight loss. This asana improves blood flow to the thyroid, keeps it healthy and helps maintain normal hormone secretion.

3. Effectively helps in relieving tonsil problems.
4. Exerts a healthy pressure on the digestive system, making its functions more dynamic and efficient.
5. Helps relieve and prevent constipation.
6. Maintains the youthfulness, elasticity and flexibility of the spinal column.
7. Regular practice helps prevent and treat conditions such as diabetes, arthritis, sciatica and gynecological disorders.

Shirshasana Headstand pose



Headstand pose: fig. 1



Headstand
pose: fig. 2

Method: Begin by sitting in Diamond pose. Now, lean forward and interlock your fingers firmly, placing your elbows on the floor. Rest the crown of your head on the floor, cradled by your interlocked fingers (as fig. 1). Maintain this position for 20 to 30 seconds. Rest for 10 seconds in between and repeat 2 to 3 times. Even those who cannot do the full headstand pose will gain some benefits by practicing this preparatory position.

Maintain natural breathing. Place your elbows on the floor approximately one foot apart. Interlock your fingers securely to create a stable base. Balance your weight on your forearms and elbows.

If needed, use the support of a wall to lift your legs upward (as fig. 4). Maintain this position for 20 to 30 seconds

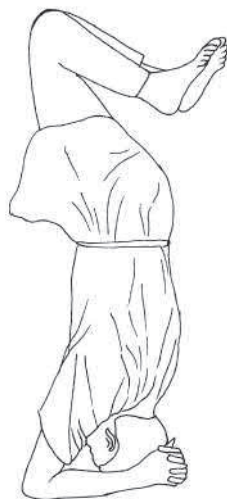
while keeping your breathing natural. Perform this 2 to 3 times. Rest in between.

If you find it difficult to lift your legs alone, you may ask a partner to help lift and hold your joined legs upward. With regular practice, as you gradually master the asana, you'll be able to hold Shirshasana independently for 1 to 3 minutes, without any external support. After completing the asana, it is essential to rest in corpse pose.

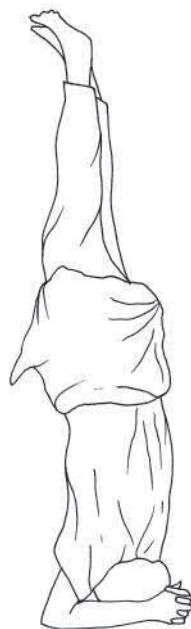
Caution: Individuals suffering from high blood pressure, heart disease or any serious eye conditions should not practice Shirshasana.

Benefits

1. During Shirshasana, a significant amount of blood flows toward the brain—our powerful biological computer. This asana stimulates the hypothalamus, a part of brain which acts as the master regulator of our body's hormone secretion system.
2. The brain is the control center for our senses including vision, memory, hearing and touch. Practicing this asana regularly ensures the health and optimal functioning of these neural centers located in the brain.



Headstand pose: fig. 3



Full headstand pose: fig. 4

3. Consistent practice of Shirshasana provides relief from headaches.
4. Increased blood circulation to the face nourishes the sensory organs and prevents diseases of the eyes, ears, nose and teeth.
5. By boosting blood flow to the pituitary gland, this asana significantly enhances its overall efficiency. This also improves functions of all the other glands and keeps the entire nervous system healthy and active.
6. Enhances the efficiency of the tonsils.
7. For women, regular practice of this asana helps correct a prolapsed uterus, helping it return to its normal position.
8. This asana is also effective in treating and preventing leucorrhea, piles, hydrocele, asthma, chronic headaches and sluggishness.

Padmasana Lotus pose



Half Lotus pose: fig. 1



Lotus pose: fig. 2

Method: Begin by sitting on the floor with both legs stretched out straight in front of you. Now, fold your right leg at the knee and place the right foot on your left thigh. Similarly, fold the left leg and place the left foot on your right thigh. Ensure both heels are tucked in close to the lower abdomen (as fig. 2). Place both hands on your knees. Place your palms facing upward and form a mudra by joining the thumb and index finger (as shown in the figure). Keep your spine straight and maintain normal breathing.

While sitting in this position (as fig. 2) Inhale slowly and deeply through your nose, allowing your chest to expand. Hold your breath for about 5 to 7 seconds, then exhale completely. As you exhale, your abdomen should naturally

contract inward. The exhalation should be slightly longer than the inhalation. You may sit in Padmasana and practice Pranayama for 1 to 5 minutes. You can switch the position of your legs if needed for comfort.

Until you are comfortable doing the full pose, start with Half lotus—folding one leg at a time (as fig. 1). Do not force your body into the position if you are not yet flexible enough. With regular practice, your body will naturally adapt, allow you to perform the asana correctly and with ease.

Benefits

1. Enhances concentration and helps steady the mind.
2. Prevents pain in the legs and arthritis in the knees. Regular practice keeps the joints of the legs healthy, strong and flexible.
3. Practicing Pranayama (breathing exercises) while seated in Padmasana improves lung function. If practiced from childhood, it can help to prevent the onset of asthma.
4. Promotes a healthy, radiant and beautiful facial complexion.
5. The spine remains naturally straight during this asana, making it highly effective in correcting minor spinal curvatures when practiced regularly. It also stimulates and activates the nerves originating from the spinal cord to various parts of the body, helping them function properly.

Drishtidan Eye exercise

Method: Sit in Lotus pose or any comfortable position. Regardless of the pose, ensure your spine is kept straight and upright. Fix your gaze on a specific point or mark on the floor in front of you for one second (as fig. 1). Then, look directly upward at a pre-selected point on the ceiling and hold your gaze for one second (as fig. 2). Next, choose a point on the ceiling to your far right. Rotate your eyeballs to look at that point and hold for one second (as fig. 3). Return your gaze to the floor point (as fig. 1). First select the points, start with the right side then repeat the left. Follow the pattern: Down, up, right and down. Repeat this eyeball rotation 7 to 10 times. Follow the same process for the left side: down, up, left and down.

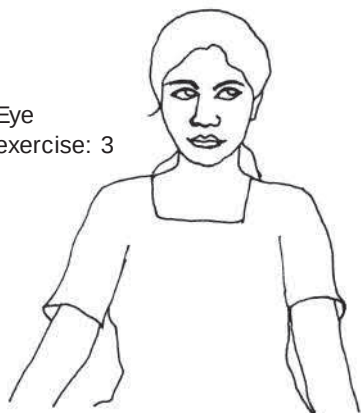


Eye exercise: 1
(Eyesight downwards)



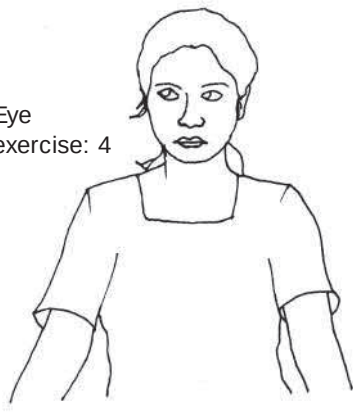
Eye exercise: 2
(Eyesight upwards)

Eye
exercise: 3



Eyesight upwards right

Eye
exercise: 4



Eyesight upwards left

Repeat this rotation 7 to 10 times (as figure 4). Each time you shift your gaze, pause for one second. Keep your spine upright throughout the practice. Do not move your head. The movement must be performed solely by rotating the muscles of the eyeballs.

Benefit

1. This asana is specifically designed for eye health. It improves eyesight. It can provide relief from eye allergies. By increasing blood circulation to the optic nerves, it keeps the eyes healthy. Practicing this from a young age helps to maintain perfect eyesight and may prevent the need for corrective glasses later in life.

Caution: Do not perform this exercise if you are suffering from any serious eye disease. Consult a doctor if necessary. If you have had retinal surgery or are experiencing any retinal problem, do not practice this exercise. Additionally, strictly avoid any movements that involve bending your head forward or looking downward. Do not perform any Pranayama.

Supta Bhadrasana

Reclining gracious pose

Method: Begin by lying down flat on your back in a straight position. Now, bend both knees with the help of your hands, bring the soles of your feet together. Bring your joined feet toward your body, pulling the big toes



Reclining gracious pose: fig. 1

toward the center of your chest. Hold them firmly in this position, ensuring your grip does not loosen (as shown in the fig. 1). Hold this posture for 10 to 15 seconds. Maintain natural and steady breathing. Perform this asana 3 to 5 times. Slowly release your legs and return them to the starting position. Repeat 3 to 5 times in second round.

Benefits

1. Doing horse gesture mudra in the asana, will be highly beneficial for those who are suffering from piles.
2. This pose applies targeted pressure to the levator ani muscle, making it firm and strong. This helps maintain the correct positioning of the pelvic organs effectively preventing the displacement of the uterus, rectum or bladder.
3. It has helpful for gynecological problems.

Sahaja Agnisar Dhauti

Abdomen cleansing

Method: Begin by sitting in Easy pose with your spine upright and straight (as shown in Figure). Breathe normally, place your thumbs at the bottom edge of the ribcage on both sides of your body. Keep the remaining fingers of both hands joined together. Use them to press and apply firm pressure to the abdomen, approximately one finger width below the navel. Press inward and release quickly in a rhythmic motion. Ensure your thumbs remain fixed at the ribs; the movement should be performed solely by the rapid pressing and releasing of the other fingers. Continue this rhythmic pulsing 30 to 40 times. Release pressure immediately after pressing; do not hold compression.



Abdomen cleansing: fig. 1

Benefit

1. This is beneficial for chronic dysentery.

Caution: If you are suffering from dysentery, pay attention to your eating habit. Avoid excessively oily, spicy or heavy foods. Avoid street food. Always wash your hands thoroughly with soap before meals.

Vaman Dhauti

Stomach cleansing

Method: This practice should be performed early in the morning. Immediately after waking up, drink one to two liters of plain water on a completely empty stomach. Open your mouth wide and gently stimulate the area near the uvula with the middle finger of your right hand. This will induce a controlled gag reflex, allowing the stomach to expel the water. This cleansing process includes intentional vomiting which is why this process is known as Vaman Dhauti. This process helps flush out excess acid, stagnant bile from the stomach. Unlike the vomiting associated with illness, this controlled method is a cleansing act and does not leave the body feeling weak or exhausted. Perform it only once or twice a month; do not practice it more frequently. After the procedure, drink one glass of plain water and rest in corpse pose for five minutes to relax the system. Wait until this rest period is over before having breakfast. In winter, it is recommended to use lukewarm water for this practice.

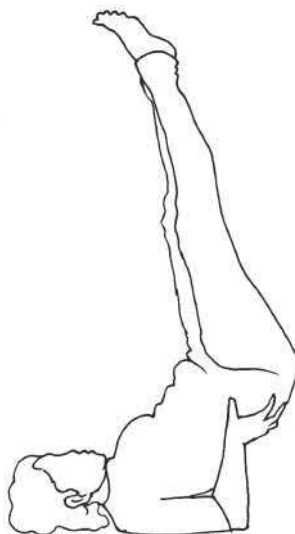
Benefits

1. This practice is highly beneficial for those suffering from chronic acidity or bile imbalances.
2. It helps prevent unwanted substances from accumulating in the stomach.
3. Provides significant relief for those who experience frequent burping or a persistent bitter or sour taste in their mouth or general digestive discomfort.

Ashwini Mudra in Viparita Karani

Horse gesture in upside down seal pose

Method: Begin by lying flat on your back on the floor with both legs extended and your spine straight. Place your arms by your sides. Now bend both knees and bring them toward your abdomen, then slowly raise your legs straight upward. Use your palms to support your hips, pressing upward providing stability (as shown in the image). Your chin should be tucked in, touching the base of your throat. Maintain natural breathing. If you find it difficult to maintain this position at first, you may rest your legs against a wall while supporting your hips with your hands (fig. 1). This supported version may also be beneficial. With regular practice, you will eventually perform it independently.



Horse gesture in upside down seal pose: fig. 1

While holding this inverted posture repeatedly contract and release the anal sphincter muscles. One full contraction followed by a complete relaxation constitutes one cycle. Perform 10 to 25 cycles per session. Maintain steady, normal breathing throughout the contractions.

Benefits

1. This practice is especially beneficial for those suffering from chronic hemorrhoids. By increasing blood circulation in the veins of the anal canal, it prevents the development of hemorrhoids and helps heal existing cases.
2. Regular practice of horse gesture known as Ashwini mudra helps prevent any diseases of the anal passage.
3. It maintains the elasticity of rectal muscles, preventing issues like rectal prolapse in the future.
4. It is very effective for women in relieving menstrual-related pelvic pain and is highly beneficial for those suffering from a prolapsed uterus.
5. Stimulates the thyroid, parathyroid and salivary glands, enhancing their function and boosting overall immunity.
6. Helps relieve constipation, indigestion and acidity, while strengthening the muscles of the abdomen and lower pelvic region. It also reduces excess abdominal fat for a healthier body.

Ashwini Mudra in Gomukhasana

Horse gesture in cow face pose

Method: Sit in Cow face pose and repeatedly contract and relax the anal sphincter. One full contraction followed by one relaxation completes one round. You may perform 10 to 20 rounds in this manner.

Benefit

This mudra provides similar benefits to horse gesture in upside down seal pose.



Cow face pose

Ashwini Mudra in Vajrasana

Horse gesture in Diamond pose

Method: First, sit in Diamond pose and repeatedly contract and relax the anal sphincter. One full contraction followed by one relaxation completes one round. You may perform 10 to 20 rounds in this manner.

Benefit

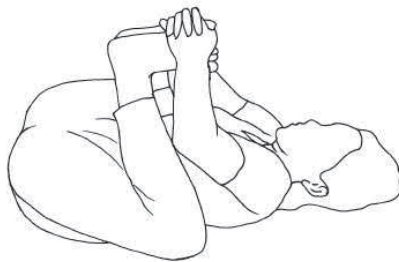
Benefits are the same as those of ashwini mudra performed in the other postures.



Diamond pose

Ashwini Mudra in Supta Bhadrasana

horse gesture in reclining gracious pose



Reclining gracious pose

Method: First, lie in Supta Bhadrasana. Then, while holding the body in that posture, tighten and relax around the anus repeatedly. One full contraction and relaxation completes one round. You may perform 10 to 20 rounds in this manner.

Benefits

1. Provides all benefits of Supta Bhadrasana.
2. Exercises the anal muscles.
3. Helps women with a displaced uterus by supporting its return to the correct position.

Pranayama

Prana means life. It is so named because it increases vital life energy and prevents disease.

Eknasa Pranayama or Nasayan

Alternate nostril breathing

Method: Begin by sitting in a comfortable position. Keep your spine upright, one leg folded underneath and the other leg raised and bent (as in the figure).

Now, using the thumb of your right hand, press the right nostril closed so that no air can escape. Inhale through the left nostril, then use your ring finger to close the left nostril as well. Now with the left nostril still closed, release the thumb from the right nostril and exhale through the right nostril.



Alternate nostril breathing: fig. 1

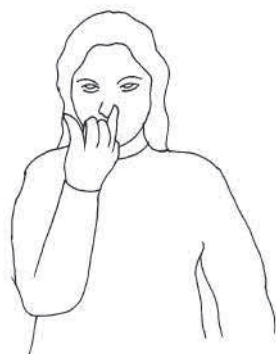
Keeping the left nostril closed, inhale through the right nostril. Then, close the right nostril again with your thumb and exhale through the left nostril. This full sequence—inhaling and exhaling through both sides—constitutes one round. You may perform 6 to 10 rounds of this pranayama. You may practice nasayan while sitting in lotus pose.



Alternate nostril breathing
in lotus pose: fig. 2



hand & finger
mudra



Alternate nostril
breathing: fig. 3

Benefit

1. Regular practice helps the lungs work well. It is highly effective for migraines. This pranayama allows a significant volume of oxygen to enter the lungs and provides a natural defense against respiratory diseases.

Pranayama in Padmasana

Breathing exercise in lotus pose

Method: Begin by sitting on the floor with your spine upright and both legs extended forward. Now, bend your left leg and place it on top of the right thigh, then bend your right leg and place it on top of the left thigh. Rest both hands on your knees in an open-palm position. Join the tips of your index finger and thumb together to form Quanta Mudra also known as Gyana



Lotus pose

Mudra, as shown in fig. 1. Keep your gaze directed naturally forward. Now, inhale slowly and deeply through both nostrils, allowing your chest to expand fully. Hold the breath for a few seconds, then exhale slowly through both nostrils. Throughout the practice, keep your eyes focused on the tip of your nose. Maintain full attention on the air flowing through your nostrils. You may practice this for 1 to 5 minutes. If your legs begin to ache, you may gently release the pose and switch your legs.

Benefits

1. Enhances the efficiency, strength of the heart and lungs.
2. Helps prevent asthma and provides significant relief for those already suffering from it.
3. Keeps the spine straight and strong.
4. Enhances cognitive function, memory, willpower, mental concentration.

5. Promotes the health and vitality of the leg muscles and nerves, keeping them active and resilient while preventing conditions such as gout or arthritis.

Caution: To ensure safety and maximum benefit, ensure you have mastered the physical alignment of lotus pose before incorporating this specific Pranayama.

Bhraman Pranayama

Step breathing

Method: Begin walking at a steady pace while keeping your spine straight. Inhale slowly over six steps, counting silently as you walk forward. Exhale slowly over eight steps, also counting silently. This rhythm ensures that your exhalation is slightly longer than your inhalation. Practice this for 5 to 7 minutes each session. As your capacity improves, gradually increase the number of steps to deepen the practice: Inhale for 8 steps and exhale for 10 steps. Inhale for 10 steps and exhale for 12 steps. Inhale for 12 and exhale for 16 steps.

Benefits

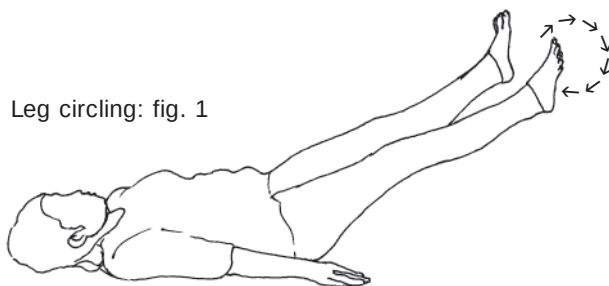
1. This pranayama is suitable for everyone. It is specially helpful for older people.
2. For those who are unable to perform strenuous physical exercises due to illness or physical limitations, regular practice of step breathing helps maintain their vitality and keep the body free from diseases.

Caution: If you feel a sharp or pricking pain in your chest while practicing, it indicates that the intensity is exceeding your lungs' current capacity. If this occurs, stop the practice immediately for that day. When you resume, reduce the duration to 2 to 3 minutes. Gradually build back up to 5 to 7 minutes.

Easy Exercise

Leg circling

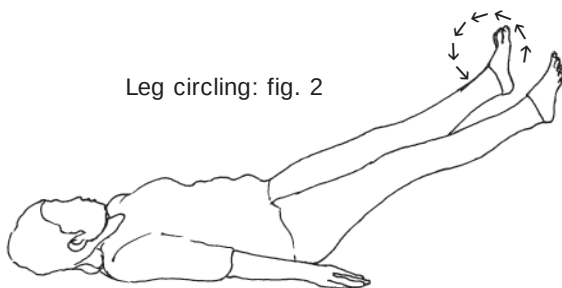
Leg circling: fig. 1

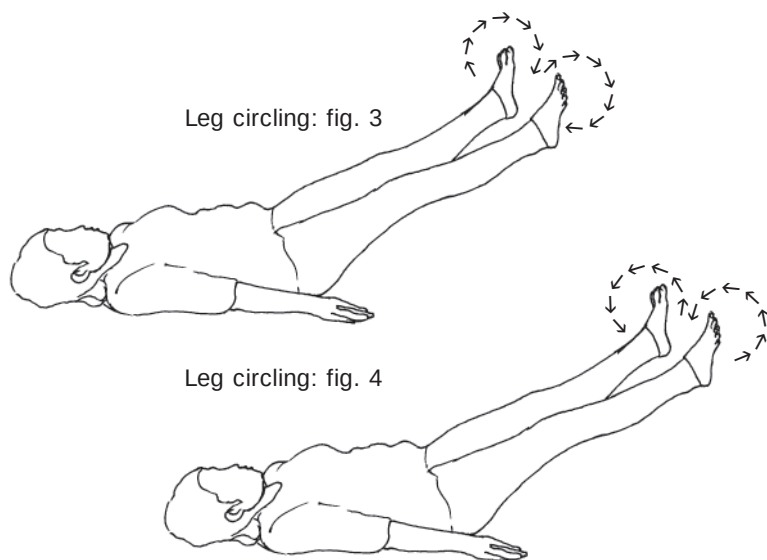


Method: Begin by lying flat on your back on the floor. Ensure your spine remains neutral and aligned against the surface. Place both arms beside your body with your palms facing downward, pressed firmly against the floor. Lift your right leg and rotate it in a wide circular motion clockwise (as fig. 1). Similarly, lift your left leg and rotate it in a circular motion counter-clockwise (as fig. 2). Repeat this 5 to 7 times for each leg.

Now, join both legs together. Rotate them simultaneously in a clockwise circular motion, first to the right for 5 to 7

Leg circling: fig. 2





repetitions (as fig. 3). Then to the left counter-clockwise for 5 to 7 repetitions (as fig. 4). Maintain natural breathing throughout the movement. Once you become comfortable with the movement, you may gradually increase the repetitions to 10 or 20 times for each set.

Benefits

1. Regular practice prevents fat from accumulating around the waist and abdomen. It effectively targets and burns existing abdominal fat, restoring it to its natural shape.
2. Relieves lower back pain, strengthens, tones the hip and gluteal muscles.
3. Helps protects against hernia and a retroverted uterus.

Exercises for Knee Pain

Method: Lie or sit down comfortably on a bed or carpet, keeping your back straight. Stretch both legs forward and keep them firm and straight. Now pull both feet and toes back toward your body—bend them in the opposite direction toward yourself and silently count from 1 to 10. Then release

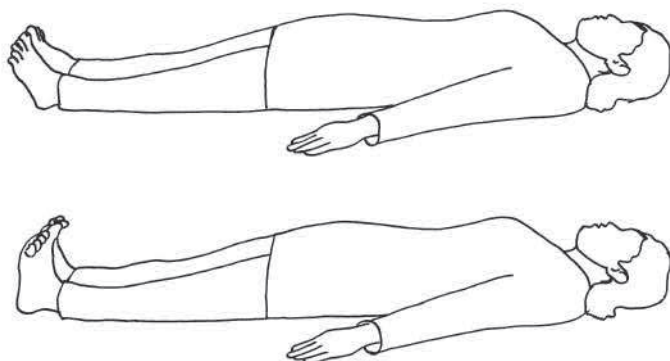


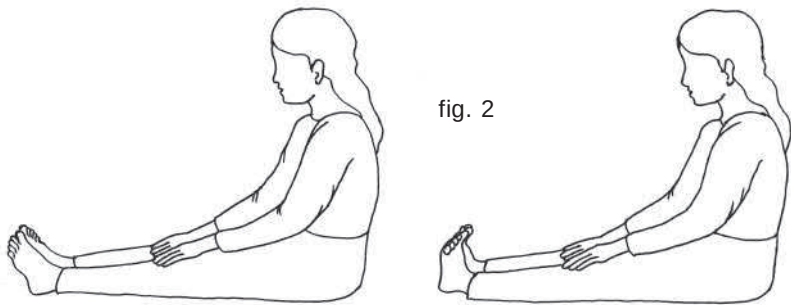
fig. 1

and return your feet to a relaxed position. Repeat this 10 times. This exercise is suitable for both men and women.

Benefit

1. This exercise strengthens the knee joints. Those over the age of 40, should do this exercise three times a day. It is particularly beneficial for individuals who occasionally feel as though their kneecap is shifting or slipping while walking.

Advice for patients with knee pain



1. Do not walk or stand for extended periods of time at a stretch.
2. Allow the painful knee to rest and avoid minor injuries or strain.
3. Do not kneel or sit on your knees. Use a high commode or chair toilet instead of squatting.
4. Wear comfortable, well-fitted shoes. Do not wear high heels.
5. Use a cane or walker for support while walking.
6. Elderly individuals should seek assistance when moving. If your floor is slippery, place mats or rugs to prevent slipping.
7. Reduce excess body weight and avoid lifting heavy objects.
8. If needed, consult an orthopedic specialist.

Exercises for Cervical Spondylitis

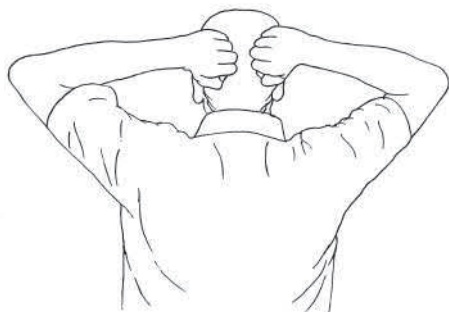
Method 1

Stand or sit upright with your head straight. Place your right palm in the center of your forehead. Then place your left palm on top of the right hand. Press firmly against your forehead. Count 1 to 10. Repeat 3 times.



Method 2

Stand or sit upright. Make fists with both hands and place them at the back of your head (on the skull, not the neck). Without bending your head, press your head firmly back against your fists. Count 1 to 10, then relax. Repeat this 3 times.



Method 3

Stand or sit upright. Place your right hand flat on your right cheek. Keep your head straight and press your cheek firmly against the hand (Figure 1). Count silently to 10 then relax.

Repeat 3 times. Repeat the same process on the left side with your left hand (Figure 2).



Figure 1: right side



Figure 2: left side

Method 4

Place your right hand on the right side of your forehead and your left hand behind your head on the left side (As shown in the Figure). Keeping your head straight, press firmly and attempt to turn your head to look over your right shoulder while resisting the movement with your hands. Count silently to 10 and repeat 3 times.



Figure 1: right hand



Figure 2: left hand

Place your left hand on the left side of your forehead and your right hand behind your head on the right side. Press firmly and try to look over your left shoulder. Count to 10 and repeat 3 times. Practice these exercise for 5 to 10 minutes, once or twice a day.

Advice for people with neck pain

1. Lie flat on a firm bed, placing a small bolster or a rolled up towel under your neck for support. Rest on your back in this position for 30 minutes both in the morning and evening. Use a soft pillow for regular sleep at night.
2. During periods the time of pain, while working and while traveling always wear a cervical collar to stabilize the neck.
3. Do not fall asleep while sitting or during travel. Also, avoid reading while lying down or in a twisted position.
4. If someone calls you from behind, do not turn only your neck. Turn your entire body to look behind you.
5. Do not carry heavy loads on your head. Protect your neck from cold exposure.
6. Avoid getting neck massages or manipulations at salons.

In case of any pain practice yoga and exercises regularly as per instruction. If necessary, take physiotherapy as advised by a doctor.

Advice for patients with lower back pain

1. Do not sleep on foam or very soft mattresses. Avoid sleeping in a curved or hunched position.
2. Do not perform exercises while the pain is acute. Avoid sleeping on your stomach.
3. Avoid working with a slumped or unsupported waist. Do not lift heavy objects.
4. When lifting an object, keep your back straight and firm.

5. While experiencing pain, sit in a chair to eat and perform your prayers.
6. Use a high commode or a chair toilet in the bathroom.
7. When getting out of bed, turn to one side and use your hands for support to push yourself up.
8. Take your bath and perform daily tasks while standing or sitting upright in a chair.
9. Do not stand or sit for long periods at a time. If you must walk a long distance, take frequent breaks.
10. Avoid unnecessary travel on bumpy or risky roads.
11. Do not draw water from a well. Use a hand-pump or tube-well instead.
12. Do not massage your lower back and avoid wearing high heels.
13. Reduce excess body weight. Always remain cautious during any activity.
14. Apply heat to the painful area using a towel or cloth soaked in warm water.
15. When using stairs, move slowly and hold the railing while keeping your back straight.
16. Wear a lumbar corset while working or traveling. Remove the belt while exercising or sleeping. Always wear a seatbelt while driving.
17. Consult an orthopedic specialist if necessary.



Exercises for pregnant women

Expectant mothers can keep their bodies healthy and strong through a few simple exercises. Most women experience some level of natural fear and anxiety regarding childbirth. However, by exercising regularly during pregnancy, you can strengthen your abdominal muscles to support the healthy growth of your baby and help prepare the pelvic muscles to ensure a smooth and safe delivery.

Always remember that correct breathing is essential during pregnancy. Proper inhalation and exhalation help eliminate toxins from the body. Additionally, exercise increases blood circulation, which keeps the mother's body healthy and strong.

10 to 15 minutes of exercise daily is sufficient. Not more than that. Over-exercising can be very harmful during pregnancy.

It is best for pregnant women to exercise in the morning.

After finishing your exercises, you must rest in Corpse pose for 10 minutes. During this time, practice positive visualization. Imagine that the Most Merciful has blessed you with the strength to deliver a healthy, beautiful and intelligent child. Feel a sense of deep well-being.

Following your rest, take a lukewarm bath or wipe your body with a damp towel.

Exercise in a well-ventilated room with plenty of light and fresh air. In winter, ensure the room is aired out before beginning.

Ultimately, an expectant mother must consult her physician before starting any exercise routine. It is essential to

remain under constant medical supervision. Seek medical advice every fifteen days throughout your pregnancy. With your doctor's approval, you may continue exercising up to the ninth month of pregnancy. However, you must remember if your doctor advises against exercise or specifically prohibits any particular movement, you must comply immediately. Only a medical professional can truly understand your health status and the position of the developing baby. Do not attempt to exercise in your own way that might lead to more harm than good.

Expectant mothers may encounter various complications during pregnancy. For instance, some may face the risk of miscarriage. Others may experience minor spotting or light bleeding. In such cases, doctors often prescribe complete bed rest. Therefore, if you are in such a condition and attempt to exercise, it could lead to severe harm. Thus expectant mothers must always consult their physician before beginning any physical activity.

This chapter presents specific exercise techniques for expectant mothers, which should be performed only after consulting your physician and receiving formal medical clearance.

Caution: Do not rush your exercises during pregnancy. Rest for a 20 to 30 second between exercises. Wear comfortable outfit while exercising.

Bongasana: for facilitating natural childbirth

Regular exercise is vital for the physical and mental well-being of expectant mothers. Furthermore, it significantly enhances the health and development of the unborn child.

The American College of Obstetricians and Gynecologists (ACOG) recommends that a 30-minute daily exercise routine is ideal for pregnant women. This routine should ideally include walking, breathing, yoga and most notably—Bongasana (Squatting).

The American Pregnancy Association has also officially included bongasana in its list of recommended medical practices for pregnancy.

Dr. Robin Elise Weiss, a US public health expert and professor at the University of Louisville—who is herself a proud mother of nine—emphasizes that practicing the squatting pose or bongasana increases the likelihood of a natural delivery. It helps alleviate pregnancy-related back pain and discomfort while making the muscles of the reproductive system firm yet flexible. Additionally, it improves blood circulation and plays a crucial role in ensuring the baby settles into the correct position for birth. (Source: Very well Family, October 2, 2020)

Therefore, women who desire a natural delivery are encouraged to practice Bongasana from the very beginning.

Exercise 1

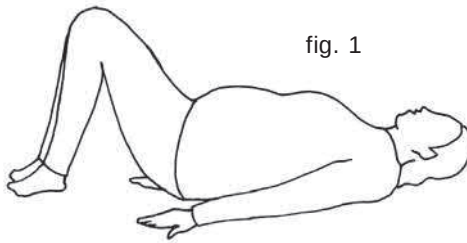


fig. 1

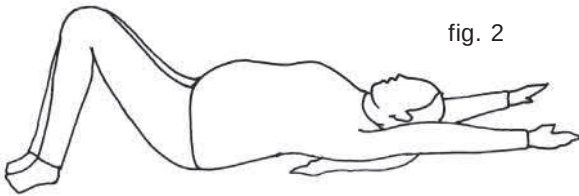


fig. 2

Lie on your back on the floor. Bend both knees and keep your feet flat on the ground. Place your arms by your sides. Now, inhale deeply and slowly raise your arms. Place them behind your head (as fig. 2). Ensure the backs of your hands are touching the floor with your palms facing up.

Then, exhale slowly through your mouth as you bring your arms back to your sides. Repeat this movement twice.

Say at least 20 times a day,
'Thank God, Alhamdulillah!
I am doing well.'

Exercise 2

Start by kneeling on the floor with your body upright, keeping your arms at your sides—similar to a kneel-down position (as fig. 1). Now, inhale deeply through your nose and slowly raise your hands, slowly raise both arms sideways to shoulder level (as fig. 2). Then, slowly exhale through your mouth while bringing your arms back to the starting position at your sides. Repeat this movement twice.

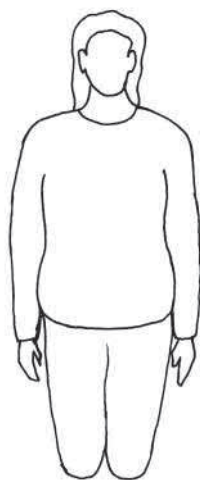


fig. 1

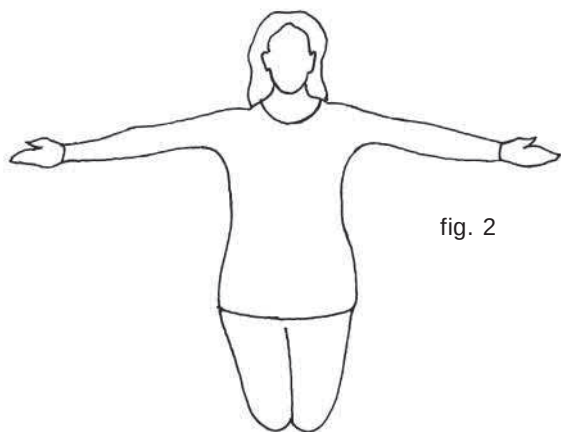


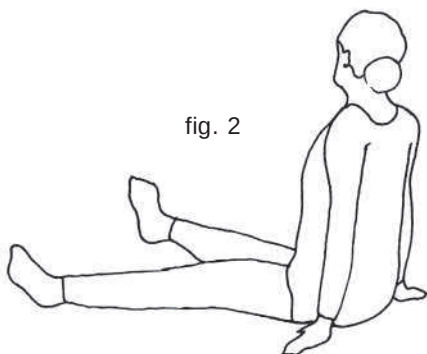
fig. 2

Always remember——
To lose your temper
is to lose the battle.

Exercise 3



Sit on the floor with your legs together and extended in front of you. Place your hands on the floor beside your hips with your fingers pointing outward (as fig. 1). While inhaling, slowly spread your legs apart as far as you can without feeling any discomfort (as fig. 2). While exhaling, slowly bring your legs back together to the starting position (fig. 1).



The world belongs to the brave.
Always tell yourself——
'I am brave. I am fearless.'

Exercise 4

First, lie flat on your back. Bend your knees so your feet are flat on the floor. Place your arms along the sides of your body (fig. 1).

While inhaling, use the support of your hands and elbows to slowly raise your waist and hips upward (fig. 2).

Then, exhaling slowly, lower your waist back down to the starting position (fig. 1).

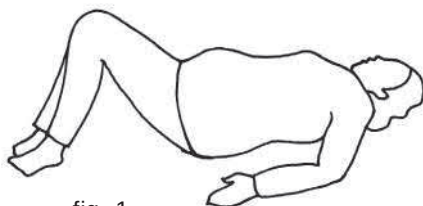


fig. 1

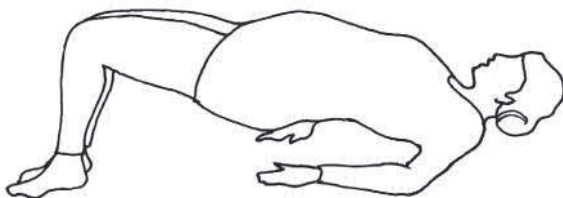


fig. 2

Whatever the mind can conceive
and believe, it can achieve.

Exercise 5

Start by kneeling on the floor with your body upright (as fig. 1). Place both hands on your waist. While inhaling, slowly rotate the upper part of your body to the right (as fig. 2). Then, exhale and rotate back to the starting position, as fig. 1. Keeping your hands on your waist, repeat the movement by rotating your torso to the left and return to the center. If you prefer, you may also perform this exercise while standing upright on the floor with your hands on your waist. Follow the same steps. You can repeat this movement twice.

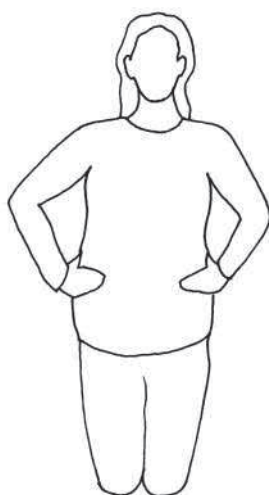


fig. 1

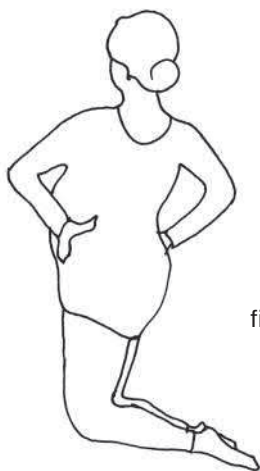


fig. 2

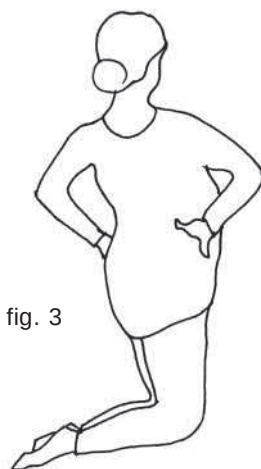


fig. 3

Exercise 6

Stand upright on the floor with your feet slightly apart (as fig. 1). While inhaling, slowly lean the upper part of your body forward from the waist (as fig. 2). Ensure the lean is slight and comfortable. While exhaling, slowly return to the starting position. You can repeat this movement twice.

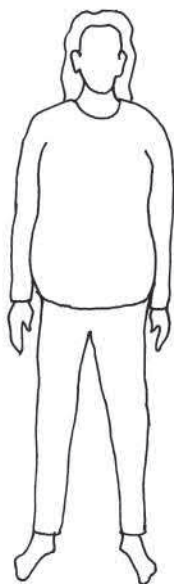


fig. 1

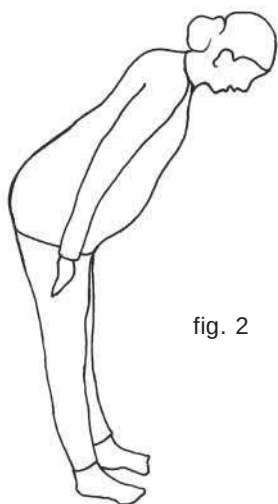


fig. 2

Be one with nature.
Nature always brings balance
between the mind, body and soul.

Exercise 7

Stand upright on the floor with your feet slightly apart and place both hands on your waist (as fig. 1). While inhaling, gently tilt the upper part of your body from the waist toward the right side (as fig. 2). While exhaling, return to the upright starting position (as fig. 1). Similarly, while inhaling, gently tilt the upper part of your body toward the left side (as fig. 3) and return to the upright position while exhaling (as fig. 1). Repeat this movement twice.

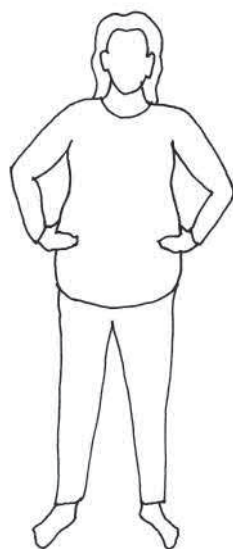


fig. 1

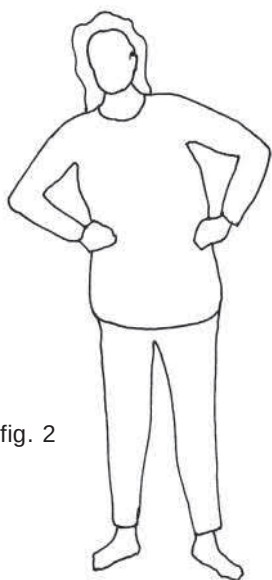


fig. 2

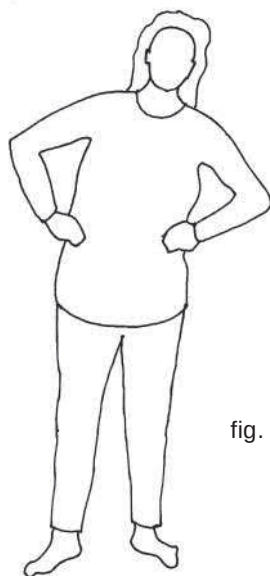


fig. 3

Exercise 8

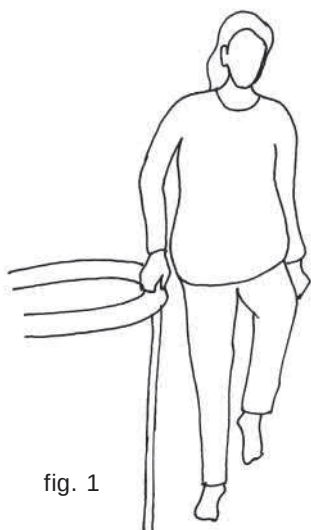


fig. 1

Stand upright on the floor. Place your right hand on the back of a chair for balance. While inhaling, slowly lift your left leg about one foot off the ground (as Figure 1). While exhaling, slowly lower your left leg back to the floor. Next, lift your right leg about one foot off the ground while inhaling. While exhaling, slowly lower your right leg back to the starting position. Be careful not put too much weight on the chair.

Caution: Expecting mothers should not perform all eight of these exercises in a single day. You can perform three to four exercises daily. If you choose to do all eight exercises in one day, do not perform any exercise more than once.

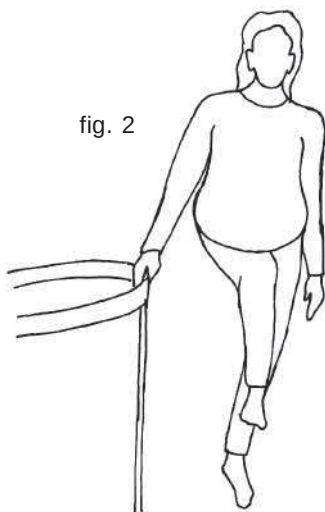


fig. 2

Always visualise for a beautiful,
healthy and intelligent baby



Postpartum exercises

Many women believe that they cannot exercise after childbirth, but this is not true. Which is not true. As exercise is important during pregnancy, it is also essential after delivery—provided the mother has no physical complications. If there are any health issues, consult a doctor before starting any exercise routine.

Caution: Once postpartum bleeding has completely stopped, only then you should start exercising.

- ☐ A one-hour break is compulsory between morning exercise and breakfast.
- ☐ Perform each movement slowly and gently—no rushing.
- ☐ Do not exercise more than 10 minutes a day.
- ☐ Postpartum exercise strengthens abdominal muscles, helps keep the uterus in its proper position and improves blood flow to the uterus and ovaries.
- ☐ After exercising, always rest for 10 minutes in corpse pose and visualize your body becoming toned and healthy.

Now, let's explore step-by-step exercises for your postpartum healing.

Exercise 1

Lie flat on your back on the floor. Place your arms by your sides with your palms facing down (as fig. 1). While inhaling through your nose, use the support of your hands and feet to slowly lift your waist upward (as fig. 2). While exhaling, lower your waist back down to the starting position (as fig. 1). Repeat this movement twice.

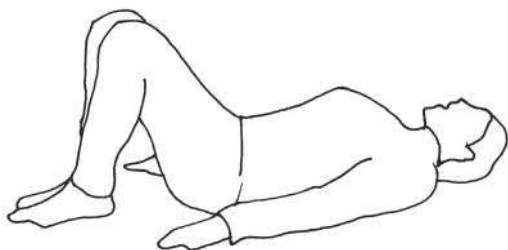


fig.1

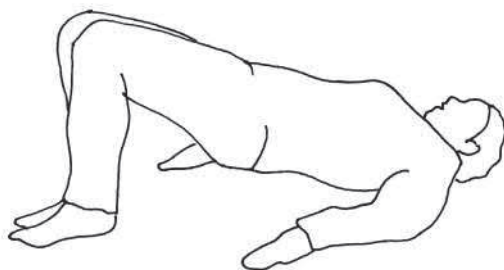


fig. 2

A calm mind is the true
fountain of inner strength.

Exercise 2



fig. 1

Lie flat on your back on the floor. Place your arms by your sides with your palms facing down (as fig. 1). While inhaling through your nose, bend both knees and slide your heels as close to your buttocks as possible (as fig. 2). While exhaling, slowly slide your legs back down to the starting position until they are straight (as fig. 1). Repeat this movement twice.

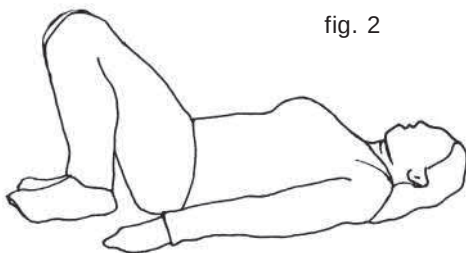


fig. 2

The first step toward complete healing
is the unwavering belief that I can be
fully healthy in both body and mind.

Exercise 3

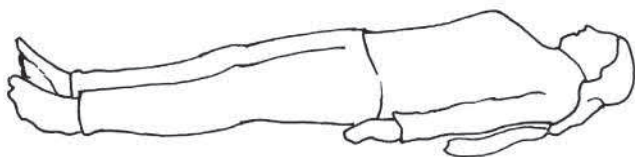


fig. 1

Lie flat on your back on the floor. Place your arms by your sides with your palms facing down on the ground (fig. 1). Inhale deeply through your nose. As you exhale, support yourself on your elbows and raise your upper body off the floor (as fig. 2). Inhale again as you slowly lower yourself back down to the starting position (as fig. 1). Repeat this movement twice.

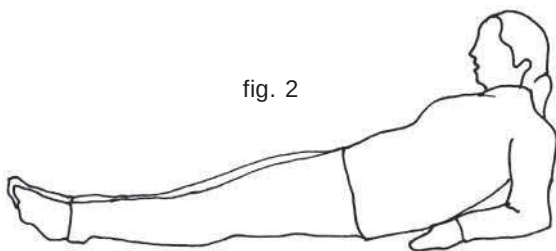
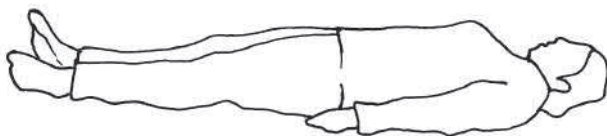


fig. 2

Always speak with a smile.
It will not only bring you joy
but will also spread happiness
to those around you.

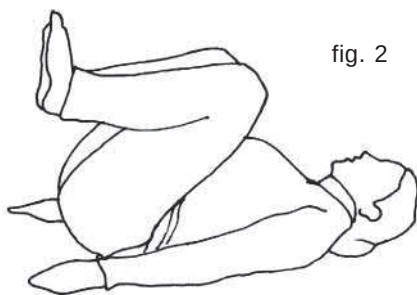
Exercise 4

fig. 1



Lie flat on your back on the floor. Keep your arms at your sides, palms facing down. As you inhale through your nose, bend both knees together and draw them toward your chest as far as is comfortable (as fig. 2). As you exhale, slowly straighten your legs back down to the starting position (as fig. 1). Repeat this movement twice.

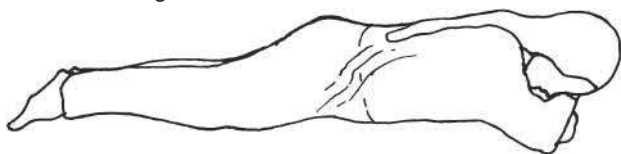
fig. 2



Resentment is like a poison
that you drink yourself,
while hoping it will kill your enemy.

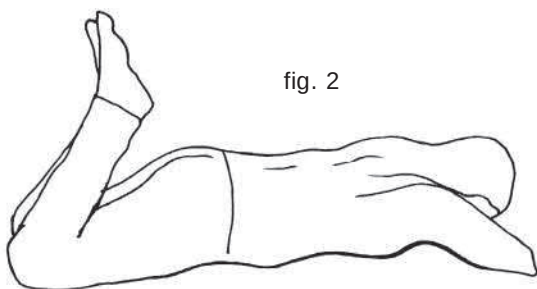
Exercise 5

fig. 1



Lie on your stomach. Fold your arms and rest your head on them (as fig. 1). As you inhale through your nose, bend both knees and raise your feet upward, as shown in fig. 2. As you exhale, straighten your legs and return them to the starting position (fig. 1). Repeat this movement twice.

fig. 2



Whether by day or night,
in public or in private,
in prosperity or in adversity—
regular acts of charity
bring divine blessings.

Exercise 6

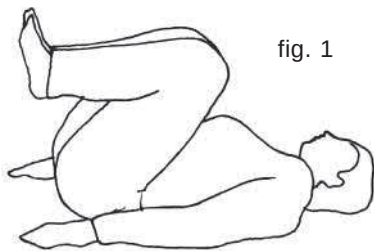


fig. 1

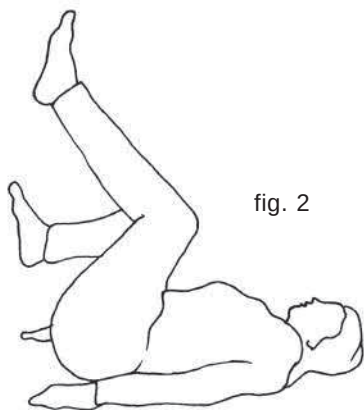


fig. 2

Lie flat on your back with your arms by your sides and your palms facing down. First, bend both knees and bring them toward your abdomen (as fig. 1). Move your legs one after the other in a steady motion, as if you are pedaling a bicycle (fig. 2). You can repeat this movement twice.

By consistently practicing these foundational exercises for three months, your body will develop the core strength and flexibility required to transition into more advanced Quantum Yoga. However, if you have any specific physical ailments, you must exercise with extra caution.

Caution: Read the guidelines before you start exercising. Women who have given birth via surgery (C-section) can begin light walking in the early stages, provided there are no specific physical complications or discomforts. After three months, they may perform all exercises.

You must consult your doctor before starting any exercise routine.

Exercises to heal specific diseases

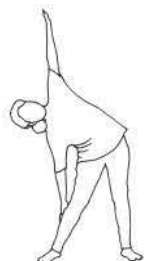
Back Pain



Cobra pose
(3 to 5 times)



Half moon pose
(3 to 5 times)



Triangle pose
(3 to 5 times)



Half lord of
the fishes pose
(3 to 5 times)



Cow face pose
(3 to 5 times)



Half locust pose
(3 to 5 times)

Tonsil problems, Cold, Runny Nose and Cough



Fish pose
(3 to 5 times)



Lion pose
(5 to 6 times)



Shoulderstand pose
(3 to 5 times)



Rabbit pose
(3 to 5 times)



Cobra pose
(3 to 5 times)



Plow pose
(3 times)

Diabetes



Head-to-knee pose
(3 to 5 times)



Plow pose
(3 times)



Half locust pose
(3 to 5 times)

Insomnia



Diamond pose
(5 to 10 minutes)



Cow face pose
(3 to 5 times)

Constipation



Plow pose
(3 times)



Camel pose
(3 to 5 times)



Shoulderstand pose
(3 to 5 times)



Bow pose
(3 to 5 times)



Hand-to-feet pose
(3 to 5 times)



Horse gesture in
upside down seal pose
(10 to 20 times)

High Blood Pressure



Cow face pose
(3 to 5 times)



Cobra pose
(3 to 5 times)

Low Blood Pressure



Hand-to-feet pose
(3 to 5 times)

Piles



Cow face pose
& Horse gesture in
Cow face pose
(3 to 5 times)



Headstand pose
(2 to 3 times)



Shoulderstand pose
(3 to 5 times)



Diamond pose &
Horse gesture in
Diamond pose
(5 to 10 minutes)



Horse gesture in
Upside down seal pose
(10 to 20 times)



Horse gesture in
reclining gracious
Pose (10 to 20 times)

Asthma



Fish pose
(3 to 5 times)



Wind-relieving pose
(3 to 5 times)



Headstand pose
(2 to 3 times)



Lotus pose and
Pranayam in lotus pose
(1 to 5 minutes)

Dysentery or Abdominal Pain



Seated forward bend
(3 to 5 times)

Migraine or Headache



Headstand pose
(2 to 3 times)



Alternate nostril breathing
(1 to 5 minutes)

Arthritis



Diamond pose
(5 to 10 minutes)



Cow face pose
(3 to 5 times)



Lotus pose
(1 to 5 minutes)



Chair pose
(3 to 5 times)

Recommended Asanas for heart patients



Cow face pose
(3 to 5 times)



Diamond pose
(5 to 10 minutes)



Corpse pose
(5 to 10 minutes)

Safety precautions

- ☐ Avoid **Hand-to-feet pose** if you have an enlarged spleen or liver, high blood pressure, heart disease, slipped disc, cervical or lumbar spondylitis or any serious eye conditions.
- ☐ Do not practice **Head-to-knee pose** if you have been medically advised to avoid forward-bending movements.
- ☐ Avoid **Camel pose** if you are suffering from heart or lung diseases until you have fully recovered.
- ☐ **Shoulderstand** is not recommended for children under the age of 12 or individuals with heart conditions.
- ☐ Avoid **Bow pose** if you have a goiter or lumbar spondylitis. This pose puts heavy pressure on the lumbar vertebrae and may increase back pain.
- ☐ Do not practice **Seated forward bend** if you have a hernia, appendicitis or a significantly enlarged or diseased spleen or liver.
- ☐ Strictly avoid **Headstand** if you have high blood pressure and heart disease.
- ☐ Do not practice **Eye exercises** and **Headstand** if you have any serious eye conditions.
- ☐ When performing **Wind-relieving pose**, always begin by lifting the right leg first. If you lift the left leg first, trapped gas may be pushed backward from the descending colon into the ascending colon, preventing release. To ensure proper elimination and relief, always start with the right side.

Recommended asanas for specific wellness goals

- ☐ Overcoming lethargy: Headstand, Triangle pose
- ☐ Increasing height: Rabbit pose, Hand-to-feet pose, Seated forward bend
- ☐ Reducing abdominal fat: Head-to-knee pose, Camel pose, Leg raise pose, Half locust pose, Seated forward bend
- ☐ Relieving menstrual pain: Rabbit pose, Gracious pose, Cobra pose, Shoulderstand, Fish pose, Horse gesture in upside down seal pose
- ☐ Increasing leg strength: Chair pose, Tree pose
- ☐ Improving the voice and reducing stammering: Lion pose
- ☐ Thicken eardrum and hearing issue: Lion pose
- ☐ Improving eyesight: Headstand, Splashing water on the eyes, Eye exercise
- ☐ Boosting digestion: Diamond pose, Cobra pose, Seated forward bend, Wind-relieving pose, Horse gesture in upside down seal pose, Leg raise pose
- ☐ Maintaining daily vitality & productivity: Pranayama, Step breathing
- ☐ Hormonal balance & body sculpting: Headstand, Rabbit pose, Cobra pose, Camel pose, Fish pose
- ☐ Weight regulation: Leg raise pose, Plow pose, Camel pose, Bow pose
- ☐ Gynecological Problems: Plow pose, Rabbit pose, Gracious pose, Cow face pose, Leg raise pose, Horse gesture in reclining gracious pose, Cobra pose

Invest 30 minutes daily to maintain good health and beauty

Sl.	Name of posture	Reps or sets	Duration	Time
1	Hand-to-feet pose	3 times	10 sec	30 sec
2	Half moon pose	3 sets	10 sec	60 sec
3	Head-to-knee pose	3 sets	10 sec	60 sec
4	Rabbit pose	3 times	10 sec	30 sec
5	Gracious pose	3 times	20 sec	60 sec
6	Cow face pose	3 sets	20 sec	60 sec
7	Camel pose	3 times	10 sec	30 sec
8	Leg raise pose	5 times	10 sec	50 sec
9	Cobra pose	5 times	10 sec	50 sec
10	Half locust pose	3 sets	10 sec	60 sec
11	Shoulderstand	once		60 sec
12	Fish pose	once		60 sec
13	Wind-relieving pose (3 sets right + left + both = one set)			90 sec
14	Eye exercise both left and right			60 sec
15	Ashwini mudra or any one mudra			30 sec
16	Nasayan or any pranayama			3 min
17	Headstand			1 min

Dedicate just 17 minutes to exercise and 13 minutes to relaxation—a complete 30-minute daily program.

Morning : 5am– 12pm

Afternoon : 4pm– 7pm

Evening : 7pm– 9pm

You may choose any one of the following sessions, six days a week, from Saturday to Thursday. Always begin your session with or a gentle warm-up to prepare the body, then proceed with your selected asanas.

Total Exercise: 17 minutes and 10 seconds of active asanas.

13 minutes of Easy Relaxation or Shavasana—consisting of 3 minutes before starting and 10 minutes at the end of the session.

Note: Within this daily 30-minute practice, if any specific exercise is restricted due to a personal physical ailment, you must skip it.

Go through the exercise rules carefully to see if you have any of the physical issues mentioned. If necessary, get a physical check-up by a doctor to understand your limitations and follow the rules accordingly.

Once a month or once every 15 days, perform Vaman dhauti on an empty stomach in the morning, followed by 10 minutes of Corpse pose. You may skip other exercises on that day. Afterward, have breakfast and relax for half an hour.

Practice Diamond pose two or three times a day after meals. This will improve your digestion.

The 30 minute Quantum Yoga program offers a comprehensive full-body workout, engaging every part of the body from head to toe. This systematic approach is designed to maintain the optimal health of internal veins, arteries, nerves and glands.

The following section describes how each specific exercise benefits different parts of the body:

1. Head & Forehead

Headstand pose, Rabbit pose, Plow pose,
Upside down seal pose, Pranayama

2. Throat & Neck

Shoulderstand pose, Fish pose, Rabbit pose,
Plow pose, Upside down seal pose

3. Shoulders

Cow face pose, Camel pose, Half moon pose,
Cobra pose, Shoulderstand pose

4. Chest

Cobra pose, Bow pose, Camel pose, Pranayama

5. Abdomen

Hand-to-feet pose, Head-to-knee pose, Leg raise pose,
Wind-relieving pose, Half tortoise pose
Seated forward bend

6. Spine

Cobra pose, Locust pose, Half locust pose, Bow pose,
Camel pose, Half lord of the fishes pose,
Half moon pose

7. Thighs & Joints

Head-to-knee pose, Seated forward bend, Frog pose

8. Hips

Diamond pose, Camel pose, Bow pose, Half moon pose

9. Waist

Half moon pose, Triangle pose, Camel pose, Leg circling

10. Arms & Hands

Triangle pose, Headstand pose (supported by arms)

11. Legs & Feet

Diamond pose, Chair pose, Tree pose, Butterfly pose

12. Heart & Lungs

Pranayama

13. Reproductive System

Gracious pose, Camel pose, Rabbit pose

14. Eyes

Eye exercise

15. Vocal Cords / Voice

Lion pose



Body structure

The Spine (The vertebral column)

We frequently hear about back pain nowadays. Many people struggle with chronic discomfort, particularly in the lower back and neck, often finding it difficult to sit down or stand up. To truly appreciate the importance of yoga, it is essential to understand the underlying causes of this pain. While we may not need to know everything, having a fundamental understanding of the spine helps us realize how vital these exercises are for our health. Some basic points about the spine are briefly described below.

The spine is the central structural pillar of the body, extending from the base of the skull down to the pelvic region along the back of the body.

The spine is made up of 33 small bones called vertebrae. Although the vertebrae differ slightly depending on their location, they share a very similar basic structure. Each vertebrae contains a central opening or hole called the Neural Cavity. Located directly in front of the neural cavity is a bony part called the centrum.

On the opposite side, surrounding the neural cavity are several small bony projections. These are the points where the vertebrae connect to one another. In the thoracic region, these projections also serve as attachment points for the ribs. In this arrangement, the Centrum faces the front (anterior), while the Processes face the back (posterior). Between every two vertebrae lies a thick layer of cartilage known as the Intervertebral Disc. The overall flexibility and

elasticity of your spine depend entirely on the health and resilience of these discs.

These discs allow the body to bend and twist in various directions. Vertebrae are stacked in a way that their neural cavities align to form a hollow tube. The spinal cord—the main pathway for the nerves—passes through this protective tube.

Based on their specific functions and locations, the 33 vertebrae of the spine are divided into five distinct regions:

1. Neck

Cervical vertebrae

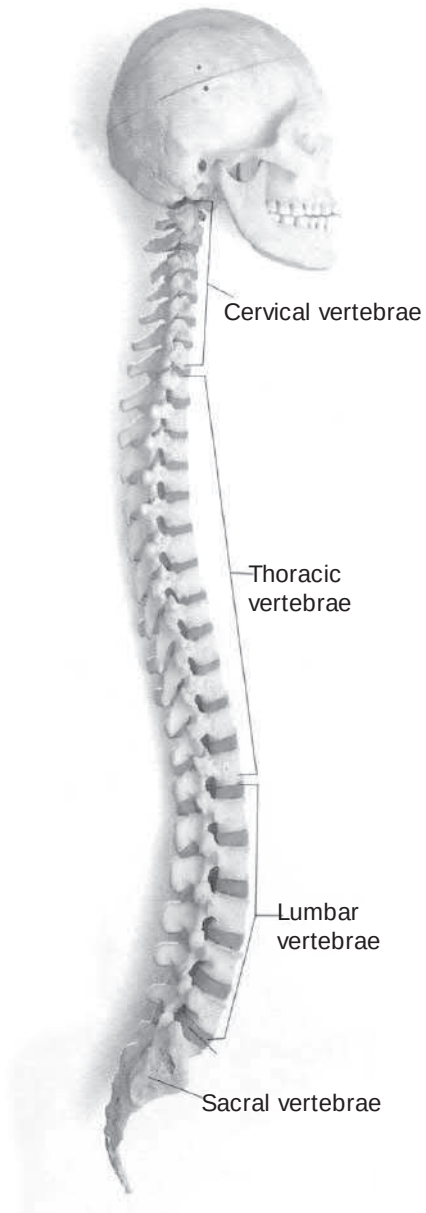
2. Mid-back

Thoracic vertebrae

3. Lower back

Lumbar vertebrae

Skull and Spine



4. Sacrum

Sacral vertebrae

5. Tailbone

Coccygeal vertebrae

Cervical region

This section consists of the first 7 vertebrae and supports the neck and head.

Thoracic region

The next 12 vertebrae, located below the cervical region, form the thoracic region. Each of these 12 vertebrae is connected to a pair of ribs, forming the rib cage.

Lumbar region

The five vertebrae below the thoracic region form the lumbar region.

Sacral region (Sacrum)

The sacral region consists of five vertebrae. In adulthood, these bones fuse together to form a single, solid bone.

Coccygeal region (Coccyx)

This consists of the remaining 4 small vertebrae at the very base of the spine.

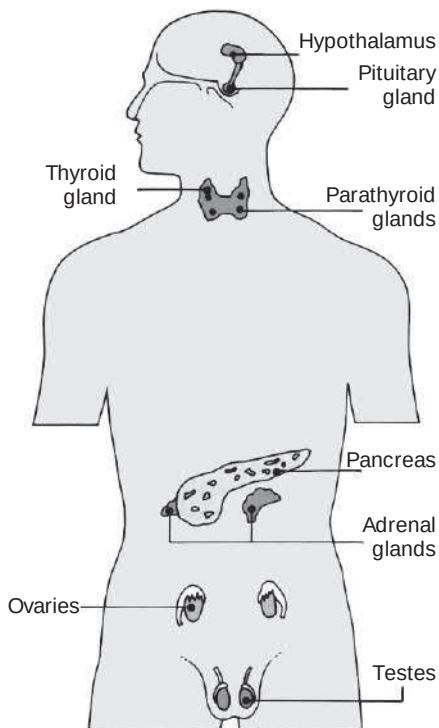
Various spinal problems arise when any of these vertebrae are damaged, whether through an accident, fracture or a displaced disc. Lifting heavy objects suddenly or with improper form can cause a disc to shift out of place, leading to various conditions known by names such as: slipped disc, spondylitis, back pain, sciatica etc.

Endocrine system

To practice Quantum Yoga effectively, it is important to have a basic knowledge of the endocrine system. This knowledge will help improve your focus during practice and allow you to better appreciate its benefits.

Major endocrine glands in the human body:

1. Pituitary gland
2. Thyroid gland
3. Parathyroid glands
4. Thymus gland
5. Adrenal glands
6. Pancreas
7. Ovaries
8. Testes



Our body contains two types of glands: Exocrine glands. and Endocrine glands.

Additionally, some glands have both ducted and ductless parts. Examples include the pancreas, salivary glands, tear glands and sweat glands. These are primarily exocrine glands that use ducts to transport their fluids. For example, salivary glands secrete saliva which mixes with food in the mouth to

aid its passage to the stomach and facilitate digestion. Similarly, sweat glands help release sweat through the skin.

The secretions from endocrine glands are called Hormones. The word originates from the Greek word 'Hormao'. Although hormones are present in the blood in very small quantities, their impact on various bodily processes is profoundly important. As these glands are ductless, hormones are directly released into the bloodstream and transported to specific organs as needed. Hormones play a direct role in physical development and the strengthening of the immune system. Hormones secreted by endocrine glands are incredibly potent substances. Even in negligible amounts, they have a powerful impact on many essential physiological processes: nutrition and metabolism, physical growth and Stature, development and function of reproductive organs.

Among these endocrine glands, we will now briefly discuss those that specifically influence the female body. Through this study, we will understand that Quantum Yoga is uniquely effective—perhaps like no other form of exercise—in maintaining the health and vitality of these internal glands. Let's begin with the Pituitary gland.

Pituitary gland

The Pituitary gland plays the most vital role in our body. Often referred to as the Master gland, it regulates the functions of all other endocrine glands. This small size gland is located in a bony cavity at the base of the brain and are divided into three distinct parts:

1. Anterior lobe (Front)
2. Intermediate lobe (Middle)
3. Posterior lobe (Back)

The anterior lobe of the pituitary gland secretes hormones that stimulate the reproductive organs. These hormones directly control the functions of the female reproductive system. Key hormones include:

Prolan 'A' (Follicle-stimulating hormone - FSH)

Its primary function is to regulate the secretion of estrogen from the ovaries. In a woman's body, the balanced secretion of estrogen is essential for the expression of feminine characteristics and the maturity of ovaries.

Prolan 'B' (Luteinizing hormone - LH)

This hormone facilitates the formation of the Corpus luteum and regulates the secretion of progesterone. These combined processes ensure the successful formation and healthy growth of the embryo in the uterus. If the function of prolan 'B' is disrupted for any reason, it can lead to difficulty becoming pregnant or increase the risk of miscarriage.

Prolactin

Its role is to prepare the mammary glands during pregnancy and stimulate milk production.

Pituitrin or Oxytocin

The hormone secreted from the posterior lobe of pituitary gland is known as Pituitrin or Oxytocin. Its primary function is to stimulate the contraction of the uterine muscles in expectant mothers, providing vital assistance during childbirth. It does not work directly on the gonads.

Thyroid

The thyroid gland plays an extremely important role in our body. The hormone secreted from the thyroid is called

thyroxine. If, for any reason, the level of thyroxine decreases, it can hinder the development of female reproductive glands and disrupt their functions. Thyroxine is also a key regulator of the body's metabolic processes.

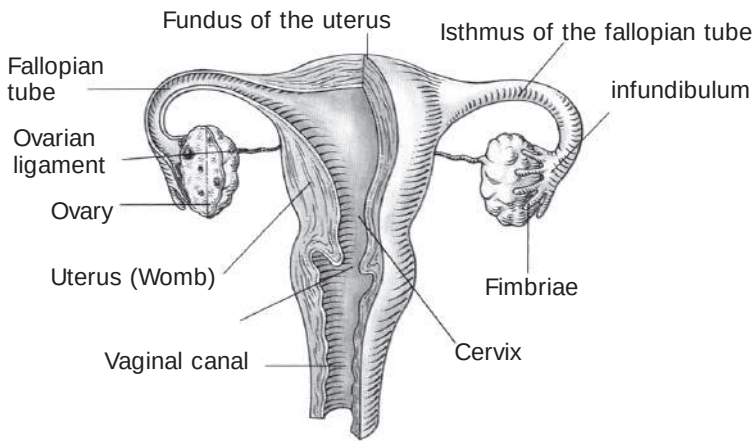
A deficiency or lack of thyroid hormones can lead to several symptoms in the body. For example: a child's growth may be stunted. A child may not grow taller, may gain excess weight and may gradually develop dwarfism. Bone development is impaired and despite increasing age, the child may exhibit intellectual disabilities or slow cognitive behavior.

In adults, movements, mannerisms, speech and thinking ability may become sluggish and lethargic. Body tissues may thicken and harden, causing swelling known as myxedema. Other symptoms include hair loss and a drop in body temperature. Our body requires a very small amount of iodine, but even a minor deficiency can lead to enlarged thyroid or goiter. Therefore, to keep the thyroid gland healthy and maintain optimal hormonal balance, Quantum Yoga remains unparalleled.

Suprarenal or Adrenal glands

The adrenal glands consist of two distinct parts: an outer layer (the cortex) and an inner core. The hormones secreted from the outer layer are known as Cortico-steroids. In a woman's body, these hormones play a vital role in supporting sex hormones, influencing their production and assisting in all functional aspects of the reproductive glands. If for any reason, the secretion from the adrenal glands decreases, it can hinder a woman's ability to fully develop her sexual and reproductive capacity. In some cases, it may even lead to sexual weakness or dysfunction. Therefore, it is essential to regularly practice Quantum Yoga to maintain the health and proper functioning of these vital endocrine glands.

Female reproductive system



The female reproductive system consists of:

1. Ovaries
2. Fallopian tubes
3. Uterus

Ovary

The ovaries are two small organs located in the lower abdomen on either side of the uterus, positioned slightly apart from it. Ovaries are responsible for secreting two vital hormones: Estrogen and Progesterone. In addition to hormone production, an ovary releases an egg each month. Under the direct influence of estrogen and progesterone, a cyclical change occurs in the body—typically every 28 days leading to the regular monthly menstrual cycle.

Fallopian tubes

These are two muscular tubes extending from both sides of the uterus toward the ovaries, each about 4.5 inches long. At the onset of puberty, under the control of the pituitary gland, a mature egg is released from an ovary once per month. It

enters the fallopian tube and stays there for about 24 hours. If it is not fertilized by a sperm within that time, it disintegrates and menstruation begins two weeks later. If fertilized, the egg travels to the uterus within one to two days, implants itself into the uterine wall and begins to grow.

Uterus

The uterus is located in the middle of the lower abdomen, between the bladder and the rectum. It is the womb where the fetus develops. Normally, the uterus is about 3 inches long. However, during pregnancy, it expands as the baby grows and gradually returns to its original size after childbirth. The lower part of the uterus is called the cervix and the inner mucous membrane of the uterus is known as the endometrium.

In summary, regular practice of Quantum Yoga is essential for maintaining the health and vitality of all endocrine glands.

Yoga for specific glands

Pituitary gland

Rabbit pose, Headstand pose, Hand-to-Feet pose

Thyroid & Parathyroid glands

Shoulderstand pose, Fish pose, Plow pose, Rabbit pose

Thymus gland

Rabbit pose, Shoulderstand pose, Fish pose,
Head-to-Knee pose

Suprarenal or Adrenal glands

Cobra pose, Bow pose, Half moon pose

Reproductive glands

Gracious pose, Cobra pose, Rabbit pose, Shoulderstand pose, Fish pose

Menstrual cycle

The menstrual cycle is a significant milestone in a woman's life. To understand it fully, we must first look at the typical age at which a girl reaches puberty.

Generally, In tropical countries, most girls begin menstruating between the ages of 11 and 14. Menstruation usually continues until the ages of 40 to 50, at which point menstruation ceases; this transition is known as Menopause. This phase is also a vital period for women.

In contrast, girls in colder climates typically experience their first period between the ages of 15 to 18. If a girl has not started her period by the age of 15, it is advisable to consult a specialist to rule out any underlying issues. It is natural that menstruation stops during pregnancy. However, if a pregnant woman experience any bleeding or period-like symptoms, she should consult a doctor immediately.

The menstrual cycle usually occurs every 28 days, though in some cases it may occur every 30, 35 or 40 days. A period generally lasts for 4 to 5 days, though it may last only 3 days for some and up to 7 days for others. However, a duration of 4 to 5 days is considered standard.

Cause of menstruation onset

When a girl transitions from adolescence into womanhood, several physical and mental changes begin to occur. The driving force behind these changes is the pituitary gland. This gland secretes hormones that activate and regulate the functions of other glands. Consequently, as adolescence concludes, the activities of the thyroid and ovaries begin under the direction of the pituitary.

During this stage, the immature egg cells within the ovaries grow mature and begin to secrete estrogen hormone.

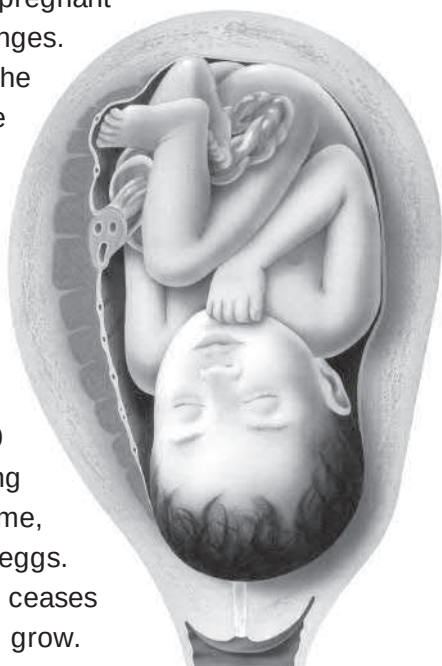
Under the influence of estrogen, feminine features become more pronounced and reproductive organs are properly developed. At the onset of youth, under the control of the pituitary gland, a mature egg cell is released from the ovary once a month and enters the fallopian tube. This typically occurs within 10 to 15 days of the menstrual cycle.

As the egg disintegrates, a yellow fluid-like substance is formed in the ovary. From this, progesterone is secreted, which initiates the growth of the uterus and the onset of regular menstruation.

A combined action of estrogen and progesterone begins on the mucous membrane lining the interior of the uterus. Menstruation occurs when this uterine lining changes and is shed. Under the influence of estrogen and progesterone, regular monthly menstruation occurs due to cyclical changes repeating every 28 days.

In the case of a pregnant woman, this process changes.

After sexual intercourse, if the male sperm unites with the egg, it forms what is called a fertilized ovum (egg). Usually, this union takes place in the fallopian tube and from there, the fertilized egg travels to the uterus, where it remains for around 280 days, eventually developing into a baby. During this time, ovaries stop releasing new eggs. As a result, menstruation ceases while the baby continues to grow.



Pre menstrual symptoms

Before menstruation, two types of symptoms may appear:

- A. Physical Symptoms
- B. Emotional Symptoms

Physical symptoms

1. Headache 1 or 2 days before or during menstruation
2. Back pain
3. Abdominal cramps
4. Dizziness
5. Sinusitis
6. Acne or facial breakouts
7. Heaviness or pain in the breasts
8. Pain in ankle joints
9. Aches in knees or thighs
10. Loss of appetite
11. Lower back pain

Emotional symptoms

1. Sudden mood swings
2. Anxiety
3. Discomfort or restlessness
4. Depression or tearfulness
5. Lack of focus or concentration
6. A feeling of laziness
7. Increased irritability
8. Staying quiet

Menstrual problems

A. Dysmenorrhea

Dysmenorrhea refers to pain that may begin one or two days before menstruation or occur during menstruation, often experienced as either severe or mild pain in the lower abdomen. In many cases, the pain subsides after the first or second day of menstruation when sufficient bleeding has occurred. However, exceptions exist—pain can also result from conditions like a tilted uterus, uterine tumors or cancer in the uterus. In such cases, consulting a gynecologist before doing any exercises is essential. Causes of dysmenorrhea:

1. Sedentary lifestyle
2. Unfulfilled desire
3. Indisciplined lifestyle
4. Lack of a balanced diet
5. Constipation
6. Indigestion
7. Anxiety
8. Structural abnormalities of the reproductive organs

Yoga to relief dysmenorrhea

1. Rabbit pose
2. Gracious pose
3. Cobra pose
4. Shoulderstand pose
5. Fish pose
6. Horse gesture upside down seal pose

B. Irregular menstruation

Typically, the menstrual cycle occurs every 28 days and lasts for four to five days before ending naturally. However, irregularities are common. Some women may experience periods lasting seven days or as short as three days. Others

may menstruate at irregular intervals of 30, 35 or even 40 days. In some cases, menstruation may occur only every two or three months or it may occur every 15 days. Some women experience light spotting after 15 to 20 days, with dark-colored, clotted blood, accompanied by lower abdominal pain and loss of appetite.

Yoga to regulate irregular menstruation

1. Hand-to-feet pose
2. Rabbit pose
3. Gracious pose
4. Cobra pose
5. Seated forward bend
6. Shoulderstand pose
7. Fish pose

Eat protein-rich foods, drink plenty of water, consume leafy greens and fresh fruits. Iron tablets or capsules can be taken. If there is an underlying STD like syphilis, gonorrhea or a bacterial infection, seek medical treatment under a doctor's supervision.

C. Delayed menstruation

Once menstruation begins, it is considered normal and healthy for it to occur every 28 days. However, delays are also seen—such as periods occurring every 30, 35 or 40 days. This condition is known as delayed menstruation.

Causes of delayed menstruation

1. Hormonal imbalance
2. Anemia
3. Malnutrition

Hormonal issues are primarily considered the leading cause of this condition.

Symptoms: When menstruation is delayed, the flow may be heavy or it may stop suddenly. Additional symptoms may include breast pain, lower abdominal discomfort, heavy feeling in the thighs, fatigue, weight gain or loss, loss of appetite, headaches and general body weakness etc.

Yoga to treat delayed menstruation

1. Rabbit pose
2. Gracious pose
3. Cobra pose
4. Plow pose
5. Shoulderstand pose
6. Fish pose

D. Menorrhagia

It is a major uterine disorder caused by several factors:

1. Hormonal imbalance
2. Bleeding from within the uterus or vagina
3. Uterine displacement
4. Tumors in the uterus or vaginal canal
5. Repeated miscarriages
6. Uterine cancer

In many women, inflammation may occur in the uterus and ovaries, sometimes even leading to pus formation. This often results in pain. To improve blood circulation in the lower abdomen and alleviate such conditions, it's essential to regularly practice yoga poses that apply pressure to the lower abdominal area. If this condition is caused solely by hormonal imbalances it can often be cured through yoga alone. Hormonal issues typically do not respond well to medication. This has been tested and proven that Quantum Yoga is a uniquely effective solution such cases.

Consult a gynecologist to understand specific condition before starting yoga. Medication may be taken if necessary.

Yoga to treat heavy menstrual bleeding

1. Rabbit pose
2. Gracious pose
3. Half tortoise pose
4. Wind-relieving pose
5. Cobra pose
6. Shoulderstand pose
7. Fish pose

Consume plenty of raw fruits and vegetables rich in vitamins. Eat at least one small bowl of salad daily and four to

five lemons with your meals. Lemons are rich in Vitamin C, which is particularly beneficial in this condition.

During my 22 years of research and experience as a yoga instructor, I encountered only three patients who, once they started menstruating, never stopped. These women had to constantly take hormonal pills (birth control pills) to halt their periods. Without the pills, menstruation would start immediately.

One of them was a 19-20 years old young girl who was unmarried. After experiencing various complications from long-term hormone use and visiting many doctors in Bangladesh and abroad without satisfactory results, she finally turned to yoga. From her story, I could tell her issue was hormone-related. I prescribed six specific yoga poses. I also recommended a bowl of salad and six lemons per day. By the grace of Allah, she fully recovered within six months of practicing yoga twice daily along with dietary changes. Because she had constant bleeding, she initially had to use pills to pause menstruation while starting yoga. After three months, she stopped taking pills and noticed that her period paused for 13 days before returning. She again resumed pills temporarily while continuing yoga. After five months, her menstruation ceased naturally. Eventually, her cycle resumed with a regular 28-day interval.

She was advised to continue those six poses for life or at least until menopause. Her Daily Yoga Routine:

1. Rabbit pose : 5 rounds, 10 seconds each
2. Gracious pose : 5 rounds, 20 seconds each
3. Cobra pose : 5 rounds, 10 seconds each
4. Shoulderstand pose : 3 rounds, 10 seconds each
5. Fish pose : 1 round, 1 minute
6. Headstand pose : 2 to 3 minutes

She was also told to add two bowls of salad + six kagji limes with daily meals.

E. Hypomenorrhea

When a woman experiences very light or minimal bleeding during her menstrual cycle after menstruation has begun, it is called Hypomenorrhea. Some may experience lower abdominal pain during this time, while some may not.

In some cases, the period may begin but stop after just one day. Others may have a normal cycle, but only spot lightly for eight to ten days. This condition may also lead to anemia.

She may become weak, feel dizzy, irritable, find everything intolerable and prefer solitude.

Caution: If spotting occurs during pregnancy, always consult a gynecologist before doing any exercise. Do not perform any exercises if advised against it.

Causes of hypomenorrhea

1. Hormonal deficiencies or irregular hormone secretion
2. Inflammation of the uterus or ovaries
3. STDs like syphilis, gonorrhea
4. Congenital defects in the ovaries
5. Anemia or excessive fat around the uterus and ovaries may cause hypomenorrhea.
6. Malnutrition

Yoga to normalize menstrual flow

- | | | |
|----------------|-----------------------|-----------------|
| 1. Rabbit pose | 2. Gracious pose | |
| 3. Cobra pose | 4. Shoulderstand pose | |
| 5. Fish pose | 6. Camel pose | 7. Leg circling |

Overweight women are advised to maintain a healthy diet by reducing carb intake and exercising regularly to return to a healthy weight.

Women with anemia should consume protein-rich foods, fresh vegetables and fruits, chicken soup and iron-rich meals. Iron capsules may be taken with medical advice. To permanently resolve this condition, developing a regular habit of Quantum Yoga is essential.

F. Leucorrhea

Beneath the lining of the uterus and vagina, there are small glands, there are small glands that secrete fluids to keep the vagina moist and protect against external germs. The problem occurs when, for various reasons, these glands begin secreting too much discharge—this is called Leucorrhea.

Causes of leucorrhea

1. Infection from dirt or germs entering from outside
2. Using of dirty pads or cloths during menstruation
3. Reduced uterine activity due to the cessation or reduction of menstrual flow, resulting in excess white discharge

Caution: Excess discharge may cause weakness, dizziness, blurred vision and loss of appetite. Regular yoga practice is recommended for long-term relief.

Yoga to cure leucorrhea

- | | |
|------------------------|----------------------|
| 1. Gracious pose | 2. Cobra pose |
| 3. Bow pose | 4. Rabbit pose |
| 5. Wind-relieving pose | 6. Locust pose |
| 7. Seated forward bend | 8. Head-to-knee pose |

G. Menopause

Most women stop menstruating naturally between 40 and 50. This is not a disease—it is a natural process. Just as girls

naturally reach puberty at a certain age, menstruation also comes to an end naturally at a certain age. Both stages are equally significant in a woman's life. As a result of this transition, various symptoms may manifest during this time.

These may include a burning sensation on the scalp, irregular menstruation and other changes. Variations are seen—for example, some women continue to menstruate regularly even after the age of 50, while others begin to experience menopausal symptoms before the age of 40. As a result, various symptoms may occur, such as tinnitus, numbness in the hands and feet, pain in the waist and back, digestive difficulties, constipation. Sometimes excessive discharge. In such cases, medical advice should be sought. Occasionally, discharge may occur even after five or six months. The face or skin may become dry and rough.

Women who find it difficult to accept menopause as a natural process may experience psychological challenges. They may fall victim to various mental anxiety, such as worrying that physical intimacy with their husband not be the same as before. Thoughts like I am turning old become old perhaps no longer needed by my husband worries a woman. Experiencing fatigue, exhaustion and feelings of helplessness becoming easily angered or prone to mood changes and other emotional disturbances are same of menopause.

Causes of menopause

At the age of 40, secretion of estrogen begins to decrease and eventually stops. At the same time, the pituitary gland increases the secretion of gonadotropin hormone which ultimately leads to the cessation of menstruation. This is a natural process of the body and all women should learn to embrace it as part of nature's design. There is no reason to feel saddened by this transition.

Ideal body measurement

In the West, there is an endless obsession with the perfect body measurement. However, a healthy, graceful and confident presence is far more important than mere physical proportions. Nevertheless, for your reference, the standard charts commonly used in the West are provided below:

1. Bust

The bust should be 10 to 12 inches larger than the waist. That is, whatever your waist size is, your bust measurement should be 10 to 12 inches more than that.

2. Waist

The waist should be 10 to 12 inches smaller than both the bust and hips. Take your bust or hip size and subtract 10 to 12 inches to estimate your ideal waist measurement.

3. Hip

Measure the widest part of your hip using tape. This measurement is usually equal to or 2 to 3 inches more than the bust.

4. Thigh

Widest part of your thigh should be 18 to 21 inches.

5. Knee

The knee measurement should be 6 inches less than the thigh measurement.

6. Calf muscle

The calf, the slightly bulkier part of the lower leg, should be 7 inches less than the thigh.

7. Ankle

4.5 to 5 inches less than the calf measurement.

One may have skinny or heavy build, if he or she achieve proportionate body structure, it looks nice. Also height affects body weight.

Body weight chart according to height (Female)

Feet	Meter	Small	Medium	Large
		Kg		
4' 8"	1.42	42.3	45	49.5
4' 9"	1.44	43.3	45.9	50.9
4' 10"	1.47	44.5	47.7	52.2
4' 11"	1.50	45.9	48.6	53.6
5'	1.52	46.8	49.5	55.0
5' 1"	1.56	48.6	50.9	56.4
5' 2"	1.58	50.0	52.7	57.7
5' 3"	1.61	50.9	55.0	59.5
5' 4"	1.63	52.7	56.8	61.3
5' 5"	1.66	54.6	58.6	65.0
5' 6"	1.68	56.4	60.5	66.3
5' 7"	1.71	58.6	62.3	68.5
5' 8"	1.73	60.5	64.1	70.8
5' 9"	1.76	61.7	65.9	72.6
5' 10"	1.78	63.1	67.7	73.6
5' 11"	1.81	64.1	68.7	74.6

Body weight chart according to height (Male)

Feet	Meter	Small	Medium	Large
		Kg		
5' 1"	1.56	51.8	55.0	59.1
5' 2"	1.58	53.6	56.8	60.9
5' 3"	1.61	55.0	57.7	62.3
5' 4"	1.63	55.9	59.5	63.6
5' 5"	1.66	57.3	60.9	67.7
5' 6"	1.68	59.1	62.3	69.5
5' 7"	1.71	60.9	65.0	71.8
5' 8"	1.73	62.7	66.8	73.2
5' 9"	1.76	64.8	68.6	75.9
5' 10"	1.78	66.8	70	76.9
5' 11"	1.81	67.8	72	77.9
6'	1.84	-	73	78.7
6' 1"	1.86	-	74.5	80.4
6' 2"	1.89	-	76.6	82.3
6' 3"	1.91	-	80.9	86.4



Diet and lifestyle guideline

Everyone should consume a balanced diet. Excessive oil, fat, spices and protein are harmful to the body. A balanced diet includes food containing the right proportions of carbohydrates, proteins, fats, vitamins and minerals other nutrients.

1. Food is a blessing from the Most Merciful; therefore, always begin your meal by invoking His name. Avoid eating in a hurry or while distracted. As you eat, visualize that this food is providing your body with necessary nourishment and will be digested properly. Do not eat when you are upset or irritated. As you eat, say to yourself: I will enjoy what I eat and everything I eat will be fully digested.
2. Do not live to eat; eat to live. If you live to eat, food may invite illness and death. But if you eat to live, food will energize you with vitality and life force.
3. Develop the habit of eating at fixed times every day.
4. Do not go to sleep immediately after dinner. Instead, sit in Diamond pose for at least 10 minutes and take a short walk.
5. Chew food thoroughly. This improves digestion.
6. Never waste food. Take only as much as you can eat.
7. Avoid drinking water during meals. Drink water at least 30 minutes after eating.
8. As advised by Prophet Muhammad (Sm), fill one-third of your stomach with food, one-third with water and leave the remaining one-third empty.

9. Do not eat unless you're hungry. Finish eating while you still feeling slightly hungry.
10. Upon waking in the morning, rinse your mouth first, then drink one glass of water (up to four glasses if needed) on an empty stomach. This helps relieve constipation and prevents digestive disorders.
11. Do not eat immediately after intense physical exertion. Wash your hands and face, rest for 5 minutes, then eat.
12. Do not drink tea or coffee on an empty stomach. It is harmful to health.
13. Limit the amount of fish and meat in your daily diet. Eat plenty of seasonal, fiber-rich vegetables such as bitter gourd, cabbage stalks, red spinach, malabar spinach, drumsticks or moringa etc. Lightly cooked vegetables are easier to digest.
14. Make sea fish a regular part of your diet.
15. Include lentils such as red lentils, mung beans, black grams, chickpeas, peas and pigeon peas in your daily diet in moderate amounts. Avoid red lentil soup at night.
16. Thin lentil soup is healthier than thick lentil soup.
17. To preserve maximum nutritional value, cook rice using the absorption method rather than draining the starch. Always wash vegetables thoroughly before cutting them.
18. Eat mushrooms regularly. They are rich in protein, minerals and vitamin B1, which help strengthen immunity and reduce the risk of heart disease and malaria.
19. Have 5 to 10 grams of spirulina daily. Rich in protein, beta-carotene and iron, it revitalizes body cells and strengthens immunity.
20. Make it a habit to eat a variety of nuts regularly.

21. Eat plenty of local, seasonal fruits. Seasonal fruits build immunity against the specific illnesses common to that particular time of year.
22. Begin eating pineapple regularly during the rainy season or whenever it becomes available in the market. This helps protect you from the flu.
23. To prevent colds, start eating pomelo daily before winter begins.
24. During the winter season, eat spinach, tomatoes, broccoli and carrots regularly. In the summer eat cucumber in the morning and afternoon but avoid eating it at night.
25. Include a salad with your meals every day. For maximum benefit, use a variety of ingredients such as lettuce, capsicum, tomato, cucumber, carrot, coriander leaves, mint leaves and red cabbage.
26. Eating fatty or heavy foods—such as beef, mutton, biryani or kacchi—at night and going to sleep immediately after the meal may cause nightmares and increase the risk of heart attack.
27. Avoid excessive spices, tasting salt, very spicy foods and deep-fried foods. Limiting restaurant and outside food is always better for your health.
28. Those who are overweight should avoid deep-fried food, ice cream, chocolate, cake and biscuit.
29. Those who are overweight should skip afternoon snacks.
30. Occasionally replace rice with potatoes, especially for children. This helps improve nutrition and immunity, brightens the complexion and supports healthy growth in height.
31. Instead of milk tea, drink plain black tea or green tea.

32. Replace white sugar with brown sugar or jaggery.
33. If you drink tea 4 or 5 times a day, at least limit sugar to only two of those servings; drink the rest without sweetener.
34. To maintain proper bowel function, drink at least six glasses (about 1.5 liters) of water daily and eat plenty of leafy and fiber-rich vegetables.
35. Clean your teeth properly after every meal to prevent cavities.
36. Do not consume cold food or drinks immediately after hot food or beverages, as this can damage your teeth.
37. Eat a hearty breakfast, a satisfying lunch and a light dinner early in the evening.
38. You may practice fasting once a week or once every fifteen days.*

*Recent scientific research suggests that, rather than strict daily calorie restriction, alternating between a day of normal eating and a day of complete fasting—commonly known as intermittent fasting can produce significantly better results. This is because intermittent fasting increases protein production in the body, This helps prevent the loss of brain cells and stimulates the growth of new nerve cells. As a result, the risk of age-related neurological disorders such as stroke, Alzheimer's disease, Parkinson's disease is reduced.

However, a healthier brain is not the only benefit of fasting. By improving the cells' ability to metabolize glucose, fasting also helps prevent diabetes and supports overall heart health. Research has further shown that fasting can reduce heart rate and blood pressure more effectively than exercise alone. The temporary energy deficit created during fasting stimulates brain cells to produce protective proteins, enhancing the brain's ability to cope with stressful situations. Additionally, insulin is distributed throughout the body in a more balanced and regulated manner.

39. For Suhoor, eat a small portion of rice with vegetables or dates and bananas. Avoid high-protein foods as they increase thirst. At Iftar, skip fried foods and break your fast with just dates and water. After the Maghrib prayer, have your main meal, including fish, meat, lentils and other balanced foods. This eating pattern will help you stay refreshed and energetic throughout Ramadan while minimizing thirst during the day.
40. Do not give your child formula foods or instant noodles. Discourage regular consumption of certain brands of chips, chocolates and ice cream. Also, avoid introducing them to tea at an early age.
41. Fast food, junk food and other processed or packaged artificial foods contain synthetic colors, flavor enhancers and addictive ingredients. Regular consumption not only increases body fat but also raises the risk of diabetes, heart disease and stroke. Additionally, It may also cause problems in the bones, teeth and eyes and may even contribute to kidney and bladder cancer.
42. Completely avoid smoking, drugs, betel leaves and all kinds of soft drinks and energy drinks.
43. Soft drinks are extremely harmful to the body. The original text compares every sip to arsenic, saying that it slowly drains the body's energy. In addition to promoting weight gain and addiction, these beverages can cause bone decay, premature aging, indigestion, respiratory problems, diabetes, cancer and even damage the kidneys.
44. The high caffeine content in energy drinks can lead to nervousness, irritability, anxiety, muscle cramps, insomnia, headaches and breathing difficulties. It may also cause complications with conception. In severe cases, infertility.

45. Avoid drinking soft drinks and energy drinks yourself and do not offer them to others.
46. Prayer enhances food satisfaction. So pray before meals. After the meal, say, Alhamdulillah/ Thanks God/ Hari Om/ Thank you, Lord—I enjoyed my meal.

Meal Prayer

O Most Merciful, Your blessings are placed before us today. Many do not have access to such nourishing food. Please accept our gratitude for this delicious meal. Grant everyone sufficient food, good health, honor and abundance. Enlighten us all with the light of truth. Amen.

Balanced diet chart

After oxygen, a balanced diet is the most essential requirement for human survival. Food supports growth, repairs tissue damage from everyday wear and tear, it also generates the body heat needed to keep our organs functioning optimally. Therefore, it is important to ensure that daily meals contain adequate amounts of protein, carbohydrates, fats, iron, calcium, iodine and other essential minerals. A balanced diet should include foods rich in these nutrients. To help meet these needs, a suggested list of balanced foods is provided below.

There is also an important relationship between food and timing. For example, eating breakfast at lunchtime, lunch in the evening or afternoon snacks at night can have a harmful effect on the body. Remember, the body functions according to its own natural rhythm and it needs to receive food and rest at the proper times.

Breakfast

Best between 7am to 9am.

Lunch

Best between 1pm to 2:30pm.

Evening snacks

Best between 4:30pm to 6pm.

Dinner

Best between 8pm to 10pm.

Weekly breakfast plan

Saturday

- ☐ 1 egg ☐ 3-6 pieces of whole wheat flatbread. Amount may vary depending on age and body weight.
- ☐ 1 cup of vegetables ☐ 1 teaspoon of honey
- ☐ 1 glass of fresh juice or one seasonal fruit such as 1 apple, 2 amla, 1 banana, 1 orange or sweet lime, 1 hog plum or 1 glass of pineapple juice

Sunday

- ☐ Khichuri mixed with different types of lentils, rice and vegetables ☐ 1 fruit of your choice ☐ 1 teaspoon of honey

Monday

- ☐ 3-5 slices of bread. The amount may vary depending on age and body weight. ☐ 1 teaspoon of butter ☐ 1 teaspoon of honey

Tuesday

- ☐ 3-6 pieces of whole wheat flatbread. The amount may vary depending on age and body weight. ☐ 1 cup of mixed

vegetable curry □ 1 teaspoon of honey □ 1 seasonal fruit or 1 glass of fresh juice

Wednesday

□ 3-6 pieces of whole wheat flatbread □ 1 egg □ 1 cup of vegetables □ 1 teaspoon of honey □ juice or 1 seasonal fruit

Thursday

□ Khichuri □ 1 teaspoon of honey □ Seasonal fruit (1 banana, 1 orange, 1 apple, 2 amla or 1 hog plum)

Friday

□ 2-5 pieces of whole wheat flatbread. The amount may vary depending on age and body weight. □ 1 egg □ 1 cup of vegetables □ 1 teaspoon honey □ Seasonal fruit

Note: Children may have 1 egg, 1 glass of milk and 1 banana daily.

Weekly lunch plan

Saturday

□ Rice or flatbread according to age and body weight
□ Small fish □ Leafy greens
□ Bitter gourd □ Medium-thick lentil soup
□ 1 cup of mixed salad with coriander leaves, mint leaves, parsley, celery, cucumber, khira, carrot, beetroot, tomato, the tender inner part of cabbage, lettuce, red cabbage, lemon juice, black salt, regular salt etc.
□ 1 type of fruit—choose different kinds of fruits for variety in taste.

Sunday

- ☐ Rice or flatbread according to age and body weight
- ☐ Bitter gourd ☐ Medium-thick green gram soup
- ☐ 1 medium portion of any kind of big fish
- ☐ 1 seasonal fruit or fresh juice ☐ 1 cup of salad

Monday

- ☐ Rice or flatbread according to age and body weight
- ☐ Bitter gourd/ bitter greens ☐ Chickpea lentil soup
- ☐ Meat (any kind) ☐ Seasonal fruit ☐ 1 cup of salad

Tuesday

- ☐ Rice or flatbread according to age and body weight
- ☐ Mashed or stir-fried vegetable dish ☐ Thick mixed lentil soup (green gram, red lentil, chickpea, pigeon pea)
- ☐ seasonal fruit ☐ 1 cup of salad

Wednesday

- ☐ Rice or flatbread according to age and body weight
- ☐ Variety of Leafy greens ☐ Red lentil ☐ Any kind of meat
- ☐ 1 cup of salad, ☐ Seasonal fruit

Thursday

- ☐ Rice or flatbread according to age and body weight
- ☐ stir-fried mixed vegetables ☐ Chickpea lentil soup
- ☐ Any kind of fish ☐ 1 cup salad ☐ Any seasonal fruit

Friday

- ☐ Rice or flatbread according to age and body weight
- ☐ Any type of small fish ☐ Red lentil soup ☐ 1 cup of salad
- ☐ Any seasonal fruit

Note: Avoid fish and meat on at least one day each week.

Afternoon snack

Those who are overweight should avoid afternoon snacks. Those who are underweight may have a snack but should avoid deep-fried or oily foods. Children can have 1 glass of milk along with any homemade snack, while adults may have 1 cup of black tea with a small portion of light snacks.

Weekly dinner plan

Saturday

- ☐ 1 whole wheat flatbread or 2 slices of bread (underweight people may have more than that but overweight people may follow this chart.)
- ☐ 1 glass of milk (low-fat milk for over weight people)
- ☐ 1 seasonal fruit (4 pieces of mango or papaya or 1 apple or 1 sweet orange)

Sunday

- ☐ 1 slice of bread (underweight people may have more than that) ☐ 1 glass of milk
- ☐ 1 seasonal fruit (1 apple or 3 pieces of papaya)

Monday

- ☐ 1 whole wheat flatbread or 2 slices of bread
- ☐ 1 cup puffed rice
- ☐ 1 glass of milk ☐ 1 seasonal fruit

Tuesday

- ☐ 2 cups of rice or 1 whole wheat flatbread
- ☐ 1 cup of vegetables
- ☐ 1 glass of milk ☐ 1 seasonal fruit

Wednesday

- ☐ 2 whole wheat flatbreads according to age and body weight
- ☐ 1 cup stir-fry vegetable
- ☐ 1 glass of milk ☐ 1 seasonal fruit

Thursday

- ☐ 2-3 slices of bread ☐ 1 whole wheat flatbread
- ☐ 1 glass of milk ☐ 1 seasonal fruit

Friday

- ☐ Half cup of rice or 2-3 slices of bread or 1 whole wheat flatbread
- ☐ 1 glass of milk ☐ 1 seasonal fruit

Notes

Food quantities may vary depending on age and weight. This meal plan is primarily designed for women.

Have spirulina regularly; it is rich in nutrients. Small fish includes not only glass fish but also varieties like Taki, Batashi, Kajri, Pabda, Tengra, Puti, Phalli, Mola, Dhela, Koi, Magur and Shing as well.

Large fish refers to types like Rohu, Katla, Mrigal, Coral, Aar and similar large species.

Fish is a healthier source of protein than meat because meat contains saturated fat.

Always use iodized salt.

Avoid overly fried, oily, spicy or rich foods.

Do not eat more than three types of dishes per meal.

If you are unwell, follow your doctor's dietary instructions.

Beauty Care

The history of beauty care

Throughout the ages, humans have adorned themselves in various ways—sometimes to appear attractive to others and sometimes to gain personal satisfaction. From ancient times to the modern era, men and women have pursued the art of self-adornment, employing diverse techniques, colors, textures, clothing, ornaments in harmony of their time.

When we trace the history of cosmetics and adornment, we find that the Cro-magnons of around 20,000 years ago are widely recognized as the pioneering practitioners of such rituals. At that time, human beings lived in deep ignorance and superstition. They did not understand why lightning occurred in the sky, why wildfires erupted, why there were storms, heavy rain and floods or why floods swept away their homes. Natural disasters and death filled them with profound fear. Lacking any understanding of the Supreme Creator or divine majesty, fear governed their lives. In an attempt to overcome this fear, they marked their bodies with different colors and ornaments to appease imaginary deities, seeking protection from natural disasters and the wrath of nature.

During this period, Women stayed in caves that were believed to be protected by magic, while men ventured out to hunt at great personal risk, their faces and bodies covered with symbolic paints. As time passed, civilization gradually stepped into the pages of recorded history. Humans mastered agriculture and settled communities began to emerge. During Japan's Neolithic period (4500–2000 BCE) and along the Nile Valley, small farming settlements took shape, while in Egypt, the Pre-Dynastic civilization began to flourish.

By this time, the scope of human knowledge and science had expanded and fear of natural disasters had gradually diminished. People began to recognize their own capabilities.

Gradually, Their fears gradually became divided into visible and invisible dangers. Humans learned to predict—with mathematical precision—when the Nile will flood or when dense clouds would cover the sky. As a result, these phenomena no longer inspired fear. Yet, the fear of death remained. What had once begun as a form of adornment to ward off unknown dangers through magic now extended to confronting known enemies as well. Against ferocious animals and against rival groups, people no longer painted their faces and bodies out of fear alone but to instill fear in others or to conceal themselves.

Through the passage of time, a priestly class gradually emerged within these small communities. Ordinary people believed that these priests possessed knowledge of the eternally mysterious realm of death and could offer guidance as well as protection during times of danger and crisis. Over time, they became the supreme authorities over practices of adornment and thus self-adornment became an integral part of religion. As a result, cosmetic practices grew more complex. The ancient Egyptians practiced tattooing on their bodies. They extracted oil from castor seeds and applied it to their skin to protect it from the harsh rays of the sun. They also began coloring their faces and eyelids by mixing green malachite with wild castor oil.

In Beni Hasan, Egypt, lies the tomb of Khnumhotep where archaeologists have discovered tangible evidence of ancient cosmetic practices. The tomb wall paintings clearly indicate that, even in that era, cosmetic materials were traded across distant regions. It was during this period in Egypt that the practice of applying kohl to the eyes became established. This kohl was made from a type of lead compound known in English as galena. This form of kohl is the precursor to what is now known as Surma, which is produced from the metal Antimony.

In later periods, particularly during the era of the Pharaohs, the use of kohl to line the eyelids and shape the eyebrows became increasingly widespread in Egypt. Queen Nefertiti, wife of Pharaoh Akhenaten, is believed to have used the mesmerizing power of her kohl-lined, doe-like eyes to unite the once-divided northern and southern Nile valleys under a single empire. The scale of prosperity that followed this unification can be understood by viewing the magnificent tomb of her son-in-law, the renowned Pharaoh Tutankhamun. Much later, the legendary Egyptian queen Cleopatra, known across the world—used the spellbinding gaze of her kohl-rimmed eyes in ways that altered the very course of world history, a fact well known to many.

In ancient Egypt, cosmetic palettes were initially limited to black and green. However, during the Ramesside and the Ptolemaic periods, the use of red pigments derived from red ochre or carmine. It became popular for adorning the lips and forehead of women. During this time, the production of green pigment evolved; it was no longer produced from malachite but from green copper hydrosilicate. There are even accounts of crushed ant eggs being used as eye paint, though this practice was reserved exclusively for the elite.

This long history of body painting suggests that while the practice likely held deep religious significance, its practical benefits cannot be overlooked. It served as a vital shield against harsh sunlight and a means of enhancing physical appearance. Ultimately, it appears that the human appreciation of beauty gradually became the dominant motivation behind the continued use of color and cosmetics in personal adornment.

Another notable tradition related to body coloring is tattooing. Like many other forms of adornment, tattooing—decorating the body with color also originated in ancient Egypt between 4,000 and 2,000 BCE. From there,

the custom spread worldwide. About 2,500 years ago, it reached Crete, Greece, Persia and the Arab world. Roughly 500 years later, it arrived in China. The Ainu introduced tattooing to Japan, where Japanese artists eventually elevated it into a refined art form. It then spread to Sumatra, Borneo, the Philippines and various Pacific Islands.

Tattooing enjoyed widespread popularity among the Maori people of New Zealand, although its roots trace back to Polynesia. Over time, it became deeply embedded in Maori culture. Locally, tattoos were known as amoko. They used ash made from burned nuts for ink and endured immense pain to get tattoos. While driven by aesthetics, tattoos held different meanings across cultures. In Malaysia, people used white, black and red tattoos as a cure for cholera. Some African tribal women used tattoos to indicate widowhood. In ancient America, it was believed that tattoos would help deceased souls be recognized by family and friends in the afterlife. The trend of decorating the body with color was also prevalent during the era of the Egyptian pharaohs. In the Old Testament, the story of Jezebel, the 'Painted Lady,' suggests that body painting might have spread from Egypt to the Middle East.

Over time, the tradition of tattooing found its place alongside modern beauty practices in modern society—but in less painful, more cosmetic ways. Today, at beauty parlors, women adorn their hands, necks, legs and cheeks with floral patterns and delicate dots—modern alternatives to ancient tattooing rituals. In ancient Greece, women also used plant-based red dyes called alkanet from a mediterranean herb to color their cheeks and applied white paint to their faces and bodies.

It is perhaps from these ancient roots that the modern practice of applying rouge and blusher evolved. In contemporary cosmetics, these products are available in a

vast spectrum of colors, allowing women to select shades that complement their specific skin tones and enhance their natural beauty. After all, who does not desire cheeks that look as fresh and rosy as apples? To achieve that radiant, apple-tinted glow, cosmetics such as rouge, face powder and blusher have become essential tools.

Across the world, countless renowned brands are actively engaged in producing advanced cosmetic products. Today's cosmetic scientists conduct extensive research to ensure the quality, safety and effectiveness of every formula. As one of the most profitable global industries, the cosmetic sector continues to drive innovation and expansion. Consequently, New cosmetic products appear every day and companies compete with one another.

Four historical women are often cited as icons in the history of beauty and cosmetics:

- A. Cleopatra of Egypt
- B. Empress Theodora of Byzantium
- C. Madame Pompadour of France
- D. Empress Nur Jahan of India

Beyond her legendary beauty and intelligence, Cleopatra was a woman of many exceptional talents. She was highly skilled in midwifery and herbal medicine. Cleopatra is credited with reclaiming the art of cosmetics from the exclusive control of the priestly class and integrating it into the realm of medicine. Although the dominance of priests over cosmetic practices had already begun to decline during the reign of the powerful Pharaohs. It was when radiant and skilled experts like Cleopatra embraced herbal science that the veil of magic and incantations finally fell away, making way for scientific approaches. More over, Cleopatra introduced what we now call the face mask. A cosmetic practice used to

keep facial skin soft, supple and youthful. She created an innovative natural facial pack by blending honey, egg white and the extract of a plant known as donkey's hoof.

Ancient Egyptian cosmetic records mention many seemingly bizarre ingredients—such as ibis, cats, crocodile blood, crabs, scorpion tails, mouse nails and donkey's hoof. Later discoveries revealed that these were not literal animal parts, but rather symbolic names for various plant-based substances.

The expansion of cosmetics in Rome during the time of Christ was meticulously documented by Roman philosopher Pliny the Elder and the poet Ovid, known as the Poet of Cosmetics. From Pliny's *Natural History*, we learn that Roman women used early forms of lipstick and eyeshadow. For their cheeks, they utilized a root called pupeserium often soaked in vinegar to produce a vibrant rouge or vermilion tint. To achieve a pale, porcelain complexion, they applied chalk powder. Ovid, in his famous book *Ars Amatoria* (The Art of Love), wrote: *Cura dabit faciem; facies neglecta peribit*—which translates to: *Care creates beauty; a face neglected will perish*. While Ovid focused much of his work on the intricacies of hair care, Pliny dedicated significant attention to the science and luxury of perfumes.

In the 6th century, as the Byzantine Empire rose, the city of Constantinople (modern-day Istanbul) flourished as a center of commerce and culture. During this period, Emperor Justinian—who dreamed of restoring a second Roman Empire—held the throne. While his grand political vision remained unfulfilled, it was his consort, Empress Theodora, who introduced the concept of scientific cosmetics to the world. The daughter of a bear-keeper at the Constantinople Hippodrome, Theodora possessed

legendary beauty and exceptional intellect. Though born into humble circumstances, she became a pioneering innovator, establishing her own laboratory to experiment with botanical extracts and herbs to create groundbreaking cosmetic formulations. With guidance from the royal physician Aetius of Amida, she emerged as both a distinguished patron and practitioner of the science of beauty.

In the 11th century, the throne of Constantinople witnessed the rise of another extraordinary empress, Zoe. Renowned for her seemingly eternal youth, she was often called an ageless beauty. At the age of fifty, Empress Zoe succeeded her uncle, Constantine VIII, to the Byzantine throne. This eternally youthful sovereign maintained her beauty through her own innovative cosmetic formulations and skincare regimens, skillfully defying the effects of aging. Remarkably, when she passed away at the age of seventy-two, her face was said to retain the soft radiance and firm contours of a sixteen-year-old.

The history of beauty and grooming in the Subcontinent is equally ancient. In the immortal verses of the great poet Kalidasa, we find exquisite depictions of how the women of Bengal enhanced their allure through attire, ornaments and cosmetics. For example, he writes:

A playful lotus in their hands, young jasmine blossoms intertwined in their hair,/ Their faces glowed with the soft radiance of Lodhra flowers,/ Fresh Kurubaka blooms adorned their braided tresses, charming Shirisha buds upon their ears,/ And Kadamba flowers graced the parting of their hair—seasonal adornments of young brides.

Following the decline of the Gupta Empire, the Subcontinent witnessed the introduction of Arabian cosmetic traditions. Between the 7th and 14th centuries, the Middle

East experienced a golden age of flourishing advancements in literature, philosophy and science. During this era, while the world revered master physicians like Ibn Sina, it also saw the rise of cosmetic experts such as Ishaq ibn Murad and Haji Zayn al-Attar. Later, the Mughals infused a new vitality into the art of grooming. Known for their love of grandeur and opulence, the Mughals transformed cosmetics into a sophisticated lifestyle of luxury.

Mughal Empress Nur Jahan was a woman of remarkable and multifaceted talents. She was deeply engaged in literary pursuits, wrote poetry and displayed exceptional skill in painting. Nur Jahan was also known for her exquisite taste in grooming and aesthetic elegance. She possessed the knowledge and ability to create her own cosmetic preparations, with a special mastery in the art of perfumery. Extracting essences from various flowers and skillfully blending them to create new fragrances was both her expertise and her passion.

One of the most authoritative medical texts of the medieval period was written by Mondeville. In the twenty-fourth chapter of this work, the text discusses cosmetics and personal care, including references to soap. Ten of the chapters were dedicated to methods aimed at delaying the effects of aging.

The physician Henri de Mondeville wrote an authoritative medical text. Cosmetics, including soap, are discussed in its 24 sections. Ten chapters describe ways to delay ageing. His student Guy de Chauliac (1300–1368) made important advances in cosmetics and is also credited for introducing cosmetic surgery in France.

In medieval England, cosmetics were entirely under the control of the Church due to longstanding tradition. It was

during the reign of Queen Elizabeth I that attempts were first made to break free from these restrictions. In order to appease the Church, however, the Queen issued a decree stating that any woman who seduced one of her subjects into marriage through the use of false hair, Spanish hair pads, makeup, false hips or high-heeled shoes would face the punishment reserved for witches. Ironically, both Elizabeth and her sister Mary were deeply fond of cosmetics. The Queen's obsession with fragrance was so intense that her attendants were required to be constantly perfumed in her presence. It is also said that her excessive use of heavy makeup eventually severely damaged her skin. In the later years of her life, she reportedly withdrew from public appearances because she was embarrassed by the condition of her skin.

Beauty care: fundamental truths

Throughout the ages, humans have always strived to preserve and enhance their beauty, innovating countless techniques along the way. In this pursuit, they have used a variety of methods—sometimes relying on natural ingredients and other times turning to artificial substances. Natural ingredients are generally superior—they offer the purity of nature. They are free from harmful side effects and are cost-effective. You can easily make use of items readily available around you. Whether you choose natural or synthetic materials for your beauty care, the first step is to understand your skin type, hair type and other personal characteristics. True beauty is not limited to physical appearance alone. It also encompasses a combination of qualities valued universally across cultures, such as:

1. Healthy appearance
2. Looking younger than your age
3. Strong personality and good manners
4. Appropriate dressing
5. Graceful presence
6. Humanitarian values
7. Education

All these aspects together define a person's overall beauty.

To be born with natural beauty is a profound gift from the Divine. However, while physical beauty may be inherited, all other qualities—grace, poise and character must be earned. Even the most exquisite natural beauty is not permanent; preserving it requires consistent care and attention. This awareness of grooming is not a modern phenomenon.

In earlier times, women performed their beauty rituals within the privacy of their homes. Over time, this practice has expanded beyond the domestic sphere, giving rise to specialized institutions known as beauty parlors, where women today continue to cultivate and enhance their appearance. For those who feel they were not born with conventional beauty, there is no reason for despair. Through the dedicated cultivation of beauty any woman can transform herself into a person of captivating grace.

It is important to remember that no beauty practice is like Aladdin's magic lamp that will transform you overnight. Patience is the key. It is also unrealistic to expect that you can preserve your youth and beauty forever. By the laws of nature, you progress through life, with each stage bringing its own expression of beauty. That being said, with consistent beauty care, when you are 40, you might possess

the radiance and vitality of a thirty-years-old and that is no small achievement. Looking ten years younger than your age is never easy.

Many women worry about their skin tone, believing that only fair-skinned individuals can be considered beautiful. This is a misconception. If beauty were defined solely by fair skin, women of African descent could never be celebrated as global beauty icons. True beauty is not determined by skin color. Whatever your natural complexion, with consistent care and attention, you can achieve a truly radiant and exquisite appearance.

Above all, beauty care is not limited to the face alone. True grooming encompasses the entire body, from head to toe. It involves a holistic approach: physical exercise, a balanced and healthy diet, tasteful attire and a strong, graceful personality. Beauty is reflected in your etiquette, humanitarian values, education and even the way you speak, walk and carry yourself. It is the harmonious combination of all these elements that forms the true measure of beauty.

Beauty care: bathing

When it comes to maintaining good health and radiant skin, nothing compares to the restorative power of a proper bath. In our tropical climate, bathing acts as a natural tonic—washing away sweat, dirt and the day's exhaustion. For this very reason, throughout history, bathing has never been a mere necessity; it has been elevated into a purposeful ritual to enhance both physical and mental well-being. Legend has it that queen Cleopatra of Egypt bathed daily in the milk of a hundred donkeys. Mughal empress Nur Jahan was said to

have famously infused her bathing water with the essence of a thousand roses.

Across different regions, bathhouses known as hammams were built for this purpose. While desert dwellers dreamed of bathing in the Dariya-e-Hammam (the flowing river), the women of rural Bengal lived that dream—embracing the river’s cool water as they descended into the flow with clay pots tucked at their hips. There is no doubt that modern city dwellers miss out on the simple pleasure of swimming in a flowing river; however, With a little care, bathing can clean the skin and reduce tiredness and mental refreshment.

Let us now explore the rituals you can perform before bathing to preserve your skin’s beauty and uplift your spirit.

Your body must cool down before bathing. Never rush into a bath right after coming in from outside, still perspiring from outside activities or after finishing chores in a hot kitchen. Give yourself at least 10 minutes to cool off first.

You don’t always need soap or chemical-laden products for a thorough, satisfying bath. Before choosing any natural or herbal remedy, you must first understand your skin type—whether it’s dry, normal, oily or combination. There are plenty of natural, herbal ingredients that cleanse your skin effectively without side effects.

Instead of soap, simple pantry staples like gram flour or wheat flour can be used effectively for bathing. To remove stubborn spots or dirt from hands and feet, you can use a slice of lemon. For exfoliation, you can use a natural dried loofah or even craft your own scrubbing glove by attaching an elastic band to a small towel.

For dry skin, mix honey with gram flour for a nourishing face pack and apply it to your face. Five minutes before bathing, massage your entire body with butter, olive oil or coconut oil to lock in moisture. Then rinse your body with

water. Use a paste made of gram or wheat flour and water, rub it all over your body like soap, then finally rinse well. Avoid using excessively cold water or water that is significantly warmer than your body temperature. For oily skin mix gram flour or flour with just water to make a paste and use it on your face and body. For combination skin apply a honey and gram flour paste to the dry areas and a water and gram flour paste to the oily areas. Then rinse thoroughly with plenty of water for a clean, refreshed feeling.

To transform your daily bath into a sensory experience, you can infuse your water with delicate, natural scents. Here are several ways to create your own aromatic bathwater:

- A. Crush several fresh lemon leaves directly into a bucket of water. As you pour this water over your body, it will leave behind a subtle, citrusy sweetness that lingers on the skin.
- B. Boil orange peels in a mug of water for five minutes. Allow it to cool, then strain and mix it into your bathwater. This creates a refreshing, sweet fragrance that revitalizes the senses.
- C. Soak fresh rose petals or jasmine in a bucket of water for five to six hours. This slow infusion allows the water to absorb the delicate, natural perfume of the flowers and gives a calming bathing experience.
- D. For a quick alternative to fresh petals, simply stir a splash of pure rose water into your bath for an instant, elegant fragrance.
- E. If you struggle with excessive sweating, dissolve a small piece of alum into your final bucket of rinse water. This simple mineral acts as a natural deodorant, keeping you fresh and odor-free throughout the day.

After bathing, gently pat your body dry with a clean, soft towel or washcloth.

To make your self-care ritual seamless, keep these essentials within reach:

1. Use a brush or a natural loofah (dried dhundul). You can even hand-stitch a custom scrubbing pad for better grip.
2. A nylon sponge, found in stationery or beauty stores.
3. A clean, dry towel
4. Mild soap or natural alternatives like gram flour, wheat flour or all-purpose flour.
5. Oil. Massage oil into your body one hour before bathing. This deep conditioning ensures your skin remains smooth.

Natural hair care methods

‘Her hair—dark as the midnight of ancient Vidisha...’ Perhaps there is no better evocative tribute to the beauty of thick, black hair than these words by the poet. Throughout the ages, hair has done more than just inspire the imagination of poets; it has captivated the hearts of all who appreciate beauty. That is why hair care has been an integral part of beauty rituals since ancient times.

From the legendary long, thick, luscious tresses of Queen Cleopatra to the intricate braiding styles that traveled from Egypt to Greece, hair has always been a symbol of grace. While Roman women had a fascination for sophisticated bobbed hair, the Bengali woman's traditional bun known as khopa remains world-renowned for its

elegance. Whether your hair flows down to your knees, is cut into a modern bob, boy-cut or styled into a floral-adorned bun, one truth remains: without proper care, your crowning glory can lose its vitality, wither away long before its time.

The first step in hair care is cleansing hair with shampoo. However, many commercial chemical shampoos today often cause more harm than good, stripping the hair of its natural life. This is why beauty conscious individuals are now turning away from synthetic products in favor of nature's own remedies. Let us explore the traditional methods of cleansing hair effectively using natural, wholesome ingredients.

Natural ways to cleanse hair

Those who experience hair fall or allergic reactions from commercial soaps and shampoos will find a safer, gentler alternative in natural cleansing methods. This approach preserves the hair's integrity and significantly reduces hair loss. If your lifestyle keeps you outdoors, you should wash your hair at least twice a week. Environmental dust and grime tend to clog the hair follicles, trigger increasing hair loss. This is especially vital for those with oily hair, as dirt adheres more readily to natural oils. Just like facial skin, you must identify your hair type:

1. Oily hair
2. Dry or rough hair
3. Normal hair

Regardless of your hair type, cleansing with natural ingredients ensures no harm to the hair. While chemical products often come with strict precautions and complex rules, natural ingredients offer a beautiful simplicity—they involve no such restrictions. This inherent freedom and safety make natural remedies an ideal choice for long-term

hair health. Now, let us explore the various ways you can prepare your own natural shampoos to cleanse and revitalize your hair.

Method one

Ingredients: 2 teaspoons fenugreek, 4 dried amla with seeds removed, 1 tablespoon ground henna leaves, 1 small piece of fragrant resin (sonda-Aromatic earth), 1 piece of lemon.

Preparation: Wash the fenugreek, amla and sonda thoroughly. Soak them together in one cup of water for a full day before you wash your hair. By then, the ingredients will be soft and swollen. Grind the soaked fenugreek into a fine paste. Do not discard the soaking water; mix it back into the paste. In a bowl, combine the henna paste, ground fenugreek and the freshly squeezed lemon juice. Stir until it reaches a smooth, spreadable consistency. Part your hair carefully as you would when applying oil and apply the paste thoroughly to both the scalp and the length of the hair. Leave this mask on for at least one hour, ideally two to allow the nutrients to penetrate. Begin your bath by pouring water over your head to soften the dried paste. Gently massage and rinse repeatedly with ample water until the hair is completely clean. Due to the natural silkiness of fenugreek, you may need extra water to ensure no residue remains.

If your hair is oily, after the final rinse, mix the juice of one lemon slice in a mug of water and pour it over your hair. This will soften the hair, add shine and leave a subtle, sweet fragrance.

This method is equally effective for dry or normal hair. Simply increase the quantity of ingredients proportionately based on the length and volume of your hair. It also strengthens hair roots.

Henna also gives hair a slight reddish tint over time, which is perfect for those looking to dye their hair naturally. Henna juice also strengthens the scalp and nourishes hair.

Washing hair with soapnut or reetha

For generations, the soapnut locally known as Reetha has held an unparalleled role in natural hair care. It comes from the Sapindus tree. There are two types of soapnut—small and big. The secret to their efficacy lies in a natural substance called Saponin, which makes up about 12% of the fruit's pulp. This organic foaming agent cleans the hair thoroughly, leaving it light, bouncy and revitalized.

Even the oil from soapnut seeds serves a purpose in traditional soap making, while the extract itself remains exceptionally beneficial for the hair cuticle. Long before the advent of commercial shampoos, our mothers and grandmothers relied on soapnuts to maintain their legendary thick, dark and floor-length tresses. Modern chemical products often lead to hair fall and damage.

Preparation: Wash a few soapnuts and lightly crush them to remove the seeds. Place the shells in a clean pot with one mug of water and bring to a boil. After simmering for three to four minutes, allow the liquid to cool. Mash the softened shells by hand to release the rich, soapy essence. Then strain the liquid to obtain your pure, natural shampoo. Wet your hair and slowly massage the soapnut extract into your scalp and through the strands. It is crucial to rinse with ample water. Because soapnuts are rich in natural saponins, a quick rinse may leave the hair feeling slightly tacky. You can easily find these dark brown fruits at traditional grocers or herbal apothecaries.

Mustard oil cake for hair care

Mustard is far more than a kitchen staple—it plays a powerful role in personal care too. You might wonder: isn't washing hair just a matter of hygiene? Today, hair care has evolved far beyond simple cleanliness; it is an essential facet of our aesthetic identity.

No matter how elegant your attire, dull or greasy hair can unpolish your entire look. We desire hair that shimmers, feels like silk and frames the face with vitality. The beauty of a woman with healthy, lustrous tresses is truly unparalleled.

While massaging pure mustard oil onto the skin is a well-known tradition in our culture, the practice of using mustard oil-cake for hair care is a hidden gem of rural Bengal. This humble, affordable ingredient is a powerhouse for hair health, offering a way to keep your hair vibrant using simple, earth-bound elements. Now let's describe how to wash hair with mustard oil cake.

Preparation: Place a portion of mustard oil cake in a bowl and soak it in water overnight. The next day, mash the softened cake thoroughly and strain the liquid using a fine sieve to collect the nutrient-rich infusion. Apply this liquid to your hair and scalp, ensuring it is well-covered. Leave it for one hour. During your bath, gently massage your scalp and rinse with plenty of water until your hair is completely clean. Once dry, you will notice your hair has become remarkably bouncy, voluminous and revitalized.

For those with oily hair, you may follow this with a final rinse of one mug of water mixed with the juice of a lemon slice for added shine and freshness. Regular use of mustard oil-cake acts as a natural shield against dandruff.

Red lentil flour

You don't need to look further than your own kitchen to find exceptional hair care ingredients. Just as lentil flour has been used for the skin care, its contribution to hair care is equally significant. Our mothers and grandmothers often turned to this simple pantry staple to maintain the purity and health of their hair.

Preparation: Take an appropriate amount of red lentils based on your hair length and wash them thoroughly. Soak the lentils in clean water until softened, then grind them into a smooth, fine paste. Part your hair carefully and apply the paste thoroughly to your scalp and strands. Leave this natural mask on for about an hour to allow it to draw out impurities and nourish the roots.

During your bath, rinse your hair with plenty of water, massaging gently to ensure all the paste is removed. Once your hair is completely dry and combed through, you will find your tresses feel light, airy and remarkably revitalized. Alternatively, you can grind dry lentils into a fine powder using a grinder and then mix it with water to create a spreadable paste.

To complete the treatment, you may use lemon water as a natural conditioner. Pour it over your hair after rinsing to add shine and effectively combat dandruff. While flour from various lentils can be used, red lentil flour is considered the most effective for achieving a superior cleanse.

Onion juice

There is an old saying: A bride is praised for her modesty and a curry for its onions. While we all know the onion's value in the kitchen, many are unaware that its juice is a miraculous medicine for the hair. It's especially effective in

treating dandruff and is unparalleled in power to stimulate the scalp and encourage growth of new hair.

Preparation: Take a few small onions and crush them to extract the fresh juice. Part your hair carefully and apply the juice directly to the scalp and through the strands, just as you would apply hair oil. Ensure the scalp is well-covered. Leave it on for about an hour. Rinse your hair with plenty of water until it is completely clean. Once dry, you will find your hair feeling as soft and light as silk.

Many hesitate to use onion juice due to its pungent aroma, but for the health of your hair, it is truly a supreme medicine. To neutralize the scent naturally, you can prepare a fragrant final rinse. Add the juice of two slices of aromatic lemon to a mug of water and pour it over your hair after washing. The citrus scent will mask the onion aroma leaving your hair smelling as fresh as a natural perfume. If you prefer, you can also follow this treatment with a wash using your regular mild shampoo.

Tamarind infusion

Take a sufficient amount of tamarind based on your hair length and mix it with a little water to create a thick, smooth paste. Part your hair carefully and apply the paste thoroughly to your scalp and strands. Leave it on for 10 to 15 minutes. Rinse your hair thoroughly with plenty of water. Once your hair is dry, you will notice how light, airy and silky it feels.

For those who find that other natural remedies or commercial products don't suit them, tamarind is an excellent alternative. It is remarkably gentle, helping to prevent hair breakage. Best of all, when you use this infusion, you won't need any additional conditioner.

Hair care

We have explored in detail how to cleanse your hair using simple, natural ingredients. We have discussed which elements work best for different hair types. Now, we shall move beyond cleansing to discuss the holistic care and nurturing of your hair.

1. Combing your hair

To keep hair beautiful, radiant, clean and healthy, regular combing is essential for everyone. This simple act helps remove trapped dust, debris and shed hair. Beyond cleanliness, the action of combing or brushing stimulates blood circulation in the scalp which in turn helps deliver vital nutrients to the hair follicles.

While combing is necessary for hair health, it is important not to overdo it. Excessive brushing can lead to split ends and breakage. The quality of your tool is equally important; a poor-quality brush or comb can cause significant damage. When purchasing a comb or brush, ensure the bristles or teeth are not too sharp or jagged. Ideally, the tips of the bristles should be rounded and smooth.

2. Proper combing method

Place the comb or brush at the crown of your head and gently draw it down to the bottom tip of your hair. Begin from the right side, brushing across toward the left. Then reverse the direction, brushing from left to right.

Repeat this motion 70 times. Gather all your hair, bend your head forward and let the hair fall naturally. Starting from the roots at the nape of the neck, brush all the way to the ends 30 times.

Brush your hair 100 times in total, once a day. This will increase its shine, prevent dirt buildup, improve blood circulation in the scalp, strengthen the roots and reduce hair

fall. For even greater results, perform this brushing method while sitting in Diamond pose.

This traditional posture is believed to help prevent premature graying. If followed consistently, you will see visible results within just two weeks. Japanese women traditionally brush their hair while sitting in this pose.

3. Caring for combs and brushes

Just as you care for your hair, you must also maintain the tools you use. It is recommended to clean your combs and brushes every two days.

- A. Soak your combs and brushes in warm water. Use soap or detergent powder to scrub them thoroughly, removing any buildup. For final disinfection, rinse them in a mixture of water and a few drops of an antiseptic liquid such as Dettol or Savlon.
- B. Fill a bowl with water. Mix one tablespoon of baking soda. Soak your combs or brushes in it. Finally wash them with soapy water for a fresh, clean finish.

4. Keeping hair vibrant and beautiful

- A. Every one or two days, dedicate time to massaging oil into the roots of your hair. Use the soft pads of your fingertips to perform the massage. Work slowly and gently, ensuring the pressure is applied directly to the scalp rather than just rubbing the hair strands. This process stimulates blood circulation and nourishes the roots with essential nutrients. Apply the oil primarily to the scalp; as you comb or brush afterward, the oil will naturally distribute through the length of your hair.
- B. Cleanse your hair at least once or twice a week. Whenever hair feels dusty or oily, wash your hair.

- C. Whether you use a mild shampoo or one of the natural cleansers discussed earlier, always massage oil into your scalp the day before washing. Regardless of the type of oil you use, warming it slightly before application will yield better results. It helps eliminate dandruff and leaves the hair remarkably soft after it is washed.

5. Dealing with persistent dandruff

Before washing your hair, massage warm oil into your scalp. Next, soak a towel in hot water, wring out the excess and wrap it around your head for about 10 minutes. Afterward, wash your hair with a mild anti-dandruff shampoo. Apply fresh onion juice thoroughly to your scalp and leave it on for 10 to 15 minutes. Rinse well afterward. Following this routine consistently for a few days will help clear the dandruff. Never use someone else's comb or brush.

6. Tea liquor and lemon rinse

For instant shine and to combat hair fall, prepare a strong brew of tea and let it cool. Add a few drops of fresh lemon juice to the tea. After washing your hair as usual, use this mixture as a final rinse.

7. Dried amla (indian gooseberry)

Soak dried amla in milk for 4—5 hours. Once the amla has softened, grind it into a smooth, thick paste. Part your hair and apply the paste thoroughly to the scalp, massaging it into the roots. Leave it on for at least one hour before rinsing it off. Adding a few fresh henna leaves to the paste further enhances its benefits, keeping your hair healthy and strong.

8. Durva grass infused oil

Soak a handful of fresh Durva grass in pure coconut oil overnight. The following day, place the oil in the sun to heat

up naturally. Apply this sun-warmed oil to your scalp, ensuring it reaches the roots. You can store this oil in a bottle for regular use. However, to keep it potent, place the bottle in the sun daily. Always ensure the oil is warm from the sun before applying it to your head for the best results.

9. Treating head lice

Lice are not only harmful to hair health but are also a source of great discomfort and embarrassment. These parasites, known scientifically as *pediculus capitis*, spread easily from person to person and live directly on the scalp. Their tiny grey or white eggs (nits) are usually found firmly attached to the hair shaft near the roots. Fortunately, treating lice is quite simple. While medicated soaps and shampoos are widely available, you can also use these effective remedies:

- A. Mix 5.5 grams of DDT powder with 3.5 ounces of talcum powder. Before going to bed, apply this powder generously over your hair and wrap your head with a cloth. The following morning, comb through your hair carefully. Repeating this for two to three days will effectively eliminate the lice.
- B. Crush a small amount of naphthalene into a fine powder and mix it with coconut oil. Apply this mixture to your hair and leave it on for about an hour before washing it out. Following this routine for a few days will kill the lice.
- C. For a completely natural approach, use the juice of fresh Tulsi leaves. Apply the juice thoroughly to your scalp, leave it on for an hour and then rinse. Tulsi leaf juice helps kill lice.
- D. A mixture of Dhatura leaf juice, Betel leaf juice and a pinch of camphor can be applied to the scalp. Ensure you wash your head thoroughly after the treatment.

10. Managing split ends

If your hair has split ends, Split ends are a sign of serious hair damage. Once a strand has split, the only effective remedy is to trim the ends. If left untreated, it will lead to breakage and stunt your hair's growth. Be patient and brush your hair gently. To prevent breakage and promote growth, your diet must be rich in essential vitamin C maintains a disciplined routine by massaging your scalp with oil regularly and washing your hair twice a week. Vitamin A: This vitamin ensures both your hair and skin remain beautiful. Carrots are an excellent and abundant source of Vitamin A. amra, amla, lemon and guava in your daily meals. It is common for mothers to experience significant hair fall after childbirth. This is often due to a deficiency in calcium and iron. If you experience this, it is wise to consult a doctor for professional advice and supplements. Remember, hair is an essential element of a woman's beauty. Never neglect it.

General hair care tips for all hair types

1. Always keep your comb and brush clean.
2. Do not use other people's combs or brushes.
3. Avoid trimming your hair too frequently; trim every 1 to 1.5 months.
4. Trim split ends as soon as they appear.
5. Don't tie your hair too tightly.
6. Avoid using chemical products on your hair as much as possible.
7. Oil your scalp at least twice a week.
8. Protect your hair from excessive sunlight.
9. Brush your hair after returning home to remove dust.
10. Include vitamin A, vitamin C, vitamin B-complex and protein in your daily diet to improve hair health and prevent premature graying.

11. Add small fish to your regular diet.
12. Most importantly, sit in Diamond pose and brush your hair. It prevents early graying and dandruff.

Skincare

You should know

We often judge a person's age, health and vitality simply by looking at their face.

Over time, environmental factors and the natural progression of age cast a shadow of fatigue upon us, leading to sagging skin and the birth of wrinkles or age lines. The skin loses its firmness and fine lines begin to appear. While some are unwilling to let age show on their skin, this is more than just a matter of personal preference; it is often rooted in distinct physical and mental factors.

1. In the West, tanning has become a popular trend. Tanning is essentially a process of conditioning the skin to withstand sun exposure without immediate damage.
2. Experts warn that excessive exposure to harsh sunlight can lead to several complications, including: skin cancer, premature aging, changes in skin pigmentation.
3. High heat rapidly depletes the skin's natural hydration.

Dr. Kligman, the inventor of Retin-A, famously stated that if women simply avoided excessive sun exposure, the skin on their faces would remain as firm, smooth and supple as the skin on their upper arms. Skin tone naturally varies based on an individual's ethnicity and heritage. For example, those born with pale-golden skin and red hair may find that a controlled tan helps them achieve a natural brownish tone.

If you love basking in the sun, there is no reason to feel disheartened. You can still enjoy the sunlight for as long as

you wish, provided you apply sunscreen to shield your skin from harmful UV rays.

It is essential for everyone to understand that as we age, the dermis—supporting layer of the skin composed of fatty tissues begins to lose its natural efficiency and resilience.

Within this layer, water and specialized cells produce two vital proteins: Collagen and Elastin. Collagen provides the skin with its strength and firmness. Elastin allows the skin to stretch and bounce back, maintaining its elasticity. These are the secrets to what we call youthful vitality. As age increases, this internal support structure begins to decline. The dermis loses its ability to retain water and essential fats as effectively as it once did and the production of new cells slows down, leading to an accumulation of older, dead cells on the surface. This combination of internal weakening and surface buildup is what eventually leads to the visible signs of aging: The skin on the cheeks and neck begins to sag as the structural scaffolding weakens.

Always remember the golden rule of health: Prevention is better than cure. To maintain youthful skin and prevent damage before it starts, you must focus on three essential goals: 1. Cleansing 2. Maintaining Elasticity 3. Hydration. Thoroughly cleaning the skin removes makeup, daily environmental pollutants and sweat. This ensures your pores to remain clear and breathe. By keeping the skin artificially hydrated through moisturizers and topicals, you can prevent age-related dryness and keep the complexion vibrant.

If you consistently avoid harsh sun exposure, maintain a dedicated skincare routine, keep your skin active through exercises and drink plenty of water—your skin will never lose its natural glow and grace, age will never truly touch you.

It is also important to remember that your body produces melanin as a natural defense mechanism against the sun's

ultraviolet rays. When you are exposed to harsh sunlight, your body generates excess melanin to protect itself, which is what causes your skin tone to darken or change. To shield your skin from these damaging rays, always use an umbrella when outdoors. In many western countries, UV-protected umbrella known as Sunbrella is widely used for this purpose.

Additionally, diet plays a fundamental role in skin health. Prepare a nutrient-rich snack. Mix the following ingredients to make a light snack. This will help nourish your skin.

1 cup of yogurt, 1 banana, half cup of jam, 3 tbsp of whole wheat flour, 1 tbsp of yeast, 1 tbsp of lecithin, 1 tsp of granular vitamin C, 1 whole egg yolk, gelatin powder as needed, 1 tsp of honey for flavor and aroma.

Facial care

There is an old saying that a beautiful face finds favor everywhere; however, true beauty requires care. Even if one is born with striking features, that beauty will not endure without consistent attention. There is a common misconception that beauty is synonymous with a fair complexion. In reality, beauty is defined by radiance and grace, regardless of the shade of your skin. No matter your natural tone, it is the vitality of your skin that defines true beauty today. Dull, lifeless or blemished skin can make you feel deeply self-conscious, affecting both your own confidence and the impression you make on others. Regardless of the unique features Allah has been blessed you with, a little effort can help you reach your most radiant self. All it requires is patience and a disciplined care routine.

For women, the mid twenties around ages 24 to 25 is the ideal time to begin a more focused regimen. By being mindful of your diet, exercise and skincare habits now, you

can preserve your beauty and vitality well into your fifties. The secret lies in understanding the right methods and practicing them consistently. At first, Understand your skin to keep your skin fresh and healthy. The types are:

1. Normal skin
2. Oily skin
3. Dry skin
4. Combination skin

To determine your skin type accurately, before going to bed, wash your face thoroughly and pat it dry. Do not apply any moisturizers, oils or serums. In the morning, observe your skin in the mirror immediately after waking up.

If your entire face feels greasy, you likely have oily skin. You can confirm this by pressing a tissue against your face; if the tissue becomes soaked with oil, your skin is oily.

If you notice only a slight oiliness—perhaps a light glow on the nose and forehead but the area around your eyes feels dry, your skin is likely normal. A tissue test will show very little oil transfer.

Dry skin does not feel oily or fresh. It often feels tight and looks dull. This type is more prone to early wrinkles and fine lines. A tissue test will remain completely clean and dry.

Combination skin features different textures on different parts of the face. For example, your forehead and nose may feel oily, while your cheeks feel dry. This type requires more careful attention—treating the dry areas with rich moisturizers and the oily areas with oil control methods. While it requires extra effort, consistent and patient care will yield excellent results. Let us discuss skincare according to your skin type.

Skincare for normal skin

- A. Normal skin is naturally balanced and generally has fewer issues. Many people believe it requires no

maintenance. However, as time passes, even the healthiest skin loses its ability to regenerate and maintain its elasticity. To preserve your natural glow, a consistent care routine is essential.

True skincare begins with cleanliness. Just as we wash our surroundings, our skin requires regular cleansing to breathe. Wash your face with plain, room-temperature water at least five times a day. This prevents dust and pollutants from settling into your pores and keeps your skin feeling refreshed and vibrant. While you can use mild soap, it is often better to limit its use to avoid stripping away natural moisture. The natural alternative is Gram flour—an excellent natural cleanser. If your skin is prone to allergies or irritation from soap, Gram flour is a safe and soothing alternative that you can use daily without hesitation.

- B. Wash your face using a mixture of lukewarm water and a gram flour. After drying your face, mix equal parts glycerin and water then apply it to your skin. This will keep your skin soft and prevent roughness or flaking. If you prefer, you may also use a high-quality skin tonic or freshener to tone and revitalize your face before sleep.
- C. Apply a suitable face pack at least 2 to 3 times a week. Leave the pack on for 15 to 20 minutes, allowing the nutrients to penetrate the skin. Rinse your face thoroughly with plain water. This simple weekly habit will significantly enhance your skin's brightness.
- D. Always wash your face thoroughly as soon as you return from outdoors. This ensures that makeup, sweat and environmental pollutants are completely

removed. By washing your face immediately, you prevent dust and grime from settling deep into your pores. Keeping your pores clear is the most effective way to avoid the formation of acne.

- E. Periodic steaming helps to gently open your pores, allowing trapped oils, sweat and environmental impurities to be easily released. It also reduces the risk of acne and blemishes.

Be sure to wash your face thoroughly before going to bed every night. If needed, apply a suitable cream. Choose one that suits your skin type.

Face packs for normal skin

You can use the following face packs 2—3 times a week.

1. Orange peel paste+Olive oil+Raw egg yolk. Mix and apply for 15—20 mins on your face. Rinse with water.
2. Soaked a few peanuts and grind them into a paste. Add a few drops of pure Honey. Mix well, apply for 20 mins. First, rinse with lukewarm water, then finish with cold water.
3. Orange peel paste+A few drops of Honey. Apply for 15—20 mins. Rinse with lukewarm water first, then finish with cold water.
4. Raw egg yolk+1 tsp Gram flour+Milk cream. Make a paste and apply as a paste for 15—20 mins. Rinse with lukewarm water, followed by cold water.
5. Raw egg yolk+1 tsp Olive oil. Mix well and apply for 15 mins. Rinse with plain, cool water.
6. Raw egg yolk+Olive oil+Honey. Mix well and apply for 15—20 mins. Rinse with cool water.

7. Chickpea flour (Besan)+Honey. Apply for 15 to 20 mins. Rinse with lukewarm, then cold water. This brightens the complexion and keeps skin soft.
8. Red Lentil paste or flour+Raw milk+A few drops of Lemon juice+Honey. Make a paste and apply as a paste for 20 mins. Rinse with cold water.

Oily skin

Oily skin is easily recognizable by its persistent shine. While it is often considered a good skin type because it remains vibrant longer and is naturally resistant to early wrinkles, it is also the most prone to complications. During the summer months, oil production increases significantly; therefore, this skin type requires more frequent cleansing than any other. Washing your face 8 to 10 times a day is essential to prevent pimples, blackheads and acne—all of which can leave unpleasant, lasting marks on your complexion.

- A. Cleanse your face with soap or gram flour.
- B. Always use lukewarm water and dry your face well with a soft towel.
- C. Before makeup apply an astringent lotion with a cotton ball. This prevents excess oil from ruining your makeup.
- D. Never pick or squeeze pimples with your hands.
- E. Avoid excessive oil, ghee, fried foods and spices. You may occasionally take Vitamin A, D and C on a doctor's advice.
- F. Drink 2 to 3 liters of water every day.
- G. Before bed, wash your face with lukewarm water and red lentil flour. In winter, apply equal parts glycerin and water; in summer no moisturizer is needed.

- H. It is best not to use cream-based products on oily skin, as they increase the risk of acne.
- I. Always wash your face thoroughly after returning from outdoors to prevent dust from clogging your pores. Use lukewarm water first to deep-clean, followed by cold water to refresh the skin.
- J. Always keep your own towel and comb clean.
- K. Take steam therapy twice a week. Massage a nourishing cream into your face to soften blackheads before steaming. After taking steam, use a thin, sterilized stick tipped with cotton to gently press around the blackheads to remove them. If a blackhead is stubborn, leave it and try again the next day to avoid scarring or skin damage. If you find steaming uncomfortable, mix a little boric powder into hot water, soak a cotton ball in the solution and apply it to the affected area as a warm compress. This helps draw out impurities from within the acne safely. Do not try to clear everything in one day. Aim to clear the skin gradually over two or three days to prevent injury to the skin rather than forcing it all at once.

Face packs for oily skin

1. Red Lentil flour+Pure Mustard Oil. Mix into a thin paste without adding any water. Apply for 3 to 4 hours. When removing, scrub gently with lukewarm water; the mixture will lather like soap. This helps remove marks and brightens the skin.
2. Red lentil paste+milk cream. Apply for 15 to 20 mins. Rinse with lukewarm water, followed by cold water.
3. Egg white+A few drops of Lemon juice. Apply for 15 mins. Rinse thoroughly with plain, cool water.

4. Pea flour + Honey. Apply for 15 to 20 mins. Rinse with lukewarm water first, followed by cold water.
5. Olive oil + Raw egg yolk + Red Lentil paste. Apply for 15 to 20 mins. Rinse with cold water.

Dry skin

Dry skin requires intensive care and attention. Without proper maintenance, it tends to develop early wrinkles and can lose its elasticity as you age.

- A. Dry skin needs oil-based or moisturising products. Avoid frequent use of soap, as it strips the skin of natural oils. Instead, use chickpea flour, which is very beneficial for this skin type. If you must use soap, choose a glycerin-based one.
- B. Always apply a skin tonic or freshener after washing your face to enhance your skin's natural glow.
- C. Before applying makeup, apply a generous amount of moisturizer to keep the skin soft and hydrated.
- D. Never use astringent lotions on dry skin, as they will make the skin even more rough and dehydrated.
- E. Daily or at least twice a week, massage olive oil or mustard oil into your skin for 15 to 20 minutes before bathing. After half an hour, apply a paste made of chickpea flour mixed with milk cream or raw milk, then rinse off during your bath.
- F. Before bed, dab raw milk onto your face using a cotton ball. Leave it for 10 minutes, then rinse with cold water.
- G. Apply cucumber juice for 10 minutes then wash it off. It brightens the complexion and increases radiance.
- H. Always wash your face thoroughly upon returning home to remove dust and impurities.

- I. Apply a mixture of equal amounts of water and glycerin at night. Your skin will remain soft and will not become dry.
- J. Drink plenty of water. Consume foods rich in vitamin A, C, D. Make sure to include milk in your daily diet.
- K. Use lukewarm water and chickpea flour to wash your face. Finish by applying a nourishing cream or glycerin. This face packs recommended for normal Skin are also safe and effective for dry skin.

Combination skin

Proper cleansing is essential for all skin types; therefore, even with mixed skin, you must wash your face at least 5 times a day. The care routine for combination skin is similar to that of normal skin. Combination skin is easily identifiable: typically, the nose and chin (the T-zone) are oily, while other areas remain dry. The dry areas need the same treatment as dry skin. So, after washing your face, apply an astringent lotion to the oily areas and a moisturizer to the dry areas. There are also some specific guidelines for caring for combination skin:

- A. Occasionally steam your face to keep the skin clear.
- B. Apply a face pack 3 to 4 times a week.
- C. After washing, apply an astringent lotion to the oily areas and a moisturizer to the dry areas before bedtime.
- D. Always wash your face thoroughly upon returning from outdoors.
- E. Drink plenty of water. Ensure your diet includes foods rich in vitamin A, C and D.

Face packs for combination skin

1. A little egg white+2 tsp orange juice+1 tsp of honey. Apply for 15 mins. Rinse thoroughly with plain, cool water.
2. Milk cream+gram flour or oatmeal+lemon juice. Apply for 15 mins. Rinse with lukewarm water first, then finish with cold water.
3. Raw turmeric+flour+milk cream. Apply for 15 mins. Rinse with lukewarm water then finish with cold water.
4. Cucumber juice+a few drops of lemon juice. Apply for 15 mins. Rinse with plain water.

Essential tips for skincare

1. Choose the face pack that best suits your specific skin type and stick with it for the best results.
2. Ensure 7 to 8 hours of sleep every night.
3. Minimize oily, spicy and deep-fried foods in your meal.
4. Increase your consumption of vegetables, fresh raw fruits and salads.
5. Drink plenty of water throughout the day.
6. Daily intake of foods rich in Vitamins A, C, D and E is essential for maintaining vibrant skin.
7. Use a face pack at least twice a week.
8. Every night before bed, wash your face thoroughly with lukewarm water, a natural cleanser or your preferred soap. After patting your skin dry, apply a moisturizing lotion and massage it gently for 5 minutes.

Affordable natural methods of beauty care

These days, the price of commercial beauty products can be astounding. Even putting the cost aside, chemical-based cosmetics are rarely free from side effects. However, you can easily enhance your beauty using everyday vegetables and kitchen staples. This approach is not only cost-effective but also free from harmful side effects.

1. Wheat flour

- A. Common kitchen flour is a powerful ally for your skin. Regardless of your skin type, flour works effectively to cleanse and nourish. Mix 1 tbsp of wheat flour, raw cow's milk, a little raw turmeric paste. Apply to the face for 10 to 15 minutes, then rinse.
- B. Wheat flour boiled in water to form a thick paste. Apply to the face to help lighten freckles and small dark spots significantly.
- C. Add small amount of water in wheat flour as chickpea flour. Mix in your palm to create a paste. Use as a soap alternative to clean the face naturally.
- D. Mix wheat flour, milk cream, raw turmeric. Apply for 15 minutes then rinse.

2. Turmeric

The incredible properties of turmeric are beyond description. Its role in beauty care is vast, a legacy passed down from our grandmothers who relied on it for both skin radiance and as a medicinal juice to treat various ailments. Even many face packs are made of it. Many people have a pale, dull complexion. If they grind some raw turmeric and mix it with

olive oil then apply it to their body, hands and feet before shower. They will notice a spot fading. A golden glow will gradually appear. Milk cream can be added to raw turmeric.

Turmeric is traditionally valued as a natural hair inhibitor. When used regularly, it serves as a gentle, effective alternative to waxing by slowing down the growth of body hair. In early times mothers and grandmothers used to mix raw turmeric with neem leaf and make small dry pellets. They eat them daily on empty stomach. It prevents stomach issue and kept the liver healthy. It also prevents liver spot on face and also beneficial for women's health concern. Intake of raw turmeric with sugarcane jaggery on an empty stomach, it is believed to purify the blood, which is why turmeric's contribution to health preservation and aesthetic enhancement is truly incomparable.

3. Tender coconut and aged coconut

- A. Coconut water is a powerhouse of nutrition, containing 19 essential minerals. Drinking at least two coconuts daily can significantly enhance the softness and radiance of your skin from within.
- B. Wash your face regularly with coconut water to fade acne scars or marks left by chicken pox.
- C. Wash your face regularly with coconut water to fade acne scars or marks left by acne.
- D. Soak a cotton ball in coconut water and apply to the face. Once dry, gently rub the skin with your hands. This leaves the skin soft smooth and radiant.

Our grandmothers often used coconut pulp to clean their hair, which not only added a natural shine but also helped prevent hair loss. Even when aged

coconuts went bad, they weren't discarded; instead, the old coconut pulp was ground into a paste and massaged into the scalp. After leaving it for an hour and rinsing, the hair would emerge looking beautifully nourished and lustrous, as if it had been freshly oiled. For hair care coconut is beneficial.

- E. Take 1/2 cup of ground coconut. Add 1 cup of hot water. Squeeze the ground coconut in hot water to extract the milk. Mix with lemon juice and massage into the scalp. Leave for 20 to 30 mins and rinse with lukewarm water. Use weekly to stop hair fall. If hair fall persists despite these remedies, consider supplementing your diet with vitamins and iron. Hair loss can also be a sign of calcium deficiency, so it is advisable to consult a doctor regarding calcium supplements.

4. Rose water

It is hard to find someone who isn't familiar with rose water. From weddings and religious ceremonies to the kitchen and the vanity, its presence is essential. Beyond its aromatic use in cooking distilled from the essence of rose petals, this fragrant liquid is as versatile as it is refreshing. Mix equal parts rose water and glycerin. Apply to the lips regularly.

This prevents chapped lips and helps restore a natural color. You can have skin freshner tonic of your own. Add juice of 1 lemon, a few drops of honey and half cup rose water. Apply to the face with a cotton ball twice daily. For rough or dry skin, mix equal parts rose water and glycerin. Apply this mixture to the face, hands and feet keep overnight. Rinse with lukewarm water in the morning for soft, supple skin.

5. Honey

The healing properties of honey are too numerous to count. Traditionally, honey and milk are referred to as blessings from heaven. Honey is exceptionally beneficial for the skin and serves as a foundational ingredient in face packs. Massage a few drops of honey and raw milk onto the face to make the skin brighter, softer and smoother.

Mix few drops of honey and gram flour into a paste and apply for 15 to 20 mins. Rinse with lukewarm water followed by cold water for a polished, smooth texture.

Mix few drops of honey and lemon juice, 1 tsp of carrot juice, 1 tsp of gram flour. Make a face pack and leave on for 20 to 30 mins. Rinse with regular water. Ideal for dry and normal skin to achieve a soft, supple look.

Beyond topical application, consuming honey provides a shield against various ailments. It is a natural cough suppressant; taking a spoonful daily can help ward off the common cold. Its medicinal value is deeply rooted in Ayurvedic traditions, where it is often combined with herbal extracts like vasaka leaf juice to improve sleep quality.

6. Baking soda

Baking soda is a versatile ingredient widely used in the kitchen for making bread, biscuits and many savory snacks. However, many are unaware of its remarkable effectiveness as a cleaning and beauty agent. Gently scrub silver jewelry with baking soda and rinse. It removes tarnish and makes the silver bright and shiny. Take a small amount of baking soda on a toothbrush. Brush your teeth gently to remove yellow stains. This leaves teeth sparkling like pearls.

Baking soda for teeth whitening should not be used daily, as it can harm the gums and enamel over time. It is exceptionally useful for restoring the shine to household items and personal grooming.

7. Potato

Potatoes are far more than just a staple in our daily meals. Their contribution to skincare is significant, though often overlooked. While many people search for expensive products to brighten their complexion, they may not realize that a common potato can be an effective natural solution. Slice unpeeled raw potato into round slices and soak in cold water for a few minutes. Rub the slices gently over the face, neck, hands and feet. Let the juice sit for a while before rinsing. Regular use of potato in a skincare routine can help diminish dullness and reveal a more radiant skin tone.

8. Egg

Eggs play an incomparable role in the pursuit of beauty. From nourishing hair washes to revitalizing face packs, they are used in various ways to enhance our appearance. An egg-based pack is particularly effective at restoring the skin's natural grace and luster. Specifically, the yolk is a powerhouse of nutrients that is exceptionally beneficial for dry skin. Let's discuss egg-based face pack for dry skin:

- A. Egg yolk + half tsp of olive oil + a few drops of lemon juice. Apply to a clean face for 15 to 20 mins. Rinse first with lukewarm water, then with cold water. Excellent for nourishing skin health.
- B. Mix egg yolk with half tsp of almond oil or olive oil. Apply to the face and leave for 15 mins. Rinse with lukewarm water followed by cold water. This leaves the skin feeling refreshed and invigorated. Repeat no more than 2-3 times a week.

9. All-purpose flour

All-purpose flour—found in every kitchen serves as a

surprisingly effective beauty aid. It acts as a gentle, creamy cleanser that can replace commercial soaps. Mix all purpose flour with water. Mix into a smooth paste and apply to the face, hands and feet during your bath. Otherwise mix all-purpose flour with raw turmeric paste and milk cream. Massage slowly onto the face and body. Leave for a few minutes, then rinse first with lukewarm water and finally with cold water. In few days you will get a brighter complexion.

10. Onion

Onions play a significant role in beauty care and are unparalleled in their ability to treat various ailments. Raw onions are a rich source of vitamin B and vitamin C, making them a potent natural remedy.

Mix equal parts of raw onion juice+ginger juice. Warm the mixture slightly. Consume 1/ 2 tsp. to find relief from a fresh cold. Saute raw onion and ginger slightly in a little oil and consume. This helps thicken, watery mucus and relieves a runny nose. Apply raw onion juice directly to the scalp. It acts as a powerful medicinal treatment to eliminate dandruff. Alternatively, grind raw onion and a few mustard seeds together into a paste and apply to the scalp. This traditional remedy is known to stimulate the growth of new hair.

11. Cucumber

The rejuvenating properties of cucumber are too numerous to count. While it is a staple in salads and culinary use, its role in skincare is truly transformative.

- A. Apply fresh tender cucumber juice to dark spots and leave for 15 mins. Rinse with cold water. Regular use effectively clears skin blemishes.
- B. Apply cucumber juice and a few drops of lemon juice to the face and let it dry. Rinse with cold water.

Regular use can help for a brighter and softer complexion.

- C. Apply fresh cucumber juice regularly to the delicate area under the eyes to remove dark circles.
- D. For brightening mix cucumber juice and lemon juice. Apply it on face, hand and body regularly or rub thinly sliced cucumber directly onto the face. Once dry, rinse with cold water. This refreshes skin and provides a natural glow. Cucumber is exceptionally beneficial for oily skin. Do not apply lemon juice on new acne. Only cucumber juice is sufficient.
- E. For protection from sun, spot removal and for cleansing make a cucumber face pack. Rinse with warm water then cold water. It protects against sun, dirt and germs keeps the skin shiny, smooth all day. Take 1 tender cucumber (mashed) + 1 raw egg yolk + 1 tbs. of milk powder. Blend until smooth or use hand to mix it well. Apply to face, neck and hands for 25 to 30 mins.

12. Carrot

Carrots play a vital role in natural beauty care, acting as a premier source of vitamin A and carotene. Consuming just one raw carrot daily provides enough vitamin A to significantly benefit both your eyes and your skin. In our country, carrots are abundant and affordable during the winter, making them one of the most cost-effective ways to nourish your body with Vitamin.

Beyond typical use, carrots provide a holistic beauty boost. Eating them regularly improves your complexion, aids in digestion, strengthens hair and enhances hair shine. Since vitamin A is essential for skin beauty, carrots serve as a

simple, powerful source to benefit your eyes, teeth, lips and hair. You can use carrot in face pack. It is beneficial for combination skin. Here are a few face pack recipes:

Take 1 tbsp of gram flour + carrot juice + a few drops of olive oil. Mix into a paste and apply for 15 to 20 mins. Rinse with lukewarm water, then cold water. You can make another face pack. Excellent for both normal and dry skin.

Combine 1 finely grated carrot + 2 tsp of cow's milk + 1 tsp of gram flour and apply to face for 15 to 20 mins. Rinse thoroughly. Eating carrots daily strengthens immune system.

13. Tomato

While traditionally considered a winter specialty, tomatoes are now widely available throughout the year and are very affordable. They are rich in vitamin C and B both. They are essential for maintaining healthy, vibrant skin. Incorporating raw tomato into your diet, using them in face pack is an effortless way to enhance your natural beauty.

Face pack preparation

Add juice of 3 medium tomatoes, 2 tsp of glycerin, 3 tsp of lemon juice, 4 tsp of olive oil. Mix all ingredients thoroughly to create a smooth pack. Apply generously to the face, neck and hands. Leave for 15 to 20 mins, then rinse with cold water for a noticeably beautiful and refreshed look.

14. Cabbage

Cabbage is a nutritional powerhouse containing vitamins A, B, C and K. While vitamin K is essential for bone health and blood clotting, it is the high sulfur content in cabbage that makes it a beauty mineral. Sulfur is vital for maintaining the health and natural luster of both your hair and skin. We can soften our skin using this. Make a juice from 2 to 3 fresh

cabbage leaves. Add ¼ tsp of yeast and 1 tsp of honey. Mix into a thick paste. Apply to the face for 15 mins. Rinse with lukewarm water, then cold water. Prepare fresh skin tonic with it. Chop fresh cabbage leaves. Boil the cabbage in 1 cup of water until soft. Strain the liquid and let it cool completely. Apply fresh cabbage water tonic using a cotton ball. Cleanse face first, then dab the tonic onto the face, hands and feet. Do not wipe it off; let it air dry to preserve its benefits. Use freshly made tonic every time.

15. Lettuce

Like cabbage, lettuce leaves are rich in vitamin C. They also contain manganese. Lettuce is beneficial for digestion. We commonly use it as salad. It is also useful as skin-freshening tonic ingredient. During winter you can easily prepare it at home. As with cabbage, boil chopped lettuce leaves in water until becomes soft. Strain the liquid and let it cool. Apply it with cotton pad to your face, hands and feet.

16. Green Peas

Peas are packed with various essential vitamins while most of us love eating them, they also serve as an excellent base for specialized skincare. Pea-based face packs are particularly effective for those with oily skin. The prepared powder can be stored and used for several days.

Preparation: Soak 1 cup of peas in raw cow's milk overnight. Remove peas and dry them completely. Grind into a fine powder. Store this powder in a clean container. Take a small amount of the prepared powder and mix with water to form a paste. Apply to the face for 15 minutes and rinse. Highly beneficial for clearing acne.

17. Mint leaves

While mint leaves are famous for making delicious chutneys they are also an incomparable ingredient in skincare. If you have oily skin and struggle with a constant cycle of breakouts, mint is your best ally. Although it grows most abundantly in winter, it is available in the market year-round.

Mint is a reliable remedy for clear skin. Wash fresh mint leaves (stems removed) thoroughly and grind into a fine, smooth paste. Apply the paste all over the face at night. Leave it on overnight and rinse off the next morning. After applying this for a month, you will see that your face is free from acne. There are no scars either.

Any beauty routine requires consistency and patience to yield true results.

By using common household ingredients, you can practice natural, low-cost skincare effectively from the comfort of your own home—eliminating the need to spend unnecessary money or time at beauty salons. Because these are pure, natural remedies, there are virtually no side effects to worry about. The secret to success lies in observation: simply notice what works best for your skin type.

Eyebrow care

Just like body types, eyebrows come in various shapes and different sizes. Some are thick and dense, while others are thin and fine. Some people have flat, wide brows, while others have long or short arches.

Regardless of your natural growth, modern grooming makes it easy to achieve a look that complements your face. If you have sparse or thin eyebrows, you can naturally increase their density.

Apply high-quality castor oil to the brows every night. Use an orange stick or your fingertips to massage the oil in. With consistent nightly application for three months, you will see your eyebrows becoming noticeably thicker, darker and more defined.

For those with naturally thick brows, you can visit a beauty salon to have your brows shaped to your preference. Always choose a shape that complements your specific facial features. Avoid following trends—such as very thin or highly arched brows—simply because they look good on someone else. It is important to remember that the most flattering shape is the one that stays proportionate to your unique face structure. You can use a pair of tweezers to shape your brows at home. You don't need to completely change the shape of your brows to look beautiful. Correcting minor imperfections is often enough to make them look stunning while remaining naturally elegant.

In beauty, maintaining a natural appearance is always the best approach. No matter how perfect your makeup or outfit may be, if your eyebrows do not suit your face, it can diminish your entire look. To define your brows, all you need is a quality eyebrow pencil in either black or brown.

Start by brushing your eyebrow. Use the pencil to lightly fill in the shape. Avoid heavy, dark lines, as these can look harsh. It will make the brows naturally full and more vibrant. After drawing, brush the brows once more.

Eye care

The eyes are the most vital organs of our body; without our sight, the world is but darkness. Very few are born with those deep, doe-like eyes so often admired. However, if you were not born with such features, there is no reason to

feel disheartened. If you truly wish to enhance the beauty of your eyes, regular eye exercises are essential. Also, by following specific guidelines—especially when applying eye makeup—you can protect your vision and keep your eyes healthy and vibrant.

Tips for applying eye makeup

1. Never hurry when applying eye makeup. Precision requires a calm hand to avoid irritation or mistakes.
2. Apply eyeshadow that complements your look. It looks best if you can match the shade to your outfit. If you aren't matching an outfit, choose shades that enhance your natural beauty. Light bronze or soft golden-bronze tones generally go well with most people.
3. Avoid using bright or deep dark colors during the day.
4. For night time events, you can confidently use bright and bold dark colors.
5. For small eyes line the outer corner slightly below the lash line. This opens up the eye, making it appear larger. Focus on the outer edges to create width. Mascara is used to make the eye lashes look bigger. However, there are also rules for using it. Move the mascara brush upward from below to coat the upper lashes. Apply only a small amount to the lower lashes. Let the first coat dry before applying a second.

Large eyes are versatile—most styles suit you! For a stunning look, apply eyeshadow, then use a pencil to create a thick, dark line starting from the upper corner. Keep it subtle with a thin, lighter line along the lower lashes to maintain balance. Apply a coat of mascara to finish the look; it will look absolutely stunning.

Essential eye care tips

1. Do eye exercises regularly. Also, give your eyes proper rest by closing them from time to time.
2. Lines at the corners of the eyes are known as crow's feet or wrinkles. You can overcome it applying natural remedy. Apply mashed raw potato to the corners of the eyes for 15–20 minutes, then rinse with cold water. Avoid squinting or frowning your brows; always maintain a relaxed, natural gaze.
3. If you have dark circles under your eyes, avoid staying up late. Drink plenty of water. Apply fresh cucumber juice under eyes for 5–7 minutes daily, then wash off.
4. For eye fatigue, Place chilled cucumber slices over closed eyes for 10 minutes while lying down with legs elevated on a pillow. Periodically close your eyes throughout the day to rest. Wear sunglasses.
5. If sunlight irritates your eyes, causes watering or makes you squint—this can be harmful. Squinting frequently can lead to wrinkles. To protect your eyes during the day, wear sunglasses.
6. If you are wearing eye makeup, always remove it gently using a cotton pad soaked in cream or olive oil and then rinse your eyes thoroughly.
7. Never sleep with eye makeup on.
8. To maintain sharp eyesight and internal eye health, prioritize a diet rich in vitamin A.

Ear care

Don't forget to care for your ears as part of your beauty routine. Clean both the inner and outer parts of the ear regularly. During your daily bath, clean the outer parts of

your ears. You can use a soft towel with a bit of soap or a natural paste made of gram flour or wheat flour mixed with water. After bathing, use an orange stick to gently remove water from the outer visible part of the ear in a circular motion. Pay close attention to the folds and creases of the ear to ensure no dirt or residue accumulates there.

Note: If the inner part of the ear requires deep cleaning, consult a doctor. Do not attempt to poke or scrape the inside of your ears by yourself.

Lip care

Lips should always remain soft, smooth and naturally moisturized. When lips become dry, they become prone to cracking and develop dark spots. Applying lipstick may look very unappealing. Proper care is essential to protect them from the harsh effects of both extreme heat and cold. Winter, in particular, requires extra attention. You should start your lip care routine before the cold season begins; this prevents peeling and cracking, ensuring your lips remain supple and healthy all season long.

Lip care routine

1. Everyday, gently clean your lips with lukewarm water, then apply a moisturizing cream or a high-quality chapstick. Before going to bed, you can apply a layer of petroleum jelly or a mixture of glycerin and rose water.
2. How to prepare glycerin water: Mix equal parts of glycerin and rosewater or purified drinking water. Do not make a large quantity at once, as it may lose its effectiveness or spoil over time. Prepare small batches frequently.

Habits to avoid

Many people have a habit of constantly wetting their lips with their tongue. This is not only unappealing in public but can also cause issues, such as:

- A. Dryness of the lips
- B. Irritation or burning sensations

During the transition from late winter to early spring, many people experience painful eruptions often known as cold sores or fever blisters appear on the lips. Over time, these harden and may resemble a thick, crusty layer like the skin on milk. These typically persist for 10 to 15 days before eventually peeling away. While some cases may require surgical care. Various anti-viral creams are available in the market as a preventive measure or treatment. You should only use anti-viral creams under the supervision of a doctor.

Once you pass the age of 30, you may find specific changes.

1. Subtle lines may begin to spread around the perimeter of the lips. Frequently contracting your lips can deepen these lines. Men and women who smoke are at the highest risk of developing these deep premature lines. Avoiding these bad habits is essential if you wish to maintain lips.
2. Apply a nourishing cream to your lips both morning and night. For an effective overnight remedy, apply glycerin mixed with an equal amount of water.

Lip makeup

The makeup product most commonly used for the lips, is universally known as lipstick. But applying lipstick also comes with some techniques and guidelines, for example:

Always apply lipstick as the final step after completing all your facial makeup. Those with dry skin should choose lipsticks with a creamy or oily texture, while those with oily skin should opt for formulas that are not too oily. Lipsticks usually come in two types: pearly and non-pearly. Nowadays, pearly lip pencils are also available. If you are using a pearly lipstick, there is no need to apply additional lip gloss.

Lipstick application method

Lips come in various shapes—such as thin, thick or flat and the techniques for applying lipstick vary accordingly.

1. When applying lipstick, it is best to first dab a little powder on the lips. Then, lightly draw an outline with a lip pencil. Afterward, you can fill in the center of the lips using a lip brush or apply the lipstick directly. Finally, press a tissue paper against your lips to remove any excess color.
2. During summer days, you should not wear overly bright or garish lip colors. However, you can use them at night for parties or any special occasions.
3. During winter, you can use deep-colored lipsticks during both the day and night.
4. Generally, matching your lipstick to the color of your outfit looks very smart. However, maroon lipstick tends to suit almost all types of clothing.
5. For thin lips apply lipstick slightly beyond the natural line to create a fuller look. For thicker lips keep the outline narrower for a more balanced appearance.
6. For flat lips avoid spreading lipstick too wide. Instead, give it an oval shape to soften the look.

Lip gloss

Lip gloss can be applied over the lips after using lipstick to give them a slightly wet, bright and shiny appearance. Generally, lip gloss should be chosen to match the color of your lipstick. It comes in various shades, including transparent (clear) versions. Transparent lip gloss is versatile, as it can be applied over any color of lipstick to add shine.

Dental care

There is a common saying, “People don’t appreciate their teeth until they’re gone.” This is more than just a proverb; in reality, very few of us take proper care of our teeth. Healthy teeth and gums require intentional care. No matter how beautiful you may be, if your teeth are not healthy and well-maintained, your smile will lose its charm and bad breath can cause embarrassment in social settings. That’s why it’s important to know how to take care of your teeth and gums to keep them healthy and attractive.

Most dental issues occur because of our own negligence. Our teeth are an invaluable asset and caring for them should begin in childhood. One of the leading causes of tooth decay is the frequent consumption of sweet foods. Sugar allows bacteria to multiply rapidly, creating an acid that attacks the tooth enamel. Over time, this acid creates a tiny hole and penetrates the enamel coating, entering the inner layer of the tooth and leading to pain, sensitivity and permanent damage.

To maintain healthy and beautiful teeth, follow these essential rules:

1. Proper brushing technique is essential for maintaining healthy teeth.
2. You should brush your teeth at least twice a day—once after dinner and once after lunch. After breakfast, rinse your mouth thoroughly.
3. Every time you eat something, rinse your mouth with water immediately to ensure no food particles remain trapped inside.
4. Fluoride prevents tooth decay. By bonding with the tooth enamel, fluoride makes it significantly stronger.
5. Your toothbrush should have nylon tufts and medium bristles. As soon as you notice the tufts are no longer straight, stop using that brush and replace it.
6. Brush every surface of each tooth. Use up and down motion—moving from top to bottom, bottom to top.
7. Consult your dentist for a check-up twice a year.
8. Gums are often damaged by plaque. A thin, sticky layer of film builds up on teeth. If you notice plaque, have it cleaned by a professional immediately.
9. Plaque contains bacteria that produce toxins. These toxins can seep into the gums along the sides of the teeth, causing irritation, redness and even bleeding.
10. If your teeth are crooked or uneven, you can have them corrected by consulting a dental surgeon.
11. If you suffer from bad breath, rinse your mouth with mouthwash or use a warm salt-water solution.
12. To make your teeth sparkle, you can occasionally brush with a little baking soda. Do not attempt this regularly, as it can damage the tooth enamel.
13. Maintain a diet rich in vitamin C and calcium.

Neck and throat care

No matter how much effort and attention you give to your facial care, if the beauty of your neck and throat is overlooked, your overall charm and attraction will be significantly diminished. A swan-like neck—referring to the elegant, long, smooth neck—is considered an ideal, attractive trait of a graceful woman. But if you weren't naturally gifted with such a trait, with consistent care and attention, you too can enhance the beauty of your neckline.

As we age, our skin naturally becomes drier. Compared to other parts of the body, wrinkles and dry skin on the neck are much more noticeable. In fact, a person's age can often be easily guessed just by looking at the skin on their neck. As you grow older, the muscles in the throat gradually begin to sag. Even if you do not exercise other parts of your body regularly, following the simple routines and instructions below will help your neck and throat stay elegant and youthful for many years to come.

Neck exercises and important guidelines

1. Keep your shoulders still, first tilt your head forward. Slowly move it to the right and hold for a few seconds. Then move it to the back, then to the left and finally back to the front. Repeat this circular motion 6 to 7 times. You can perform this while sitting on the floor with a straight spine in Diamond pose or while standing with your feet slightly apart your legs. Move your head slowly in a circle from right to left. Practice once a day.
2. Whenever you are standing, always keep your spine straight and upright. Standing with a slouch or a

stooped posture or allowing your chin to sag, can make you appear unattractive and shorter. Furthermore, poor posture significantly increases the likelihood of developing folds and wrinkles on the neck.

3. Form the habit of walking and sitting with your neck held straight. Avoid the habit of slouching or drooping your neck while sitting or moving; otherwise, wrinkles may appear at early age.
4. Never scrub your neck or throat harshly when cleaning. Excessive friction can cause the delicate skin to wrinkle. Instead, use a gentle cleansing milk to remove impurities.
5. Before going to bed, apply a small amount of body lotion or olive oil. Massage it gently into the skin using upward strokes, moving from the base of the neck toward the chin.

Hand care

Women often focus so much on facial care that they remain indifferent to the well-being of their hands and feet. Yet, the hands are not just essential for daily tasks; soft hands and slender, graceful fingers add a new dimension to one's beauty. Very few are naturally gifted with perfect hands but with consistent care and following a few simple rules, you can achieve and preserve the beauty of your hands well into old age.

Because hands are used most during cooking and household chores, they are frequently exposed to stains from vegetables, oils and spices. You can easily clean and refresh your hands by using a little lemon juice or tamarind water. True hand care is not limited to just the palms or the

nails; it must include the arms as well. To achieve a truly polished look, your care routine should extend all the way from your upper arms down to your fingertips.

During your bath, mix gram flour with water to create a paste. Rub this over your arms and hands to naturally exfoliate. Many people develop dark patches on their elbows. Rubbing a slice of lemon on the area daily will help lighten these spots and eventually remove the stains. It is best to wash your hands with lukewarm water. After bathing, apply a hand lotion or a mixture of equal parts glycerin and water.

Do not expose your skin to sunlight after applying glycerin, as this can cause the skin to darken or burn. Massaging your hands thoroughly with olive oil before bathing is an excellent way to keep the skin healthy and supple. If you have noticeable hair on your arms and prefer a smoother look, you can easily use waxing to remove unwanted hair. If your arms appear heavy or out of proportion with the rest of your body, simple quantum exercises can help firm and beautify them.

Let us now discuss nails and finger care. The care for the fingernails and fingers is known as a manicure. Performing a manicure once a week—or at least once every fifteen days—is highly recommended. This routine enhances the beauty of your hands by thoroughly removing dead skin cells and accumulated dirt, leaving your fingers looking polished and refreshed. To perform a manicure at home, you need the following essentials:

1. Nail polish remover (for removing any old nail polish)
2. A bowl of warm water and soap
3. A small towel
4. Nail-cleaning brush
5. Cuticle knife

6. Hand cream or olive oil
7. Glycerin or rosewater
8. A soft wooden stick or orange stick
9. Emery board or nail file

Procedure

If you are wearing nail polish, remove it completely using a quality nail polish remover. Trim your nails according to your preference. While many styles exist, an oval shape is often considered the most elegant and classic. Once trimmed, use an emery board to gently file the edges. Prepare a bowl of lukewarm, soapy water. Submerge your hands and let them soak for 15 to 20 minutes. This will soften the cuticles and the skin surrounding the nails.

Use a soft nail brush to scrub your nails and hands thoroughly, then rinse with clean water.

Gently remove the dead skin around the nails using a cuticle pusher or trimmer. Dry your hands completely with a soft towel. Apply a generous amount of nourishing cream or slightly warmed olive oil and massage it into your hands and fingers. Use the blunt end of an orange stick to apply cream precisely around the base of the nails. Before bed, apply a mixture of equal parts glycerin and rosewater.

This is a timeless secret to prevent cracking and to keep skin exceptionally supple. Alternatively, use a high-quality hand lotion or a gentle massage with olive oil to nourish the skin overnight. When applying nail polish, choose a reputable brand to protect your nail health. For a professional finish, apply a thin first coat and let it dry completely. Follow with a second coat and if desired, a third for a deeper color. For a natural alternative, you can also use Henna to add a beautiful, traditional tint to your hands.

To maintain the results of your manicure and keep your hands soft every day, try these simple nighttime routines.

Tips for healthy nails

1. If your nails are thin or prone to breaking, consuming gelatin daily for about three months can help restore their strength.
2. For healthy nail growth, ensure your diet is rich in vitamins A, B, C and D.
3. Two or three times a week, apply castor oil or lightly warmed olive oil to massage them gently to your nails.
4. Exercise and massage your hands every day.
5. A reddish-pink tint suggests healthy nails, while a bluish tint may indicate poor blood circulation.
6. Avoid soaking nails in excessively hot or cold water.
7. Try not to keep your hands submerged in water for long periods. Constant exposure to water can lead to dry, cracked skin; therefore, it is best to keep your hands as dry as possible to maintain their health.
8. Aim to perform a manicure once a week to keep your nails in top condition.
9. Every night, wash and dry your hands thoroughly. Massage with a good cream, lotion or warm olive oil. For a cost-effective option, apply a mix of equal parts glycerin and water from your upper arms down to your fingertips.
10. Massage your fingers from the base to the tips with a gentle twisting motion. This is particularly beneficial for those with thick or prominent finger joints.
11. To improve blood circulation and keep your hands

beautiful, perform this simple exercise 10 times daily: Clench your hands into a tight fist, then release, spreading your fingers as wide as possible.

12. Always ensure that old polish is completely removed before applying a fresh coat. For a seasonal touch, choose soft, pastel shades during the warmer months, as they provide a fresh and airy feel. In the winter, deeper and richer tones are more complementary. For evening events, bold and dark colors are an excellent choice to add a touch of sophistication.
13. Younger women often enjoy nail art—using various colors and floral designs. But matching pearly or non-pearly polish with your outfit creates a more soft, sophisticated beauty.

Foot care

Many people neglect their feet, thinking they are often hidden by shoes or clothing. However, your feet carry the entire weight of your body all day long. Their contribution to your daily life is immense and they require dedicated care just like any other part of your body.

Comprehensive foot care isn't just about the toes or nails; it encompasses everything from the thighs to the tips of the toes. If the thighs feel heavy or have accumulated excess fat, regular targeted exercises can help firm and beautify them.

Massaging your legs from the thigh down to the feet with oil every day is an excellent habit. It keeps the skin vibrant and the muscles relaxed. Just as care for the hands is called

a manicure, specialized care for the feet is known as a pedicure. To perform a relaxing and effective pedicure at home, gather the following items:

1. Warm water & salt
2. Soap
3. Foot scrub brush
4. Pumice Stone
5. Nail clippers
6. Olive oil
7. Foot lotion
8. Glycerin & rosewater
9. Talcum powder
10. Towel
11. Cotton pads
12. Nail polish remover

To maintain healthy and energized feet, exercise is a must. It improves the muscle strength and blood circulation.

Give your feet a break by lying down and elevating them on a pillow or a higher surface for 10–15 minutes. This reduces swelling and improves blood flow.

Try sitting in Diamond pose for 10–15 minutes two or three times a day.

Steps for foot care

1. Fill a basin with lukewarm water and add a handful of salt or you can mix in a little baking soda. Soak your feet for 10–15 minutes. This effectively softens the skin and prepares it for exfoliation.
2. Use a pumice stone to gently scrub away dead skin cells.

3. Apply soap to a foot brush and thoroughly scrub around the nails, the heels and the sides of the feet. Once finished, rinse your feet with cold water.
4. Use a soft towel to pat your feet completely dry.
5. Apply a hydrating lotion or a mixture of equal parts glycerin and rosewater or plain water. This keeps the skin soft and prevents cracking—a practice that is especially vital during the winter months. In the summer, you may prefer to lightly dust your feet with talcum powder after washing to keep them fresh.
6. It is best to trim and shape your nails before washing your feet. Use an emery board to smooth the edges. Unlike fingernails, toenails should be cut in a square shape rather than rounded to prevent ingrown nails.
7. When applying nail polish, place small cotton balls between your toes to keep them separated; this makes the application much easier. For a coordinated look, it is generally recommended to use the same color on both your hands and feet.
8. Avoid keeping your feet wet for prolonged periods, as constant dampness can lead to skin cracking.
9. To keep your toenails healthy and vibrant, massage them with slightly warmed olive oil.
10. Perform foot exercises daily to improve circulation and muscle tone.
11. Make a habit of washing and drying your feet every night, followed by a massage with lotion or the glycerin water mix. Remember, healthy, well-groomed feet significantly enhance a woman's overall elegance.

Common foot problems

Tired feet

Any foot discomfort or ailment can lead to a feeling of fatigue in your feet. In such cases, elevate your feet for 20 to 30 minutes. Also, gently massage your feet for at least 10 minutes daily. If you regularly sit in Diamond pose for 10 to 15 minutes and walk for one hour every day, you may not even need the massage.

Cracked heels

Cracked heels are common in winter, though some people struggle with them year-round. Not only is it uncomfortable, but it can also distract from your appearance. Start taking care of your feet before winter begins. Soak your feet in lukewarm water with a generous amount of salt for 10 to 15 minutes. Scrub the cracked areas thoroughly to remove dead skin, dry with a towel and massage with lotion or a glycerin and rosewater mixture every night.

Internal health reflects on the outside. Ensure your meals include vitamins A, B and C. During winter, eat plenty of raw carrots. vitamin A is good for skin. Also add calcium-rich food. Taro leaves are rich in calcium. If you take precaution early, this may stay safe from cracking.

Foot blisters

New or ill-fitting shoes often cause painful blisters. If the blister is small, you can carefully drain it. Sterilize a needle with an antiseptic solution, gently prick the blister to release the fluid. Once drained, apply an antiseptic cream. If a blister becomes infected, consult a healthcare professional.

Chilblains and swollen toes

In very cold or high-altitude regions, toes can become red, swollen and itchy—a condition known as chilblains. Soak your feet in warm water mixed with salt or boric powder for 10 minutes. Dry thoroughly and apply a antiseptic ointment recommended by a doctor. Keep your feet warm at all times. Always wear woolen socks and avoid exposing your feet to cold surfaces during recovery.

Swelling of the feet

Swelling of the feet can occur for several reasons, including pregnancy, heart conditions, standing for extended periods or being significantly overweight. After bathing, try rubbing lemon juice on your feet. For best results, lie down and relax for 15 to 20 minutes with your feet elevated slightly higher than the rest of your body. Maintaining a regular routine of foot exercises is one of the most effective ways to improve blood circulation and prevent swelling from occurring.

Ingrown toenail

Improper nail-cutting techniques can often cause the corners of the nail to grow into the surrounding skin, leading to swelling, infection and significant pain. This condition is commonly known as an ingrown toenail. To ease the discomfort, soak the foot in warm water mixed with boric powder four to five times a day. After soaking, dry the area and apply an antiseptic ointment.

Corns and calluses

Corns are caused by repeated pressure or friction, often resulting in hard, painful growths. When buying shoes, prioritize comfort and a proper fit. Ill-fitting shoes are a primary cause of corns, due to the constant pressure shoes

exert on the skin comes and formed. In the early stages, you can manage them by gently scrubbing the area with a pumice stone. While some people use specialized tools to trim them, it is safer to use modern medicated lotions available in the market that soften the corn until it naturally falls off. Always consult a healthcare professional before applying medicated treatments.

Treating eczema

Eczema has two forms: dry or weeping. Eczema can be managed once it is identified. Regardless of the type, both are characterized by intense itching. It is vital to seek professional medical advice as soon as symptoms appear. Early treatment is the key; neglecting eczema can lead to long-term discomfort.

Fungal infections

Fungal infections are most likely to develop on the skin between the toes, as these areas are prone to sweating. Fungi thrive in moist, damp environments. The most effective way to avoid fungal attacks is to wash your feet regularly and ensure they are dried thoroughly, especially between the toes. Keeping your feet dry is often enough to prevent these infections. If the infection becomes severe, it is important to consult a physician.

Psoriasis

Psoriasis causes the skin to appear dry, scaly and thick, often manifesting as light pink patches on the surface. Sunlight is a natural and effective treatment for psoriasis. In regions with limited sunlight, specialized ultraviolet (UV) light treatments are used to achieve similar results. In its early stages, psoriasis can often be managed with consistent sun

exposure and the application of prescribed lotions or ointments. If the condition persists or spreads, seek professional medical advice to manage the symptoms effectively.

Henna: a timeless tradition for hand-foot care

“Grind the turmeric, grind the mehndi and gather the honey from the flowers.” Just like many other natural elements in Bengali culture, the use of mehndi (henna) is an all-pervasive, timeless ritual in women’s beauty practices. In the tapestry of Eid celebrations, mehndi holds a cherished and iconic place. Whether in quiet villages or bustling cities, festive preparations are often considered incomplete without the hands and feet being adorned in the rich hues of henna.

The use of mehndi in beauty rituals is by no means a modern trend; it is a tradition that spans millennia. Five thousand years ago, women in Ancient Egypt used henna to adorn their hands, feet and hair. Its significance was so profound that even after death, the hair and nails of mummies were stained with henna before burial. During the era of the Caliphs of Baghdad, mehndi became one of the primary elements of feminine beauty and grooming.

In the Indian subcontinent, henna gained widespread popularity during the Mughal era. Mughal women used intricate henna patterns in their beauty routines. Empress Nur Jahan was known to be particularly fond of these detailed henna designs. From the Mughal harems, the tradition spread to the Rajput women, gradually flowing into every corner of the subcontinent. Today, this ancient art has become so deeply integrated into our culture that it is rare to find a woman who does not embrace the beauty of henna.

The medicinal and global identity of henna is cherished not only for enhancing beauty but also for its remarkable benefits for the skin on our hands and feet. Beyond the leaves, the fruits, flowers and roots of the henna plant are utilized in various traditional remedies to treat different ailments. Due to its widespread use, this plant is known by many names across different regions and languages. It is commonly referred to as Mehedi, Medi or Mendi. It is also known as Mouka, Madayantika and sometimes Girimallika or Bonmallika. Central Asia knows it as Al-Khanna, while in the Arab world, it is called Henna. The English word Henna is derived directly from the Arabic Henna. The botanical name of Mehndi is *Lawsonia inermis* Linn. It belongs to the Lythraceae family.

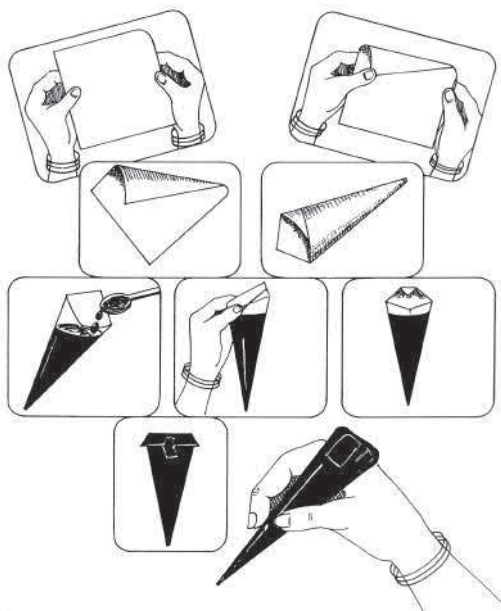
Applying henna is a simple and rewarding process. Traditionally, women harvest fresh leaves, remove the stems and wash them thoroughly. The leaves are then grounded into a fine paste using a traditional grinding stone. The finer the paste, the smoother the application and the more vibrant the resulting color will be. In urban areas, fresh leaves can sometimes be difficult to find. As an alternative, you can sun-dry fresh leaves, grind them into a fine powder and sift them. Store this powder in an airtight glass jar or a sealed poly bag for future use. When you are ready to apply it, simply mix the powder with a little warm water to create a smooth paste and create your desired designs on your hands and feet. While ready-made mehndi powders and cones are widely available in the market today, the natural brilliance and radiance of fresh mehndi leaves remain unmatched.

Many women traditionally use small sticks, thin twigs or toothpicks to carefully apply the paste onto the skin. While this method yields beautiful, handcrafted patterns, it is a

labor-intensive and time-consuming process. Nowadays, plastic cones have become the standard. You can make henna cone at home. By following the steps in the diagram.

How to prepare henna paste

1. Simply grind fresh, clean henna leaves into a very fine, smooth paste.



2. Mix a few drops of lemon juice into your fresh henna paste for a brighter stain.
3. Add a small amount of strong tea or coffee liquor to the fresh paste. The tannins in tea and coffee help create a much darker, deeper color.
4. You can mix in a tiny amount of catechu—the kind used with betel leaf for achieving a deep, rich hue.
5. If you are using dried henna powder, mix it with a little warm water. Let it sit for at least one hour. This allows the dye to release, making the paste ready for use.

6. You can enhance the color of powdered henna stain by adding lemon juice, strong tea-coffee or catechu.
7. To reach the ideal thickness for designing, adjust your paste by adding a mixture of lemon juice and sugar water.

Once your paste is ready, you can create your desired designs on your hands and feet. If the henna paste begins to dry and flakes off too early, dip a cotton ball into a mixture of lemon juice and sugar water. Gently dab this over the dried pattern. For a rich color, leave the henna on your skin for two to four hours. Once the paste is completely dry, do not wash it off with water. Instead, use a blunt butter knife or a spoon to gently scrape the dried paste away. After removing the paste, apply a layer of pure mustard oil to your hands. Carefully hold your hands near a warm stove or heat source for two to three minutes to set the color. Be extremely careful not to get too close to the flame or burn your skin. To ensure the color remains bright and lasts longer, avoid letting your hands come into contact with water for at least two to three hours after removal. Lastly, remember that with patience and precision, applying henna becomes more than just a beauty routine—it's an expression of your inner artistic spirit. It makes you look graceful.



How to adorn yourself

Once you have completed your skincare routine, the next step is to know how to enhance your appearance. To achieve a look that is both natural and refined, you must understand which cosmetic essentials are required and master the techniques of their application. Below is a guide to the essential products and the principles for their proper usage:

1. Cleanser

Generally, three types of cleansers are available: milk, cream and lotion. Depending on your skin type, you can also use natural ingredients or standard body soap.

How to Apply: Use your fingertips or a cotton pad to apply. Cleansers can be applied to the entire body to remove impurities.

2. Freshener

A freshener is used immediately after cleansing. For normal, combinational or dry skin use a skin tonic, skin freshener or toner. For oily skin use an astringent lotion.

How to Apply: Apply gently with a cotton pad. This should be used on the face as a final step before starting your makeup.

3. Moisturizer

Moisturizers are vital for locking in the skin's natural moisture and keeping it hydrated. They are generally available in two forms: Moisturizing Cream and Moisturizing Lotion. Apply it gently with your fingertips.

4. Blemish cover-up stick (concealer)

Concealers are used to hide small imperfections or spots on the face. Before starting your main makeup, apply it directly to any blemishes—especially around the eyes—to create an even canvas. These are available in various shades. Choose a color that matches your skin tone perfectly.

5. Foundation

Foundation serves as the base of your makeup and should be applied about ten minutes after moisturizing. It helps hide various spots and temporarily makes the skin look smooth and radiant.

Using your fingertips, dab small dots of foundation all over your face and neck. Gently blend it into the skin until it sits evenly. Be careful not to apply too much. A heavy layer can look artificial, like a thick mask. Aim for a light, thin application that makes your skin look naturally fair and glowing. Always buy a shade that matches your natural skin tone. For those with fairer skin, golden tan or light rose shades often look best.

6. Compact makeup or pancake

Compact makeup is often considered a complete makeup solution. It can be worn on its own for a quick look or layered over foundation for more coverage. Apply to the face using a sponge. This is particularly effective for evening looks or night-time events. As with other base products, ensure the shade matches your skin tone.

7. Face powder

Face powder can be worn on its own or used to set your foundation. It helps provide a soft, matte finish to the face. You can use the puff provided with the powder or a large

makeup brush. When applying over foundation, choose a shade that is one shade lighter than your foundation to keep the face looking bright.

8. Blush-on or rouge

Blush comes in powder and liquid or cream forms. It is available in many shades. To apply it, use a puff, soft brush or cotton ball. It is used to add a healthy glow to the cheeks once the rest of the face makeup is complete. The technique depends on face shapes. Sweep the brush from the cheekbones outward toward the ears and blend well to make the face appear shorter. For a round face start the brush from below the ear, sweep along the jawline and blend to create a more elongated look. Use a tissue paper afterward to soften the edges and ensure a natural look.

9. Eye shadow

Applied on the eyelids, eye shadow brings out the hidden beauty of your eyes. It is available in many shades. Matching your eye shadow to your outfit creates a very smart and polished appearance. You can use a brush, a sponge-tip applicator or even a cotton bud.

10. Eyeliner

Eyeliner should be applied after eye shadow. You can apply it to the upper lid only or both the upper and lower lids. Eyeliner is a great alternative to traditional kajal. If you have small eyes, you can carefully draw the line slightly outward to make your eyes appear larger and more prominent. It is typically available in classic black or brown shades.

11. Mascara

Mascara should be applied after your eyeliner or kajal. It is a wonderful tool for making thin lashes appear thicker and longer. Even those with naturally long lashes can use it to

further enhance their beauty. It is available in liquid form or a solid cake. Solid mascara is often easier for beginners to apply. Mascara comes in black, brown and blue. Black mascara is the best and most natural-looking choice for most women.

12. Eyebrow pencil

This is used to define the brows. It comes in two primary shades: black and brown. An eyebrow pencil helps the brows appear fuller, darker and more prominent.

13. Lipstick

Lipstick is used to beautify the lips and should generally be chosen to complement your outfit. However, be careful—certain outfit colors do not translate well to lip colors and can look garish if matched too closely. Lipstick comes in many color. Use soft, light shades during the day and darker shades at night. Before applying, dab a little powder on your lips. Use a lip pencil or a lip brush to carefully outline the natural shape of your lips, then fill in the center with lipstick. Modern trends sometimes involve drawing thick outlines with a light filling or using one color for the outline and a completely different color for the center. This often looks artificial and unattractive. Always remember, the more natural your makeup looks, the more tasteful you will appear. High-fashion trends often look great in photographs and advertisements but can look out of place in real life.

14. Lip gloss

Lip gloss is applied after your lipstick to give the lips a hydrated, bright and shiny appearance. It is available in various shades as well as transparent natural versions. Ideally, you should choose a gloss that matches the color of

your lipstick. If you cannot find a matching shade, a natural lip gloss is a perfect choice—it enhances the lips beautifully.

15. Glimmer or highlighter

Glimmer is used as one of the final steps in your makeup routine to give the face a luminous, glowing effect. It should be used very sparingly. Take a tiny amount on your fingertip and apply it lightly to the forehead, the upper parts of the cheeks and the chin. This effect is best suited for evening or nighttime events. You can also find roll-on glimmers, which are very convenient for direct application.

16. Perfumes and fragrances

It is rare to find someone—man or woman—who does not appreciate a fine fragrance. A sweet scent creates a captivating aura in everyone's mind. It is not just humans; surely the Creator Himself loves fragrance, as He has infused nature's vines, shrubs and blossoms with such delightful scents. From this very nature, people have learned to craft various perfumes. In ancient times, people would manually extract essences from diverse flowers, fruits and leaves to create scents, though preserving them was a significant challenge. Today, fragrances are produced using scientific methods, making their preservation effortless.

Women tend to use fragrance more often than men. Many feel that their look is incomplete without it. Without that hint of a signature scent, even the most meticulous look can feel somewhat incomplete.

However, applying fragrance is about more than just a quick spray; there is a technique to it. When you understand the rules of application, wearing a fragrance transforms from a simple habit into an art form.

Our reaction to scent is instinctive and universal. A beautiful aroma makes us close our eyes in delight, while a harsh or pungent odor naturally makes us recoil.

Every individual possesses a unique, natural body scent. In fact, every living creation has its own distinct scent, which serves as a subtle form of identity.

It is our desire to enhance this natural scent and replace it with a delightful, sweet fragrance. To achieve this, we use various products such as perfumes, body sprays, scented powders and perfume oils.

If you wish to create a captivating ambiance—leaving a subtle, lingering trail of fragrance wherever you go—it is essential to use these products correctly.

Fragrance advertisements are often designed to evoke a sense of romantic escapism, filling our minds with a thrilling, almost hypnotic allure. But in reality, would we ever walk into a shop and ask the salesperson, ‘please give me something hypnotic and provocative?’ Certainly not!

Many people wait until the very last second before leaving the house quickly spray on some perfume. However, there are much more effective ways to use it.

The journey to smelling great begins in the shower. Adding a fragrant component to your water not only leaves a gentle, sweet scent on your skin but also helps maintain its softness. While specialized products are great, nothing beats the classic reliability of a good scented soap.

If you aren’t heading out immediately after your bath, take the time to apply a scented body cream or lotion. In areas prone to heavy perspiration, a light dusting of talcum powder absorbs moisture and release a pleasant aroma.

Using a fragrant body lotion is one of the easiest ways to ensure a sweet, pleasant scent that radiates from your skin.

This is particularly useful for neutralizing stubborn domestic odors. For example, if you have just finished cooking, the pungent smell of onions can often linger on your hands. Simply washing your hands thoroughly and applying a scented lotion that can help remove the smell.

It is important to be mindful that the scent of onions and garlic can persist in our breath and emanate from our pores for up to 24 hours after consumption. We may not notice the smell ourselves, although others can. Therefore, it is important to be socially mindful, remain extra cautious of your scent after consuming garlic, onions or even certain pungent summer fruits.

If you have allergies that prevent you from applying perfume directly, a great alternative is to use a scented powder or cream behind the knees. Avoid applying these products near your hands or face, where the skin is more delicate. If you are prone to allergies, it is also best to avoid fragrance sprays, as it contains alcohol.

Those with a higher oil concentration tend to last much longer on the skin. If you find that scents dissipate too quickly or cause discomfort, try applying a hydrating, unscented cream first.

Avoid strong, heavy perfumes in the summer; instead opt for light, sweet and refreshing fragrances. Cold weather dampens scents. This is the perfect time for warm, bold and more concentrated fragrances. One should choose perfumes according to different weathers.

Essential rules for using fragrance

1. Avoid strong heavy perfumes in the summer.
2. You may use warm, bold and concentrated fragrances during the winter.

3. Do not apply perfume directly onto your clothes. It can damage the fabric fibers and the scent often doesn't last as long as it does on the skin.
4. Ensure perfume does not touch pearl jewelry, as it can destroy their natural luster.
5. Apply your perfume before putting on gold jewelry. Wait about five minutes for the scent to dry before wearing your ornaments.
6. Keep your perfume bottles in a cool, dark place to preserve their quality.
7. Do not let perfume sit unused for years; over time, it loses its effectiveness.
8. If a perfume bottle has a crystal or glass applicator like a dabber, avoid touching it directly to your skin. Specially if you have any irritations, as it can transfer bacteria back into the bottle.
9. If you have a known allergy to fragrances, it is best to avoid them entirely.
10. Apply your scent 5 to 10 minutes before leaving the house, rather than at the very last second.
11. Fragrance lasts longer on oily skin.
12. If you have dry skin, apply a cream or lotion first, then apply your perfume on top.

Wearing a good fragrance can certainly make you feel fresh and uplifted, though it rarely creates a profound psychological shift or a trance-like state. It is important to remember that fragrance is subjective; its reaction varies from person to person. As the saying goes, what is nectar to one may be poison to another. Ultimately, personal taste should be your primary guide.

To make your scent last, apply it to specific pulse points. These include the inside of the elbows and wrists and behind

the knees. You can also soak a small piece of cotton in your favorite scent and tuck it discreetly within your clothing. Use light perfume in summer and strong one for winter. It is important to understand that different products serve different purposes. Using them correctly ensures both comfort and skin health:

- A. Antiperspirant:** formulated to block underarms sweat only for sweat prevention.
- B. Deodorant:** Neutralizes the cause, can be used on the whole body or any area prone to odor.
- C. Cologne:** Provides a light, fleeting scent and lowers surface temperature. All over the body, especially right after a bath or shower.

17. Bindi

The final touch to your look is the Bindi. It is now available in many shapes. Wearing a bindi on your forehead can significantly enhance your facial beauty. However, it is essential to choose a shape that complements your face structure; otherwise, it may detract from your appearance instead of enhancing it. Since faces come in various shapes: round, long, flat or square—not every style will suit everyone. Here is how to choose the right bindi for your face shape:

1. For a round face opt for a long or vertical bindi. This creates an illusion of length, making the face appear more oval.
2. Choose a round bindi for a long face. It gives the face a round appearance.
3. It can be a challenge to find the right fit for a flat face shape, but if you choose to wear one, stick to elongated designs.

4. It is generally difficult to pair a bindi with a square jawline. If you do, use a slim, long variety. Experiment with different lengths to find the one that softens your features best.

By following these simple beauty principles, you can elegantly transform your everyday look into one of exquisite beauty and grace.

Seasonal styling

Many of us are unsure of how to adjust our look to match the shifting seasons. As the saying goes, Not every style suits every setting, just as not every word is meant for every moment. Aligning your makeup and skincare choices with the time of the year is a true reflection of refined taste. When your look harmonizes with the season, it creates a sense of effortless grace. Given that our country is primarily a tropical one, let us begin with the Summer season.

Summer makeup

In the sweltering heat of summer, our bodies tire easily as we struggle with constant perspiration. During these months, heavy or overly loud makeup can feel suffocating and may appear overdone or clownish to others. Overdoing it risks an artificial look—as if wearing a mask—rather than enhancing your natural beauty. That is why daytime makeup in summer should always be light and appear as natural as possible. Save the more elaborate, heavier looks for evening events or wedding celebrations. Start by applying a few drops of astringent lotion to a cotton pad. Gently dab it over your face and neck. Avoid the delicate area around your eyes, as this skin is more sensitive and prone to perspiration during the summer months.

Allow the lotion to settle for a few minutes. Instead of a heavy foundation, use a vanishing cream as your base. However, before applying the cream, lightly massage a moisturizing lotion onto your skin, paying close attention to the areas around the eyes. Then, proceed with the rest of your products, ensuring every layer is applied lightly. Once finished, carefully pat a small amount of astringent lotion over your completed makeup with a cotton pad. Do not rub, as this may smudge or lift the products. Using an astringent both before and after application acts as a protective layer, helping your makeup stay intact for two to three hours.

Note: During the summer, your lipstick and eyeshadow should always be soft, subtle shades. Similarly, choose a perfume with a light, sweet and airy aroma.

Rainy season makeup

Following the heat of summer, the rainy season begins, sometimes bringing continuous rain for more than 8-10 days. During this time, the air is thick with humidity. Because of this high moisture content, you can afford to use moisturizing lotion much more sparingly.

While the intense glare of the summer sun may fade, the rainy season often brings a heavy, stifling dampness. In such weather, a light, minimalist look is a reflection of your refined taste. To combat the dampness, consider using a compact powder or pancake foundation as your base. Even if your face gets wet, your makeup is less likely to wash away. It is best to avoid traditional kajal during this season. Instead, opt for liquid eyeliner and waterproof mascara to keep your eyes looking sharp and defined. Light shades of lipstick are generally preferred for a fresh look. However, if the sky is overcast and the day feels particularly dark or gloomy, a bolder, darker lipstick can be a wonderful way to add a touch of vibrance to your face.

Winter makeup

For those in tropical climates, the winter season is a time of great joy. The markets are filled with a variety of fresh vegetables that are as nutritious for the body as they are beneficial for beauty. It is also the perfect season for makeup enthusiasts; because the body perspires very little, your look remains intact for much longer.

Winter is particularly ideal for those with oily skin, as the natural oiliness diminishes, allowing for a soft and graceful appearance. If you love heavier, more elaborate makeup, this is your season. You have the freedom to use a full range of products without fear.

Start by applying moisturizing lotion to your face, paying special attention to the delicate skin around your eyes. Since the weather is cool, this is the time to embrace dark, bold shades of lipstick and finish with a lip gloss for a touch of winter radiance. At the same time, do not forget to hydrate your hands and feet. Without this care, the skin appears dusty.

Spring makeup

Spring is known as the King of Seasons. Though its stay is brief, it brings a natural sense of joy and excitement to the heart. During this time, the weather is perfectly balanced—neither too hot nor too cold—allowing the skin to appear naturally fresh and radiant. During spring, the weather does most of the work for you, giving your skin a healthy, luminous quality. Your makeup should be neither too heavy nor too light; aim for a middle ground that enhances your natural vitality. Because the atmosphere is so pleasant, almost any style of makeup looks beautiful; however, a moderate approach is often the most flattering.

Attire and accessories

There is a deep connection between your makeup and the clothes you wear. Once your skincare and makeup are complete, your choice of attire and jewelry becomes the next essential step. Regardless of how well you have applied your makeup or how naturally beautiful you may be, a look cannot be considered truly complete if your clothing is ill-suited for the occasion or the season.

Without harmony between your cosmetics, clothing and accessories, you will not achieve a smart look. These elements must work in tandem; fine clothing alone does not guarantee beauty, just as expert makeup cannot stand on its own. While the right outfit can elevate your beauty to something extraordinary, a poor choice can cause even your natural beauty to go unnoticed.

Therefore, selecting your attire is just as critical a task as the makeup application itself. A truly complete look is only achieved when flawless makeup, the perfect hairstyle and tasteful clothing and jewelry are brought together.

While modern women today embrace a wide variety of styles, the saree remains the most popular and cherished choice. One of its unique advantages is its ability to gracefully conceal physical imperfections.

For instance, concerns like heavy arms or legs can be easily masked behind the elegant drapes of a saree—something that is often difficult to achieve with salwar kameez or western trousers and shirts. Yet, just as the saree is incomparable in its grace, the salwar kameez is equally indispensable for the modern, busy woman. When time is short and one must get ready quickly for the workplace, its practicality is unmatched.

Saree

When selecting attire, consider the saree first. Lets discuss how to choose the right type of saree for the right occasion.

There are some individuals who look wonderful in almost any shade. Others, despite having a fair complexion, find that only certain colors truly complement them. Similarly, those with a well-proportioned physique often find that any saree suits them effortlessly.

However, the wisest approach is to choose a saree that specifically harmonizes with your face. The market offers a vast array of exquisite options. These include: Katan, Benarasi, Baluchari, Jamdani, Tangail, Dhonekhali, Shantipuri and Mirpuri, Silk, Georgette, Chiffon, cotton, Full-voile, Madras Silk, Manipuri and Tissue. Ultimately, your choice should be guided by three main factors: your body type, your age and the nature of the occasion.

Saree based on height, body type and complexion

When selecting a saree, we generally consider three types of height: tall, average and short. Body types can also be divided into three groups: slender, average and heavy. Complexions can also be grouped as fair, dusky and deep.

Selecting saree based on height

If you are tall, sarees with broad borders are an excellent choice as they help balance your height. You can easily carry off large prints. To ensure the look remains proportional, look for designs where the work runs along the length of the saree.

Avoid vertical patterns running width-wise, as these can make you appear excessively tall.

Those with a medium height have the flexibility to wear almost any type of border or print. However, if you wish to appear slightly taller, look for prints or embroidery that run vertically across the width. Ideally, choose a border that is neither too broad nor too thin for a balanced aesthetic.

If you are petite, your choices require more careful consideration. Avoid broad borders, large prints or horizontal design work running along the length, as these will make you appear shorter. Opt for narrow borders or even sarees without borders. Small prints and vertical designs are highly recommended, as they create an illusion of height. Avoid stiff/ puffy fabrics, as they tend to overwhelm a smaller frame. Avoid heavily flared sarees—they can visually shorten your height.

Choosing a saree according to body type

If you have a fuller figure, strictly avoid stiff or puffy fabrics, dark colors, heavy zari borders, tissue and muslin that stand away from the body, as well as heavily embellished sarees with dense work all over the base. These will make you appear larger. Opt for fabrics that cling softly to the body, such as chiffon. Even with chiffon, you can choose slightly heavier embroidery as the fabric remains slim. If wearing a katan, choose one with work only on the border and anchal or with light, scattered motifs across the body.

Those with a medium build can carry off almost any style. However: be mindful that stiff fabrics like tissue or muslin will add the illusion of extra weight. Generally, you have the freedom to experiment with various prints and levels of embroidery. If you have a very slim frame, your goal is to add a sense of fullness. Choose sarees that have a natural volume. You can easily carry off heavy embroidery and deep, bold colors, Avoid clingy fabrics at all costs.

Choosing a saree based on skin tone

For those with a fair complexion, light and pastel shades often appear more elegant and sophisticated than darker colors. For pale complexion, light and pastel colors are particularly more flattering. Additionally, a sophisticated mix of light and dark shades can work beautifully. For reddish fair tone you have the flexibility to wear both medium-dark and light shades; both palettes complement this undertone effortlessly. For yellowish fair tone almost any color will suit you. You will look especially striking in sarees that feature a light base with a dark, contrasting border.

Across these variations, shades like baby pink, lavender, sea green, moss green and turquoise—particularly those with dark embroidery on a light base—are excellent choices for any fair complexion. While these lighter tones are ideal, you can easily carry off richer, deeper colors for evening wedding ceremonies or grand celebrations.

When wearing a saree with golden embroidery, choose gold or gold-toned imitation jewelry or gemstones that match the color of the saree. Avoid wearing gold jewelry with a saree of silver-toned work, as this will look clashing and unpolished. If your saree features neither silver nor gold, oxidized jewelry is a stylish alternative.

For dusky skin tones vibrant colors like saffron, marigold yellow, egg yolk yellow, light orange and maroon look stunning. Classic combination of a white saree with a red border also looks exceptional. To find your perfect match, drape the saree over your head like a veil and look in the mirror; choose the shade that makes your face appear most vibrant. Deep purples, ink blues or dark greens can sometimes make the complexion appear dull. However, navy blue is an exceptionally wonderful.

For parties, opt for maroon with golden borders, navy blue with ornate work or mustard yellow. Choosing colors for very deep skin tones requires a careful eye. If you have an attractive physique and features, the colors recommended for dusky skin will generally suit you as well. Loud bright reds must be avoided.

It is worth noting that nowadays, sarees are available in an endless variety of shades and gradients. Ultimately, the best choice is the one that makes you feel confident and harmonizes with your personal style.

Whether you choose gold, silver, oxidized silver or copper-toned jewelry, your accessories must harmonize with your attire—be it a saree or a salwar kameez. A truly polished look depends on this seamless coordination.

The principles regarding height build apply to the salwar kameez just as they do to the saree.

Women with a fuller figure should avoid stiff or starched fabrics that puff out. If you have a thin frame, avoid clingy, body-hugging fabrics that stick to the silhouette. Instead, opt for slightly heavier or voluminous materials that add a healthy sense of structure to your look. While those with a medium build can wear almost any fabric, it is still best to avoid excessively puffy materials.

Jewelry and ornaments

The tradition of wearing jewelry and ornaments dates back to ancient times. In the primitive era, jewelry was worn by everyone, regardless of gender. Of course, the gold, silver and gemstones we see today were not yet in use. Instead, people adorned themselves with flowers, vines, tree bark, roots, animal bones, horns and bird feathers. The charm of floral jewelry remains timeless even today. It remains the centerpiece of a traditional pre-wedding turmeric ceremony.

Over time, the world of accessories have evolved to include gold, silver, diamonds and pearls.

While expensive jewelry may not be accessible to everyone, beauty is not defined by price. If thoughtfully coordinated, even simple terracotta or clay jewelry can make you look stunning. Wearing incredibly expensive jewelry without considering the time, place or occasion can result in a look that feels out of place.

In recent years, silver jewelry has seen a significant rise in popularity, largely due to the escalating cost of gold and concerns over safety. Simultaneously, imitation jewelry has emerged as a stylish alternative to both gold and silver. These pieces possess a unique beauty of their own; when thoughtfully paired with an outfit, they create a look that is both sophisticated and contemporary. Because they are more affordable, they allow for greater variety, making them a favorite choice among younger women.

Just as fashion trends shift, jewelry designs have also evolved with the times. While previous generations often prioritized heavy, elaborate pieces, today's aesthetic leans toward less is more. Jewelers now craft tasteful and elegant designs using minimal gold or silver, allowing these pieces to complement both the wearer's features and their attire with effortless grace.

Jewelry is worn with an outfit to enhance one's natural beauty and elevate the overall look. To achieve a truly polished appearance, it is essential to understand which jewelry best complements a specific saree, occasion and makeup style. By mastering these combinations, you can step out with confidence, ensuring you always feel perfectly poised and never out of place.

In the modern world of fashion, the trend of wearing excessive jewelry is a thing of the past. Choosing subtle,

understated pieces that complement your attire and makeup without overwhelming them can make you look truly stunning. Just because you own a vast collection of jewelry doesn't mean you have to wear everything you own. For example, wearing a stack of bangles can be a lovely, stylish choice for a casual gathering. However, wearing heavy, layered necklaces to a simple event can appear cluttered and compromise your sense of sophistication.

The finer details of wearing jewelry

For daytime events, it is more sophisticated to opt for lighter, understated pieces. Heavy elaborate jewelry is best reserved for nighttime weddings or grand evening galas.

For mature women, a dignified look is achieved by pairing subtle makeup with classic gold or gemstone pieces. A long, elegant chain or a delicate necklace paired with a stack of bangles create a look that is both timeless and sophisticated.

For younger women this is the time to experiment. You have the freedom to be playful with trendy imitation jewelry in various colors or oxidized silver pieces, provided they are thoughtfully coordinated with your outfit and makeup.

The beauty of your pieces—whether modern designs or cherished vintage heirlooms like Jaroa—depends on the setting. Avoid wearing heavy, ornate jewelry to casual gatherings at home, as it can feel overdressed. Save your boldest statement pieces for weddings or grand celebrations where the atmosphere matches the opulence of the jewelry.

Choosing jewelry according to your build and attire

1. Never pair silver jewelry with a saree featuring golden embroidery. Clashing metallic tones detract from the

elegance of the look; always ensure your jewelry metal matches the metallic accents of your attire.

2. Choker-style necklaces suit those with long necks. Pair these with medium to small earrings. If you choose a heavy statement necklace, keep your earrings small to maintain balance.
3. For shorter necks, avoid heavy or tight-fitting necklaces, as they can make the neck appear shorter. Instead opt for long, loose chains or necklaces. Pairing these with elongated or drop earrings will create the illusion of a longer, more graceful neck.
4. If you have a small or thin frame, delicate and smaller-scale jewelry is most appropriate. Oversized pieces may overwhelm your features.
5. Women of tall or medium height can easily carry bold and heavy statement jewelry.
6. If your neck and shoulders are broader, choose substantial, heavy necklaces to ground the look. Pair them with long, dangling earrings to add verticality.

How to clean and care for jewelry

1. Always store imitation pieces in airtight containers to prevent oxidation. For added protection, wrap them in cotton wool before placing them in the box; this prevents the color from fading due to air exposure.
2. Silver is prone to darkening when exposed to air. To maintain its shine, store it in an airtight box. If your silver pieces become dull, soak them in a solution of lukewarm water and a mild detergent for 15 to 20 minutes. Gently scrub with a soft brush to restore their original luster. If the silver has become deeply tarnished, it is best to have it professionally cleaned.

3. While gold does not tarnish from air exposure, it can lose its sparkle over time. To restore its brilliance before an event, soak your gold pieces in lukewarm water mixed with a mild detergent for 15 to 20 minutes, then gently brush and rinse.

It is worth remembering that physical beauty is manifested in a seamless blend of one's build, skin's radiance, impeccable styling, a well-chosen hairstyle, tasteful attire and jewelry. Complete beauty, however, extends beyond outward appearance. It includes graceful conduct, eloquence and the poise with which one carries oneself.

Confidence, manners and etiquette are equally essential, as the elegant composure with which one stands, walks or sits. When combined with a strong personality and inner virtues, these qualities allow a woman to become truly and completely attractive.

Through gracious behavior and a proactive presence, one can exude elegance in every sphere of life, greatly enhancing one's personal appeal. Indeed, a polished demeanor is so profound that it can transform an ordinary woman into someone extraordinary, often transcending any physical imperfections. Therefore, beauty should not be defined merely by cosmetics, ornaments or clothing; rather a woman is truly beautiful when her pleasant manners and personality bring joy and inspiration to those around her.

Manners and Conduct

One's fundamental understanding of etiquette and manners begins in childhood; it is within the family that the seeds of how to treat others are first sown. Therefore, it is essential to cultivate a spirit of respect, humility and kindness toward everyone in your household—be it your parents, spouse, siblings, children or those who assist you at home. This same warmth and sincerity should also naturally extend to your acquaintances, neighbors and relatives.

If you do not practice grace within the walls of your home, it is impossible to maintain a truly graceful demeanor in the world outside. Your social acceptance and the allure of your company depend entirely on your behavior. The world acts as a mirror: you receive from others what you give to them. Even if a specific individual fails to reciprocate your kindness, the Law of Natural Returns—as described in Quantum Method—ensures that your goodness will eventually return to you from another source.

We often hear people say, There is no one quite like him, or her grace is truly incomparable. In reality, achieving such a reputation is not an impossible feat; it is within your reach as well. The secret lies in the ability to remain proactive and adaptable, regardless of the circumstances. With conscious effort, you can gradually embody these qualities too.

In today's competitive world, where frustration, failure and pain are common, you must learn to navigate these challenges with a heart full of gratitude. Reacting with bitterness or agitation when things go wrong will only diminish your appeal in the eyes of others; even those closest to you may begin to drift away. Therefore, you must remain composed, face adversity with inner peace and win the hearts of others through gentle manners.

In addition to mastering manners and etiquette, you must also cultivate a strong sense of self-respect. Your interactions with others should always be rooted in a firm sense of dignity. Whether with family, friends or colleagues in the workplace, your interactions must always be a testament to your spirit of courtesy and heartfelt sincerity.

By freeing yourself from the weight of arrogance, you will naturally become more magnetic to those around you. If shadows of envy or jealousy linger within, work on rooting these feelings out. In your pursuit of self-respect, be mindful that you do not drift into haughtiness; instead, strive to remain humble yet confident. When you embody this graceful blend of humility and dignity, you will develop a truly captivating presence in any environment.

Verbal conduct

In your conversations, strive to be as truthful as possible. To say one thing and do another, to break a promise or to speak carelessly in a way that causes unnecessary pain to others diminish your own character—especially when silence would have been the kinder choice. Therefore, you must always exercise restraint in your speech. While there may be rare circumstances where speaking the full truth is difficult, you must still refrain from telling needless lies. If people once form the impression that you are dishonest, they will begin to doubt you even when you speak the truth. Such impressions damage trust and give rise to a negative perception of your character.

Posture and movement

The way you stand, sit and walk significantly enhances your physical appeal and overall presence. Your posture should always be upright and poised—stand with your shoulders

back, your head held high and your spine straight. When walking, keep your gaze steady and forward. When engaging in conversation, maintain direct and respectful eye contact with the person you are speaking to. Slouching, hunching or leaning awkwardly diminishes your natural beauty.

Always sit in a manner that reflects poise and self-respect. When seated in a chair, maintain an upright posture and avoid the habit of swinging your legs; such actions are considered improper etiquette. If you must remain seated for a long period, you may shift your position or cross your legs to stay relaxed. When sitting on the floor, fold your legs comfortably, ensuring that your attire—such as a saree—properly covers your legs to maintain a sense of graceful modesty. Ultimately, your posture should be a clear reflection of your inner sense of decency and self-respect.

Speaking graciously

The ability to speak graciously is a remarkable virtue; with kind and thoughtful words, you can win the hearts of many. When engaging in conversation, always listen attentively to the person speaking. Never let them feel that their words are unimportant. It is a natural human desire to be truly heard. Interrupting others is a jarring habit that many find irritating. Allow someone to finish their thoughts completely before you respond.

Always speak in a coherent and organized manner. Strive to understand others accurately, ensuring you don't misinterpret their intended meaning. Furthermore, stay focused on the topic at hand and avoid the habit of drifting into irrelevant matters.

Never hurt someone's feelings with direct insults. If you must point out an error in what they have said, do so

discreetly at a later time. Address the mistake respectfully, providing clarity without causing embarrassment or escalating the situation. Always express your opinion with grace and composure.

When speaking, avoid repeating the same point multiple times, as it becomes unpleasant to the listeners. If you must leave in the middle of a conversation, do so politely and ask for permission with humility. You might say, I have an urgent matter to attend to; with your permission, I must head out now. Consciously avoid distracting habits while talking, such as sniffing or making unnecessary noises.

When a moment of laughter arises, let your expression be guided by the setting. In a relaxed home environment, feel free to share a hearty laugh; however, at formal social gatherings, maintain restraint with a gentle smile. While you should enjoy wit and humor, ensure it never becomes tasteless or inappropriate.

Humanitarian values

You must also strive to cultivate humanitarian values. Your love for others should be universal; do not limit your care only to yourself or your immediate circle. If you are perceived as self-centered—someone who thinks only of their own interests—it will hinder you from reaching your true potential. The Creator has placed you on this earth for a grand purpose. That mission lies as much in what you do for yourself as it does in what you do for others.

Etiquette

Among all human virtues, etiquette is fundamental, as it truly brings out the essence of one's personality. In life, you will inevitably encounter various social situations—some

favorable and others challenging. There is no need to be unsettled by them. With a little presence of mind, you can navigate any situation gracefully, regardless of the circumstances. In public, if you encounter an indecent remark or someone attempting to engage you in an unwelcome conversation, do not react with anger. Instead, exercise discretion by simply bypassing the situation—acting as though you haven't heard or understood.

In such irritating moments, it is your responsibility to show basic decency and uphold standard etiquette, ensuring that bystanders are not drawn into an awkward or uncomfortable situation.

You must also remain mindful of practicing basic etiquette and courtesy in daily life. Whether at home or in the workplace, if someone arrives unexpectedly with guests, you should take the initiative to introduce yourself to those you don't know, ensuring they feel welcome and at ease.

When dining at a restaurant or attending a social event, avoid making audible slurping sounds when consuming soup or other liquids. Similarly, refrain from creating unnecessary clatter with your cutlery. If you have a habit of making distracting facial expressions while eating, strive to overcome them, as such behaviors are contrary to the spirit of etiquette. Ultimately, the practice of etiquette allows your natural beauty to shine through.

Whether you meet someone in passing or welcome them into your home, be the first to offer a warm greeting or Salam. If you are hosting an event, ensure your guests are comfortable by asking if they need anything. Your dignified manner will naturally elevate your standing in the eyes of others, earning you a place of honor and profound respect.

Personality

Personality is a fundamental aspect of human character. It cannot be projected through attire alone; rather it is expressed through one's behavior, speech and humanitarian virtues. With those younger than you, be approachable and sincere, while toward your elders, maintain a spirit of deep respect, humility, gentleness and courtesy.

A strong personality requires a clear and honest outlook on life, coupled with the moral courage to express the truth. This means being honest in your thoughts and courageous in the face of any situation. You must strive to acquire the knowledge necessary for life, cultivating your intellect to transform yourself into a skilled and capable individual. Remember, a person lacking in personality is never truly respected. They may receive sympathy from others but they will never earn true dignity.

Family etiquette

No person can live or find true happiness in isolation. A meaningful, connected social life is what truly brings happiness and fulfillment to a human being. The primary unit of society is the family. Indeed, the family serves as the foundation for both worldly and spiritual prosperity.

A family is built around the union of a man and a woman. The deeper this connection—imbued with affection and respect—the more proactive, disciplined and purposeful their interactions are, the greater the happiness, fulfillment and success will manifest in their lives. Therefore, it can be said without hesitation that the foundation of a happy family lies in love, compassion, respect, discipline and a shared

spiritual bond. It must always be remembered that within a family, men and women are complementary to one another.

This complementary unity is the very bedrock of prosperity. As the beliefs, outlooks, habits and behaviors of both partners become more proactive and disciplined, this sense of unity deepens, bringing a sense of heavenly peace into their lives.

A successful family

Responsibilities of men and women

In personal life

1. Start your day with gratitude. As soon as you wake up, say: Shokor Alhamdulillah/ Thanks to God/ Hari Om/ Thank You, Lord. Instead of dwelling on what you lack, focus on the blessings you have.
2. Maintain unwavering faith and trust in the Creator.
3. Perform your obligatory prayers or spiritual practices regularly.
4. Be responsible and self-confident.
5. Seek knowledge and commit to lifelong learning through reading to foster personal growth.
6. Practice moderation and self-restraint in all aspects of life.
7. Be punctual and maintain a high standard of discipline.
8. Perform all tasks with careful planning and purpose.
9. Maintain cleanliness and stay well-groomed. Wear modest and dignified clothes.

10. Speak with eloquence and grace.
11. Avoid gossip and backbiting. Make a conscious effort to refrain from lying.
12. Practice regular self-reflection for your inner growth.

In conduct and interaction

1. Always stay proactive and speak with a smile.
2. Remember, to lose temper is to lose the battle.
3. Ensure your actions always align with your words.
4. Strive to present yourself as a role model of integrity.
5. Do not let anger or resentment dictate your actions.
6. Tactfully avoid pointless arguments and conflicts.
7. Exercise wisdom and composure in expressing your sentiments and emotions.
8. Treat employees and domestic workers with dignity and compassion.
9. Never make false promises to anyone.
10. Never deceive or take advantage of others.
11. Do not harbor resentment or envy towards anyone.
12. Never consciously cause harm to another person.
13. Avoid wastefulness in every aspect of your life.
14. Strive to build a reputation for being an honest and trustworthy individual.
15. Be sincere and humble, avoiding arrogance and performative behavior.

In family life

1. Shift your mindset from What can I receive? to What can I give?

2. Make a sincere effort to understand one another.
3. Value everyone's opinion when making family decisions.
4. Avoid external interference. Solve misunderstandings through direct dialogue among yourselves, without involving a third party.
5. Maintain the sanctity of your home by keeping domestic matters private.
6. Pray for one another regularly.
7. Guard your speech; do not say things that might cause conflict or discord within the family.
8. In a joint family, treat all children equally. Ensure all gifts are of the same standard for every child.
9. Decide on travel and leisure according to the majority's opinion. Strive to travel together, including every member of the family.
10. Organize regular family discussions focused on self-development and growth.
11. Practice energy conservation by turning off lights and fans when not in use.
12. Prioritize your loved ones; instead of wasting time on television. Spend quality time with your family members.
13. Use water responsibly; do not waste it by leaving the tap running unnecessarily.
14. Protect your marriage; avoid socially inappropriate relationships and steer clear of any associations that might create misunderstandings or mistrust.

15. Treat domestic staff with dignity by providing them with the same quality of food that you eat yourselves.
16. Keep your home free from smoking and intoxicants.

On raising children

1. Avoid favoritism by treating your children, regardless of gender. Never compare one to another.
2. Do not belittle your children through negative criticism. Do not speak to them in a threatening tone or scold them harshly. Never curse them out of anger or in the heat of the moment.
3. Protect your child's self-esteem; never reprimand them or correct their mistakes in front of others.
4. Empower your children from an early age by raising them to be independent and self-reliant.
5. Reason with your children rather than ruling over them. Instead of giving constant orders, explain the rationale behind their tasks and inspire them to pursue good deeds.
6. Spend quality time with your children and be vigilant about their circle of friends. Build a deeply bonded, friendly relationship with them and lead by example as their role model.
7. Do not obsess over your child's grades or constantly pressure them about their studies. Instead, give them opportunities for study, sports, travel, reading and other healthy recreation.
8. Do not teach your children instant gratification by giving into their every demand immediately. Never give into their unjust or unreasonable requests.

9. Set digital boundaries; do not give your child a smartphone before the age of 18. Stay vigilant so they do not fall victim to toxic cultural influences or drug addiction under the guise of fun and entertainment.
10. When your child reaches the age of 18, include them as a partner in family discussions, making them active participants in family affairs.
11. Raise your children to become skilled individuals who are proficient in the practical application of science and technology.
12. Nurture your child's moral, mental, spiritual and creative qualities by creating opportunities for their holistic development.
13. Encourage your children to pursue independent professions or entrepreneurship rather than limiting themselves to traditional employment.
14. Instill good manners by teaching your children to take the initiative in being first to offer greetings (Salam) and a firm, friendly handshake.
15. Be honest about your means and provide children with a realistic understanding of your family's financial capacity. Never lie to them about financial matters.
16. Respect your children's individual path. Do not impose your own life goals on your children. Provide necessary guidance for making informed decisions.
17. Balance love with discipline; do not overindulge your children in the name of affection nor mistreat them in the name of discipline. Instead, nurture their growth through a healthy balance of love and guidance.

Duties as a child

1. Respect your parents and fulfill your responsibilities toward them.
2. Do not resent your parents for their mistake or behavior; remember, they are your gateway to this world.
3. Seek their blessings before undertaking a good deed.
4. Care for elderly parents with the same tenderness and patience you would show to your own child.
5. Assist with household chores to the best of your ability.

Honoring and caring for the elderly

1. Be compassionate. Spend time with them. Attend to their food, medical, financial and other needs.
2. Take the initiative to always be the first to offer Salam or a respectful greeting when you see the elders in your family.
3. Encourage younger family members to talk with the elderly and spend quality time with them.
4. Offer constant reassurance and tell them, 'You are doing well,' and let them feel your presence by saying, 'We are always here for you.'
5. Make them feel valued and respect their wisdom by involving them in family discussions and important decisions.
6. Avoid imposing direct restrictions one after another. Instead, gently encourage them to let go of harmful habits through positive motivation.
7. Be compassionate. Show unwavering support if they become immobile, ensuring their dignity is protected.

In your youth

1. Avoid impulsive or emotional relationships that hinder your pursuit of knowledge and self-improvement.
2. Let go of excessive, intense emotions and focus on developing a realistic and practical mindset.
3. Find your purpose in life and channel your intellect, effort and time entirely toward achieving that goal.
4. Do not engage in marital or intimate behaviour before married.
5. Exercise self-control over intense attractions toward the opposite gender.

In self-development

1. Practice meditation and Quantum exercises regularly.
2. Strive to dedicate as much as talent, effort and time to a humanitarian service oriented organization.
3. To build an enlightened life and enhance your total fitness—physical, mental, social, spiritual—join the Total Fitness Program (Sadakaion) held every Friday morning at center, branch, cell or pre-cell of Quantum Foundation. Along with insightful, topic-based discussions and group meditation, the program features impactful video documentaries designed to foster self-development and holistic growth.
4. Be tech savvy but stay free from the addiction to smartphones, social media, YouTube, web series, virtual games and the internet.

In social life

1. Maintain sincere and heartfelt relationships with your relatives and friends.

2. Reach out to friends, relatives and neighbors in times of illness or when they are facing difficulties and keep them in your prayers.
3. During festivals like Eid, Puja, Christmas or other joyous occasions, give small gifts to friends and relatives according to your means.
4. Help domestic workers and other non-literate people learn to read and write.
5. Be mindful of the time, place and person in your social interactions. Always remain graceful and ensure your presence is pleasant rather than intrusive.
6. Do not try to impose your opinions on others through arguments or force.
7. Avoid a needless judgmental attitude toward others.
8. Distance yourself emotionally from opportunistic, dishonest and unethical acquaintances.
9. Reject the tradition of obligatory, transactional gift-giving at social events. A true gift is only that which is given voluntarily, joyfully and unconditionally.

In the workplace

1. Make a habit of being the first to offer Salam and shake hands with everyone you meet.
2. Set specific career goals and seek continuous professional growth. Plan your strategies based on your targets and maintain a clear roadmap for every step of the journey.
3. Inner conflict often arises when your profession doesn't align with your inherent nature. This mismatch breeds bad moods and workplace tension, leading to

strained professional relationships and turning proactive energy into reactive frustration. To prevent this, focus on staying grounded and maintain a proactive mindset.

4. Be humble and stay true to yourself. Refuse to be an accomplice to any injustice. Show genuine commitment to your work. Fulfill your responsibilities with confidence. Do not shy away from your duties.

In service to creation

1. Actively participate in the service of creation and fulfill your spiritual obligations toward humanity.
2. Donate blood regularly and participate in blood donation programs to save lives.
3. Regularly donate to your Quantum Matir Bank (Charity Box). Every three months, submit the collection to the Foundation or your nearest center, branch, cell or pre-cell and collect a new bank.
4. Do not treat Zakat as petty charity; ensure its systematic and collective distribution by contributing to the Quantum Zakat Program.
5. Regularly donate your Mushti-chal—a traditional practice of setting aside a handful of rice from every meal as a gift for the hungry or its monetary equivalent, along with used clothing to the Foundation.
6. Participate to the best of your ability in all the Quantum Foundation's humanitarian service initiatives, including the Orphan Fund (Etiman), the Medical Service Fund and the Fateha Fund—a dedicated fund for feeding the poor to seek blessings and honor the memory of loved ones.

7. Encourage and involve associate members in the 'Haqqul Ibad' service to humanity initiatives organized by your local center, branch, cell or pre-cell.

On friendship

1. Be discerning when choosing your friends. Build friendships with those who share similar thoughts, values and life goals. Prioritize the company of those who are dedicated to a virtuous community.
2. Keep your promises and protect anything entrusted to you.
3. Help your friends when in need to the best of your ability without expecting anything in return.
4. Do not make impulsive decisions or sever relationships based on the instigation or influence of others; let your judgment be your own.
5. Do not be jealous of your friends or anyone else.
6. Solve misunderstandings through open and honest discussion.
7. Focus on what you can contribute to a friendship rather than dwelling on what you did or did not receive.
8. Avoid the company of foolish or negative individuals; bad company inevitably leads to downfall.
9. Do not sacrifice your life's goals for the sake of social obligations or by being accommodating to friends.

On eating habits

1. Practice mindful portion control in your daily meals.
2. Choose natural, unprocessed and wholesome foods whenever possible.

3. Incorporate plenty of vegetables, fruits, green salads, spirulina and mushrooms into your family's daily diet.
4. Limit your meals to three or four items—such as fish or meat, vegetables and lentils.
5. Once a week, enjoy a nutritious meal of vegetable khichuri together with your family.
6. Enjoy a hearty breakfast, a moderate lunch and a light dinner.
7. The less you eat fast food and restaurant meals, the better it is for your overall health and well-being.
8. Completely avoid artificial beverages, soft drinks and milk tea.
9. Make a habit of saying a prayer of gratitude before every meal.

On hospitality

1. Avoid extravagance, waste and overindulgence when hosting guests.
2. Serve guests politely, warmly and in moderation.
3. If the opportunity arises and the atmosphere is conducive, share the activities, mission and vision of your virtuous community with your guests.

Hospitality menu

1. Lemonade, Coconut Water, Black Tea, Green Tea
2. Puffed rice, Fried flattened rice, Vermicelli, Traditional rice cakes
3. Vegetable khichuri, Biryani, Chicken pilaf, Hilsa pilaf
4. Fruits, Firni, Pudding

Family responsibilities

roles of men and women

For men

1. As a husband, embrace your role as the primary provider and protector of the family.
2. Regard your family responsibilities as an act of worship.
3. Cherish your wife as your closest friend, life partner and the heart of the home.
4. Consult with your wife on every family decision, valuing her wisdom and perspective.
5. Express genuine appreciation for your wife's good deeds, contributions and achievements.
6. Remain faithful to your wife. Express your love and affection through both your words and your actions.
7. Do not bring work-related stress or outside anger into your home; protect your wife, children and household staff from your external frustrations.
8. Acknowledge your mistakes to your wife without hesitation and be sincere in seeking her forgiveness when you are in the wrong.
9. Fulfill your wife's needs according to your means. Give her small gifts occasionally and a personal allowance. Do not question how she spends that allowance.
10. Respect your wife's freedom to manage her own income and assets. Do not interfere with or infringe upon her right to spend them as she chooses.
11. Do your best to fulfill your wife's reasonable wishes and requests.

12. Be transparent with your wife and provide her with a clear understanding of your income from the beginning. Avoid illegal sources of income and do not spend beyond your means or go into debt for personal expenses.
13. Share and discuss your professional and family struggles openly with your wife.
14. Do not place unreasonable restrictions on your wife when she wishes to give gifts or provide help to her family and relatives.
15. Do not criticize, belittle or make hurtful comments to your wife about her family or relatives.
16. Treat your wife's parents with the same love and respect as you would your own.
17. Avoid interfering in or micromanaging minor household matters; instead offer your support and help with household chores whenever possible.
18. Never scold or criticize your wife's mistakes in the presence of your children.
19. Dedicate one full day a week to your wife and children. Make household chores, even cooking, a shared joyful activity, as if it were a picnic. Be self-sufficient in your personal needs, such as pouring your own glass of water.
20. Approach your wife's mistakes or shortcomings with compassion and never use harsh language to criticize her.
21. Do not waste time in frivolous card games, gossip or idle socializing at clubs with friends under the pretext of outside work. Instead, prioritize your family's emotional and spiritual growth by spending meaningful time with them.

22. Never speak ill of your wife behind her back or share or complain about her faults to others.
23. Do not be wasteful. Practice self-restraint by avoiding impulse buying or emotional spending.
24. Seek to identify your own faults and shortcomings through self-reflection and focus on improving your flaws.
25. Be attentive to your wife's health and well-being. When she is unwell, give her the care she needs and prioritize taking her to the physician personally rather than leaving it to others.
26. Be an attentive listener and hear your wife's grievances with empathy. Instead of reacting with an immediate 'no' to any of her proposals or ideas, take the time to consider her words thoughtfully.
27. Share the workload of your household chores with your wife and help her with the upbringing of your children to the best of your ability.

For women

1. Consider yourself the heart and soul of your family.
2. Consider every household task and responsibilities as an act of worship.
3. Cherish your husband as your friend, life partner and mentor, acknowledging his role as the head of the household.
4. Be open and transparent with your husband; do not do anything without his knowledge.
5. Be proud of your husband's achievements and good deeds. Value his contributions.

6. Remain faithful to your husband at all times and express your love and affection through both your words and your actions.
7. Do not overwhelm your husband or children with complaints the moment they step through the door; give them time to rest and settle in.
8. Admit your faults or mistakes without hesitation and ask for your husband's forgiveness whenever you are in the wrong.
9. Surprise your husband with occasional small gifts bought from your personal allowance. When necessary, do not hesitate to support your husband and household with any earnings you may have.
10. Do not overwhelm your husband with unreasonable demands or expectations. Be mindful of his situation, means and capacity.
11. Have a clear idea about your husband's income. Try to limit the family expenses within that income. Do not pressure your husband into corruption or Debt by creating unnecessary expenses.
12. In times of crisis or adversity, stand firmly by your husband's side and be a source of unwavering support for him to overcome his challenges.
13. Do not give away anything to anyone without your husband's knowledge.
14. Do not criticize, belittle or make hurtful comments to your husband regarding his family and relatives.
15. Treat your husband's parents with the same love and respect you show your own parents and extend the same love and affection to his siblings as you do to your own family.

16. Try to resolve small household issues and minor problems yourself, rather than relying on your husband for every detail.
17. Do not argue with your husband or criticize his faults in the presence of your children; address any disagreements in private.
18. Even if you are a working mother, ensure that your professional commitments do not result in neglect of your children or household responsibilities.
19. Be considerate of your husband's shortcomings and handle them with compassion rather than making him feel inadequate.
20. Support your husband in his personal and spiritual development. Whenever possible, join him in acts of service to humanity (Haqqul Ibad) and caring for Allah's creation.
21. Do not belittle your husband or speak ill of him to others in his absence.
22. As a mother, breastfeed your child and help them grow with good moral values and kindness.
23. Always turn off the gas stove when not in use and raise awareness in the family against all kinds of waste.
24. Do not harbor resentment or magnify your own struggles and sufferings. Instead, practice patience and focus on building mutual understanding and shared strength.
25. Be diligent in keeping your home clean and well-organized, ensuring that every corner of the home reflects tender care and warmth.

26. Include your daughter-in-law in family discussions and decision-making, valuing her opinions in shaping the family's future.
27. As a mother-in-law, treat your daughter-in-law with the same love and affection you have for your own daughter rather than seeing her as an opponent. Be patient and forgiving toward her and choose to overlook her mistakes or shortcomings.

In conclusion, while you strive to enhance your physical and mental well-being and build peace and harmony in your home, your true radiance will only find perfection if you dedicate time to the direct remembrance of the Creator—enlightening and beautifying your innermost soul.

[This section of Family Etiquette is compiled from: Attonirman and Alokito Jiboner Hazar Sutro Quantum Konika by Mahajataq.]

Dear Reader,

If you have any questions, feedback or suggestions about the contents of this book, please write to:

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মহাজাতকের লেখা বই

- সাফল্যের চাবিকাঠি কোয়ান্টাম মেথড
- জীবন বদলের চাবিকাঠি অটোসাজেশন
- শুদ্ধাচার
- আত্মনির্মাণ
- আলোকিত জীবনের হাজার সূত্র কোয়ান্টাম কণিকা
- কোয়ান্টাম ভাবনা ফিউশন (অণুবই)
- কাজ প্রেম দেশ
- অন্তর দীপ জ্বালো
- বন্ধুত্ব প্রেম বিয়ে
- পরিবার সুখ সম্মান
- প্যারেন্টিং চ্যালেঞ্জ আনন্দ
- 1001 Autosuggestions to change your life

This book—the result of 22 years-long research—offers practical guidance for achieving psychosomatic health and harmonious life.

The first part of the book provides simple, clear, easy-to-follow descriptions, guidelines for various yoga postures (asanas), mudras and pranayama (breathing exercise) practices. The second part focuses on beauty care and presents insights that make this section essential reading for anyone who is conscious about health, appearance and overall well-being.

True beauty is not merely a matter of physical appearance. Exercise, a balanced & healthy diet, attire, grooming, personality, style of speaking and walking, good manners, humane qualities and education—all of these contribute to the refinement of a person.

Regardless of age or gender—anyone can achieve a healthy and beautiful life by following the guidelines of this book.





Nahar El Bukhari

Nahar El Bukhari was born on 26 February 1956 in Dhankhali village of Khepupara in greater Barisal. Her parents were Hazrat Kafil Uddin Ahmad (RA), an eminent spiritual personality and Mosammat Hasina Banu. She holds MSS in Public Administration from the University of Dhaka. She is the wife of Gurujee Shahid El Bukhari Mahajataq. Presently, she is the Director General of Yoga Foundation and Quantum Foundation. In 1983, through the Yoga Meditation Centre, she pioneered the systematic and institutional teaching of yoga to women in Bangladesh.

She later closed her popular culinary institution *Tai Chi Chinese Cooking Centre*. She devoted herself, alongside Gurujee, in research to modernize yoga and meditation. At the same time, she began writing on family, health, beauty and cooking.

Quantum Yoga for Health and Beauty Care is the result of her 22 years-long relentless research and practice.

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