



Yoga- The Arithmetics of Disease-free Happy Life.

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Abstract

For a disease-free healthy, happy and prosperous life, one has to understand the arithmetics of Yoga. The correct word is 'Yog' in Hindi which has its origin from the Sanskrit word 'Yuj' which means addition. The union or addition of Atman with Parmatman is the ultimate yog. Human life has its origin in space i.e Zero (0) and ultimately sublimes in space at the end of journey of life. In order to lead a healthy and happy journey of life one has to understand the arithmetics of Yog.

There are four operations in arithmetics, i.e Plus, Minus, Multiplication and Division. The early childhood is dominated by Plus operation. There is physical growth. The adolescent is dominated by physical as well as mental growth. The adulthood is being dominated by the operation of multiplication. The human being multiplies physically, mentally, professionally as well as monetarily. The on-set of old age is being dominated by the minus operation. The human being starts decreasing physically. The old age is being dominated by Division operation. The person starts decreasing fast, physically as well as mentally. The Human being can lead a disease-free health, happy and hassle-free life-journey by understanding and balancing these four operations of Arithmetics by following the path of YOG.

