

EFFECTS OF BHUTSHUDDHIKRIYA ON BODY

PHYSICAL BODY



- Increased oxygen carrying capacity to peripheral tissue.
- Reduced workload on heart due to better oxygenation and improved oxygen carrying capacity.
- Strengthening of lungs leading to healthy respiratory system
- Achievement of hormonal balance by regular practice
- Activation of nervous system leading to increased alertness in day to day activity
- Maintains balance between sympathetic and parasympathetic nervous system

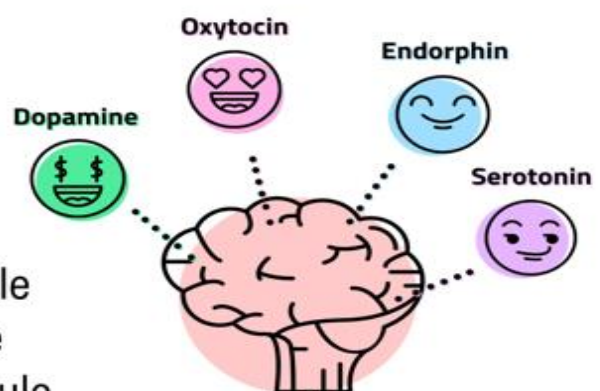
SUBTLE BODY



- Increase in life vitality due to increased concentration of life force
- Relaxed mind activity due to bio-magnetic field stabilizing the brain waves at alpha level.
- Purification and energizing of chakras – the centers of subtle energy
- Maintains energy balance and stability

BHUTSHUDDHIKRIYA AND HAPPINESS NEUROCHEMICALS

There are four primary neurochemicals in the brain that effect happiness



- Dopamine** – pleasure molecule
- Oxytocin** – bonding molecule
- Endorphin** – pain killer molecule
- Serotonin** – belongingness molecule



Regular practice of Bhutshuddhikriya helps in positively affecting the secretion of these neurochemicals due to the sound vibrations, movement of muscles and subsequent generation of energy field in the nervous system



BHUTSHUDDHIKRIYA IS A HEALTHY SUBSTITUTE FOR ADDICTIVE DRUGS FOR DEFEATING DEPRESSION.

BHUTSHUDDHIKRIYA - HIV CASE STUDY

Effect of Bhutshuddhikriya on CD4 count



CD4 is a glycoprotein found on the surface of four types of immune cells. These are T-helper cells, monocytes, macrophages and dendritic cells. Therefore, these immune cells are also called as CD4 cells. Among these four immune cells, T-helper or T4 cells play a significant role. They are the lymphocyte (white blood cells) responsible for alerting the CD8 killer cells on detection of the infection causing virus. These CD8 cells then destroy the virus. The normal CD4 count range for CD4 counts without HIV is between 400-1600 cells /cubic millimeter. The loss of CD4 cells weakens the immune system. The weak immune system is unable to fight effectively with the germs and the person becomes highly vulnerable to various infectious diseases. HIV infection leads to a progressive reduction of number of T cells expressing CD4.