

## QUESTIONNAIRE ASSESSMENT FOR IMPROVING THE BIOMAGNETISM THROUGH FIVE FACTORS OF VARIABLES FOR LIMIT AND METHOD

C. Vijayalakshmi, Research Scholar, Bharathiyar University, Coimbatore, Tamilnadu,  
South India

### Objective

The concept of bio-magnetism is a new phenomenon put forth by Swamiji Vethathiri Maharishi .According to him the bio-magnetism is a fundamental vital force which determines the physical health of a human being. Every individual is blessed with bio-magnetism by divine power. If the existing level of bio-magnetism is maintained as such to meet routine metabolic activities of the body, then it is said to be a balanced sensation felt as peace. On the other hand if bio-magnetism is depleted below critical level results in the development of various diseases.

The main reason for depletion of bio-magnetism are due to neglect or over indulgence or improper use of five factors i.e. Food, Rest, Sleep, Sexual Gratification and Use of thoughts. If these five factors are scrupulously followed by limit and method process, one can lead a disease free life. Hence to assess to what extent the patients suffering from various health diseases follow these five factors, a questionnaire was prepared and distributed to the patients.

On scrutinizing the answers given by the patients it was clear that they are convinced of the benefits of following the five factors limit and method process, to lead a disease free happy and contented life and expressed their whole hearted willingness to undergo twelve weeks rigorous treatment of Simplified Physical Exercise, Kayakalpa yoga, and meditation and introspection method.

On the other hand the answer given by the other patients clearly showed that they are not convinced of five factors limit and method process and were highly reluctant, to undergo yoga treatment and they went without any treatment.

Name \_\_\_\_\_ Age \_\_\_\_ Sex \_\_\_\_

Date \_\_\_\_\_ Place \_\_\_\_\_

## Using the worksheet

Patients are assigned a single score for each numbered group. For visual ease, we have designed the worksheet so that this score is entered next to the corresponding symptom severity level.

### FOOD

1. Are you aware that only nutritious food should be taken in a limit and method scale?  
YES  NO
2. Are you aware that insufficient amount of intake of nutritious found will not supply required energy to the body?  
YES  NO
3. Are you aware that an excessive intake of food results in indigestion and leads to short circuit and ending in various, types of diseases?  
YES  NO
4. Are you aware that one should not indulge in cycling, sexual act, or hard work Immediately after eating which will ulcer incur formation?  
YES  NO
5. Are you aware that slaying of animals and eating their flesh for flattening of his/her body is against law of nature?  
YES  NO
6. Are you aware that imbalance in the intake of 6 tastes (salty food, hot chilly items, and sweets, bitter and sour taste) is one of the major factors for the diseases to creep in?  
YES  NO
7. Are you aware that food should be taken only after the food taken already was completely digested to avoid gas formation which leads to short circuit and gives way for the diseases to develop?.  
YES  NO

8. Are you aware that moderate amount of eating is the way to a prolonged life of an embodied soul?

YES  NO

9. Are you aware of the fact that a disturbance in blood circulation is due to the formation of acidity from the food that is taken?

YES  NO

10. Are you aware that one should not neglect to eat adequately and timely to maintain a disease free, mind, and health?

YES  NO

### WORK

1. Are you aware that either neglect of work or over indulgence or improper work disturbs your bio-magnetism?

YES  NO

2. Are you aware that one should take care to work in moderation which has its special value?

YES  NO

3. Are you aware that lack of work makes a person lazy?

YES  NO

4. Are you aware that lack of work makes limbs to lose their efficiency and blood, air, heat circulation ,slows down disturbs bio-magnetism resulting in a variety of disease?

YES  NO

5. Are you aware that no proper movement or improper movement of limbs results in stagnation of unwanted molecules/toxins in your body?

YES  NO

6. Are you aware that stagnation of improper molecules/toxins in your body obstructs the flow of blood, air, heat circulation which disturbs bio-magnetism and leads to diseased life?

YES  NO

7. Are you aware that movement of body muscles due to moderate work will result in congenial, harmonious feeling which is essential for leading a disease free, happy and peaceful life?

YES  NO

8. Are you aware of the fact that due to overwork or excessive hard work, some molecules leave the body and results in wear out of bones and joints?

YES  NO

9. Are you aware that the negligence in limit and method in action or work with result in the development of various problems in life due to disturbance of bio-magnetism?

YES  NO

10. Are you aware that if proper care is taken to maintain limit and method in movement of muscles /limbs, then there would be no more sensual intoxication or ill effect in life or diseases in your body?

YES  NO

### **SLEEP**

1. Do you know that the physical systems that are exhausted or weakened are refreshed energized and repaired during deep or sound sleep and also you know that if one feels sleepiness constantly then it is a sign of ill health, which needs a treatment?

YES  NO

2. Do you know that oversleeping slows down the body functions and retards excretion of toxins in our body and weakens the central nervous system?

YES  NO

3. Do you know that neglect or overindulging and improper act in sleep deplete the stock of bio-magnetism and paves way for all types of diseases to enter the body?

YES  NO

4. Do you know that performing acupressure 14 points exercise and relaxation techniques half an hour before going to bed gives one a sound, and deep sleep?

YES  NO

5. Do you know that long hours of awakening during night hours with induce sleepiness during day time and lessen your longevity of life?

YES  NO

6. Do you know that 8 hours of sleep for children, 7hours for adults and 6 hours of elderly people are essential to maintain good physique?

YES  NO

7. Do you know that one should not cultivate the habit of reading excessive story books, detective novel book ,which induce sensory organs to get activates to an hour before going to bed which will induce sensory pleasures that might disturb a sound sleep?

YES  NO

8. Do you know that one should avoid long hours of awakening during night time or watching TV program for prolonged hours or continued travel for several days?

YES  NO

9. Do you know that insufficient hours of sound sleep results in loss of efficiency of man?

YES  NO

10. Do you know that a sound sleep provides enough rest to body and assists in energizing the body again?

YES  NO

### **SEXUAL GRATIFICATION**

1. Are you aware that an excessive use of sensory organs in the long run causes pain, misery, disease and ultimately death?

YES  NO

2. Are you aware that sensory pleasures should be deal with full awareness of limit and method scale?

YES  NO

3. Are you aware that sex should neither are neglected nor indulged in excess?

YES  NO

4. Are you aware of the fundamental fact that one should not indulge in sexual coitus during full moon, dark moon day and birth of Tamil month etc?

YES  NO

5. Are you aware that one should not indulge in sexual act immediately after intake of food?

YES  NO

6. Do you know that irrelevant thoughts and unwanted fear, false belief about sexual act will lead to mental dissatisfaction and diseased life?

YES  NO

7. Do you have ever felt at any point of time that you are in captive of satisfying your life partner, and then he will depart you?

YES  NO

8. Do you know that one should not indulge in sexual act at mid-day or mid-night?

YES  NO

9. Do you know that to have a peaceful and contented life, to one should have sexual act in two weeks or even better an interval of one month?

YES  NO

10. Do you know that for a noble life to lead and as a moral behavior a husband and wife should indulge in sexual act to quench the thirst and realize the meaning of life?

YES  NO

## USAGE OF THOUGHTS

1. Are you aware that the positive thinking will assist you to maintain good physique?

YES  NO

2. Are you aware that refinement of six bad temperaments via introspection will pave way for attainment of easy meditation?

YES  NO

3. Are you aware that Maintenance of harmonious relationship among fellow human being in your own family will result in development of cordial relationship, joy happiness and peaceful life?

YES  NO

4. Are you aware that to realize DIVINE STATE one should purify his or her own GENETIC CENTRE devoid of blemishes?

YES  NO

5. Are you aware that the thoughts play a major role in regulating the functioning of mind?

YES  NO

6. Are you aware that the anger, fear and disappointment etc decrease the biomagnetism resulting in the development of diseases?

YES  NO

7. Are you aware that a practice of creative, harmonious and positive thinking will lead to a peaceful, disease free life?

YES  NO

8. Are you aware that a negative thinking decreases the potential body, mind and soul due to certain chemical changes in the body?

YES  NO

9. Are you aware that a quality of noble thought, forgiveness and perseverance in achieving the main aim and purpose of life. ?

YES  NO

10. Are you aware that Instead of struggling over petty things, one has to introspect and understand the purpose of life, proper method to attain that goal and to act in such a way in broad mindedness and awareness?

YES  NO