

INDIVIDUAL TO WORLD PEACE

INDIVIDUAL PEACE IS ESSENTIAL FOR WORLD PEACE

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ABSTRACT

The heading implies that inner peace is essential for the world peace. Simply speaking, only when we, the individuals are happy, we can make others happy. When we are stressed, we lose our concentration and get irritated over silly things. When this stress persists long, our inner peace is destroyed, we develop anger, hurt others and thereby erode ourselves too. The stress is a silent killer. It promotes one's negative thoughts and makes one resort to smoking and drinking. Stress is a predisposing factor for many diseases like diabetes, hypertension, heart disease and other challenging diseases -- Alzheimer's disease, cancer, psoriasis and rheumatoid arthritis to name a few. In today's stressful world, no one has the time or space to prevent or fight against this silent killer. The practice of Yoga including Meditation relieves stress and brings back inner peace. This paper explains how yoga including meditation acts on our body systems especially (autonomous) nervous system, relieves stress, helps maintain inner peace in individuals and thereby contributes to universal peace.

KEY WORDS: Stress, Inner peace, Yoga, Meditation