

Dr. Shuddhananda
Bharati

Robust Health

Strive for robust health
Make your body glow
The body is the consort of life

Aum Shuddha Shakti Aum



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Editor's Notes

Here I submit the publication *Robust Health (Udalurudi)* at the lotus feet of the universal Goddess with the bliss of *Aum Shuddha Shakti Aum*. This book, which includes many rare, great topics such as the body's birth, growth, organs, protection, disease prevention and cure, natural way of life, celibacy, the workings of the inner mind, the rare aspects of yoga, pranayama, practice of yoga and ways to make the body glow like diamonds, is the culmination of the author's precious experiences. Written in pleasant, easy Tamil, translation by Savitri, with scientific commentaries, this book serves also as a guide to the literature available on natural sciences.

The author of this book Swami Shuddhananda Bharati is well-known to the people and needs no introduction. I am blessed that the great sage who is engaged in deep meditation, has taken it upon himself to help enrich the scientific knowledge of researchers by writing not only philosophical books but also treatises on the sciences relating to the five natural elements and chemistry.

This book *Robust Health (Udalurudi)* suffices to explain in detail the results of the author's research experience and all readers can benefit immensely by reading it and adopting the practices mentioned. The author has also written books on geography, botany, zoology, physics and chemistry. We shall succeed with God's grace.

In the first publication, we have the foreword of the famous naturopath of Pondicherry, Sri K. Lakshmana Sarma, B.A. B.L., N.D. We also convey our heartfelt gratitude to the

Hon. Minister of Health Dr. T. S. S. Rajan in Chennai who encouraged the efforts to promote natural sciences. Also deeply grateful to the poet Sri Desigavinayagam Pillai of Pondicherry who gave lavish praise to this book and wrote a special foreword for it. Thanks are also due to the naturopath Sri L. Kamesvara Sarma B. Sc. Hons., N. D. (Cal. U. S.) who corrected the proofs of the first publication in Tamil with great care and Sri Ganesan who assisted him greatly in printing the images. The photographs of yoga postures in the book feature these two people. May natural sciences flourish!

A warm thank you to Savitri for his translation from Tamil to English.

Drawings of the author.

It is a real pleasure for me to present *Robust Heath* to you. Thank you, Dr. Shuddhananda Bharati for having transmitted *Robust Heath* to us. With the blessing of *Aum Shuddha Shakti Aum*.

Christian Piaget



Author's Notes

Song for Robust Health

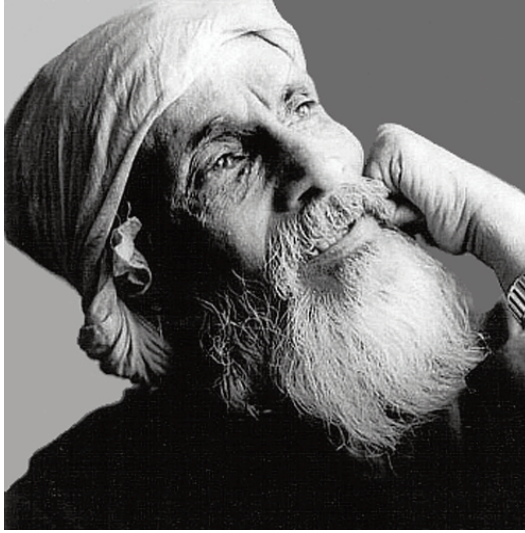
1. The body is the abode of God
This body should be in robust health
The limbs must be taut and strong
2. Is strength not a birth right?
Is a happy life not a public domain?
Is weakness not a cruel hell?
Is strength not born from a crucible of sacrifice?
3. One must have a body like Bhima
With bulging muscles
Possess beauty like Kama
And unruffled strength of mind
4. The body must glow like gold
And possess true leadership qualities
Be active like lightning
Attain success like Arjuna
5. Like a honey-bearing flower surrounded by bees
Like green fields nourished by the Ganges
Which soothe the eyes and the mind
The body must glow like a mirror
6. Like a young child, I leapt and took refuge
In the divine lap of Mother Goddess
Should I then carry the burden of sorrow?
Would the God of death be able to approach me?

7. One must experience great hunger
Partake of well-cooked food
Be able to digest even stones
Sleep deeply undisturbed by bad dreams
8. Overlook illusory hunger pangs
And desist from taking all types of medicines
I shall let things heal naturally
And recover by bathing in the grace-filled rays of the sun
9. Regulate breathing; awaken the dormant primordial fire
Attempt to speak less
And control the demons of the mind
10. Work is worship - the whole world that we see is a temple
All thoughts are for the public good
Be fearless, the God of death will not come near!
11. Getting rid of feelings of fear and standing tall
I shall be endowed with rays of energy
To transform this life into an immortal river
To nourish and enrich the plant that is the earth
12. By conquering the inner soul
It is easy to conquer this world
O eternal Mother, shower Your grace to make
This rare celestial happiness blossom in me!

The boon of strength

1. Waking up at 4 o'clock in the morning. Washing my face, brushing my teeth, doing rigorous exercises, I shall wash my clothes, bathe and dress. After contemplating the beauty of the garden I shall meditate with a pure mind on Goddess Shakti who embodies the primordial fire and ask for the boon of strength.
2. O Mother, you who gave me the opportunity to engage in Your service, You who gave life to the universe inside me, Bless me with shoulders which can destroy hillocks, arms which can disperse inimical forces with one blow, taut and strong muscles to invoke fear even in the God of death. O Goddess, You who nourishes the flames of valour.
3. The follies of youth and the many useless activities which served only to waste time, ingestion of wrong food due to poverty and the enveloping worries have all served to ruin this body. Please bless me with an indestructible new body, like the energy-radiating flames!
4. Please give me the strength of mind, with clarity of thought, to carry even this world easily on my shoulders with my head held high like a brave lion. The flexibility to run and bounce easily like a ball. Victory over my base instincts so I may live like the brave Hanuman!

Kavi Yogi Maharishi Dr. Shuddhananda Bharati



Swami Shuddhananda Bharati

*There is but one God for the whole world
All bodies are but temples of God*

Foreword

Following the divine words of Sri Bhagavan Ramana Maharshi who said:

*“Consider all living souls as forms of God
And worship them and fly forward
Fly forward by worshipping God”*

Sri Shuddhananda Bharati has written many excellent books. One such book *Robust Health (Udalurudi)* is an indispensable aid for the well-being of all people. Our forefathers had long recognized the truth that our primary duty is to care for the body’s well-being. This book provides the fundamental knowledge for this goal. Further, since this book is written from the author’s meditational point of view, it has special attributes not found in other books following foreign trends. A doctor would know only about the physical body; he would not be aware of the inherent divinity linked to the body. This inherent divinity is made up of the three attributes of intelligence, mind and soul. The soul serves to unite the physical body and mind and activates it. Since this book explains how purity of both mind and intelligence is important for the body’s well-being and how this in turn ensures good conduct and honesty, it will serve as a great aid for the well-being of the people.

Further, by describing the physical attributes of the body, this book teaches us ways to protect the body’s health. It is praise worthy that the author has talked about the natural practices of yoga, fasting, sun-bathing etc. unknown to

doctors and is critical of artificial methods such as vaccinations used by ignorant people in serious situations. It is the people's duty to follow the natural practices described in this book.

May this work serve to rejuvenate and breathe new life into people!

Pudukottai, 15-03-1938, K. Lakshmana Sarma

Special foreword by
Poet Sri Desiga Vinayagam Pillai
Pondicherry

Continuous yearning for possessions, wealth and services
causes only distress

He who possesses robust health may be said to possess the
whole world

By adopting the way shown by the spiritual sage in this book

One can attain rare well-being and lead an immortal life!

Appreciation

I had the great pleasure of going through the proofs of this valuable book, *Robust Health (Udalurudi)*. It is the first accurately scientific book written in a lucid and stimulating style. It has been written in such a way that it may serve the general public and the students of physiology and hygiene in schools. The author has lived what he has written. His ideas on 'Food' are based upon his personal experiments and experiences. He has read a lot of the scientific literature. His methods of treatment are extremely rational and simple. He has blended the ancient and the modern ideas together so that this book is a synthesis of all that is best in the system of health and cure established by our ancient seers of perfect vision and that of the modern scientists. He expounds the hygienic principles while even explaining physiological functions and thus makes his book a practical guide to health and strength. He is a highly competent person, being a perfect Yogi, to treat of the "Inner body". The book contains a detailed chapter on Hatha Yoga, Pranayama and Yogic physical culture. Thus it is unique in itself. I hope that his works on physics, chemistry, botany, zoology, geography and mathematics would come out in similar book forms and enrich the Tamil literature.

L. Kamesvara, B. Sc. (Hons.), N. D.

Courage!

*The night is through,
The chain of slavery
It is already broken -
I am full of courage!*

*Peace in the morning,
A golden sun rises
Like a lion superhuman
To accomplish my dream.*

*A hopeful smile,
Docile as a child
Who plays in the infinite
With a fiery star.*

*My journey is over;
I enjoy time;
The universe is my nest;
Of eternal spring.*

Song of Unity

*Unite. Unite, Unite, Oh Souls
Unite and play your roles
Unite in mind, unite in heart
Unite in whole, unite in part
Like words and tunes and sense in song
Let East and West unite and live long
Trees are many; the grove is one
Branches are many; tree is one
Shores are many; sea is one
Limbs are many; body is one
Bodies are many; self is one
Stars are many; sky is one
Flowers are many; honey is one
Pages are many; book is one
Thoughts are many; thinker is one
Tastes are many; taster is one
Actors are many; the drama is one
Nations are many; the world is one
Religions are many; Truth is one
The wise are many; Wisdom is one
Beings are many; breath is one
Classes are many; college is one
Find out this One behind the many
Then life shall enjoy peaceful harmony.*

Peace Anthem

*Peace for all, peace for all
For all the countries peace
Joy for all, joy for all
For all the nations joy
A rosy morning peace
A smiling summer joy (Peace for all)*

*All for each and each for all
This is the golden rule
Life and Light and Love for all
For all that live our love (Peace for all)*

*Work and food and clothes for all
Equal status for all
Health and home and school for all
A happy world for all (Peace for all)*

*No idle rich, no more beggars
All are equal workers
No more tears, no more fears
The heart is full of cheers (Peace for all)*

*No atom scare, no fat mammon
No room for war demon
Like leaves in trees, like rays in the sun
We are one communion,
One Divine communion (Peace for all)*

*The good in you is good for all
Your life is life for all
The God in you is God for all
Your love is love for all (Peace for all)*

*For he or she or it or rest
This collective life is best
This Universal Life is best
North or South, or East or West (Peace for all)*

*Peace for plants and birds and beasts
For hills and streams and woods
Peace in Home - land and air and sea
Dynamic peace we see*

Peace for all, peace for all

Immortal Peace for All



Yogi Shuddhananda Bharati

Presentation of Dr. Shuddhananda Bharati

11th May 1897 – 7th March 1990

The wise one to the cosmic age

Although more than 90 years old, in his school in the south of India, *Kavi Yogi Maharishi* (great divine visionary, wise poet), Dr. Shuddhananda Bharati worked like a young man of twenty. When he was asked his age, he answered: "My age is Courage!" The Yogi wrote several hundred works in English, French, Tamil, Hindi, Telugu and Sanskrit; five thousand songs, and fifteen hundred poems in French. The magnum opus of the man conscious of the presence of God in him, *Bharata Shakti*, (in 50,000 verses) described his ideal: only One Humanity living in communion with only One God in a transformed world! *Bharata Shakti* is a monumental and unique work. The Yogi depicts the essence of all the religions, of all the prophets and saints, all the approaches of yoga and all the cultures on an allegorical fabric. It is a book for any age which all spiritual researchers and all nations should read and meditate on. His commitment is summarized in his book celebrating his life, *Pilgrim Soul*. The three poems mentioned in the opening express perfectly his ideal. His mantra, *Aum Shuddha Shakti Aum*, nourishes our souls and guides our steps toward the inner joy *Ananda*. It means: The light of Grace and power of the pure supreme Almighty bless us of peace, happiness and prosperity! Let the beauty and greatness of soul of Dr. Bharati Shuddhananda bloom and scent the entire Earth of its divine message and his spiritual and unifying benefactor!

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Yogi Shuddhananda Bharati

Aum Jaya Shuddha Shakti!

Robust Health

1. Mobile temple

Listen to me, all men and women: this natural body is a small whole world, a palace made of five elements, a mobile temple, Brahma's mantra. It is futile to hate the body. Can one worship God after destroying the temple? Strive to make this shrine of God which is the corner stone of life healthy. A healthy body ensures a healthy life. A thriving tree yields luscious fruits. As the body deteriorates, so does life. If our body is impaired, it impairs the lineage. The body is the tool for doing good and to attain happiness in this birth and the next. Like divine service, engage in service of the body.

The primary good is the body's well-being. Knowledge of the body is the primary knowledge; robust health is the primary wealth. See how trees, plants, red coral in the sea, insects and worms, fish, frogs, snakes, birds and animals take care of their bodies and protect themselves?

Should not man with his superior intelligence be happier and stronger than them? Make a resolution and arise! Roll up and throw away the sick bed! Break out of the circle of worries! You can be a brave warrior, sire brave warriors, prosper and live happily for a hundred years. The way is there, so listen.

2. Body

This living machine is created by the union of flesh and soul. A natural machine which is guided internally by the soul. There are two types of natural bodies: (1) the internal or subtle body (2) the external or physical body. Mind, reason, will and egotism make up the inner faculties that is the subtle body. This is the minister of the soul's master. The power of the internal faculties is the basis for happiness. The skin, hair, muscle, liver, blood, blood vessels, veins, chest, lungs, nerves, brain, skeleton etc. make up the external or physical body.

This has 20 elements: sky, air, fire, water, earth (the five elements), sound, light, touch, taste, smell (the subtle elements), body, mouth, eye, nose, ear (organs of feeling), speech, limbs, organs of reproduction and excretion. Other living beings which are controlled by this natural machine, eat, sleep, procreate, grow and die. Man by virtue of his spiritual strength is capable of controlling the natural body and the world.

3. Body structure

This body is made up of innumerable cells like a fine honeycomb. Each cell is filled with protoplasm which has a nucleus at its centre. From an elephant to an amoeba, the splitting of the protoplasm results in death. This protoplasm, which is smaller than the one-hundredth part of an atom, contains protein, water, carbon, oxygen, hydrogen, nitrogen, sulphur and phosphorus. Man experiences mental and physical pleasures to the full in order to realise the pur-

pose of his birth. Spiritual enlightenment, good thoughts, good conduct, good deeds, good speech, good air, pure food, good water, sunlight, heat, earth - these are the requisites for a good physical life. Man is but the sum total of the food he consumes. In order that this food is digested, transforms into blood, strengthens the nerves, multiplies the protoplasm and promotes the body's growth, many groups of organs are at work, namely the skeleton, muscle fibres, digestive organs, brain nerve groups, sense organs etc. The body's miracle is perceived only by the inner eye of a yogi. A physician sees only the physical body.

4. Skeleton

A body's shape and support are provided by bones. A bone when rubbed with turmeric turns yellow because it contains calcium. A bone derives its firmness from phosphorus. When this decreases in quantity, a child's cartilage bends like rubber.

Apart from calcium phosphate, the bone also contains gelatine which serves to strengthen it. The bone's inner chamber is red in colour and contains marrow. Bones function in the proper manner with the aid of ligaments. Insects, worms and snails do not have a backbone.

The three parts of the skeleton are the skull, trunk and limbs (arms and legs). There are about 208 bones in the three parts and 240 including the teeth: 22 in the skull, 33 in the vertebral column, 31 in the ribs-chest-shoulders-waist-butt; 60 (30+30) in the two arms, 62 in the two legs, total 208 (Image 1).

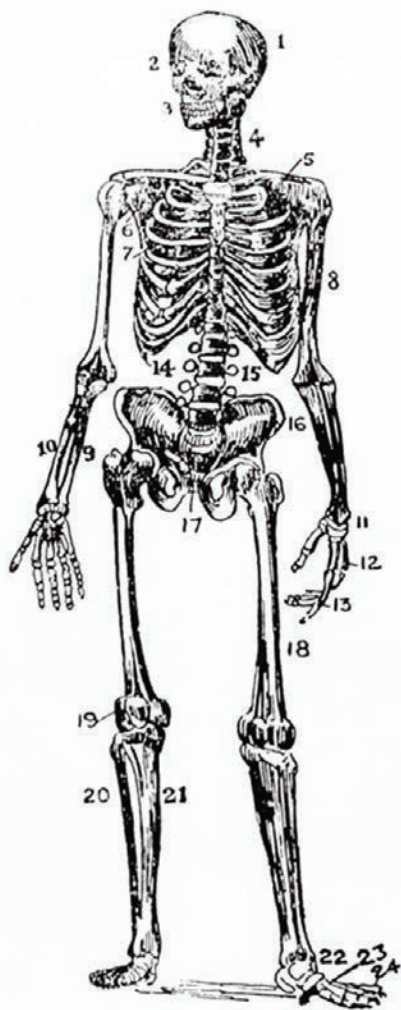


Image 1

1. Skull
2. Forehead
3. Lower and upper jaws with teeth
4. Backbone for the neck
5. Collar bone
6. Shoulder bone
7. Rib cage
8. Bone below shoulder
9. Big bone in the lower arm
10. Tabular radius
11. Wrist bones
12. Palm bones
13. Finger bones
14. Rib bones not joined to the chest bone
15. Backbone of the waist
16. Waist bone
17. Lower part of backbone
18. Thigh bone
19. Knee cap
20. Small bone in the lower leg
21. Big bone in the lower leg
22. Ankle bones
23. Foot bones
24. Toe bones

5. Skull

The head (skull) is the most important part of the body. It has two parts, the cranium and the face. The cranium houses the brain which activates intelligence and feelings. The importance of the brain is underlined by the strong

protection provided to it. There are eight bones in the cranium: frontal bone 1, parietal bones 2; temporal bones 2; occipital bone 1; sphenoid 1 (it connects the cranium to the face); ethmoid 1 (the olfactory bone through which the olfactory nerves of the nose pass), total 8 (Image 2).

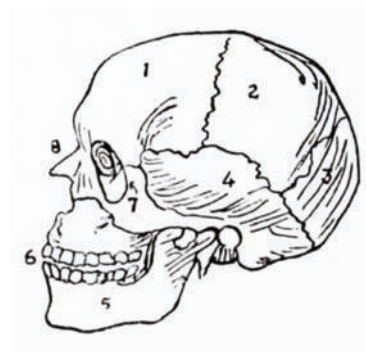


Image 2

1. Forehead 2. Crown 3. Nape of the neck 4. Temple 5. Lower jaw 6. Teeth 7. Cheek 8. Nose

The skull segments are joined by sutures. Their edges are known as 'Brahmalipi'. These bones become increasingly more rigid with advancing age. These joints are a little apart in the heads of children. It is possible to hear the 'tup tup' beat of their blood vessels. It is wrong to strike children on the head or twist their ears.

There are 14 facial bones: nasal bones 7; cheek bones 2; superior maxillary bones 2; inferior maxillary bone 1; palate bones 2; total 14. There are 32 teeth (16 in the upper jaw and 16 in the lower jaw). Only the lower jaw bone

(mandible) is mobile. The eye socket is located in the midst of the nose, forehead and cheek bones. There are wall-like bones to allow the passage of air to the nose and to connect it to the eye socket. There are 3 cartilages in the nose.

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