



Importance of Sleep

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Chief Ayurvedic Physician

Sleep is a natural essential process for rejuvenating the body and in proportion can bring nothing but benefit. But the sleep should not be too much or too little

Regardless of age, one who has passed his 21 years should take no more than eight hours sleep at night. Strictly no day sleep. More sleep than this will create excess TAMAS in the system which gives tiredness and many other complications.

Individuals who wish to enjoy the pleasures of the world should sleep on their left side, since this promotes the functioning of the right nostril obstructing free flow through the left. The right nostril heats and activates the body, and increases organisms interest in food, sleep and sex. This assists you to better externalize your personality to enable it to better enjoy sensuousness.

Sleeping on back allows both nostrils to function together, which discourages body – mind – spirit integration and indirectly promotes disease by encouraging energy to leave the body. Sleeping on the stomach promotes diseases directly by obstructing deep, and healthy breathing.

REGISTRATION IS FREE

Date & Time
Saturday, 9th July 2016
2:00 pm to 3:30 pm

Venue
Ayur Centre
Number , 8 Jalan Utara
46200, Petaling Jaya

Organised By
Ayur Centre Sdn Bhd

 For registration, please contact:

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