

Constipation is a psychological disease

*Yah Sara Sansar Bhutatmak hai ,means
*Life on earth is RNA using DNA as its device

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The root cause or the major reason for almost all the diseases a living body goes through is the disease named as Constipation and surprisingly Constipation occurs because of the mind the body is being ruled and not because of the malfunction of the body .In Hindi language the word for Constipation is Kabzee which is derived from the word Kabza means - Encroachment . And the name for Lavatory is Shauchalaya which has been derived from the word Soch meaning being thoughtful or engrossed in thought .The root or the major reasons of this monstrous disease is hidden in the psyche of the patient .The psyche is an outcome of the memory prevailing in that body's mind .Life is not existing in the ,with the or for the help of a materialistic body ,which is going to perish in any case by now or then .Life exists because of Mind , with the Mind and for the Mind only .Without Mind the Existence is a non existing entity .Memory is dependent on the Mind for its survival .Memory is a bridge between the Mind and the body .As soon as the mind ruling a living body finds the body unuseful for itself ,the body just meets its end .

In Sanskrit Language -the scriptures say 'Aham Brahmasmi " one of its many meanings is " I am the Existence itself " . To evaluate this ,we can say -"I in the form of life ,a living being, am having the power of the whole universe but I cannot use it ,as I am free to use my absolute powers only in a small hole or through a window known as-- Memory "

Without Memory a DNA or a living body is unable to perform .And a DNA or a living being performs /works or exists for the Existence .DNA is a tool or a device of the mind ,for the mind itself .It exists not if the mind is not there ,if the memory is not there .

Coming back to the main point about Constipation which is the real dragon if not handled properly and will remain stone hearted in spite of being responsible for every disease a body suffers.

When does a living body burn its flesh the most!

The answer is at midnight during deep sleep.

The flesh of a body is its accumulated wealth, its treasure, The mind with the help of the Body's different and various departments saves as well as spends this wealth with great care, It spends it by burning it with the help of oxygen, no doubt .That is why a living body needs oxygen more prominently in sleep .Its little scarcity can harm the body to any extent in deep sleep.

A body burns its flesh in deep sleep of itself .At that time it is most free to perform its tasks for the Existence /Mind ruling it , and so for its own existence .For this task it burns the flesh it stores in the waking time period .The flesh of a living body is the bank of that body where it stores all those different energies it may/it will need in the coming time with the help of its memory .Burning means cooking /preparing something for someone ,burning means destroying those things no more needed . Burning means Ygya ,Yagya means Summoning gods to appoint them to perform some individual tasks. Gods are hidden powers in and around the fire .When the fire is turning something's into ashes Gods are the powers to take their

respected places in order to maintain the balance of the Existence .In short Burning exercise is the most important exercise in and around the a living being is .

See ,we all know every individual ,every living being is unique in itself ,it has to complement the Existence in its own unique way .To perform its unique tasks every living being follows the Nature it is made up of but not like a non living machine .A non living body or a machine follows the instructions of a living body ,which follows the instructions provided by the Memory ,being ruled by the Mind almost unknown to the conscious Mind or a living body .So Mind rules everything ,everywhere .

Every living being is to follow the mind it is being instructed/ ruled .In the deep sleep of a living being , the Mind which rules it, is conversing with the existence and performing its unique tasks ,unknown to the Conscious Mind to the maximum probably .The Energy of a living being is fully occupied in this task .Means ? Mind creates so Mind destructs .Mind is busy in creating a world in thought form .Creation is synonyms for destruction, not an opposite of destruction. If we want to draw a diagram in words of this whole complicated looking procedure, then we have to go like this --

As soon as the Mind accomplishes its conversation with the Existence ,it concentrates or we should say it allows the body's different departments to accomplish their specific tasks to keep the body maintained . We know mind puts its orders to the body it is ruling by releasing some specific chemicals .During its sleep ,a living being burns its flesh most as the mind needs energy in many varied forms for its many various tasks to accomplish ..This is the time of transportation of various thoughts ,the creation means the destruction is taking place ,probably at mass level .The Conscious Mind ,known as responsible for every type of creation in day to day life is supported by the Subconscious Mind .The subconscious Mind knows what to destroy and to which extent on the name of construction /creation .This procedure is being followed, at least by that life we know existing from time immemorial .

Anything which seems happening needs to be in thought form first ,a drawn sketch is necessary a road map for every type of happening is a must .If life does not a picture to create ,it can create nothing .A living body is always looked after by the maintenance department .The midnight time ,the sound sleep time is the busiest time for the Mind and for the living body both .If a living body has to get up by an outside force ,it is going to be sick depending upon case to case .The sickness of a body means Mind is preparing grounds for itself helping it for its survival in the body ,Mind is busy preparing the right kind of environment for itself .In other words sickness is the demand note of the mind .

Many living beings especially humans have to get up before their Mind permits them to get up So most living beings are seen tired ,slug and weak ,when they get up in the morning .We know that the transportation function is performed in Nature mostly with the help of Wind force .Ayurveda calls it Vatta when it is working in a living body .

Ayurveda suggests drinking as much water in the morning as your body is comfortable which helps in passing out stool in the morning .See ,after fasting for 8 to 12 long hours ,the water which we drink produces air in the body (that is why Ayurveda says ,do not drink water immediately after having food) ,and the body's maintenance department gets ready to take its help to throw the stool out .

If the body's maintenance department is free from all of its important work, it is busy during sleep then it's ok ,otherwise already occupied the maintenance department will be unable to deal with the wind force or the Vatta quality . All the departments of a body are bound to follow the instructions of the mind it is being ruled .If the Mind is not ready to instruct them to throw the

stool out then what will happen! The body will suffer a lot for not following the orders of that Mind it is being ruled.

Which element erodes a living or nonliving bodies the most after the fire element when it is provided with absolute power! It is wind force which throws out /erodes everything made around , unhesitatingly .So a living body's maintenance department busy in following orders of the Mind it is being ruled ,cannot deal with this Vatta or wind force which is responsible to throw the stool out .See ,a living body performs its tasks only by getting orders from the mind . So in such chronic case If a living being suffering from constipation is provided with some fully researched medicines to cure it ,the body will certainly respond to the medicine for some particular limited days .But after a point it is going to ignore the medicine, as its primary job is to work for the mind ,mind which performs its tasks in the body ,with the body by one powerful system we know with the name of Memory .

It is said in scriptures Yah saara Sansaar Bhootatma hai .Life is RNA using DNA as its device or a tool for its own unique purposes .RNA has mind divided into three -

1-Unconscious Mind named as Lord Shiva which is the root cause of everything existing /happening ,Everything of existence belongs to him in refined as well as raw form .The symbolic form of it is Linga -the life force responsible for everything around .

2-Subconscious Mind named as Lord Vishnu known and is Imagination we know it very well but the right word for it is in Hindi language -Anubhuuti .Anubhuuti is a kind of intense feel belonging to a world beyond gravity or in other words beyond the ability to be felt I by the Memory .Herein the presence of Anubhuuti the stiff Memory is surprised and this surprise compel it to be flexible for the one and only time and thus renovates it .

3-The Conscious Mind known as Lord Brahma follows the instructions of the subconscious mind with the help of five senses of a DNA .As soon as it is unable to follow the instruction the DNA or the body meets its end .

So treating Constipation with the help of only medicine will do more harm to the patient, rather than trying to cure it by peeping into the mind of the patient by taking help from his/her memory world ,will help the patient more and the world around as the patient will be close to its own mind by following some specific techniques .If this Monstrous disease is to be treated from its root cause the world will have lesser number of serious patients like Cancer etc etc .

It is quite a prevalent fact that many of the younger generation people working for corporate getting a high package salary ,having all modern life facilities ,presenting or considering themselves like the most blessed one around suffer from serious diseases ,like organ failure sort , It happens because they get up early to reach their workplace, to get ready and get fresh they take caffeine in the form of coffee or tea which helps their body to throw the stool out .So in this process their bodies take the instructions of some outsiders and may be or are going to be challenged by the Mind ,they are for . The Vatta helping the body to throw the stool out cannot be settled by the maintenance department of the body as it does not get the required chemical from the Mind designed to settle it.

In these unavoidable circumstances, if one after getting ready and taking a taxi to the office takes a nap during the journey to reach office and then takes breakfast after reaching the office will surely be saved to some positive extent from these heinous diseases. This Nap will allow the body to understand it's scattered, mismanaged things better and so will help it to manage its things properly, easily.

In simpler terms, we can say the mind of the patient suffering from constipation is deeply busy in finding out, looking for something which is absolutely unknown to the conscious mind .Still if we want to simplify it then we can say, the mind has forgotten something of its most loved one and is in deep meditation to recall what it is and how it can get it back .In other words -the root cause of Constipation is in the memory of the patient.

Some creative art forms like painting, drawing ,music ,writing can harmonize the memory of the patient to the watch he/ she has to follow in daily life .As the Memory constructs itself with the help of colors and the sound prevailing around the body .
The root cause of Constipation is hidden in the Memory of the

Constipation has nothing to do with the body it is in ,as it is in relationship with the mind only .Mind works with the help of Memory and Memory is created and destructed by mind and the five senses of the body .To treat the body treat Mind means Memory .Talk with it ,ask it ,listen it ,smile and weep with it ,it will provide a healthier life .Healthier life is an outcome of a balanced life .

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