

## UNIT 4



### Pre-task

1. We use some household remedies for these ailments : mention at least two of them.

Ailments	Cold	Fever	Cough	Indigestion	Acne
Allopathic medicine					
Ayurvedic medicine					

2. Mention at least three uses of these common plants (in group) :

- Tulsi :
- Aloe vera :
- Neem :
- Vasaca :

### Read 1

#### MIND, BODY, MEDICINE

If we look at different people in the world around us, we observe that all of us are not all alike. Each one of us is different in many ways, both physically and mentally. We ought to understand our own nature and the nature of others for our own happiness and well-being in life. The shapes and size, temperaments and characters of people have lot of variations that must affect our health and happiness.

According to Ayurved, physical diseases occur mainly owing to external factors like wrong diet or exposure to pathogens. Mental diseases arise mainly from internal factors, like wrong use of the senses and the increase of negative emotions. We ought to develop the habit of positive thinking. It has a good positive effect on our emotions. However, both physical and psychological diseases are usually mixed and one seldom occurs without the other.

Some diseases, like acute infections, have almost entirely physical causes and can be treated purely on a physical level. However, most diseases have psychological cause and all lasting diseases have psychological effects. A physical disease disturbs the emotions and weakens the senses, which may result into physical troubles. They lead to dietary problems, strain the heart and nerves and weaken the physical body.

In the modern developed world, our problems are mainly psychological. We have sufficient food, clothing and shelter, which prevent us from getting most physical diseases. Though most of us have no major physical problems, we still suffer from psychological unrest. This unrest may manifest as feelings of loneliness, not being loved or appreciated, anger, stress, or anxiety. It can lead to the weakening of our physical energy and prevent us from doing what we really want to do.

Our very way of life breeds unhappiness. We have hectic and unstable routines in which there is little peace or contentment. We have disturbed the organic roots of life, like good food, water and air, and a happy family life. We live in an artificial world dominated by an urban landscape and mass media. There is little to

nourish the soul. We always desire new things and are seldom content with what we have. We always crave to have more. We are never still or at rest. Our medicine is more a quick fix to keep us going in our wrong lifestyles and rarely addresses the behavioural root of our problems. We take a quick pill hoping that our problem will go away, but we do not recognize that it may only be a symptom of an imbalanced life. It is a warning light that we must notice.

Ayurved, on the other hand, teaches harmony with nature, simplicity and contentment as keys to well-being. It shows us how to live in a state of balance in which fulfillment is a matter of *being*, not of *having*. It connects us with the source of creativity and happiness within ourselves so that we can permanently overcome our psychological problems. Ayurved provides a real solution to our health problems which requires to change how we live, think and observe.

### Levels of Ayurvedic Healing

Ayurved recognizes four primary levels of healing :

(1) Disease Treatment (2) Disease Prevention (3) Life Enhancement (4) Awareness Development

For most of us, medical treatment begins when we fall ill. It is a form of disease treatment, a response to a condition that has already occurred. It aims at fixing something already broken. However, if medicine begins with the treatment of disease, it is a failure because the disease is already harming us. At this late stage, we are left with no option but using drugs and surgery, which may have many side effects in the long run.

A higher level of healing aims at preventing disease before they manifest. To reach this stage we ought to consider the fact of our lifestyle, environment, work and psychological condition. We must eliminate the wrong factors in our daily lives that make us helpless to disease. To some extent we are always sick because our life itself is unstable. There are always some diseases attacking us, particularly in changes of seasons or in the ageing process. Health is a matter of continual adjustment, like navigating a ship upon the sea. Our health is an ongoing concern.

The third level of treatment is life-enhancement therapy, which aims at improving our vitality and enabling us to live longer. It does not merely prevent disease but shows us how to increase our positive energy. However, Ayurved aims at creating health, avoiding disease and helping us live longer.

The fourth level of Ayurved healing is awareness development. This requires a spiritual approach to life. To be healthy is important but health is not an end in itself. It is not enough merely to prolong our lives and have better energy to do the things we want. We ought to consider what we are using our energy for and why. The quality of our awareness is the real fruit of all that we do. It is our ultimate expression, the essence of who we really are. Our awareness is the only thing we can take with us until we die. It continues to grow even when the body and mind decline. Thus it is our greatest aid in the ageing process.

This is the ultimate goal of Ayurved, which aims at releasing us from all sorrow and suffering. True awareness is the ultimate cure for all psychological disorders. But to understand it we must first look into the mind and its functions. We had better start from where we are. In this direction our journey proceeds.

### Glossary

**pathogens** harmful elements/bacteria/virus **seldom** rarely, occasionally, not often **acute** severe, serious **strain** stress, tension **unrest** disorder **manifest** visible, appear **organic** biological **vitality** energy, strength **prolong** extend **navigate** find the way **decline** weakening

## Comprehension 1

**C.1.1 Make a list of things/factors that are good for health and harmful to health :**

Good for Health	Harmful to Health

**C.1.2 Find sentences from the text that are almost opposite in meaning :**

1. Physical and mental diseases are different from each other. \_\_\_\_\_  
\_\_\_\_\_
2. If we want to be happy, we should observe our own nature and character. \_\_\_\_\_  
\_\_\_\_\_
3. We have a very fixed and peaceful daily routine. \_\_\_\_\_  
\_\_\_\_\_
4. We live a very natural life now a days. \_\_\_\_\_  
\_\_\_\_\_
5. We are satisfied with what we have. \_\_\_\_\_  
\_\_\_\_\_
6. Medical treatment is called the prevention of the disease. \_\_\_\_\_  
\_\_\_\_\_
7. Ayurved aims only at the treatment of the disease. \_\_\_\_\_  
\_\_\_\_\_

**C.1.3 What is important for a healthy life? List any three ideas from the lesson.**

**C.1.4 ‘Physical and psychological diseases are interconnected with each other’. Write four arguments supporting this statement :**

**Example :** A physical disease disturbs the emotion and weakens our senses.

- 1 . \_\_\_\_\_
- 2 . \_\_\_\_\_
- 3 . \_\_\_\_\_
- 4 . \_\_\_\_\_

**C.1.5 There are four levels of Ayurvedic healing. They are given below. Mention the number of level against the sentences given below the table :**

<b>Level 1</b> Disease Treatment	<b>Level 2</b> Disease Prevention	<b>Level 3</b> Life Enhancement	<b>Level 4</b> Awareness Development
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It helps us live longer. ☐ Spiritual approach to life brings real happiness. ☐ Medical treatment begins when we fall ill. ☐ The treatment which is given before the disease is better treatment. ☐ We ought to know who we are and for what. ☐ We must cut off the things which make our life stressful. ☐ Medical treatment is a response to a patient's condition. ☐ It teaches us to increase the positive energy. ☐

**C.1.6 Read the statements. Write 'P' for problem creators and 'S' for providing solutions in the box :**

Mental unrest is common these days. ☐ Prevention is better than cure. ☐ We are taking a wrong diet. ☐ We have a very hectic schedule. ☐ We have disturbed our organic roots of life. ☐ Ayurved teaches us harmony, simplicity and contentment. ☐ We must cut off the things which make us vulnerable to disease. ☐

**C.1.7 Answer these questions :**

1. What according to Ayurved are the reasons for physical diseases?
2. What psychological problems are we facing in modern world?
3. What are the results of psychological problems?
4. How does Ayurved help us to live longer?
5. What does Ayurved teach us?
6. How does psychological imbalance disturb our body?
7. Mention various levels of Ayurvedic healing.
8. How can you prevent yourself from diseases?
9. What is the ultimate goal of Ayurved?
10. Do you believe that most of our problems are psychological in modern time? Why?
11. Are we responsible for our own mental unrest? How?

**C.1.8 Discuss the following questions in group and present the group's view in the class**

- Do you favour Ayurvedic remedies and thinking? Why?
- What are the limitations of allopathic medical treatment? Share your experiences.



Yog is one of the most ancient sciences of India. It offers a time-trusted technique for physical, mental and spiritual development. It constitutes important aspects of human life. It is considered to be a science, as ancient as the human race. Yog has capacity to bring about fundamental transformation in the individual.

Yog is a holistic exercise that provides physical, mental as well as spiritual benefits. It provides workout for the muscles. It also benefits joints, ligaments and the skeletal system by improving flexibility and balance. It is good for heart and stimulates the cardiovascular system. It oxygenates the blood and helps strengthen the heart. It is good for the digestive system, the nervous system and supports the respiratory system. It enables the various endocrinal glands to function properly and reduces tension and anxiety. If you suffer from insomnia, Yog will help you to sleep well. Thus yog is useful in many psycho-physical ailments.

Surya Namaskar is an ancient form of yog. This form of yog is a complete meditative technique. It includes *Asans* and *Pranayam*. It is a combination of 12 different postures, followed in a particular sequence with a specific breathing pattern. It helps an individual to vitalize and unblocks the whole system. It reduces fat formation in almost all parts of the body as it stretches and tones each and every muscle.

### How to Practise Surya Namaskar

There are twelve postures or positions in Surya Namaskar. Their benefits are described in the brackets.

1. Stand with your feet together and palms folded in front of your chest. Close your eyes properly. (Promotes balance, stimulates the respiratory system, exercises shoulder, back and neck muscles.)

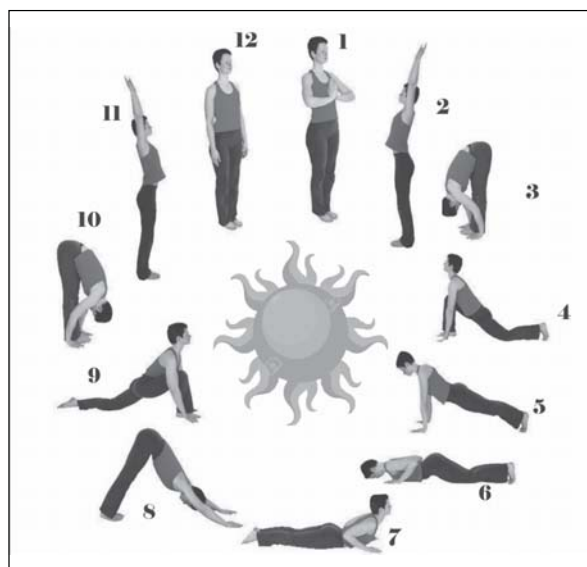
2. Raise your arms over your head and shoulders with the palms touching each other and biceps touching your ears. Stretch your abdomen as much as possible and lean backwards.

(Promotes balance, promotes digestion, exercises arms and shoulder muscles, tones the spine, promotes flexibility in back and hips.)

3. Bend forward and place your palms at the side of your feet. Touch your knee with forehead and exhale deeply. (Promotes blood circulation, tones abdominal tracts, stretches back and leg muscles, stimulates spinal nerves, and stimulates lymphatic system.)

4. Take one leg back and place the other leg in the front with palms firm on the ground. Raise your head and inhale. (Exercises spine, strengthens hand and wrist muscles.)

5. Bring the leg that was in front next to the other one and keep the hips off the floor with both your hands supporting the body in a push up position and exhale. (Stimulates blood circulation, strengthens the heart, strengthens wrist and arm muscles, relieves neck and shoulder tension.)



6. Lower your knees, chest and forehead with your palms firmly on the ground next to your chest and elbows bent upwards. Hold your breath here. (Strengthens leg and arm muscles, increases flexibility in neck and shoulders, stretches arms, shoulder, neck and back muscles, exercises back muscles, releases tension in neck and shoulder.)

7. Lower your waist and raise your upper body. Look upwards and keep your arms straight. Then inhale at a slow pace. (Stimulates circulation to abdominal organs, tones digestive tract, stretches upper and lower body, promotes flexibility in the back, and stimulates nerves in spine.)

8. Raise your hips and bring your head to the floor with eyes on the navel and heel on the floor. This position will exactly look like an inverted 'V' then exhale. (Stimulates blood circulation, strengthens the heart, strengthens wrist and arm muscles, relieves neck and shoulder tension.)

9. In this step the posture is the same as the fourth step and inhale. (Exercises spine, strengthens hand and wrist muscles.)

10. In this step the posture is the same as the third step and exhale. (Promotes blood circulation, tones abdominal tracts, stretches back and leg muscles, stimulates spinal nerves, and stimulates lymphatic system.)

11. This stage is same as the second stage and inhale. (Promotes balance, promotes digestion, exercises arms and shoulder muscles, tones the spine, promotes flexibility in back and hips.)

12. This stage marks the final stage of Surya Namaskar and it is similar to the first stage. You have to breathe normally here. (Promotes balance, stimulates respiratory system, exercises shoulder, back and neck muscles)

### Glossary

**holistic** including all the limbs, સર્વાંગીય **stimulate** make more active **endocrinal glands** અંતઃસ્ત્રાવી ગ્રંથીઓ **anxiety** worry **insomnia** sleep disturbance **respiratory system** શ્વસનતંત્ર **skeletal system** અસ્થીતંત્ર **cardiovascular system** રુધિરાભિસરણ તંત્ર **digestive system** પાચનતંત્ર **nervous system** ચેતાતંત્ર **biceps** કોણીથી ખભા વચ્ચેના આગળના ભાગના સ્નાયુઓ **inhale** breathe in **exhale** breathe out **abdominal organs** ઉદરના અવયવો **lymphatic system** લસીકાતંત્ર

### Comprehension 2

#### C.2.1 Answer these questions :

1. How would you use this information on Yog for improving your health?
2. Do you know anybody who is doing Yog regularly? Discuss about his/her health.
3. What is remarkable about Yog as a science of life?
4. How is Yog a holistic workout for physical health?
5. What help does Yog provide to make us happier and comfortable?

#### C.2.2 Write a message to your friend suggesting him benefits of Yog in 40 words.

Dear...

**C.2.3 Do you have any health problems? Which Surya Namaskar positions will be more helpful to you?**

**C.2.4 Enlist any three benefits of Surya Namaskar.**

### **Vocabulary**

**V.1 Complete the sentences with a word from the box :**

**circulation, digestion, excretion, muscles, nerves, reproduction, respiration, sense, skeleton**

1. The set of bones that form the body's framework is called \_\_\_\_\_.
2. The process of breaking food down into nutrients is called \_\_\_\_\_.
3. The process by which the waste products leave the body is called \_\_\_\_\_.
4. The movement of blood all around the body is called \_\_\_\_\_.
5. The cells that transmit the signals that let us think, feel and act are called \_\_\_\_\_.
6. The organs with which we see, hear, smell, taste and feel are called \_\_\_\_\_.
7. Breathing in and out in order to absorb oxygen and expel carbon dioxide is called \_\_\_\_\_.

**V.2 Given below is a list of specialist doctors and the parts of the body they treat. Match 'A' with 'B': What do that? Find out from dictionary :**

- cardiologist \_\_\_\_\_
- dentist \_\_\_\_\_
- dermatologist \_\_\_\_\_
- paediatrist \_\_\_\_\_
- ophthalmologist \_\_\_\_\_
- neurologist \_\_\_\_\_
- orthopaedist \_\_\_\_\_

**V.3 Fill in the blanks using the proper forms of the following words :**

(stimulate, digest, circulate, respiratory, strength)

The Surya Namaskar \_\_\_\_\_ a person's muscles. It improves the \_\_\_\_\_ by helping the lungs to be strong. The fast \_\_\_\_\_ of blood makes way for the \_\_\_\_\_ of the food that is taken. It provides \_\_\_\_\_ to the nerves in spine.

**V.4 Find adjective forms of the following words from the text and fill in the blanks :**

- Diet : \_\_\_\_\_ problems
- Continuity : \_\_\_\_\_ adjustment
- Physique : \_\_\_\_\_ fitness
- Psychology : \_\_\_\_\_ effects
- Spirit : \_\_\_\_\_ approach
- Mind : \_\_\_\_\_ peace

**V.5 Create your own sentences using the adjectives just identified :**

**V.6 Find more words that start with 'Quick' and find out their meaning :**

quick fix, quick pill, quick lime, quick sand, quick steps, quick silver

**V.7 Frame sentences using each set of words :**

1. organic-nourish-fitness
2. negative-weak-mental
3. quickpill-harm-health
4. goal-release-sorrow
5. anxious-harm-stable
6. proper-improve-health

**V. 8 Complete the sentences with verbs that are also the body parts and fill in the crossword puzzle :**

**Body parts used as verbs**

		<b>1</b>				<b>2</b>		
<b>3</b>				<b>4</b>				
				<b>5</b>				<b>6</b>
				<b>7</b>				
			<b>8</b>					
	<b>9</b>							

• **Across**

3. I can't \_\_\_\_\_ all the violence shown on T.V.
5. I like to \_\_\_\_\_ the words while my sister sings the song.
8. Let's \_\_\_\_\_ the problem, shall we?
9. They go to the porch to \_\_\_\_\_ in the dark.

• **Down**

1. We missed the bus, so we have to \_\_\_\_\_ it now.
2. I'll \_\_\_\_\_ the responsibility for my behaviour.
4. They had to \_\_\_\_\_ the warships with nuclear weapons.
6. The president has to \_\_\_\_\_ the committee.
7. Who can \_\_\_\_\_ the car out of the garage?

**Function**

**F. 1 Read the following dialogue. Notice the functions of the words printed in bold letters :**

**Patient** : I am suffering from cold.

**Doctor** : You **should** take rest. (Suggestion)

**Patient** : Sir, I am suffering from fever also.

**Doctor** : Then you **ought to** take medicine. (Stronger suggestion)

**Patient** : Sir, what **should** I eat?

**Doctor** : You **should** eat normal food. You **had better** take rest for two days.  
(Stronger suggestion than ought to)

**Patient** : Sir, could I drink cold water?

**Doctor** : No, you **had better** not.

**Now, complete the following conversations using should, ought to, or had better whichever is suitable.**

**Fill in the blanks :**

1. Teacher : Hello friends! You \_\_\_\_\_ submit your assignment today.

( should, had better)

Rutvij : It is about to complete.

Teacher : You \_\_\_\_\_ to complete it in time. (ought, should)

Rutvij : I am having trouble with it.

Teacher : You \_\_\_\_\_ take help from your group. (ought, had better)

2. Krishna : Hi Sanjana! What's wrong?

Sanjana : I am not well. What \_\_\_\_\_ I do?

Krishna : You \_\_\_\_\_ to take rest.

Sanjana : I am going to meet my friends.

Krishna : You \_\_\_\_\_ stay at home.

(should, ought, had better)

**F.2 Encircle the incorrect part and rewrite the corrected sentences :**

1. I should to go to the post office today. \_\_\_\_\_

2. I ought paying my bills today. \_\_\_\_\_

3. You'd had better to call the doctor today. \_\_\_\_\_

4. You don't should stay up too late tonight. \_\_\_\_\_

5. You had to better not leave that spot. \_\_\_\_\_

**F.3 Read about the problems and give advice or suggestions. (Positive and negative)**

**Example :** Bobby is weak in study. (should)

He should study regularly.

He should not waste his time.

1. Krutarth eats junk food. (should)

\_\_\_\_\_

2. My friend doesn't get much sleep at night. (had better)

\_\_\_\_\_

3. She does not get enough vitamins. (ought to)

\_\_\_\_\_

4. He never exercises. (had better)

\_\_\_\_\_

5. He does not read newspaper. (should)

\_\_\_\_\_

**F.4 Write five suggestions for a tourist in your home town using the words given in the brackets.**

**Example :** You had better not park your vehicle in no parking zone.

1. \_\_\_\_\_ (should, dustbin)
2. \_\_\_\_\_ (should, traffic rules)
3. \_\_\_\_\_ (ought to, drive)
4. \_\_\_\_\_ (had better, spit)
5. \_\_\_\_\_ (should, noise)

**F.5 Work in groups of 3. Decide what advice you would give to the people in the following situations. Write sentences using (1) should (2) ought to (3) had better :**

1. That man on the motorbike isn't wearing a helmet. That is dangerous.  
Student 1 : He should not ride a motor bike without wearing a helmet.  
Student 2 : He ought to wear a helmet.  
Student 3 : He had better worn a helmet.
2. When they went to the restaurant, there were no free tables. They hadn't reserved one.  
Student 1 \_\_\_\_\_.  
Student 2 \_\_\_\_\_.  
Student 3 \_\_\_\_\_.
3. The notice says that the shop is opened every day from 8.30. It is 9 o'clock now but the shop isn't opened yet.  
Student 1 \_\_\_\_\_.  
Student 2 \_\_\_\_\_.  
Student 3 \_\_\_\_\_.
4. The speed limit is 30 KM an hour but Kavita is driving at 50.  
Student 1 \_\_\_\_\_.  
Student 2 \_\_\_\_\_.  
Student 3 \_\_\_\_\_.
5. Yuvraj is going for an interview. He has forgotten to take his documents.  
Student 1 \_\_\_\_\_.  
Student 2 \_\_\_\_\_.  
Student 3 \_\_\_\_\_.
6. I feel sick. I ate too much.  
Student 1 \_\_\_\_\_.  
Student 2 \_\_\_\_\_.  
Student 3 \_\_\_\_\_.

**F.6 Imagine that you are manager of a hotel. Read the following sentences and give instructions using should/ought to/had better for each situation :**

1. Some people are making loud noise.

**Ex :** You should speak in a low voice.

2. Cars have been left just outside the hotel entrance.

You \_\_\_\_\_

3. Some visitors have brought their dog inside.

\_\_\_\_\_

4. People are washing clothes outside their rooms.

\_\_\_\_\_

5. Some of the waiters have started growing long hair.

\_\_\_\_\_

**F.7 Your friend is going to participate in a sports event. Write five suggestions to guide him/her.**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

**F.8 Observe how ‘should / ought to / had better’ are used for seeking and giving advice in the paragraph :**

A young boy came to me and asked, “How should I prepare for the exam?” I replied, “You should prepare a time table and follow it strictly.”

He further asked, “What should I do if I come across some difficulties?” I advised, “ You had better consult your parents or teachers.”

He then asked, “What should I do if I cannot do as they say?” I told him, “ Nothing is impossible. You ought to work hard and trust yourself.”

**Now work in pairs. Prepare a list of tips for your younger brother/sister advising him/her how he/she should prepare for the talent search test/swimming competition/hostel life. Compare your list of tips with that of your partner.**

**ARE YOU IN PROPORTION?**

- Fingertip to wrist = Hairline to chin
- Big toe to heel = Elbow to wrist
- Outstretched fingertip to fingertip = Head to toe



**F.9 Write an e-mail to your friend suggesting him what to do for the next exam :**

Send Save Draft Discard

To:

Cc:

Bcc:

Subject:

Attachments:

Browse...

Attach More Files

Dear

With best wishes

Send Save Draft Discard

**Writing**

**W.1 You are invited to cover a press conference of a famous personality. As a press reporter frame two questions on each point (select any six points) :**

- Name : \_\_\_\_\_
- Why is he/she famous? \_\_\_\_\_
- Native place
- Childhood
- Education
- Hobbies
- Daily routine
- Problems faced in achieving this height
- Present activities
- Achievements and awards
- Aspirations
- Success mantra

**Imagine that after ten years you become a famous personality. Now write a paragraph on yourself based on the imaginary answers to these questions.**

## W.2 My Health Plan

Write a paragraph describing your routine, food habits, exercise, nature etc. that would help you to become and remain a healthy person.

**W.3** You are participating in a two minute elocution competition on ‘Cleanliness Campaign for Our Street’. Write your speech in about 15 sentences :

### Activities

**A.1** Fill in column 1 and 2 individually. Then, discuss better solutions with your bench partner for each situation and fill in column - 3 :

1 The Problem	2 Usual Solution	3 Better Solution
I get angry when I have over worked.	I get relaxed when I complete my work.	I could plan and decide priorities.
I get tired when ..... ..	In order to relax I .....	I could .....
I get irritated by ..... ..	When I get irritated I ....	I could .....
I get frustrated when .. ..	When I get frustrated I ....	I could .....
I fear ..... ..	When I am scared, I ...	I could .....

**A.2** Let's do SWOT analysis :

<b>Inside</b>	Strengths :	Weaknesses :
<b>Outside</b>	Opportunities :	Threats :

**A.3** Sit with your parents and talk to them about your strengths and weaknesses that are within you and also talk about opportunities and threats that are around you.

**A.4** Visit and interview an Allopathic or an Ayurvedic doctor. Find out his/her views about health care and medicine. Write a paragraph about his/her ideas.