

Rhythmic Walking

-- Two Steps Wonder

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INTRODUCTION

All Physical Exercises' do good to human health, plays vital role in the morbidity and mortality, whether ancient traditional type (like –Yoga) or conventional like -

Walking, Running, Swimming, Volley Ball, Lawn Tennis, Badminton etc etc. Many Factors influence physical exercises –like Rhythm, Rapidity (speed), Regularity, Intensity (severity), Duration and the Type (nature) of exercise^(1,2,3).

1) Rhythm – (means- regular to & fro movements) -All rhythmic exercises generates an energy that balances demand & supply and maintain good human health.

Movements of the planets and the entire universe, Ecological growth of different species on earth, Melody in music etc, are all balanced by rhythm.

2) Rapidity – (Speed) Brisk Walking fulfill the increasing demand and so balances the supply of the body.

3) Regularity – Regular practice of any exercise, maintains day to day need of the body.

4) Intensity – (**Severity**) – The severity of an exercise plays important role in deciding The final outcome. The incidence of sudden death is more common with a bout of vigorous exercise, less common with regular strenuous type but very very rare with moderate intensity exercises like Walking and Yoga^(4,5,6).

Yoga (means-to connect) was practiced thousands years back in an ancient India by Rishis and Munis , was preached verbally, there was no written statement, until 500 B.C., a sage and

physician name “ Patanjali “, refined ,compiled and put it in writing and named as “ Yoga Sutras “in 8 Steps:-(7,8,10)

- 1) Yama (Moral Restrain)
- 2) Niyama (Observance)
- 3) Asanas (Postures)
- 4) Pranayama (Breathing Exercices)
- 5) Pratihara (Controlled Senses)
- 6) Dharna (Outer Concentration)
- 7) Dhyana (Inner Cocentration)
- 8) Samadhi (Tanscedental Meditation)

Rhythmic Walking - Two steps wonder:-

God made human body with an built-in mechanism, with rescue measures to balance the demand and supply called “Acclimatization “to maintain good health but with an limitation. This phenomenon of limitation was studied by an ancient mathe-mathecian, name “Phibonacci” (Leonard of Pisa, Italy), who discovered a number called “Golden Ratio Number- 1.618 “(also called “ Phi Factor.” The movement of Planets and the Universe, Ecological growth of different species on Earth etc etc., is balanced by Nature upto 1.618 variations and beyond that there is catastrophi. (11)

Human body is a perfect machine, with unique properties of reproducing new cells, replacing old ones ,due to presence of “Adult Stem Cells “throughout adult life, in different tissues/ organs of body. Recently scientist agreed that regenerative medicine is an important branch of medicine, comprising study of Embryonic Stem Cells and Adult Stem Cells.The Adult Stem Cells are undifferentiated Cells , found among Differentiated Cells of different Tissues / Organs –like astrocytes ,oligodendrocytes in brain , Myosites Coronary arteries cells in heart, Islet cells

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in Pancreas etc etc. Doctors injected Recombinant Growth Factors- VEGF (Vascular endothelial growth Factor) and FGF (Fibroblast Growth Factor) within coronary arteries to trigger the growth of new coronary arteries to treat coronary artery disease, but this procedure is invasive and very costly.(12,13,14)

Rhythmic Walking is an exercise of moderate intensity, Isometric and Aerobic in nature, when practiced with Rapidity (Briskly) and Regularly, for sufficient long period, generate positive energy, that triggers Adult Stem Cells to grow into new ones of that tissues / organs, growth of new arteries (means-“neovascularisation “), recruits and enlarges accessory vessels (called “Collateral Vessels“), balances demand and supply, improves physiological functions, helps in prevention and cure of many diseases like- in Brain – cerebral strokes, Parkinson, Alzhiemer disease, Anxiety , Depression, Insomnia , in Heart- relieve anginal pain, improves effort tolerance, ischeamic heart disease, heart attack, Hypertension, Diabetes mallites, rheumatoid arthritis etc etc.(15,16)

Healthy is described by Claud Bernard as: “Dynamic equilibrium of milieu interior”

Modern science defines healthy as:- “Balance in demand and supply”

Benefits of Rhythmic Walking:-

Different physical exercises benefits human health in many ways, but Rhythmic Walking is the only exercise that has Wonder effect on human health.

Recent scientific studies by Hakim et al and BM Hegde & Gregg et al have concluded that regular brisk walking reduces over all morbidity and mortality- Longer the Walk lesser the mortality. Rhythmic Rapid regular walking have many benefits that helps to balance good health and longevity – eg.(9)

- 1) Improves blood circulation of ischeamic heart and brain
- 2) Helps in gradual weight loss –good for health.
- 3) Lowers bad blood lipids – LDL cholesterol, Triglycerides.

- 4) Reduces Knee joint swelling and pain.
- 5) Lowers blood pressure, both systolic and diastolic
- 6) Control blood sugar levels.
- 7) Can be practiced by all age groups, best for old age, if started at an early age , benefits are life long.
- 8) Keeps you energitic for a days work.
- 9) Gives good night sleep.
- 10) Lastly, do not require any sport gears-like-racket, shuttle ,bat ,ball etc etc.

Best way to practice Rhythmic walking:

Walking can be practiced on roads , building terraces ,gardens, but scientific walking (rhythmic walking) can be practiced only on plain open ground, circular tract measuring 400 to 1000 meter in length, should be practiced daily, if not, atleast five days in a week, for 30 to 45 minutes in a day.

The best time for walking is early morning for two reasons- firstly, to avail the benefits of early morning sun rays (ultra-voilet rays as antibacterial and infra-red rays as vasodilator) and secondly the environment is pollutant free.Preferrably it should be practiced empty stomach because after food internal organs becomes hyperemic and over active^(17,18,19).

Conclusion-

Rhythmic walking is of moderate severity excercise, aerobic and isometric in nature, when practiced regularly for sufficient long time; act as a natural trigger to the adultStem cells, to grow into new ones, in that tissues / organs, balances demand and supply, improves physiological functions, reduces morbidity and mortality , improves health and longevity. The rhythmic walking can be practiced by all age groups, best in old age, by all class of peoples, if started at early, benefits are life long.

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