

## Human: Lifestyle diseases and their Remedies

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### Abstract

- Everyone wants to become healthy, happy and peaceful.
- Human born in different family, culture, environment, and different part of the world.
- Human consists of three parts 1. Physical body, 2. Energy to activate physical body and 3. Mind to run and control the activated body.
- Physical body consists of 4 elements 1. Earth, 2. Water, 3. Fire and 4. Air and different organs.
- Everyone have different habits of thinking, eating, walking, sleeping, talking, working, daily routine etc. according to their lifestyle.
- The habits affected on their body, energy and mind.
- Bad habits causes bad effects and bad effects causes different diseases.
- 80% diseases are psychosomatic diseases cause of stress.
- To remove diseases need to correct habits.

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### Biography

Dr. Beniram Koche spiritual name Sanyasi Brahmamurti is disciple of Paramhansa Niranjanand Saraswati from Bihar School of Yoga Munger. In the age of 24 since 1989 he become a monk and studied and work hard in the guidance of his first master Swami Gyanvijay Saraswati. His mission is to establish harmony and peace in the world on base of humanity. He has his expertise and

passion in improving the health and humanity. His open and contextual evaluation model based on humanistic values like liberty, equality, fraternity and justice creates new pathway for improving healthcare. He has built this model after years of experience, evaluating, teaching, his own social and practical lifestyle and administration both in therapy and education institutions.