

Brain & Nervous System



THE MAIN ENGINE OF THE NERVOUS SYSTEM is the central nervous system, composed of the brain and the spinal cord, the body's information-gathering, storage, and control centre. Within this, the sympathetic and the parasympathetic nervous systems control the involuntary functions of the organs, glands, and other parts of the body. Regular practice of the recommended sequences of asanas relieves pressure on the brain and the entire nervous system.

Headache and eye strain

= Stress related headache (p. 353)

This is characterized by severe, piercing pain around the eyes and temples. Usually, the pain increases rapidly within 15 minutes of inception, but the attack itself can last for up to 2 hours.



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