

Muscular karma

Sir,

In our Philosophy and Spirituality, our karma has been described in three main types; Sanchita Karma, Prarabdha Karma, and Agami Karma/Kriyamana Karma. As rightly said by Shakespeare, "It is not the stars to hold our destiny but in ourselves." We are responsible for our sufferings as we write our own destiny!

Functional and metabolic efficiency of any living being defines the health of that living being. The World Health Organization defined health as "a state of complete physical, mental, and social well-being and not merely the absence of disease." Our karma is also dependent on our health or our functional and metabolic well-being.

Here, the philosophy of karma has been utilized to explain the concept of metabolic wellbeing in terms of glycemic control, lipid control, and normal metabolism. Healthy level of anabolic activities is essential for maintaining quality of life and longevity. Aging creates a shift toward catabolic dominance. For sustaining the balance between anabolic and catabolic activities and to bring down our sufferings whether physical, mental, or spiritual, we need to focus and work upon our Agami Karmas. Muscular karma or physical exercises should mandatorily be an integral part of our Agami Karma. There are four types of muscular karma/exercises^[1] that have been defined; (1) endurance or aerobic, including brisk walking, jogging, and swimming, (2) strength, weight lifting with maintained posture where tension is built but muscle neither shortens nor lengthens. Also called as isometric exercise when tension develops in a muscle but the length does not change, the joint does not move, and the contraction is said to be isometric, (3) balance, for example, standing on one foot, heel to toe walk, (4) flexibility, also called as stretches, for example, shoulder stretch, upper arm stretch, or calf stretch. Also called as isotonic where tension remains the same and muscle shortens or lengthens. Isotonic exercises are divided into two types: concentric and eccentric. In concentric, muscle shortens and does work, while in eccentric, muscle lengthens and generates force.

Muscular karma is responsible for our overall health and plays a pivotal role in Agami Karma. Our intention to define muscular karma is to direct and reinforce our actions for better future or destiny, i.e., Agami Karma. Muscular karma helps us in managing our physical well-being reducing the risk of noncommunicable diseases such as heart disease, stroke, diabetes, cancer, asthma, and arthritis and communicable diseases by increasing the immunity. It improves our mental well-being by improving memory and circadian rhythms. It enhances our social and spiritual well-being by increasing level of happiness, self-confidence, and longevity.^[2-6]

At all age groups, people should be engaged in muscular karma/regular exercise schedules for remaining fit, happy, and protected from diseases. For carving a better destiny, we all should adopt a healthy and disciplined lifestyle including proper diet, good rest, and regular muscular karma.

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Conflicts of interest

There are no conflicts of interest.

Krish Malik

Delhi Public School, Karnal, Haryana, India

Address for correspondence: Krish Malik, Class of 7th B, Delhi Public School, Karnal, Haryana, India.
E-mail: brideknl@gmail.com

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