

Clapping, miracle cure for chronic ailments, says yogi

NEW DELHI: Looking for a miracle cure to any serious ailment? just relax. No need to visit any distant doctor or take costly medicines. Just clap your way to good health, literally crushing your chronic illness with your own, bare hands, says a self-styled yogi who claims to be the inventor of 'clapping yogasana'.

"Clap on, warm your blood and enjoy good health," is the message of 79-year-old Krishan Chander Bajaj, who looks much

younger than his age and claims to enjoy perfect health. A lot of Delhiites, who used to mock at him are themselves today responsible for the noise in their neighbourhood, clapping incessantly to keep good health.

According to him, the problems that would vanish after doing the exercise over a period of time range from a life threatening heart condition to hypertension, diabetes to depression, asthma to common

cold, arthritis to ordinary headache and insomnia to hairloss. Besides getting him recognition from his followers, his efforts also landed him and his 'invention' in the Limca Book of Records in 1997.

"Now, I want to have the clapping exercise entered into the Guinness Book of World Records in a bid to popularise it, thereby reaching its benefits to people across the globe," says Bajaj who found its curative effects by chance. Over a decade

ago, he was looking for a miracle cure to glaucoma due to which he had lost his vision in both eyes. It was then he heard at a satsang that clapping can cure diseases and that is why devotees clap while reciting kirtans.

Bajaj says he regained his eyesight in about a year just by clapping for about half-an-hour every morning. Clapping stimulates blood circulation and removes all types of obstructions in the veins and arteries including bad cholesterol, he

argues. He, however, has a word of caution for those who want to take to clapping: do it the proper way as wrong methods can be harmful. The right way is to strike both the hands against each other, keeping them straight facing each other and arms little loose. Finger tips and the palm of each hand should strike the other. Clap 200 to 300 times the first day and increase it every day, raising the speed to 60-100 claps per minute and the duration to about 20 minutes. — UNI