

# ‘Yoga is not just a posture — It is a life we lead’

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When many people hear the word “yoga,” they think of complex postures or the challenge of holding balance. But according to Dr Nandita Shah, founder of SHARAN and a veteran medical practitioner, yoga is far more than physical movement — it is a comprehensive system for living.

Dr Shah began her medical career with the belief that medicine could heal. Over time, she encountered a deeper truth: medications often manage symptoms but rarely address root causes. “Most medications manage symptoms temporarily but rarely offer a cure. Furthermore, suffering is not purely physical; emotional distress can manifest in physical illness. True healing must consider the mind and body as one interconnected whole,” she explains.

This insight led to the founding of SHARAN (Sanctuary for Health and Reconnection to Animals and Nature) in 2005. The organisation focuses on preventing and reversing chronic disease through holistic lifestyle changes. Dr Shah identifies lifestyle-related conditions — such as diabetes, hypertension, heart disease, cancer and autoimmune disorders — as the leading health challenges today. These illnesses, she notes, are not only expensive to treat but significantly impact quality of life through complications and side effects.

Central to her philosophy is the broader vision of yoga — not just as a series of physical postures but as a way of life rooted in ancient wisdom. “When many people think of yoga, they picture asanas — physical

postures. However, yoga is far more than that. It is a complete system of lifestyle medicine that encompasses the body, mind, and spirit.”

She emphasises that true health is inseparable from spiritual and ethical living. Her work blends dietary reform, emotional healing and yogic principles to address modern health issues at their root.

Dr Shah’s approach is a reminder that yoga is not merely a practice performed on a mat — it is a philosophy that can guide daily life. As global interest in wellness continues to rise, her message remains clear: healing begins with how one lives.