

Vastu - scientific approach to architecture

To correct energies at home/work and improve all aspects of life

The quest of the human being to be happy and prosperous is an age old one. Our ancestors had infinite knowledge about how to harmonise and deal with the energies of the earth and cosmos and use them for maximum benefit to enhance prosperity and health. This science is believed to be the source from which Chinese scholars derived the same to their traditions to develop Feng Shui.

Dr Prabhakar Poddar is a Fellow of the New York Academy of Sciences and the founder of the Akash Education and Research Trust, an organisation involved in research into earth and cosmic energies, astrology, vastu and other cultural and ancient knowledge systems and sciences.

Dr Poddar believes that it is possible to correct energies in dwelling units by simple and non-destructive methods by symbols and colours placed correctly.

Recent research in France and Germany on the causes of why different people living in the same dwelling units over a period of time contracted the same diseases led to a better

understanding of the effects of the earth's electromagnetic energies and their effects on dwelling units and people.

The research also led to the development of an instrument called the Lecher Antenna, which is used for measuring the effects of these energies on the various organs of the body as well as effects on various objects, metals and other phenomenon in dwelling units.

Combined with the ancient knowledge of Vastu Shastra in India and research into ancient texts and modern instrumentation, the scientific reason of some of the why's have been established.

Dr Prabhakar Poddar is a well known architect of commercial and industrial structures and town planning. For the last three years he has been involved in extensive research looking into geobiology, ancient



Dr Prabhakar Poddar: harmonising ancient and modern knowledge

texts and Vastu Shastra.

He has been successful in evolving simple and non-destructive methods for correcting existing structures and harmonising their energies, also evolving methodologies for building new structures. He has also been able to identify the causes which disturb the human body after surgery and how to treat them.

Dr Poddar will be giving a series of free talks on the implications of Vastu Shastra on the home and workplace. The main talk will take place on Thursday 21st September at Conway Hall, Red Lion Square, London WC1 at 6.30pm. Other dates are 14 September in Edgware, 16 September in Wembley, and 17 September in Leicester.

For further details of venues please contact Ramesh on 0208 643 5492 or Mahendra on 0208 861 3023.

Cardinal Data: national

IK In Short

Health

Drug addiction should not be a crime

- Ismat J Amin

For the last decade and a half, drug abuse in the south east has increased more than six fold from 490 cases in 1981 to 3,232 in 1994 (1994 being the latest available statistics).

The problem of drug addiction cannot just be tackled by stricter laws against drug possession, but by encouraging more GPs to engage with the problem and establishing more clinics to help drug addicts to come off drugs through the medical treatment known as detoxification.

The most commonly used drugs are heroin, methadone, benzodiazepines, cocaine, cannabis, amphetamines and hallucinogens.

With increased use of drugs over the 1981-94 period, this has led to increased seizures - 17,227 in 1981 which increased to 88,540 in 1994; heroin - 819 to 4,480. Although drug dealers should be punished for encouraging young people to take drugs, drug addicts should not be victimised and seen as criminals. Many GPs turn away addicts who have the courage to approach them for the detoxifying programme. One addict who I talked to said one doctor had not been in practice long enough to treat "her" and

have an initial interview where they are asked what drugs they are on and at which level, which is confirmed by a urine sample. After this, they are placed on a waiting list and clients will later have a full drug and medical history. Their social, domestic and legal problems will also be discussed. This will enable the key worker to assess what



cannabis

treatment their clients will be given, either by their GPs or by the resident GP.

The most commonly used

medication to detoxify a heroin addict is methadone which with prolonged use is addictive in itself. Addicts on the detoxifying treatment usually show symptoms of hallucination, nervousness and insomnia. Often they are prescribed tranquillisers for these

"Heroin is the most difficult 'hard' drug to come off whereas cocaine and cannabis are relatively easier", according to Dr Begum. GPs put patients on a 12-week detoxification period for those on longer dependency on drugs and an 8-week one for those who have been on drugs for less time. Megan Fox, a senior drug worker at the Beresford Project says "it is not always realistic for a patient to completely abstain from drugs after this treatment. They occasionally relapse into drug abuse and then come back on the detoxification". Ms Fox regards the success of the programme as "if people no longer have to support their drug habit by committing crime. It often provides them with some stability and if they do well on a treatment programme, then



cocaine

other areas of their lives also seem to settle down again", she adds.

Drug addicts live for the day and will attain drugs any way they can. They may try it as an experimentation at first, but some take it due to "low self esteem" as was the case of the drug addict I had spoken