

Prologue

The new number of the scientific journal “Acta Salus Vitae” is published soon after the 1st International Yoga Day – 21/06/2015, as it was declared by Resolution in 69th General Session of the United Nations. Yoga is an ancient system having history of more than five thousand years. There are several Yoga traditions developed over these years. One of the objectives of this new number is to provide an insight into the traditional basis of Yoga and its relevance in the present day context. The preventive and health promoting effects of Yoga have been documented in the ancient Indian classics “Bhagavad-Gita”. Thank the scientific paper of Kailash Tuli is here discussed this traditional well of Yoga, which has always been a part of Indian healthy lifestyle. The holistic approach of Yoga in health promotion is being researched world over. The prophylactic as well as therapeutic potential of Yoga has been scientifically documented in research studies conducted across the globe. In the new number are presented papers generated scientific evidence for therapeutic potential of this ancient wisdom. Very important for research work in wellness area is the mission of Yoga concept “the whole world is a family”, when Yoga is poised to play a pivotal role in promoting peace, harmony and spiritual enlightenment across the Universe, has a great potential in promotion of universal brotherhood and global peace. Let me express thanksgiving and gratitude towards my personal possibility to attend the International Conference “Yoga for Holistic Health” (21-22/6/2015, New Delhi) as an official delegate of India Government - Ministry of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy. I would like to express the great atmosphere in memorable speech of the Prime Minister of India Narendra Modi Ji: "I believe that from the 21st of June 2015, through the International Day of Yoga, it is not just the beginning of a day but the beginning of a new age through which we will achieve greater heights of peace, good will and train the human spirit".

Authors of the all papers in this new number are scientists, trying about qualified research work aimed on wellness, quality of life, humanity and human development in modern society, for health communication between nations, religions, cultures, between people.

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