

Lead dignified life to avoid AIDS: Shankaracharya

Disturbed over the alarming rise of HIV/AIDS in India, Puri Shankaracharya Nishchalanand Saraswathi has urged the people to follow the age-old Indian tradition of leading a dignified and disciplined life.

'People should stick to age old Indian tradition of dignified and disciplined life prescribed by the Hindu religious texts like Vedas and Puranas,' Puri Shankaracharya Nishchalanand Saraswathi told IANS here Saturday.

He said that Hindu scriptures are full of tips for a healthy life bereft of debilitating diseases.

'Don't follow western life style, it is dangerous,' the Shankaracharya said at a special discourse on 'Dignified life - cornerstone to stop HIV/AIDS epidemic' here Friday.

'Nothing is more effective than the age old Indian tradition of loyalty between married couples to protect from HIV/AIDS,' he said.

He appealed to people to stop discrimination against people suffering from HIV/AIDS. 'People living with HIV/AIDS should be treated like any other people,' he said.

(© IANS / India eNews)