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## The Importance of Mahatma Respiratory Sports in Maintaining Body Health and Fitness

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**Abstract.** Mahatma is a respiratory science that has a tremendous influence on health. By processing Mahatma's breathing, various diseases can be treated very quickly. Various physical diseases that have been proven to be treated very rapidly through this Mahatma breathing exercise include asthma, allergies, ulcers, high blood pressure, low blood pressure, heart, diabetes (diabetes erupts), stone urine, kidney, liver, hemorrhoids, sinusitis, migraine, vertigo, impotence, frequent colds, soreness, fatigue, motion sickness, and various other physical ailments. Even by following this Mahatma breathing exercise, we will be free from the habit and dependence of using drugs. In addition, by following Mahatma's breathing exercises, emotions become more controlled, so angry and irritable people will become more patient. Likewise, stress will disappear and turn into self-confidence and happiness. As for those who are already healthy, with Mahatma, breathing exercises will make our bodies stronger so that we can work harder with enthusiasm. The strength-trained is the power of dhikr, kicks, and breath.

**Keywords:** exercise, breathing, forward, healthy, together.

### INTRODUCTION

Health is an incomparable wealth. People who have never been sick will not understand how precious and healthy it is, how good it is to be healthy, and how grateful it is if we are healthy. People who have tried new illnesses will feel how valuable and healthy

it is because you will try to always be healthy by adopting a healthy lifestyle in terms of eating, resting, and exercising.

Healthy means that all the body's physiological functions usually run. The respiratory system, circulatory system, excretory system, digestive system, nervous system, and motion system all run well and harmoniously. All of these systems work perfectly in adolescence and early adulthood, but with age, there begins to be a disruption of physiological function one by one. We must maintain our health with adequate diet, rest, and exercise for physiological functions to run normally.

We can do many sports, and each has advantages and disadvantages. One sport designed to restore the body's physiological function is the Maju Sehat Bersama breathing exercise. The essence of this sport is to hone the strength of dhikr, moves, and breath. By processing these three extraordinary powers, The work of the heart gets lighter; The five senses work better, and even the sixth sense is more sensitive; Emotions are more stable and in control; The body becomes healthy and more vital; The body feels refreshed and full of vigor; Feeling great happiness, peace, joy; Compassion for others; The face looks youthful (younger); Morale Increases; Work more productively.

Being healthy is one of the most precious blessings that God has given to His servants. There are many things we can do to keep our bodies healthy. One way to keep the body healthy is to exercise. Various types of sports can be chosen to maintain a healthy body. One type of exercise that can be done to maintain a healthy body is gymnastics. This Community Service is intended to invite all of you to follow the Mahatma breathing exercises immediately.

## METHOD

Implementation of community service by conducting Mahatma respiratory gymnastics activities together. The activity began with the introduction of healthy forward breathing exercises together, followed by advice to form a noble and essential personality and the benefits of Mahatma respiratory exercise for those who have been sick by giving testimonials of the benefits he has felt since joining Mahatma respiratory exercise.



**Figure 1. Preparation for Sports**

Figure 2. Provision of Akhlaul Karimah in Sports



Figure 3. Testimonials of the Benefits of Respiratory Exercise



Figure 4. Energy channeling and opening of the respiratory node

## RESULTS AND DISCUSSION

Progress Healthy Together. Mahatma is an institution that in society has the role of organizing health training and helping sick people out of their suffering in an Islamic way, based on the Qur'an, and al-Hadith, by involving science and technology to understand and strengthen their beliefs. Mahatma invites people to increase their faith and piety to get God's Grace healthy and healed. Mahatma is a system and is a component of the Islamic totality system, so in understanding Mahatma as a health technology, it is necessary to understand the totality of Islam as a religion (ad-Din), as idealism, as the guide of life and all totality that is total.

### The History of Mahatma

Respiratory Sports (ORP) Mahatma (Maju Sehat Bersama) was founded by Mr. K.H. DR. Achmad Riva'i on October 28, 1995, in Jakarta, coinciding with the Youth Pledge Day, with the hope that the spirit of the Youth Pledge which contains the spirit of Unity, Fraternity and Loyalty can colour us all. The background of establishing this Health sport is to help others who suffer from illness due to various causes, relying on the power of dhikr. Mahatma is managed with modern, transparent, and honest management, which helps it develop.

By not forgetting its original mission that MAHATMA was founded with the sacred intention of wanting our lives to be useful for others, MAHATMA has the principle that registration fees and dues must be as cheap as possible, even if the person is unable then there is no need to pay. However, in the matter of quality, MAHATMA must be number one. For this reason, to fellow MAHATMA members, let's practice this MAHATMA knowledge so that our lives can be helpful to others. And MAHATMA does not belong to anyone; it belongs to us together, belongs to all of us.

### Benefits of Mahatma's Ten Basic Skills

1. Skill 1; treating internal medicine (Internis)
2. Skill 2; Treating fatigue, lethargy, fatigue, weakness and impotence
3. Skill 3; increase body resistance and treat various infectious diseases and cancer as well as hepatitis caused by viruses etc.
4. Skill 4; Treating various lung and respiratory tract diseases as well as asthma etc.
5. Skill 5; Treating the body's balance function, hormonal balance, glands etc.
6. Skill 6; Treating kidney disease, urinary stones and lumbago etc.
7. Skill 7; Treats various heart diseases, leaky heart, blockages etc.
8. Skill 8; Treating diabetes (diabetes militus)
9. Skill 9; Treating various bone & skeletal diseases, bone calcification, bone cancer etc.
10. Skill 10; Treating various head diseases like vertigo etc.

Breath processing for health is the art of pulling and exhaling appropriately and correctly so that the lungs work optimally to supply oxygen throughout the body perfectly. People who have been trained to breathe ideally have stable emotions. In addition to having high stamina and endurance, it is also able to control anxiety, stress, emotions, anger. It can concentrate well, solve various problems faced, and is not easily panicked or anxious in the face of various bad events that befall him.

## **Character Education at Mahatma**

Most people see Mahatma sport as the sport of parents. Parents generally follow sports with simple movements and moderate speed. Especially since he is often sickly, as its purpose is respiratory exercise, it is indeed a place to be healthy and friendly. Compared to similar sports, Mahatma is a sport that feels very useful. The motto of smile, greeting, greeting, courtesy, and affection makes us followers of Sunaturrosulullah.

Breath processing for health is an exciting art; exhaling correctly and adequately will make the lungs work optimally to supply oxygen throughout the body perfectly. People who have been trained to breathe ideally have stable emotions. One of the respiratory gymnastics in Indonesia is Mahatma respiratory gymnastics. In Sufism itself, healthy living includes the physical and soul. Sufism has teachings that, if practiced correctly, will positively impact health. This research aims to discover the Mahatma respiratory gymnastics program and the concept of Sufistic values in Mahatma respiratory gymnastics. This study aims to find out how to balance the implementation of Mahatma respiratory gymnastics and dhikr to provide benefits for the physical health of Rohani.

Mahatma breathing exercises are breathing exercises that train three strengths, namely: moves, breath, and dhikr. The power of moves in Mahatma's breathing exercises is ten basic moves with health benefits. The power of the breath is carried out by performing triangular breaths, namely inhalation, compressive breath, and exhaust breath, all centered below the navel. The power of dhikr is the most powerful force; with dhikr, the heart becomes calm, so there is affection, gratitude, peace, happiness, joy, and extraordinary spirit.

The Mahatma Respiratory Gymnastics program consists of Movement in Mahatma Respiratory Gymnastics, Mahatma Respiratory Gymnastics Rules and Ethics, and Levels in Mahatma Respiratory Gymnastics. Then the sufistic values found in Mahatma breathing exercises are Seeking the pleasure of Allah, loving Allah, Always making dhikr, loving the Prophet, Loving others, Filial piety to both parents, Friendship, Obedient to the leader, Enthusiasm, Much gratefulness, Meekness, Saying good, Positive thinking, Happy, Optimistic (full of hope), Consistent (istiqomah), Keeping promises, Repentance a lot and surrendering to Him, Friendly and humble smile.

## **CONCLUSION**

Mahatma breathing exercises are breathing exercises that train three strengths, namely: moves, breath, and dhikr. The power of moves found in Mahatma's breathing exercises is ten basic moves with health benefits. The power of the breath is carried out by doing triangular breath, namely inhale, compressive, and exhaustive breath, all of which are centered below the navel—the power of dhikr. Socialization of breath-based health sports, dhikr, and moves needs to be disseminated to the community so that all can be healthy again. The power of dhikr is extraordinary in killing diseased cells so that new healthy cells grow and develop.

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