



CMA - 5

EVOLVING CONCEPT OF SOUL-MIND-BODY MEDICINE A NEW APPROACH TO HUMAN PHYSIOLOGY IN HEALTH & 'DIS-EASE'

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World Health Organisation (WHO) had set a goal 'Health for all by 2000' in 1977 at Alma Ata declaration. 2000 has come, have we realized the goal? Or even a 25% of what we had expected of achieving. In reality both old and new communicable & non-communicable diseases have increased over last 29 years.

The struggle of human being against disease has been the struggle of life against death. In fact the most dramatic and most heroic of all the wars of the last millennium has been the relentless one waged by human being against disease.

In spite of state of art medical technological advances for diagnosis, management of various diseases, trillions of dollars spent on research and health care world over, the bitter truth is that at the end of millennium we seem to have come full circle over:

- **Old and new communicable diseases:** Newer mutations of various bacteria and viruses huddle at our outdoors. Malaria, tuberculosis, typhoid, influenza and many other infections are hitting us even harder than 50 years back (era of antibiotics). Diseases once thought as vanquished continue to pop up in the unlikeliest of places.
- **New disease: AIDS** has attracted so much hysteria, research dollars and curiosity in last 25 years. But the result is, it has spread globally. HIV positive numbers are growing every minute and still it is incurable.



- **New growing burden of non-communicable diseases** eg. coronary heart disease (CAD), strokes, cancers, auto-immune diseases, depression etc.

CAD prevalence in India has increased from 1.06 % in 1960 to 10 to 14 % of adult population in 2001 inspite of better health education, spurt in number of by-pass surgeries, angioplasties and advancements in Medical treatment. Diabetes and hypertension explosively increased in prevalence especially in urban areas.

- **Ever increasing number of accidents, occupational hazards, environmental pollution and ecological disasters** eg. Earth quakes, cyclones, floods, famines etc.

Microbiologist Nobel laureate Joshua Lederberg at Manhattan gathering in 1994 had in fact rightly warned the world medical fraternity: **'ARE WE BETTER OFF TODAY THAN WE WERE A CENTURY AGO'?**

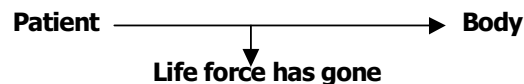
IN MOST RESPECTS WE ARE WORSE OFF. We have been neglectful of microbes, and that is a recurring theme that is coming back to haunt us. Not unlike infectious diseases the **humanity is facing the epidemic of CAD, strokes cancer and depression world over.**

WHO's definition of health: Health is a state of complete physical, mental, social and spiritual well being and not just the absence of disease or infirmity.

Going by this definition can any person of this planet earth, can claim that he is healthy. At any given moment each one of us suffers from either physical disease or mental disease or social disease or spiritual disease.

All our present health care system has focused its attention only at physical disease. All the researches are focused on the processes in the physical body.

A very serious patient is brought to emergency department of a well equipped hospital. Doctor on duty tries his best to revive the patient, but does not succeed. Patient dies. Doctor tells the relatives, I am sorry, please take away the body. About half an hour back a patient was brought to the hospital, now a body is going out. What has happened that a patient has become a body?



Now from this body with the consent of relatives, if you remove heart, liver or kidney and transplant in a histo-compatible human being, who requires this organ, this organ starts functioning but was function less in the dead body.

Life force or our true inner self has been termed in Indian literature as SOUL.

In fact it is the SOUL which: Uses eyes to see, mouth to speak, ears to hear, heart to pump oxygenated blood to organs, lungs to oxygenate the blood etc.



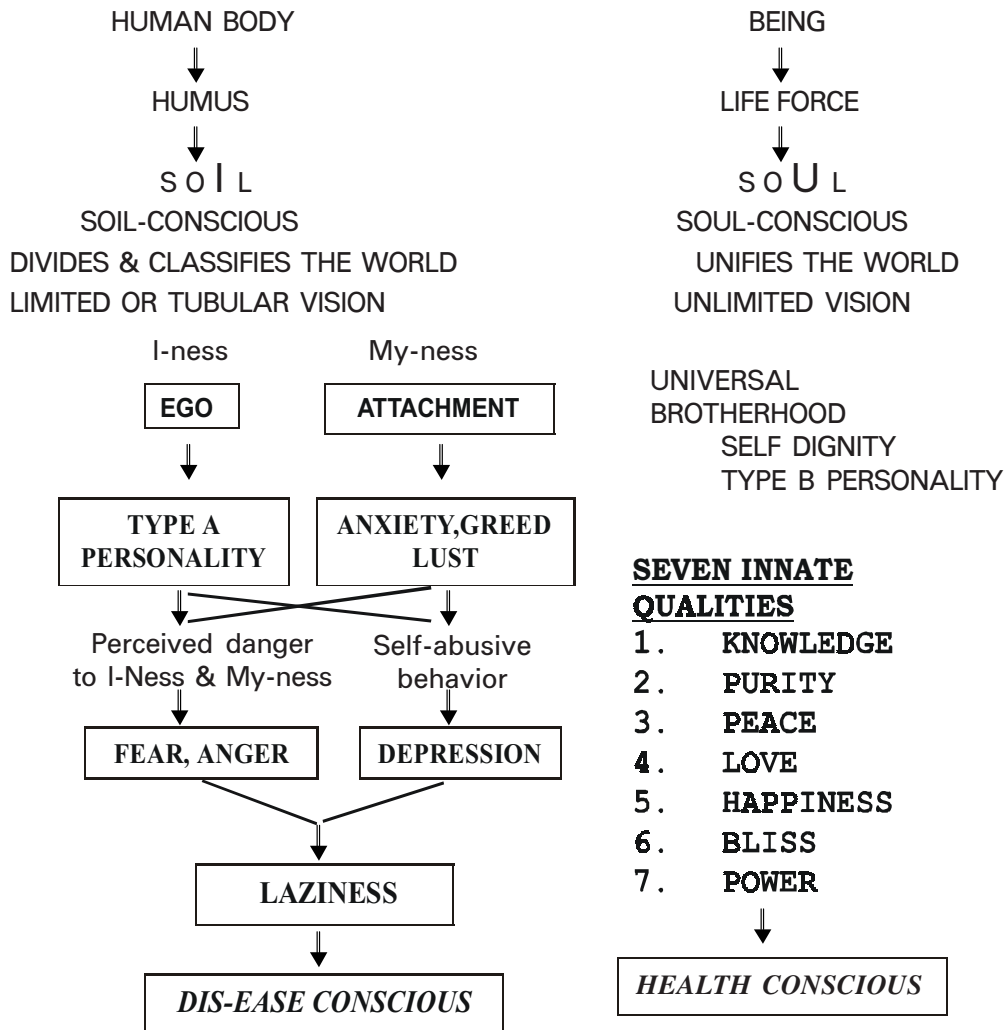
ANATOMY OF SOUL

Soul is a point of light and might. It is located in the centre of the forehead between the two eyebrows. **Anatomically soul is supposed to be located between hypothalamus and pituitary gland.**

The very word **HUMAN-BEING** explains the existence of soul. The human-being word has two components: Human body + being. (Chart no. 1). Human word has been derived from humus which means **SOIL**. Being word means life force or **SOUL**.

BODY/SOIL-CONSCIOUSNESS Vs. SOUL-CONSCIOUSNESS

THE WORD HUMAN BEING HAS ALL THE DETAILS IN IT:





IN THE PRESENT HEALTH CARE SYSTEM ALL THE MONEY IS BEING SPENT IN RESEARCH and STUDY OF THIS HUMAN BODY/SOIL. NOT A SINGLE PENNY IS BEING SPENT ON RESEARCH OR STUDY OF THE BEING WHICH IS ALL IMPORTANT FOR THE EXISTENCE OF LIFE and EASE IN LIFE.

THE LOSS OR DISTURBANCE OF EASE IS CALLED DIS-EASE

INCURABLE DISEASE : IT REALLY MEANS THAT IT CAN NOT BE CURED BY OUTER METHODS (MEDICINES OR SURGERY) and THAT WE MUST GO WITHIN (OUR TRUE INNER SELF-BEING-SOUL) TO EFFECT HEALING OR CURE.

The body-conscious soul thus classifies the world, has desires, adopts a perspective and responds according to its limited vision. The insecurity that this brings then manifests as anger, greed, ego, lust or attachment of some type or another. If you analyze deeply, what causes sorrow you will see it is due to the miss-identification of the true self with one's own or other's physical identities. In this state the mental process is a slave of the body and the external situation. The car becomes the controller of the driver.

The soul, because it is a soul and not a body, becomes insecure and tries to compensate with material things, status, profession, relationships etc., which while appearing to give comfort and safety, in fact become further sources of worry and depression.

Ego (I -ness) is the search for security through the wearing of many masks related to the roles that one has to play.

Attachment (my-ness) is the search for security through selfish, conditional relationships for illusory and transitory benefits.

Lust is the search for security through possessions or selfish relationships.

Greed is the search for security through the accumulation of things, money, status etc. and keeping one's stomach full.

Anger is the guard which tries to protect the false sense of security when any of the other four are threatened. Armed with a bevy words and actions, anger patrols the walls of that castle of illusions built in body-consciousness.

Each person is our brother. We are all visitors to this earth. We are all actors in this world drama. Each 'I' is a soul. The soul has no sex, nationality or race. In this way we will see not only our true value, but the true value of others and the true value of this world around us.

In soul-consciousness, the soul is in its rightful place as ruler of the body, sitting on its throne between the eyebrows. Soul is ageless, immortal and indestructible. Soul-consciousness



also refers to being aware of one's own original state. In body-consciousness the soul sees a problem as a huge mountain, but in soul-consciousness, the soul sees the same problem as a tiny mound. The problem is the same, but the new perspective has reduced the worry or fear involved to nothing.

Scientific evidences: Few studies carried out abroad confirm to this supposition.

1. In one of the studies which was carried out on intractable cases of epilepsy: When these patients were practicing meditation simultaneously their PET scanning was done. It was observed that during meditation the aforementioned area of the seat of the soul showed increased light energy. The scientist termed this point as GOD' s SPOT.
2. In another study it was observed that the soul has got magnetic power even for non-metallic particles.
3. Near death experiences as narrated by Kenneth Ring who is an authority on this subject confirms to this supposition.

It is a quanta of light energy which can not be seen by these two physical eyes but can be experienced by the third eye of knowledge (as electrical energy flowing in an electrical wire can not be seen but can be experienced by knowledge or by functioning of various equipments eg. fans, bulbs by this electric energy).

It is the master of the physical body similar to a driver driving the car. When soul is inside the body on its seat all the organ systems are alive and working but when soul leaves the body though all the organs are there but can not function.

PHYSIOLOGY OF THE SOUL

Soul has seven qualities, which are innate to it as coolness is innate quality of water, heat and light are innate qualities of the Sun. **The seven innate qualities of soul are: 1. Knowledge 2. Purity 3. Peace 4. Love 5. Happiness 6. Bliss 7. Power. These seven innate qualities flow as spiritual energy to each cell of the body and nourish them.**

Subtle faculties of the soul:

SOUL has three subtle faculties to control and rule over the physical body:

1. Mind
2. Intellect
3. Personality Traits/ resolves/ habits

1. MIND: It is the thinking power/mental energy of the soul, (negative or positive).

It is the mental energy which makes aura (subtle body) of a person. Soul radiates its mental energy to all the brain centers eg. Hypothalamus (thinking centre), limbic system (centre of emotions and attitudes), frontal cortex (memory centre), respiratory centre, speech centre, visual centre etc. in maximum concentration as these centers are located near the soul.



In fact the soul radiates mental energy to each cell of the physical body. Many scientists world over are now of the opinion that mind is not only located in the brain but each cell of the body has mind that means the mind/mental energy has the same shape as the physical body. It is a well known fact that each cell of the body has electrical energy which can be measured by various scientific equipments eg. electrical energy of brain cells is measured by electroencephalography (EEG), heart by electrocardiography (ECG), muscles by electromyography (EMG) etc.

Now aura can be photographed by Kirlian photography and it has been proving useful in diagnosis of disease in a particular part of body and organ system before it gets clinically manifested in the form of signs and symptoms.

If a person most of the time thinks negative aura around him has various shades of white light eg. Violet, indigo, blue, green, yellow, orange, red or can be black if there is no flow of mental energy. Mind acts as a sieve between spiritual energy (soul) and physical body. Negative T.E.A.M. blocks the sieve of mind thereby blocking the flow of spiritual energy (peace, love etc.) and this negative T.E.A.M. attracts microbes eg. bacteria, viruses, etc; oxidants, toxins towards cells of the target organ in the physical body damages immune system thereby leading to dis-ease over a period of time and dis-ease consciousness (**Chart no-2: Pathogenesis of dis-ease**).

Target organ in a physical body is determined by interplay of genetic background and environmental factors (internal and external) which in turn are decided by good or bad actions in the past life. Bad actions consume the spiritual energy and good actions increase the spiritual energy. Bad action performed by a particular organ system leads to decrease in nourishing spiritual energy to that particular organ system which in turn leads to development of dis-ease over a period of time.

On the other hand if a person thinks positive most of the time then aura around him is made up of silvery white light. Such a person is liked by all and radiates all the seven innate qualities eg. purity, Peace, Love around him. The other persons coming in contact with him can feel soothing effect of these qualities. Positive T.E.A.M. opens the sieve of mind thereby of spiritual energy (peace, love etc.) and Positive T.E.A.M. protects cells of the target organ in the physical body from microbes eg. bacteria, viruses, etc; oxidants, toxins and attracts healing proteins molecules, anti-oxidants and boosts up the immune system thereby leading to rapid recovery from dis-ease and health-consciousness (**Chart no. 3 : Mechanism of reversal of dis-ease**).



MIND (subtle body) & PHYSICAL BODY CONNECTION:

Mind-body connection is very strong. Thoughts, emotions, attitudes, memories (T.E.A.M.) are not mere vibrations in the air but they are definite electrochemical events occurring in the hypothalamus of the brain. Now with the help of PET scanning physiological changes occurring in the brain with change in thoughts, emotions etc. can be seen on the computer screen. After a lot of research in thought chemistry, now it has been proved these thoughts/emotions which is mental energy gets converted into matter called **neuropeptides** in the hypothalamus. These neuropeptides have been chemically isolated and identified. They go to each cell of the body through blood and each cell of the body (body has 50-70 trillion cells) has receptors for these neuropeptides (wonder words from the brain). These neuropeptides act as bio-chemical messengers from the brain to each cell of the physical body and each cell has to obey these messages/ orders from the brain. So this way brain talks to each cell of various organ systems of the body through neuropeptides and cells also talk to each other.

As we have earlier discussed that soul radiates mental energy to each cell of the body and each cell has it's own mind. In this way the mind (subtle body) is intimately connected with each cell of the physical body.

Whatever type of T.E.A.M. we have in the mind (subtle body), the physical body (cells) can not escape from its effects, good or bad. If we have a negative thought or emotion, these negative neuropeptides are formed in the hypothalamus and they go to each cell of the body, especially the target organ. It leads to release of various stress hormones eg. Epinephrine, nor-epinephrine, cortisol etc. and sympathetic dominance which leads to burning of energy, accumulation of catabolic products, toxins, oxidants inside the cells (especially the target organ) leading to dis-ease.

On the other hand if we have a positive thought or emotion, there is a release of endorphins (morphine like substances released by various cells of the body), encephalins, melatonin etc. and para-sympathetic dominance which leads to pooling of energy, removal of catabolic products, toxins, production of anti-oxidants leading to feeling of well being, health and happiness.

NEGATIVE MENTAL PATTERNS (T.E.A.M) LEAD TO DIS-EASE

POSITIVE MENTAL PATTERNS (T.E.A.M) LEAD TO HEALTH

2. INTELLECT:

Intellect is judging power/decision making power. It is influenced by our old personality traits/resolves/habits. Intellect can be corrupt when it takes negative decisions (thoughts, speech and actions) which have a discharging effect on the soul battery. Intellect is correct when it takes positive decisions.



By practicing Rajyoga Meditation intellect slowly becomes correct and we start taking positive decisions only and these positive decisions have a charging effect on the soul battery. When the positive decisions are taken again and again then these becomes our new positive personality traits / resolves / habits.

3. PERSONALITY TRAITS/RESOLVES/HABITS:

These are memories formed by repeated thoughts, speech and actions. A person starts getting identified by his personality traits and habits eg. if a person gets angry again and again is called an angry person, If someone smokes again and again, he is called smoker ; if he takes alcohol again and again, he is called an alcoholic etc.

Similarly if a person always speaks and behaves sweetly is called a gentle and sweet person; if gives money in charity again and again is called a charitable person etc.

Development & nourishment of various organ systems in the physical body:

When the soul enters the womb of a mother around 18 - 20 weeks of pregnancy in the fetus then only mother starts feeling the movement of the fetus. The soul brings with it the remaining stock of seven innate qualities from the previous life (as per good or bad actions) and it's three subtle faculties (mind, intellect and personality traits). Soul develops connection with all the cells of the fetus through mental energy (mind) and radiates all the seven innate qualities (spiritual energy) which develop and nourish various organ systems of the physical body.

We have 8 organ systems in our body eg. Circulatory system, Nervous system, Gastrointestinal system etc. All the seven innate qualities of the soul flow to these organ systems and nourish them. But each organ system abounds in one special innate quality eg. Brain is the centre of knowledge; Heart is the centre of love etc.

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| 1. KNOWLEDGE | --- | Nervous system |
| 2. PURITY | --- | Immune system / Five senses / Face |
| 3. PEACE | --- | Respiratory system |
| 4. LOVE | --- | Circulatory system (including Heart) |
| 5. HAPPINESS | --- | Gastro-intestinal system |
| 6. BLISS | --- | Hormonal system |
| | | Creative system : |
| | | a) Replacement of old cells of the body with new cells (Mitosis) |
| | | b) Production of ovum in females and sperms in males (Mieosis) |
| 7. POWER | --- | Musculo-skeletal system |
| 8. Harmony in all the innate qualities | | -Excretory system |



Detailed pathogenesis of various dis-eases in various organ systems on the basis of remaining stock of innate qualities and life force energy will be discussed in coming write-ups.

Due to negative thoughts, emotions, attitudes and memories or negative personality traits (eg. isolation, hostility, fear, anger, lack of social support, lack of love, feeling of insecurity etc.) there is a decrease in love flow to the heart which in turn leads to coronary heart disease. The love flow to the heart is directly proportional to the coronary blood flow to the heart muscle.

Similarly disease is produced in other organ systems because of decrease flow of one of these innate qualities of the soul specially required by that organ system for its development, nourishment and maintenance.

SUPREME SOUL

- ULTIMATE SOURCE OF LIGHT AND MIGHT AND SPIRITUAL ENERGY.
- OCEAN OF ALL INNATE QUALITIES.
- POWER HOUSE FOR THE SOUL.
- CREATOR , DIRECTOR OF WORLD DRAMA

RAJYOGA MEDITATION

1. DEFINITION: Highest state of consciousness in which the mind is fully relaxed even when physical body is engaged in day today work. It makes us master/ king of physical body.

2. It is the practice of soul-consciousness (our true inner self: I am a point of light and might in the centre of forehead). It means the soul and the physical body are two separate entities and they should have separate fathers/creators. The father of each physical body is different but father of all the souls is Supreme-Soul eg. two very close friends have different fathers for their physical bodies but both of them have same father as souls- Supreme-Soul. So each one of us has two fathers: 1. Father of physical body is different for each one of us. 2. Father of soul- Supreme-soul, which is common to all the human beings.

When I try to practice meditation (connection with Supreme-soul) in body-consciousness then thoughts of my physical body, my relatives eg. Wife, son, mother, father, etc., my friends, my profession, my patients, my bank account, my house, my car etc. criss-cross my consciousness and instead of achieving peace and happiness I develop headache and restlessness. Why this has happened? Why I am not getting the connection? This why leads to dis-ease. The body-consciousness leads to negativities eg. ego, attachment, greed, anger, lust, jealousy, laziness etc. which is nothing but darkness. Just as darkness is the absence of light. These negative forces are nothing but absence of spiritual light. Light has a source but darkness has not. Darkness is not created by any source but is the rather the absence of light



source. In the same way, the negative forces do not stem from the real nature of the self, but are the simply symptoms of lack of spiritual power or light. As spiritual light declines body-consciousness comes in and negative forces appear.

When I practice meditation in soul-consciousness (I am a soul residing within the physical body) I automatically get connected with the Supreme Soul (the father of all the souls, the ultimate source of spiritual energy: ocean of all the innate qualities) and full flow of spiritual energy in the form of all the seven innate qualities eg. purity, peace, happiness starts leading to health-consciousness and feeling of well.

Rajyoga is the science and art of harmonizing spiritual, mental and physical energy through connection with the ultimate source of spiritual energy (supreme-soul) for enjoying ever-healthy, ever-wealthy and ever-happy life.

3. Healthy lifestyle: Person practicing Rajyoga Meditation takes vegetarian food, regular morning and evening walks and performs his/her work in home or office in soul-conscious stage. This is termed as Healthy lifestyle.

4. Can be practiced by any person of any age, cast, religion, country **with eyes open** while performing day today work.

5. A person can be trained in Rajyoga Meditation by undergoing a condensed 3 day course.

BENEFITS OF RAJYOGA MEDITATION

1. Our face starts radiating all the innate qualities of soul eg. peace, love, happiness etc.
2. We start generating peaceful, alpha, theta and delta brain rhythms which can be recorded by EEG.
3. Better control of Hypertension and Diabetes.
4. Insulin sensitivity is improved in all the persons irrespective of diabetic status.
5. There is significant decrease in stress hormone levels in the blood.
6. There is regular and balanced release of happy hormones Endorphins, Melatonin, DHEA which give us feeling of well being, happiness and pooling of energy.
7. Regular practice leads to parasympathetic dominance which leads to decrease in heart rate, decrease in blood pressure, opening of blood vessels, Increase in skin- resistance (GSR) ,increase in heart rate - variability.
8. Overall better psychological status: Type 'A' person becomes Type ' B' .
Significant decrease in anxiety, anger and depression score .
Person starts following healthy life style change with better compliance.

These all observations have been confirmed by researches carried out at J. W. Global Hospital and Research Centre and Rajyoga Education and Research Foundation, Brahma Kumaris World Spiritual University, Mount Abu-307501 in collaboration with Defence Institute of Physiology and Allied Sciences (Defence Research and Development Organisation), Timarpur, Delhi- 110054.

