

PRINCIPLES OF HOLISTIC INTEGRATED MEDICINE



Author

Dr Nagendra Prasad Dubey

Co Author

Dr Namika Tiwari

World Association of Integrated Medicine

Second Edition – 2022

PRINCIPLES OF HOLISTIC INTEGRATED MEDICINE



Author

Dr. Nagendra Prasad Dubey

MBBS (KU); DTCD; DY(BHU); MD (Inte. & Trad..Med.); Ph.D; D.Sc (Inte. Med.);
DIA, DHHC (WAIM); CDHE (WU); CPT, CET, CLT, L FAF (USA); FWAIM

Co Author

Dr. Namika Tiwari

BAMS; BIMS; DIY; DIOG; FWAIM, LFAF (USA)

Second Edition 2022

All Rights Reserved: World Association of Integrated Medicine.

No part of this publication can be reproduced, stored in system or transmitted in any form or by any way or means without the prior permission of the author.



ISBN: 978-93-5680-454-8

Medical Advisor	: Dr. Hemant Tiwari
Traditional Advisor	: Dr. Sheela Dubey
Medical Systems Advisor	: Dr. Namika Tiwari
Managing Editor	: Dr. Niharika Dubey
Co-Editor	: Dr. Naveen Prakash Dubey
Layout & Cover Designer	: Brajesh Kumar Singh
Diagram Support by	: Navneet Prakash Dubey
Typing Support	: Awanish Kumar Patel
Published by	: World Association of Integrated Medicine N-10/60, C-1, Kakarmatta, PO – Bazardeeha, Varanasi, UP-221106, INDIA Email: integratedmedicine@yahoo.com Website: integratedmedicineindia.org

First Edition -2004

Published in

International Integrated Medical Forum

Vol.17, No. 5 (July - September 2004)

Second Edition – 2022

FOREWORDS

I have gone through the book “Principles of Holistic Integrated Medicine” authored by Dr. N. P. Dubey, Founder President, World Association of Integrated Medicine. The book covers a range of topics related to Vedic Concepts, Traditional Medicine, Holistic Approach and possibilities of its integrated development. The present subject matter is spread over Eighteen Chapters to explain the Approach to health through Holistic Integrated Medicine. Each chapter is of great value and of academic interest as well as from innovative point of view. The book covers- Holistic Concept of Body, Concept of Desire and Health, Concepts of Chakras (*Divine* and *Individual*), Holistic Healing Factors, Holistic Aspects of Integration, Holistic Management. The Holistic Evaluation process for individual suitability for holistic healing is very interesting and special. The chapters constitute the body of the book. The chapter Holistic Integrated Medicine is the soul of this book. Thus, the book presents a comprehensive reading on Holistic Integrated Medicine.

The ancient scriptures reveal that the Man and the Medicine evolved simultaneously in the Nature. The Man is the product of his Environment. There is a constant dynamic continuum between the Man and the Nature i.e. the Microcosm and the Macrocosm. This holistic approach is the basis of Life, Health and Medicine in all Traditions and culture, which seems to have been gradually eroded with the advent of western modern medicine which largely, adopts a reductionist approach. Hence the purpose of integration should essentially mean to implant holistic vision and approach in western modern medicine rather than allowing unethical use of western modern medication among the practitioners of traditional medicine. As a matter of fact integration between Ancient Indian Medicine and Conventional Modern Medicine should be ensured in multidimensional manner i.e. Integration at the level of Basic Principles, Fundamental Diagnosis and Holistic Management including Promotion of health and lastly at the level of therapeutics and medications. Unfortunately the integrated practitioners in India are integrating the systems in reverse order, which is dangerous for the very existence of the holistic approach and other unique features of the traditional systems of Medicine.

Through this foreword, I wish to draw the attention of integrated practitioners in general and the readers of this book in particular towards the uniqueness of ancient systems of medicine and their holistic approach as well as their safe natural medicaments largely drawn from Natural resources.

I strongly recommend the reading of this book as text as well as reference book for all academicians, practitioners, undergraduate and post graduate students of modern, traditional, alternative and holistic medicine. In the last, I wish all the best for the grand success of the Second edition of the book **“Principles of Holistic Integrated Medicine”**

(Padmshri Prof. Ram Harsh Singh)

M.D.(Ay.), Ph.D., D.Sc. (Honoris Causa), D.Lit., FWAIM.

Ex-Vice Chancellor

Rajasthan Ayurveda University

Jodhpur (Rajasthan)

Life Time Professor (Kayachikitsa)

Banaras Hindu University, Varanasi.

ACKNOWLEDGEMENT

With profound gratefulness, I pay my Homage to my beloved Mother Late Nawlakshi Dubey and Father Late Indrasan Dubey who brought me in this world for doing something to the suffering humanity. I dedicate my most sincere regards, respects and entire works in the “Lotus Feet” of Bhagwan Sri Sathya Sai Baba whose grace, blessings and intuitions always inspires me for the noble cause of Holistic Integrated Medicine.

I acknowledge my special thanks to Padmshri Prof. Ram Harsh Singh, Former Vice-Chancellor, Ayurveda University Jodhpur (Rajasthan) who is always with me to guide specially in traditional systems of treatment and healing. I am highly grateful for his inspiration through “Foreword” of this book.

I acknowledge my special thanks to **Late Prof. A.N. Safaya**, Former Director, Sri Sathya Sai Institute of Higher Medical Sciences, Prashanti Nilayam and Bangalore for his continues support to write the book Principle of Holistic Integrated Medicine.

I acknowledge my very special thanks to **Dr. Namika Tiwari** for her special contribution as Co-author in editing and arranging the references in bringing out this edition. It will be great injustice if I fail to express my indebtedness to my eldest brother **Late Jagdish Dubey** who inspired and motivated me to study medicine. My special thanks are to my wife **Dr. Sheela Dubey** and all the children **Dr. Niharika Dubey and Dr. Naveen Prakash Dubey** who always stood with me and provided their physical, mental, moral, spiritual and environmental supports in achieving the goal of completion of this book “**Principles of Holistic Integrated Medicine**”

(Dr. Nagendra Prasad Dubey)

MBBS (KU); DTCD; DY (BHU); MD (Inte. & Trad..Med.); Ph.D; D.Sc (Inte. Med.);
DIA, DHHC (WAIM); CDHE (WU); CPT, CET, CLT, L FAF (USA); FWAIM

Founder President

World Association of Integrated Medicine
Former Advisor – WHO - WPRO

CONTENTS

SL. NO.	SUBJECTS	PAGES
-	• Forewords	i - ii
-	• Acknowledgement	iii- iii
1.	Holistic Concept of Body	01- 09
2.	Concept of Desire and Health	10 -14
3.	Concepts of Divine Chakras	15 -19
4.	Concepts of Individual Chakras	20 - 26
5.	Holistic Healing Factors.	27 - 31
6.	Holistic Aspects of Integration	32 - 37
7.	A Concepts of Spiritual Healing	38 - 40
8.	An Astrological Approach	41 - 53
9.	An Auric Approach	54 - 58
10.	A Yogic Approach	59 - 62
11.	Meditational Approach	63 - 71
12.	Holistic Approach	72 - 76
13.	General Evaluation	77 - 81
14.	Holistic Evaluation	82 - 102
15.	Holistic Management	103 - 105
16.	Holistic Drug Management	106 - 117
16.1	<i>AUM Therapy</i>	<i>107 - 113</i>
16.2	<i>Integrated Medicine</i>	<i>114 - 116</i>
17.	Holistic Drugless Management	117 - 135
18.	Holistic Integrated Medicine	136 - 142
	• Index	143 - 144

HOLISTIC CONCEPT OF BODY

“What we see is not truth, the truth remains unseen”- Dr. N. P. Dubey

All the worldly existing is the result of the thought of Almighty GOD who is the Generator, Operator and Destroyer. HE is the beginning and end of all beginning. Before the creation of the universe, GOD might have thought and on His wish, the divine law operated and ultimately this universe came as a unique creation. Out of all the creations, the livings being are unique which are comprised of Five Components i.e. *Body, Senses, Mind,*

Soul and Superconsciousness. Amongst all lives creations, the human body has been understood to certain extent by the modern science. The detail holistic studies conducted and further analyzed by our Ancient Vedic Scholars (AVS) called Spiritual Scientists have been described in Vedas and Upanishads are at par than the modern science. Modern science believes only in physical finding and the demonstrable subjective matters. The holistic concept of the human body is beyond the identification and physical demonstration. The practical and understandable concept of holistic body has been described in various Vedic literatures.

- Introduction.
- Principles of Integrated Body.
- Concepts of Chetna.
- Features of Holistic Body.
- Representation of Holistic Body.
- Salient Features of Bodies.
- Applied Holistic Body.
- Applied Spiritual Anatomy
- Holistic Care.

PRINCIPLES OF INTEGRATED BODY

The human body is integrated mass of matter having condensed energy which is controlled by cosmic forces. In the body mass, the matter is called *Shiva* and the energy is called *Shakti*. The energy field has its various synonyms according to culture as “*Brahman, Chetna, Prana* (Indians), *Chi* (Chinese), *Pneuma* (Greek); *Nuah* (Jews); *Bioplasma* (Russian). *Vital Force* (Westerners), *Ruh* (Arabics), *Orgone energy*” etc in different part of world. The human energy field is same as universal energy field or *Para-Brahma*, the Spirit, the GOD. Thus, our body energy is controlled by the Cosmic Forces.

CONCEPT OF CHETANA

Chetna is *Prana*, the *Brahman*. It is also called life force. It is present in every universal particle which controls the individual but individual has no any control over *Chetna*. According to *Srimad Bhagwadgita*:

नैनं छिन्दन्ति शस्त्राणि नैनं दहति पावकः ।

न चैनं क्लेदयन्त्यापो न शोषयति मारुतः ।⁽¹⁾

Means - Weapons cannot cut it nor can fire burn it; water cannot wet it nor can wind dry it.

In other words, *Chetna* cannot be touch; taste, see, hear or smell. It is present in all sentient and insentient of the universe. It induces dynamic changes in every individual. It is also called *Atma*, *Prana*, *Brahman* or *Soul*.

FEATURES OF HOLISTIC BODY

The Vedic and Chetna concepts of the holistic body and their common important features are given in the tabular form (*from Higher to Lower body*)⁽²⁾.

Sl. No .	VEDIC CONCEPT	CHETANA CONCEPT	IMPORTANT FEATURES
7.	ATMIC BODY	Divine/Superconscious Plane (1st Cosmic Ether) Monadic Plane (2nd Cosmic Ether) Spiritual Plane (3rd Cosmic Ether)	Bliss Sheath - Place of Divinity, Yog-Samadhi. - Intelligence, Love and Wisdom. - Active intelligence.
6.	BUDDHIC BODY	Intuition Plane (4 th Cosmic Ether)	Spiritual Threads - Intelligence Sheath - Buddhic Permanent atom - Yoga-Dharana, Dhyana and Meditation
5.	HIGHER MENTAL BODY (Causal Body)	Mental Abstract Plane (Antahkarana)	Mental Sheath - Place for Soul - Yoga-Pratyahara
4.	LOWER MENTAL BODY	Mental Concrete Plane	Mental Unit Involved in worldly affairs

3.	ASTRAL BODY	Astral Plane (Emotional plane)	Emotion and Desire • Pleasure and Pain • Fear and Courage
2.	ETHRIC BODY (Ethric Double)	Ethric Plane (Energy Plane)	Energy Body • Energizes, & Vitalizes Physical body
1.	PHYSICAL BODY	Physical Plane (Physical Dense Plane)	Physical and Vital Sheath • Matter and energy • Structures-Solid, Liquid, Gas • Requires-Diets herbs and Gems • Yoga- Yama, Niyama, Asana and Pranayam

REPRESENTATION OF HOLISTIC BODY

The holistic human body is diagrammatically divided in two parts which is represented as Upper Triad and Lower Quaternary as mentioned below⁽³⁾.

- I. Upper Triad.
- II. Lower Quaternary.

I. UPPER TRIAD

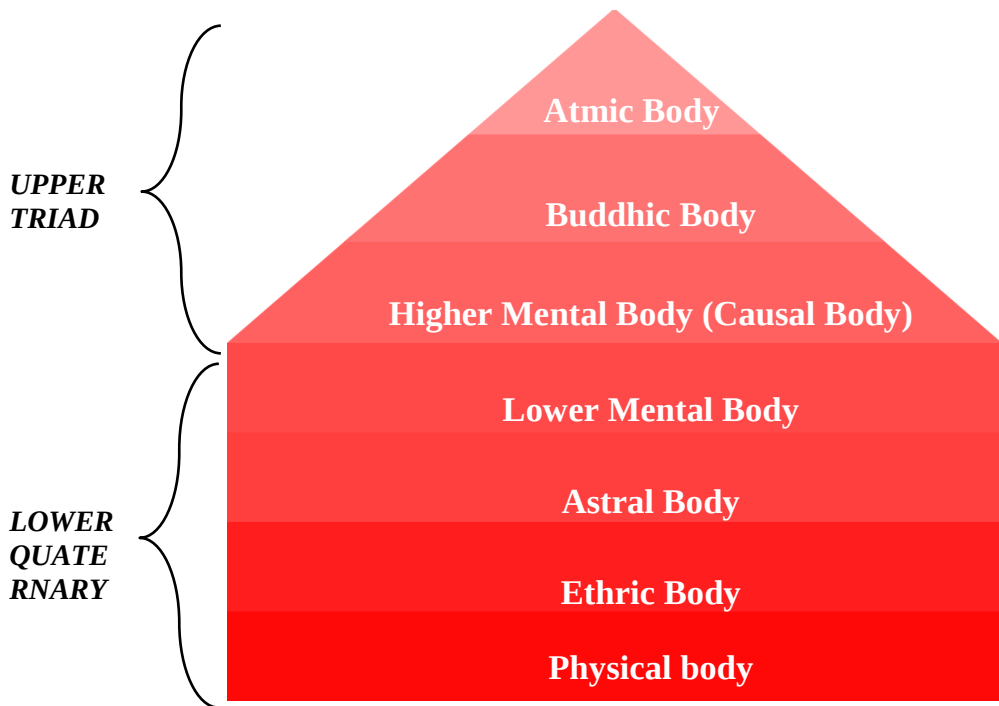
It is triangular representation representing the superior aspects of holistic body indicating the ultimate merger towards the Supreme / Ultimate. It contains:

- Atmic Body,
- Buddhic Body,
- Higher Mental Body.

II. LOWER QUATERNARY

It is rectangular representation representing the various higher body plane over the physical body for which the majority is concern. It contains following bodies (Above below).

- Lower Mental Body,
- Astral Body,
- Ethric Body,
- Physical Body



“Diagrammatic Representation of Holistic Body”

SALIENT FEATURES OF BODIES

Based on the lower quaternary and upper triad, the various bodies and their salient features (*from Lower to Higher Body*) are given below:

I. PHYSICAL BODY

This body is also called *Physical Dense Plane*. The physical body comprised of five elements according to traditional medicine and healing. According to modern medicine, the physical body is consists of cells, tissues, organs and systems bounded in physical and vital sheaths. These are in form of solid, liquid and gas. The physical body and vital sheath allow the highest plane to acts on physical level. It requires proper diets and herbs to maintain it. Recommended yoga to maintain the physical body is external yoga in form of *Yama, Niyama, Asana* and *Pranayam*.

II. ETHRIC BODY

This body is also called *Ethric Plane*. It has fine lines of energy force as web upon which physical body is molded. It forms a cohesive unit with physical body. It energizes and vitalizes the physical body and integrates man with the energy field of the earth. The ethric body contains fine tubular energy channels called *Nadi*. These *Nadis* have their representations in endocrines through nervous system (Central, Peripheral and Autonomous). These *Nadis* arise from highest source of energy called *Chakra*. The Ethric body has three basic functions which are interrelated. It is **Receiver**, **Assimilator** and **Transmitter** of energy. It gets disturbed due to two factors.

- A. Subjective Factors
- B. Objective Factors.

A. SUBJECTIVE FACTORS: -The subjective factors cause enhances flow or dam-up of energy. These factors are:

- Mental Shock.
- Anxiety.
- Worry.

B. OBJECTIVE FACTORS: -Here the factors lie on the ethric body and cause disturbance of flow of *Pranic* energy in the Chakra. These factors are –

- **Miasma** - Syphilis, Tuberculosis and Cancer.
- **Toxin** - Bacterial, Chemical and Environmental.
- **Physical Anomalies**- Congenital and Acquired.
- **Trauma**- Physical trauma.

III. ASTRAL BODY

This body is also called *Emotional Plane*. It is situated over the Ethric body and plays sensitive roles in life. It is responsible for all types of **Emotions and Desires**. It is also called desired body. It helps in experience of – **Pleasure and pain; Fear and Encouragement; Love and hate and Expression of Emotions**. Here, constant chaotic interplay of energy leading to disease in this plane.

IV. LOWER MENTAL BODY

This body is also called *Mental Concrete Plane*. It is the lower part of mental body. It is responsible for ***Worldly affairs of daily routine*** which may be wrong or right.

V. HIGHER MENTAL BODY

This body is also called *Mental Abstract Plane*. It is the highest level of mental body. It has mental abstract (*Antahkarana*), mental sheath and is the ***Seat for Soul***. It is connected with lower mental below and intuitional plane above. Recommended yoga is *Pratyahara*.

VI. BUDDHIC BODY

This body is also called *Intuitional Plan*. It is body between the higher mental and the divine plane. It is also called fourth cosmic ether plane and is ***Responsible for the Intuitions***. This contains Spiritual sheath, Intelligence sheath and Buddhic permanent atom. The recommended yogic steps are- *Dharana, Dhyana and Meditations*.

VII. ATMIC BODY

This body is also called *Divine Plane*. Every individual has Atma (Soul) which is immortal. It can be neither created nor be destroyed by anyone. It is beyond the control of any individual. The divine plane is divided onto three cosmic ether planes.

- A. First Cosmic Ether.
- B. Second Cosmic Ether.
- C. Third Cosmic Ether.

- A. **FIRST COSMIC ETHER:** -It is called *Divine Plane / Superconscious Plane*. It is the superior most aspect of subtle body in ether field.
- B. **SECOND COSMIC ETHER:** - It is called *Monadical plane*. It is the highest aspect for man. It uses Chetna as vehicle of expression. Chetna also uses the lower planes to gain the experience. It is responsible for – ***Intelligence, Love and Wisdom***.

- C. **THIRD COSMIC ETHER:** -It is called Spiritual Plane. It is the third lowest plane of Divine plane based on Buddhic body (Intuitional plane) it is responsible for spiritual activities at physical level. It is the plane for – *Intelligence and Bliss Sheath*. The Yogic step is *Samadhi*.

APPLIED HOLISTIC BODY

Applied aspects of holistic body are necessary to understand for practical purposes. To understand the proper integrated holistic treatment and healing, the human body can be dividing in three major bodies and True Self (*Atma*). The three bodies from lowest to highest are:

- I. Physical Body.
- II. Astral Body.
- III. Higher Mental Body (Causal Body).

I. PHYSICAL BODY

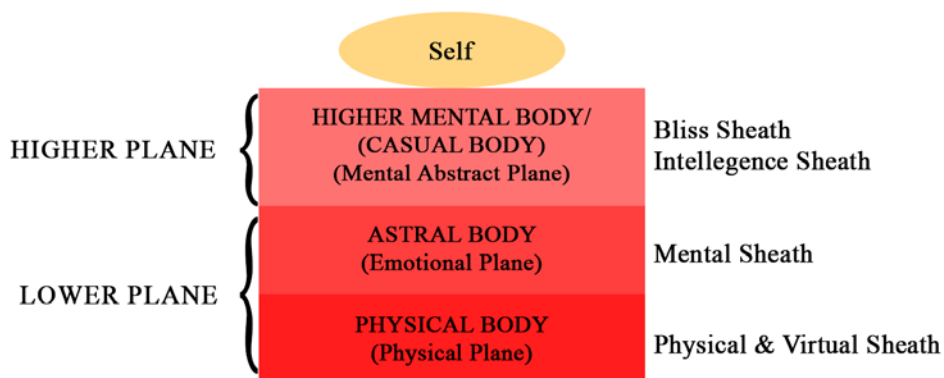
It is also called *Physical Dense Plane*. It composed of integrated mass of matter having condensed energy in various types of cells, tissues, organs and systems in solid, liquids and gas forms bounded with physical and vital sheaths. Recommended yoga to maintain the physical body is external yoga in form of *Yama, Niyama, Asana and Pranayam*.

II. ASTRAL BODY

This body is also called *Emotional Plane*. It is for thought and emotions attached with ethric and further below by physical bodies. It is connected with mental sheath with lower mental body. It helps in experience of – *Pleasure and pain; Fear and Encouragement; Love and hate and Expression of Emotions*.

III. HIGHER MENTAL BODY

This body is also called *Causal Body*. Its other name is *Mental Abstract Plane (Antahkarana)*. It has Bliss sheath and Intelligence sheath. Higher body is the *Seat for Soul*. It continues above to Buddhic Body and Atmic Bodies.. Its Yoga is *Pratyahara*. Over and above all is the seat of Soul (*Atma*). The diagrammatic representation of applied Holistic Body is given on coming page.



S “APPIED HOLISTIC BODY”

APPLIED SPIRITUAL ANATOMY

In a very complex structural matter of mass of human body, it requires to be detail study. It has been studied in various ways as integrated body, holistic body and spiritual bodies. The spiritual anatomy is based on the spiritual division of various Koshas, physical levels, physical functions and special attainments. The summary of all is given as under:

Sl No.	Spiritual Division	Physical Levels	Physical Function	Remarks
1.	Annamay Kosh	Entire Body	Apparent activities	Visible
2.	Pranmay Kosh	Bio-energy Body	Regulation of life	Active body
3.	Manomay Kosh	Lower Mental	Routine Mental works	Normal action
4.	Vigyanmay Kosh	Higher Mental	Supreme knowledge	Intuitions
5.	Anandmay Kosh	Highest Mental	Living in bliss	Attainment of Ultimate

HOLISTIC CARE

The entire holistic body is comprised of various types of sheaths. There are five sheaths which binds the human body in a shape. In order remain in

healthy state these sheaths require diets and yoga. The dietary and yogic steps are mentioned as under:

Sl. No.	SHEATHS	DIET	YOGIC STEPS
1.	Physical Sheath	Diet, herbs	Yama, Niyama, Asana
2.	Vital Sheath	Herbs, Gems	Pranayam
3.	Mental Sheath	Mantra	Pratyahara
4.	Intelligence Sheath	Meditation	Dharana, Dhyana
5.	Bliss Sheath	Union absorption	Samadhi

REFERENCES

1. *Srimad Bhagwadgita*; Gita Press Gorakhpur; Fourth Reprint 2010; Chapter 2; Shloka 23;P. 27.
2. *Dubey; N.P.:* Principles of Holistic Integrated Medicine; Holistic Concept of Human Body; International Integrated Medical Forum, Vol.17, No.5; July-September -2004; P. 2.
3. *Dubey; N.P.:* Principles of Holistic Integrated Medicine; Holistic Concept of Human Body International Integrated Medical Forum, Vol.17, No.5; July-September -2004; P. 2&3.

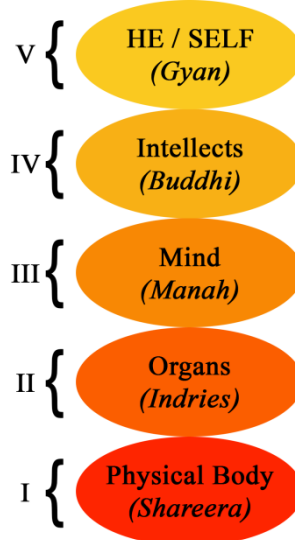
CONCEPT OF DESIRE AND HEALTH

Life is union of body, senses, mind and soul. The divine operation maintains it in its proper functioning.. The life is regulated by the inherited divine governing factors like past acts (*Poorva Karmas*) which bring the driving force for the present life as *Sanskara*. Desire (*Kama*) is the root cause to disturbance in alignment and equilibrium. After birth, with the advancement of the age, the knowledge (*Gyana*) gets enveloped by its enemy known as desire (*Kama*). According to Bhagwadgita, the desires (*Kama*) abode in organs (*Indries*), mind (*Manah*) and intellects (*Buddhi*). According to **Bhagwadgita**:

- Introduction
- Desire and Diseases
- Organs and Functions
- Holistic Suffering.
- Organs and Sufferings

इन्द्रियाणि पराण्यादुरिन्द्रियेभ्यः परं मनः ।
मनसस्तु परा बुद्धिर्यो बुद्धेः परतस्तु सः⁽¹⁾

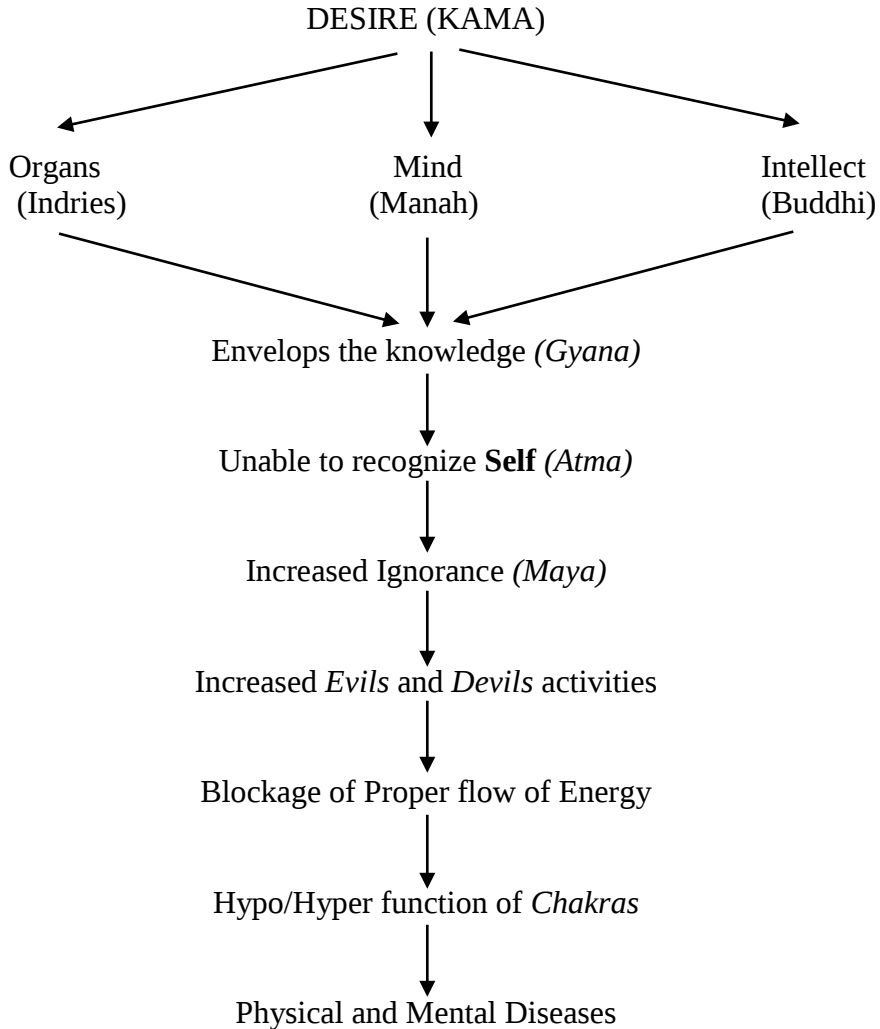
Means: The senses are said to be greater than the body; but greater than the senses is the mind. Greater than the mind is the Intellect; and what is greater than the intellect is HE, the Self. The sequence of location can be understand from under mentioned diagrammatic representation (*above to downward*).



“REPRESENTATION OF HOLISTIC CONTROL”

DESIRE AND DISEASE

The desire (*Kama*) acts at physical body plane as it abode in ***organs***, ***mind*** and ***intellects***. Through, these organs, the desire which is insatiable fire ⁽²⁾ and the constant enemy of knowledge envelope the knowledge (*Gyana*) to such an extent that it enables the individual to recognize the self (*Atma*) and ultimately leading to suffering.



“Flow Chart of Desire and Disease”

These sufferings manifest the individual through major, minor and mini chakras to the target organs through various channels. The effect may be acute or chronic depending on the effects of desire (*Kama*). The effects of desire manifest as ignorance (*Maya*) which block the proper flow of energy either at site of entry in chakras or at the site of exit from the chakras. Based on this, there are two activities:

- I. Decreased Activities.
- II. Increased Activities.

I. DECREASED ACTIVITIES

Decreased activities or Hypo activities are due to blockage of entry of energy in the chakras leading to back pressure at the source of origin of energy.

II. INCREASED ACTIVITIES

Increased Activities or Hyperactivities are due to blockage at the exit of energy from the chakras leading to increased pressure in chakral body as well as lack of energy in the target supply organs.

ORGANS AND FUNCTIONS

Organs (*Indries*) are the media for the expression of desire (*Kama*). The stimulation of organs (*Indries*) potentiate the desire to envelops the knowledge (*Gyana*) which increases the ignorance (*Maya*) and ultimately one cannot recognize the self (*Atma*). There are following organs (*Indries*) through which desire (*Kama*) affects the individuals.

Five Sense Organs: Eyes (*Vision*), Ears (*Hearing*), Tongue (*Taste*), Nose (*Smell*) and Skin (*Touch*).

Five Motor Organs: Hand (*Hast*), Feet (*Pad*), Mouth (*Vak*), Excretory (*Gudha*) and Reproductive (*Upasth*).

Five Elements: Earth (*Prithvi*), water (*Jala*), Fire (*Agni*), Sky (*Akash*) and Air (*Samira*).

Five Object of Organs: Visualization (*Roop*), Sound (*Shabd*), Taste (*Ras*), Smell (*Gandh*) and Touch (*Sparsh*).

Besides all the above, the **Great Elements** as - Mind (*Manah*), Intellect (*Buddhi*) and Ego (*Ahankar*) are also affected. Desire (*Kama*) affects organs first and gradually the higher planes of the individual.

HOLISTIC SUFFERINGS

The holistic suffering may be of two types i.e. *Inborn and Acquired*. The Inborn comes with birth. The acquired suffering starts after the birth where the role of Five Objectives of Organs i.e. Visualization (*Roop*), Sound (*Shabd*), Taste (*Ras*), Smell (*Gandh*) and Touch (*Sparsh*) are the points of genesis of sufferings. The individual, with the help of related Five Sense Organs (*Indries*) i.e. Eyes (*Vision*), Ears (*Hearing*), Tongue (*Taste*), Nose (*Smell*) and Skin (*Touch*) notes the positive and negative stimulation and tries to fulfill the same according to their inherited qualities (*Sanskara*). Depending on the stimulation, the individual tries to attain the same with the related sense organs (*Indries*). At this stage, the Desires (*Kama*) come in between. The desire (*Kama*) adobes in organs (*Indries*) mind (*Manah*) and intellect (*Buddhi*). The ego (*Ahankar*) plays the role of catalyst in development of ignorance (*Maya*). The ignorance enveloped the, knowledge (*Gyan*) leading to recognition of self (*Atman*). Thus, the increased ignorance (*Maya*) leads to evil and devil acts through Five Motor Organs i.e. Hand (*Hast*), Feet (*Pad*), Mouth (*Vak*), Excretory (*Gudha*) and Reproductive (*Upasth*). This leads to ultimate suffering.

ORGANS AND SUFFERINGS

The affected organs (*Indries*) bring its ill effects (manifestations) according to their involvement. These involvements can be observed inform of suffering, disorders and diseases. The manifestations first come in holistic body especially in higher body plane followed by the physical body. The organs (*Indries*) are the media for the expression of desire (*Kama*). In the sequential representation organs (*Indries*) are at the lowest in order and are responsible for the compliance of pleasure and pain. There are following organs (*Indries*), its functions and related philosophical and scientific sufferings.

Sl. No.	Organs (Indries)		Function	Related Disorders.
1.	Sense Organs	Eye	Vision	Visual disorders
		Ear	Hearing	Audio disorders
		Tongue	Taste	Taste disorders
		Nose	Smell	Nasal disorders
		Skin	Touch	Skin disorders
2.	Motor Organs	Hands	Working	Disorders of Hands
		Feet	Walking	Disorders of Feet
		Mouth	Eating	Oropharyngeal disorders

		Excretory Organs	Excretion	Excretory disorders
		Reproductive Organs	Reproduction	Reproductive disorders
3.	Five Elements	Earth	Body Constitution	Obesity
		Water	Body Fluids	Fluid disorders
		Fire	Body Temperature	Thermal disorders
		Sky	Maintenance of vital space in Holistic Body.	Astrological disorders
		Air	Filling of vital space in Holistic Body.	Air disorders
4.	Five Objects of Organ	Visualizations	Roop	Attractive and repulsive Physical disorders
		Sound	Shabd	Deafness
		Taste	Ras	Hyper and hypo Gastroenterological disorders Deafness
		Smell	Gandh	Attractive and repulsive Nasal disorders
		Touch	Sparsh	Hyper and hypo touch disorders
5.	Great Elements	Mind	Activation of Life	Life and mental disorders (from illness to death)
		Intellect	Intelligence	Intellect disorders
		Ego	Ahankar	Egoistic disorders

REFERENCE

1. *Srimad Bhagavad-Gita*; Gita Press, Gorakhpur; Fourth Reprint, Chapter three, Slok,42; P. 53.

CONCEPTS OF DIVINE CHAKRAS

In general in holistic healing, the chakras have special roles. They are the centre of energy. The divine chakras are above and in the continuum of individual chakras. The divine chakras are below in the continuum of the highest individual chakra called Sahashrara chakra and

above merges to the Supreme Self i.e. Almighty GOD (*Paramatma*). They are ill defined, limitless and widely spread. They are arranged in steps manners. Below the divine chakras are having its linkage in Baudhdic body (*Intuitional Plane*) located in higher mental body. The divine chakras are attained in steps ladder manners. They are connected below with the highest Individual chakras known as *Sahashrara Chakra* which acts as the bridge between the Divine and Individual chakra. Individual chakras are concerned with the holistic body indicate seven major individual energy centers in the body. They are the opening of life energy to flow into and out of aura. They are the whorls of high energy lotuses situated in astral, ethric and some in higher body planes. The Individual chakras are made up of three concentric interblending whorls of energy i.e. Left (*Ida*), Right (*Pingla*) and Centre (*Sushmana*).

- Introduction.
- Types of Divine Chakra.
- Parmatmic Chakras.
- Atmic Chakra.
- Location of Divine Chakras.
- Characteristics of Divine Chakra.

TYPES OF DIVINE CHAKRAS

According to aumic concepts, the divine chakras are the supreme chakras pertaining to *Atmic* and *Paramatma*. The divine chakra is extending from Sahashrara chakra and extending in continuum to the *Atmic* and *Paramatmic chakras*. The divine chakras have two major and some minor sub chakras represented as sub steps (*chakra*) under them. The divine chakras are also called superior chakra (*Para Chakras*). They are extending from physical body plane of the individual to continuum with GOD (*Paramatma*). They are attaining in steps ladder manners. It is well connected with the Supreme Realty (GOD) as well as with the individual body planes. These chakras control the individual chakras through divine pathways. There are two major chakras from above down words are described on coming page:

- Parmatmic Chakra.
- Atmic Chakra.

PARMATMIC CHAKRA

This is the highest level of each individual irrespective of sentient and insentient. They are attaining in step ladder manner. This is the level of GOD (*Parmatma*) who cannot be bound in any structure like figure, shape or form. This is representative of GOD who is ill defined Omnipresent and Omnipotent. It has four steps corresponding to four quarters of *Self*. According to Aumic philosophy, AUM is the sound and representative of GOD. All the universal creations are the gift of GOD (*AUM*) in His image. Thus, AUM is the GOD, *the Atman* and *the Self*. The Self has four quarters.

- A. Vaisvanara.
- B. Taijasa.
- C. Pragyan.
- D. Turiya (Atman).

- A. **VAISVANARA (Phase of Prosperity):** It is first quarter. It enjoys gross objects. It is the first sound **A** which encompasses all, thus who knows it, encompasses all desirable objects. It brings prosperities.
- B. **TAIJASA (Phase of Knowledge and Wisdom):** It is second quarter. It enjoys subtle objects. It is the second sound **U**. It is an excellence and contains the qualities of other two also i.e. A and M. Those who knows U exalts the flow of knowledge and everyone who will be born in his family will be enlightened. It brings knowledge and wisdom.
- C. **PRAGYAN (Phase of Attainment):** It is third quarter. Here, one becomes undivided, an undifferentiated mass of consciousness, consisting of bliss and feeding on bliss. It is the third sound **M**. This is the measure that knows this, measures all and becomes all.
- D. **TURIYA (Phase of Liberation):** It is Sanskrit word meaning is fourth. This stage is also known as *Atman*. It is state of experiencing pure consciousness or Superconsciousness. It is state of thoughtless awareness. It is Absolute. Here, the individual soul rest in his own **Sat Chit-Anand Swarupa**. This is Lord of All, the Omniscient; the Indwelling Controller; the Source of All. This divine cosmic field is soundless. This is the beginning

and end of all beings. It is infinite, cannot be described in words. Its sole essence is being the consciousness its own self. This is to be realized. He who knows merges his self in the *Self* and attain ultimate goal

ATMIC CHAKRA

This is also called *Para Chakras* situated in divine plane of an individual. This is the highest plane of individual higher body and its respective auric field. It is well connected with the Supreme Realty (GOD) as well as with higher and physical body plane of individual. This chakras control the individual chakras through divine pathways. This is divided in three sub planes.

- A. Divine Plane.
- B. Monadic Plane.
- C. Spiritual Plane.

A. DIVINE PLANE (First Cosmic Ether): It is also called Superconscious Plane. It represents the first part of cosmic ether so called First Cosmic Ether. It is in continuum to Monadic Plane below and above to outer sphere of Parmatmic Chakra which represent the Vaisvanara part of AUM.

B. MONADIC PLANE (Second Cosmic Ether): It represents the second part of cosmic ether so called Second Cosmic Ether. It is in continuum to the Spiritual Body below and above to Divine Plane. It is called *Monadic Plane*. It is the highest aspect for a human being. It uses consciousness (*Chetna*) as vehicle of expression. This consciousness (*Chetna*) also used to gain the experience from lower planes. It is responsible for –

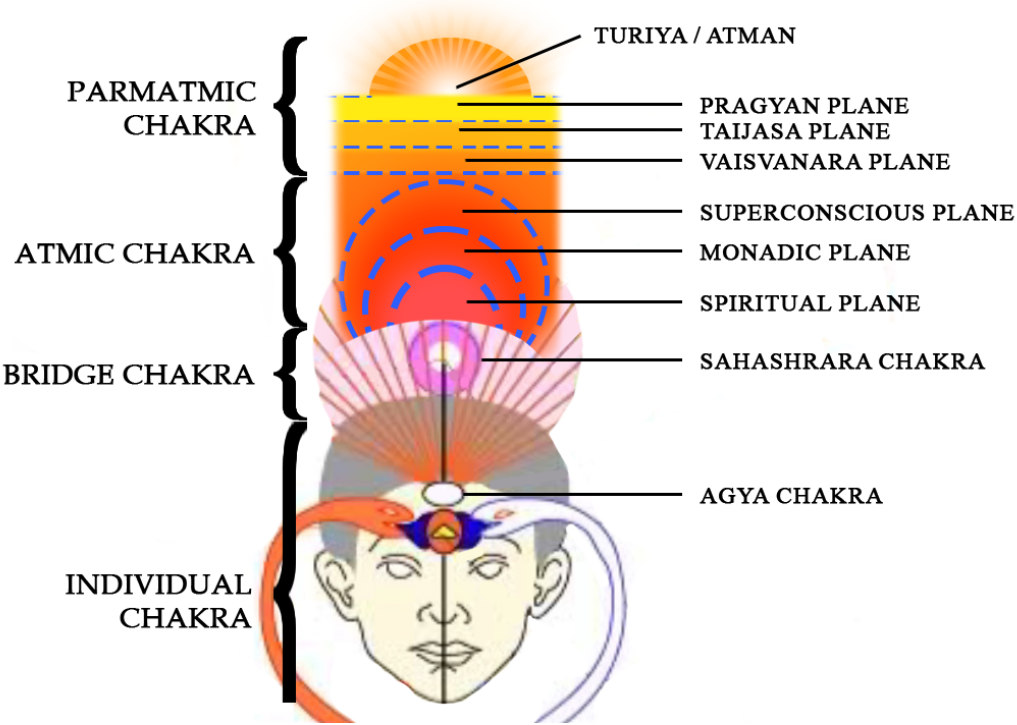
- Intelligence.
- Love.
- Wisdom.

C. SPIRITUAL PLANE (Third Cosmic Ether): It represents the third part of cosmic ether so called third Cosmic Ether. It is in continuum to the Intuitional Plane below and above to Monadic Plane.

LOCATION OF DIVINE CHAKRAS

Based on aumic philosophy and concepts of *Atma* and *Paramatma*, the location of divine chakras are in continuum to holistic body and individual

chakras in one or the other ways. A model is diagrammatically represented below⁽¹⁾.



“LOCATION OF DIVINE CHAKRAS”

CHARACTERISTICS OF DIVINE CHAKRAS

The divine chakras are the highest chakras who give direction to individual chakras to live and lead the life in accordance to their past acts (*Purvkarmas*) and present *Sanskar*. The important characteristics of divine chakra are mentioned below in tabular form (*from Higher to Lower Chakra*).

Sl. No.	DIVINE CHAKRA	SUB LEVELS OF CHAKR	IMPORTANT FEATURES
3	Parmatmic Chakra	Turiya (Atman/Brahman).	Sat Chit-Anand Swarupa→ Phase of Liberation.
		Pragyan.	One become Undivided → Phase of Liberation.
		Taijasa.	Enjoy Subtle Objects → Phase of

			Knowledge and Wisdom.
		Vaisvanara.	Enjoy Gross Objects → Phase of Prosperity.
2.	Atmic Chakra	Divine / Superconscious Plane	Bliss Sheath for Love and Wisdom
		Monadical Plane.	Active Intelligence.
		Spiritual Plane	Yoga and Samadhi.
1.	Sahasrara Chakra	Base of Divine Chakra	Bridge for Divine and Individual Chakra.

REFERENCE

1. **Dubey; Nagendra P. & Dubey; Naveen P.;** Basic Principles of AUM Therapy; Aumic Chakras, Third Edition 2022.

CONCEPTS OF INDIVIDUAL CHAKRAS

At the individual holistic body level, the Chakra is Sanskrit word standing for wheel or disk. The chakras are centre of energy. There are many chakras in and vicinity of human body. Individual chakras are concerned with the holistic body indicate seven major individual energy centers in the body. They are the opening of life energy to flow into and out of aura. They are the whorls of high energy lotuses situated in astral, ethric and some in higher body planes. The Individual chakras are made up of three concentric interblending whorls of energy i.e. Left (*Ida*), Right (*Pingla*) and Centre (*Sushmana*). They signify basic energy center in the body.

- Introduction.
- Types of Chakras.
- Location of Chakras.
- Chakras and Plexuses.
- Source of Energy.
- Functions of Chakras.
- Causes of Chakral Disorder.
- Common Chakral Disorders.

Each individual chakra correlates with the major nervous plexuses branching from the spinal column. In addition, the chakras also correlate to various levels of consciousness and developmental stages of life. It also correlates with colors, sounds, body functions etc.

TYPES OF CHAKRAS

These chakras are under the control of divine chakras especially the Atmic Chakra. These chakras are further divided in two groups Higher and Lower Chakras. They are located in ethric, astral and some in higher body plane of the individual's physical body. They are linked with divine chakras with the intermediary chakra known as *Sahashrara chakra*. These chakras (**from above down words**) are:

1. Sahashrara Chakra.
2. Agya Chakra.
3. Vishuddha Chakra.
4. Anahata Chakra.
5. Manipur Chakra.
6. Swadhisthana Chakra.
7. Mooladhara Chakra.

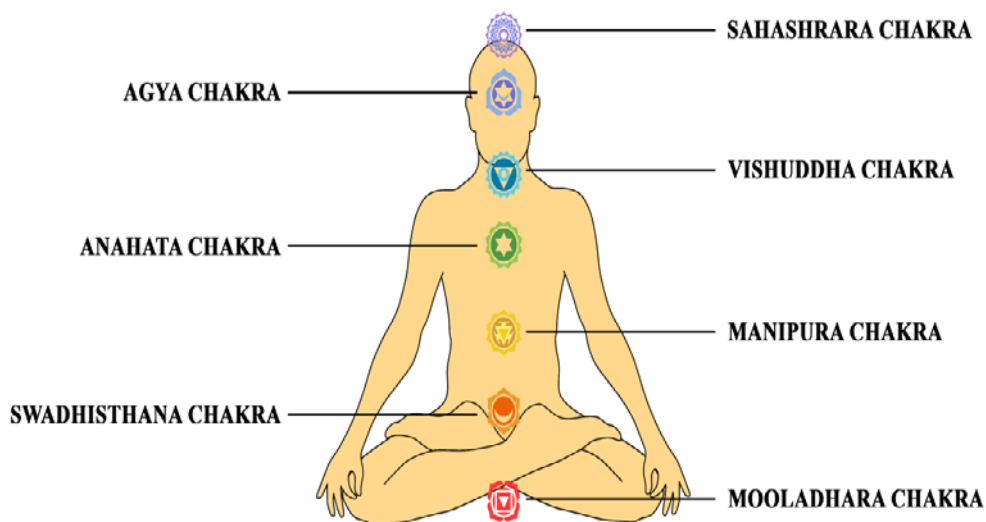
LOCATION OF CHAKRAS

Almost all the individual chakras correspond to certain plexuses which receives and transmits the respective information to particular chakra and plexuses respectively. The diagrammatic location of individual chakra are shown as:

- I. Body Surface Location.
- II. Spiral Structural Location.

I. BODY SURFACE LOCATION

The approximate respective chakral position on the body surface indicates the location of chakra in ethric and astral bodies. These surface locations are of much use in healing under Aura and Kundalini Therapy. A diagrammatic chakral location is given below.



“BODY SURFACE LOCATION OF CHAKRAL”

II. SPIRAL STRUCTURAL LOCATION

The individual lower chakras are mostly situated in ethric and astral bodies in various state of activity. They are also seen in astral and concrete mental body. The Vishuddha and Anahata are contained in lotus of soul at higher mental plane. The chakras reflect the physical, mental, emotional and spiritual quality of the individual. The lower Individual chakras are in holistic body and are in correspondence to specific nerve plexuses of the physical body while the higher individual chakras correspond to individual's higher body plane.

These structures are based on intuition, visualization, revelation and realization by clairvoyant scientists, sages and seers. These structures are invisible and cannot be demonstrated scientifically. Each individual chakra is made up of three concentric interblending whorls of energy:

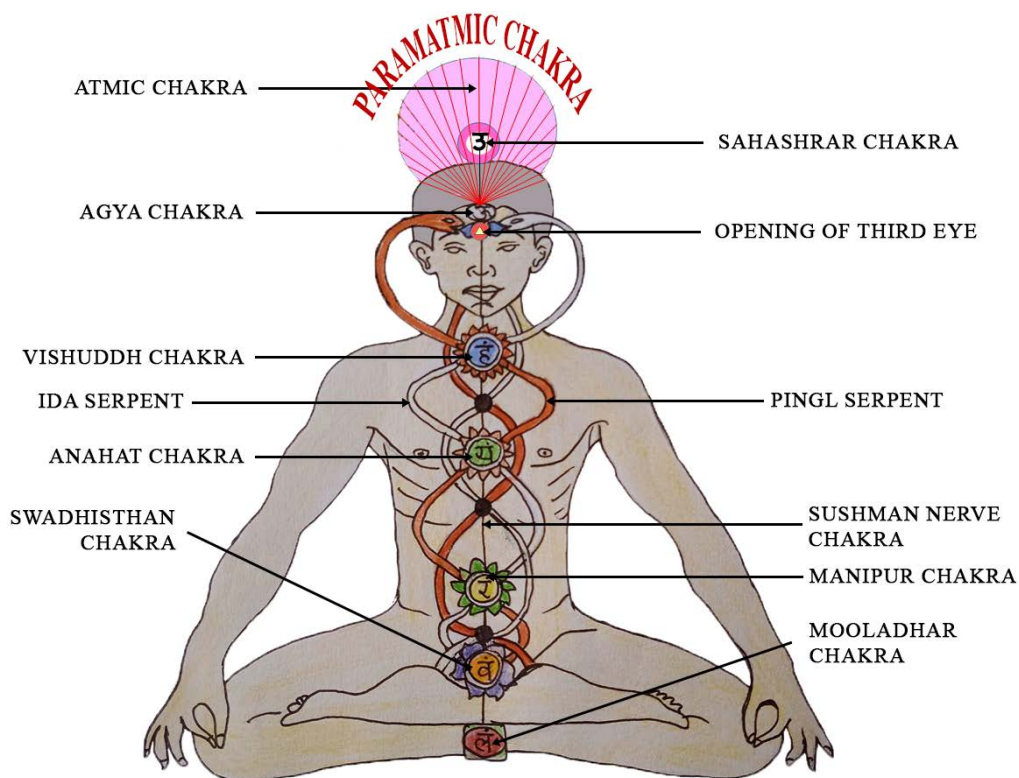
- Left (Ida),
- Right (Pingla),
- Centre (Sushmana).

In all the **seven individual major chakras** which are situated on the surface of ethric body where energy channels *Ida* and *Pingla* cross 21 times.

There are **21 Minor** chakras where they **cross 14 times**.

There are **49 Mini** chakras where they cross 7 times.

From Mini chakras, the Nadis are originated which carries energy to all the parts of the body. Thus, on most of the acupressure points **Nadis**, the *Ida* and *Pingla* **cross 3 times**. A general diagrammatic location of all the major Chakra is represented below as:



“LOCATION OF CHAKRAS”

CHAKRAS AND PLEXUSES

The *chakras* reflect the physical, mental, emotional and spiritual quality of the individual. The names and their corresponding situations are as under:

Sl. No.	Name of the Chakras		Corresponding Situations	
	Sanskrit Name	English Name	Nerve Plexus	General
1.	Mooladhara Chakra	Root Chakra	Sacro-Coccygeal Plexus	Base of Coccygeal Spine
2.	Swadhisthana Chakra	Genital Chakra	Lumbo-sacral Plexus	Base of Sacral Spine
3.	Manipura Chakra	Umbilical Chakra	Celiac or Solar Plexus	Umbilical area
4.	Anahata Chakra	Heart Chakra	Cardiac Plexus	Over Heart
5.	Vishuddha Chakra	Throat chakra	Carotid Plexus	Front of Throat
6.	Agya Chakra	Brow Chakra	Cavernous plexus (Hypothalamus)	Between both Eyebrows
7.	Sahasrara Chakra	Crown Chakra	Pineal gland (Upper brain)	Top of the Head

SOURCES OF ENERGY

The higher chakras are directly derived from divine source and thus they take the required energy from the Supreme Source of Energy (SSE) while the individual lower chakras receive the various types of energy from following sources:

- Sun (Solar energy) or Cosmos (Cosmic electromagnetic energy)
- Color (Color energy)
- Smell (Essence energy)
- Sound (Voice energy)
- Touch (Heat and cold energy)
- Taste (Nutritional energy)
- Thought (Constrictive energy)

FUNCTIONS OF CHAKRAS

All the individual lower chakras are directly under control of the divine chakras. The individual lower chakras are connected with minor and mini chakras and ultimately to the respective organs in accordance to the distributed areas of the chakras. In general the major chakras have following functions.

1. The divine chakras energize, regulate and maintain the span of life.
2. They higher individual Chakras vitalize the physical body.
3. They help in development of self consciousness.

The chakras receive, modulate and transmit the vital energy into physical body which gives rise to- ***Physical, Mental, Emotional and Spiritual Qualities.***

CAUSES OF CHAKRAL DISORDERS

These form a depression on Ethric body which is linked by a triple thread of energy with *Pranic triangle*. The *Prana* it is drawn to spleen chakra where it is processed, built up by rotation in *Pranic triangle*, which regulate its potency according to need of body. It is then discharged in to Ethric web of Major chakras and the Nadis to give vitality to the body.

In healthy individual all the chakras are perfectly balanced, correctly awakened and properly energized. The proper co-ordination of *Nadis*, *Nerves* and *Endocrines* maintains the health of the individual. The physical derangement or non-ailments are due to some disturbance in specific chakras leading to malfunctioning of corresponding organs and further diseases. The common cause of disease is;

1. Violent Trauma,
2. Operation,
3. Sudden emotional shock,
4. Fear and anxiety.

These lead to blockage of the flow of energy in Chakras either at the site of **entry in or exit out** from the chakra giving rise to various manifestations as clinical problems as:

1. Entry in Block.
 2. Exit out Block.
1. **Entry in Block:** When there is entry block, the chakras are depleted due to lack of energy as the energy is directed back to its original source leading to hypo function and consequently the physical and mental disorders.
 2. **Exit out Block:** When there is exit block, the energy is accumulated in chakras causing to congestion due to excess accumulation of energy and

ultimately bursting, leading to hyper function and consequently the physical and mental disorders.

COMMON CHAKRAL DISORDERS

These changes are seen as its lower down effects (Hypo Effects) or higher effects (Hyper Effects). In all condition, the manifestation is at organs (*Indries*) level. The functioning of chakras is of two types according to its activity.

(1) Hypo Function (Decreased activities).

(2) Hyper Function (Increased Activities).

Sl. No.	Name of the Plexus (<i>Chakra</i>)	Hypo Function	Hyper Function
1.	Sacro-Coccygeal Plexus (<i>Mooladhara Chakra</i>)	Hypogonadism, Dysfunction of kidney, Lumbago, Sciatica	Neuro-circulating Asthenia,
2.	Lumbo-Sacral Plexus (<i>Swadhisthana Chakra</i>)	Psychoneurosis, Impotence, Infertility, Fragility	Animal behavior, Syphilis, Gonorrhea, HIV/AIDS, Tumor of Testes, Prostate, Ovary, Uterus.
3.	Celiac or Solar Plexus (<i>Manipura Chakra</i>)	Cancer, Diabetes mellitus	Peptic ulcer, Cirrhosis Liver & Gall Bladder, Psoriasis, Neurasthenia.
4.	Cardiac Plexus (<i>Anahata Chakra</i>)	Depressive Psychosis, Hypotension, Arrhythmias Heart block.	Arrhythmias, Hypertension, Heart attacks, Blood disorders
5.	Carotid Plexus (<i>Vishuddha Chakra</i>)	Vertigo, Anemia, Allergy, Fatigue, Asthma, Sore-throat, Menstrual Disorders.	Psychosomatic Disorders, Bone Disorders, Hyperthyroidism
6.	Hypothalamus (<i>Agya Chakra</i>)	Hypopituitarism with Hypo function of all	Migraine, Mania, Gigantism,

		endocrines	Acromegaly Disorder of Eye, ENT.
7.	Upper Brain or Silent Area (<i>Sahasrara chakra</i>)	Depressive Psychosis	Encephalitis, Brain Tumor, Mania

REFERENCE

2. ***Dubey; Nagendra P. & Dubey; Naveen P.***; Basic Principles of AUM Therapy; Aumic Chakras, Third Edition 2022.

HOLISTIC HEALING FACTORS

The term holistic is derived for holiness means freedom from sin. It deals with holiness of the individual. Addition of term holistic in medical system indicates its comprehensiveness and responsibility for "**Total Care**" of a patient. Here, we consider all aspects of the health of the patient i.e. *physical, mental, social, moral, spiritual and environmental* well beings ⁽¹⁾. Here, the healing starts from center of the lesion and comes gradually out word and ultimately problem is over. Holistic healers had been present in society since the inception of life. Like western modern medicine, it is not necessary that physician or healer should undergo a few years of study. The holistic healers heal with divine grace through Divine-Universal-Individual Connectivity (DUIC). They use the Cosmo universal materials or matters in holistic treatment and healing based on the requirement. There are two types of **Holistic Healers** in society:

- Introduction.
- Principles of Holistic Healing.
- Factors in Holistic Healing.
 - I. Physical Factors,
 - II. Mental Factors,
 - III. Social Factors,
 - IV. Moral Factors,
 - V. Spiritual Factors,
 - VI. Environmental Factors.
- Factors Determines Health.

I. Inherited Holistic Healer: Those who are borne with special inherited divine powers like *Great Incarnations, Sages and Rishis* etc.

II. Acquired Holistic Healers: Those who attain divine power by virtue of devotion and blessings through transformation acquired by various divine studies, practices, prayers, yoga and meditation.

PRINCIPLES OF HOLISTIC HEALING

Every life in this universe is derived from **Brahman** who is the only whole or Entire. The creative force from *Brahman* when directed according to divine wish and law, it gives positive effects in all spheres of all universal creations leading to holistic effects. When *Atmic body* is aligned with great spiritual reality, it get divine knowing of that reality- **Aham Brahmasmi** (*I know I am GOD*). Though, you are individual, you are one with God. In the field of health care, those holy individuals who have transformed himself in healing become Holistic Healer. Those healers on the other hands took the help of other aspects of life i.e.

plant kingdom for curing certain diseases. The people believed in healers through experiences and have great faith. It is not only because of his seniority but because of his divine purported healing powers and also the feeling that he is Godly and is more closure to Him (GOD). GOD lives in him and some way. He keeps in views, the social, cultural and spiritual milieu. Sometimes the modern educated people because of his acts and behavior, with the Grace of GOD attains the goal of self realization. Majority of holistic healers recognizes himself by practices of yoga, meditation, astrology and awakening of Kundalini and so on. Such healers perceive divine thoughts, intuitions, knowledge and acts as holistic healer. He tries to make a comprehensive and total health care, keeping in views the social, cultural and spiritual milieu. Every individual has some degree of divine forces which drive him for good acts including care of his health.

FACTORS IN HOLISM

Holistic healer and holistic healing is in our tradition and culture. In most of the developing countries, it is practice as traditional medicine while in most of the developed countries; it is also used as healing system. The following factors govern the effects of holism, holistic treatment and healing.

- I. Physical factors.
- II. Mental Factors.
- III. Social Factors.
- IV. Moral factors.
- V. Spiritual Factors.
- VI. Environmental Factors

I. PHYSICAL FACTORS

These factors are pertaining to an individual. It is also known as personal factor. It may be inherited or acquired. The following physical factors are to be taken into account to evaluate the individual's holistic healing effects. These factors depend on following sub factors pertaining to the individual.

1. **Physical Fitness** - A physically fit individual is fit for holistic effects and healing rather than disabled.
2. **Posture of Individual**—The individual in erect and sitting posture is more suitable for holistic healing rather than supine and recumbent posture.
3. **Personality**: It is an individual's inherited qualities estimated through the *AURA* of the person.. A person with good *AURA* is more suitable for holistic healing.

4. **Diet and Nutrition:** The nature of individual's diet and nutrition definitely affects holistic healing. The foods and the nutrients after the digestion get absorbed and assimilated to give its essence which enter in the blood to be circulated all over the body including the brain which is the seat of mind and intellect (wisdom). These essence of food and nutrient provide the necessary known and unknown energy to the various organs to function accordingly. As per divine wish the individual works as ordained order of the Supreme. It is believed that they act according to the nature of food and nutrition. The pure vegetarian (**Satvic**) food has best effect of holistic healing.
5. **Community Involvement -:** The community has major role in shaping the customs and believe coming as traditional system. The logistics laid down by the community can play the role as catalyst on individual and community at large.
6. **Educational Status:** Education without culture is useless. Culture bound education brings humbleness in individual and the masses. The educational model must have the adequate contents for the service of masses. The educational and service model laid by Sri Sathya Baba is one of the best models for this world.

II. MENTAL FACTORS

These are the factors pertaining to the individual mental status. The mental factors are judge as:

1. **Consciousness:** Individual should be conscious.
2. **Co-operative:** Individual should be co-operative.
3. **Nervous Factors:** These systems must be intact and in order to an extent to perceive and perform the normal acts especially if it is required to preformed necessary yoga and meditation.
4. **Intelligence:** The individual must have the satisfactory level of holistic scores as evaluated through N P and AUM Score techniques.

III. SOCIAL FACTORS

These are the factors determined by the society. It is acquire and adopted by the mass of the society. It determines the way of the society in its all-round growth. The following sub factors to be taken into consideration.

1. **Culture Milieu:** The traditional cultural value of the society must be honored. Any alteration without proper consideration leads to imbalance in cultural milieu which creates many problems to individual and at large.

2. **Social Milieu:** The social environment of the exiting society must be dealt with care. It should not be disturbed without proper understanding and explanation to the mass of society. Any social evils must be explained intelligently and carefully to avoid any disaster in society. The evils should be removed in phases if at all it is required.

IV. MORAL FACTORS

These are the individual's inherited factors which may be strong or weak in one or the other sphere or life. It can rise to an individual to his highest level or could allow him to go to hell. It depends on the following sub factors:

1. **Family Background:** A moralist (*Sanskara*) family has more chance of maintaining the tradition of the family but it is not always true.
2. **Educational:** A culture bound education is considered to be the sheet anchor of the moral factor.
3. **Society:** It is directly proportional to the kind of society where one lives and led the life.

V. SPIRITUAL FACTORS

Spiritual factors are the sheet on which the holistic healing stands. It is the gift of the Supreme GOD to the individual. Someone borne with inherited gift of healing and some acquire it in the life. These factors depend on following sub factors:

1. **Past Life:** There are definite evidences of past life but only a few know it. It has been described in our religious literatures and has been explained by various Hindu GODS and Divine Incarnation. One gets the future life according to the previous acts (*Karmas*).
2. **Sanskara:** It is seat of cumulative acts done by sense and sense organs. When the Soul passes from one body to another it carries the *Manah* (mind) and *Indries* (Senses) together. Thus, it is divine power implanted at the time of conception. It determines the individual present life, acts and behaviors.
3. **Parental Status:** Parental status is just catalyst to individual which can accelerate the growth of spiritual factors.
4. **Cultural and Social Status:** Of course, the true cultural and social status is the catalyst for the growth of spiritual factors as they are the carrier of spiritual flags in society.

VI. ENVIRONMENTAL FACTORS

Environment is the stimulus of individual inhabitant and existing environmental factor is most important. Some get good environment the time of conception and some acquires in life after birth. The effect may vary from individual to individual. It depends on following sub factors:

1. **Family Backgrounds:** Individual borne in the family of sages (*Rishis*) has better affinity to holistic healing.
2. **Individual Relation:** Individual living in contact of known factors as agent, host and poor environment has lesser affinity to holistic healing.
3. **Climate Effect:** It also affects the individual as stimulant or depressant.
4. **Acclimatization:** It is an individual factor which allows him to adjust in any atmosphere as early as possible. This acclimatization is directly proportional to holistic healing.

FACTORS DETERMINES HEALTH

Everyone has right to have good health by any treatment and or healing in order to have long productive life. The following factors determine the holistic health of an individual:

- The social and economic environment,
- The physical environment.
- The person's individual characteristics and behaviors.

HOLISTIC ASPECTS OF INTEGRATION

Every individual has right of health. He can take the help of any system whichever he likes. We had various systems of treatment and healing since the origin of life in the universe in various name. Later on they all named as traditional system in one or the other name. The conventional medicine came later

with various merits. The fast growing conventional medicine has left much behind the traditional medicine and healing in spite of their very many qualities which at all are not with modern western medicine. The important adverse part pertaining to the conventional system as toxic effects, cost effectiveness, non-availability of many drugs has forced the people to think the use of traditional medicine and healings. Out of all the traditional medicine and healing, those who are considered holistic are most favored by the masses.

- Introduction.
- Groups of Medical Systems.
- Basis of Integration.
- Holistic Backgrounds.
- Concepts of Holistic Medicine.
- Holistic Integrated Medicine.
- Criterion's for Holistic Medicine.

TYPES OF MEDICAL SYSTEMS

During the meeting of World Health Assembly, World Health Organization identified 1350 system of treatment and healing. They grouped them in four major groups i.e. *Monopolistic, Tolerant, Parallel and Integrated*. According to availability, practices and increasing interest in alternative, the following named medical system has emerged:

- I. Modern (Conventional) Medicine.
- II. Complementary Medicine,
- III. Alternative Medicine,
- IV. Integrated Medicine.

I. MODERN MEDICINE

Modern medicine has its other name as – *Conventional, allopathic, main-stream medicine practice and system*. This system has emerged from traditional medicine and because of its merits it is practice almost all over the world.

II. COMPLEMENTRY MEDICINE

Complementary medicine is non-main stream medicine which can be practice together with conventional medicine.

1. Traditional Indian Medicine (Including systems of AYUSH)
2. Traditional Chinese Medicine.
3. Unorthodox medicine,
4. Fringe medicine,
5. Other Traditional medicine.

III. ALTERNATIVE MEDICINE

It is use of non-mainstream medicine in place of conventional medicine. The most commonly used as alternative medicine are - Acupuncture. Acupuncture practitioners believe that diseases and ailments are caused due to imbalances of universal energies.

IV. INTEGRATED MEDICINE

Integration means combination or unification. “Integrated Medicine is defined as combination or unification of the modern and traditional medicine / system / healing together for its teaching, training, treatment, research and national implementation on possible scientific parameters (*As all aspects of traditional medicine / system / healing cannot be bind in strict scientific boundary*). The best integration is the combination of all aspects i.e. principles, diagnostics and therapeutics in one combination but it can also be done even in principles and or diagnostics and or therapeutics ⁽¹⁾.

BASIS OF INTEGRATION

The science is the systematic component of the philosophy (knowledge) means it is limited. Thus derived systemic components become science. For convenience, the science has been further divided in various groups as- Physical, Chemical, Biological, Geological, and Environmental and so on. These groups were further divided various subjects and specialties. Medical science is one component of biological science to deal with the health care and wellbeing of living beings. Again, the medical sciences have been divided into two major groups as scientific or western modern medicine (allopathic) and traditional medicine/system/ healing with drug and drugless modalities.

The holistic aspect of cosmic energy derived by the ancient spiritual scientists descended through a series of steps. These aspects were added in the then traditional medical system and healing in accordance to the climate, cultures and civilizations. These traditional medicine were names as- ***indigenous, unorthodox, alternative, ethno, fringe, folk, unofficial traditional medicine and healing*** ⁽²⁾. All are having the same objective i.e. “*Alleviation suffering*”.

Now every medical system is flourishing in its own tight wall with varying degree of claims of curing, caring and healing to sufferings depending on their available means, methods and modalities of treatment and healing. Both existing systems (modern and traditional medicines) have stress and strain of their merits and demerits. Thus, as per “***Integrated Truth***” when:

- None of the medical system is perfect.
- None of the medical system is useless.
- Every medical system has merits and demerits.
- Every medical system has limitations and
- Our tradition is to respect all.

Under such circumstances, the only answer is to take the best of all the available systems together and develop its teaching, training, treatment, research and national implementation which could be nearer to the perfect as perfect is only one i.e. ***Omnipotence*** who is controlling the entire universe(***Divine Intuitions, Revelations and Blessings of Sri Sathya Sai Baba***).

Keeping in views, the origin of various medical sciences and integrating the best of all existing systems, the science of integrated medicine has emerged as “***Integrated Health Care (IHC)***” for alleviation of suffering and rehabilitation to the handicaps.

HOLISTIC BACKGROUDS

Most of the traditional systems (complementary / alternative) of treatment and healing claim to be a holistic system. World Association of Integrated Medicine does not consider to those systems to be a holistic unless they consider the care of all the aspects of life. To prove it holistic values one must include the holistic natural philosophy which includes the involvement of the philosophy adds traditions (as culture, customs and believe) along with the science involving having provision of modern and traditional tools and techniques of diagnosis and management. Holistic healing keeps in account all the aspects of individual’s i.e. *body, mind and soul*. At individual level, it takes care of all health as- *Physical, mental, social, moral, spiritual and environmental*. Beyond the physical level, the holistic care is taken care by the incorporation of cosmic, universal, individual and natural products of the Mother Nature.

CONCEPTS OF HOLISTIC MEDICINE

Before the application of integrated holistic treatment and healing there must be clearance of the concepts of holistic healing which can be better understood by having a brief account of under mentioned terminologies:

3. **Ethric Body:** It has fine lines of energy force as web upon which physical body which is molded in a layer. It forms a cohesive unit with physical body. It energizes and vitalizes the physical body and integrates man with the energy field of the earth. Ethric body contains fine tubular energy channels called *Nadi*. These *Nadis* have their representations in endocrines through nervous system (Central, Peripheral and Autonomous). These *Nadis* arise from highest source of energy called *Chakra*.
4. **Astral Body:** It is the body situated over the Ethric body and plays sensitive roles in life. It is responsible for all types of **emotions and desires**. It is also called desired body.
5. **Physical Body:** It is composed of integrated mass of matter having condensed energy in various types of cells, tissues, organs and systems in solid, liquids and gas forms bounded with physical and vital sheaths.
6. **Causal Body:** The reincarnating entity of ideals and archetypes or prototype. It includes all other bodies from higher mental to the divine plane (Atmic body). It contains bliss sheath.
7. **Treatment:** It is method of the management and care of a patient or the combating of disease or disorder. It is also described as any specific procedure used for cure or the amelioration of a disease or pathological condition. The treatment could be medical, surgical, dental or psychological. It is also synonymous of therapy.
8. **Therapy:** Its literal meaning is curing, healing and is attempt to medication of a health problem after the diagnosis. It is done with the involvement of various means, methods and materials. It has wider spectrum of coverage or restoration than treatment or healing alone. It is also synonymous of treatment. As a rule, each therapy has indication and contraindication.
9. **Healing:** It is wider term and used to make the thing as whole. It is the process of the restoration of health from an unbalanced, diseased or damaged state. Healing may be physical or psychological. With respect to physical damage or disease suffered by an organism, healing involves the repair of living tissue, organs and system as whole and resume to its normal functioning. In healing, the cells get regenerate and repair to reduce the size of a damaged and replace it with new living tissue. The replacement can happen in two ways:
(I) **By Regeneration:** Here, the necrotic cells are replaced by new cells that form similar tissue.

(II) By Repair: Here the injured tissue is replaced with the scar tissues. Most healing involves the mixture of regeneration and repair.

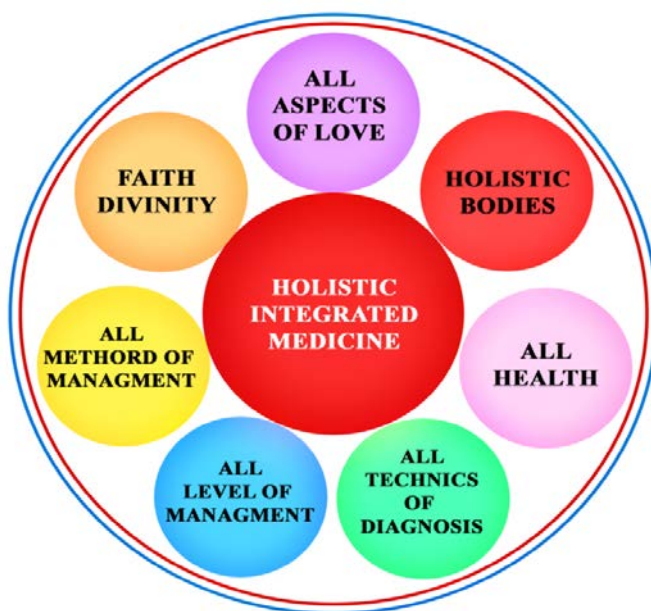
10. Holistic Management: This is a much specialized mode of healing where all health is taken care of holistic body whole self (*Body, Mind and Soul*) of the individual is considered.

11. Holistic Influence: This is to active, effective and sustainable influence of any holistic system on individual to lead a prolonged peaceful and blissful life.

12. All Health: At physical body level, it indicates - **Physical, mental, social, moral, spiritual and environmental.**

HOLISTIC INTEGRATED MEDICINE

World Association of Integrated Medicine consider as “Holistic Integrated Medicine as combination of divine, universal, individual contents to deal the holistic body and health in order to enable the individual to streamline the divine-universal-individual connectivity (DUIC) to attain the ultimate goal of life i.e. **Long, Healthy, Peaceful** and **Blissful life**. According to World Association of Integrated Medicine (WAIM) in collaboration of AUM Foundation LLC, NY USA has laid certain criteria to call a system as holistic integrated medicine / system. The diagrammatic model of holistic integrated medicine (HIM) consideration is given as under.



“MODEL OF HOLISTIC INTEGRATED MEDICINE”

HOLISTIC INTEGRATED CRITERIAS

Any medical system of treatment and or healing must have at least five under mentioned criterions to be declared as Holistic Integrated Medicine for treatment and or healing. These criterions are ⁽³⁾.

1. **All Aspects of Life:** Union of Body, Mind, Sense, Soul and Superconscious.
2. **Consideration of Holistic Bodies:** Physical, Ethric, Astral, Lower mental. Higher Mental, Intuitional and Atmic.
3. **All Health:** Physical, Mental, Social, Moral, Spiritual and Environmental.
4. **All Techniques in Diagnosis:** Holistic Process, Practices, Measures and Ingredients.
5. **All Management Levels:** Prevention, Elimination, Rehabilitation and life styles according to modern and traditional systems.
6. **All Methods of Management:** Divine, Universal Contents, Natural contents, AUM Therapy, Vedic Mantras, Healing with Bijakshra, Bijamantra, Tantra and Yantras and recitals.
7. **Spiritual Contents:** Faith in Divinity.

REFERENCE

1. *Dubey, Nagendra P & Dubey Niharika:* Basic Principles of Integrated Medicine; Science and Philosophy; Third Edition; 2022, P.5.
2. *Bannerman; R.H., Bruton John and Cwen Wen-Chieh,* Traditional Medicine and Health Care coverage; Introduction, World Health Organization, Geneva, Reprint 1988, P.9.
3. *Dubey, Nagendra P & Dubey Niharika:* Basic Principles of Integrated Medicine; Holistic Medicine; Third Edition; 2022, P.21

CONCEPTS OF SPIRITUAL HEALING

The spiritual healing is an essential component of holistic treatment. The word 'spiritual' originates from the Latin word '*Spiritus*' meaning 'breath of life'. The spiritual aspect refers to spiritual energy working at a deep level on our spiritual being. Spiritual healing or Spirit healing is with us from the origin of our civilization and culture. It became widely known through the spiritualist movement especially in England. No healing comes just from the healer. The healing forces and energies come from Spirit or GOD through the medium known as healer. The word spirit is used in two ways, one as divine, positive and holistic called as GOD and other as devil, negative and deteriorating called as Ghost. It is often used to describe the healing through GOD. Here, the healer is mediator through whom the divine energy passes to the healee.

- Introduction.
- Backgrounds.
- Philosophy.
- Mode of Healing.
- Components of Healing.
- Types of Healing.
- Feeling during Healing.
- Effects of Healing.

Thus, spiritual healing can be defined as the direct interaction between on individual (Healer) and the second (Sick) individual with the intention of bringing about an improvement in the illness. It is treatment that involves the transfer of energy through the healer to the recipient.

Energy medicine is a branch of alternative medicine based on a pseudo-scientific belief that healers can channel healing energy.

BACKGROUNDS

Spiritual healing can be traced as far back as the Bible and has always had its adherents. In recent years, it has gained widespread popularity in the United States, the United Kingdom, and other countries. Spiritual healers believe that the therapeutic effect results from the channeling of healing "energy" from an assumed source via the healer to the patient. The central claim of healers is that they promote or facilitate self-healing in the patient. However, no scientific evidence is available to support the existence of this "energy," nor is there a scientific rationale for the concepts underlying spiritual healing.

PHILOSOPHY

We all are the creation of Almighty GOD. GOD has various synonyms as *Brahma, Jehovah, Allah, Tao, Creator, or Divine Creator, or may be Divine Spirit*. Native Americans have often used the term Great Spirit or Great White Spirit. We live and move with the help and grace of the energy provided by GOD called cosmic energy. It travels in form of waves and is perceived by each sentient and insentient being according to their life span. The cosmic energy exerts definite effect through its field of forces for the benefit of all. During the therapy, the healer remains in still position and becomes channels for this energy and acts as a means of transferring this energy in to the sufferer.

MODE OF HEALING

Spiritual healing is a method which eliminates all blockages causing physical, psychological, social, moral and environmental health and development at individual's level by breaking the negative cycle and restoring the positive cycle through various cosmic and environmental energy vibrations. It deals with the whole personality of the individual. It is practiced in one or the other way all over the world. The spiritual healing has wide impacts on health in all types of people. It has its special role in amelioration of the stress and strain induced chronic and prolonged illness. It promotes self-healing by –

- Relaxing the body,
- Releasing tensions,
- Strengthening the body's own immune system.

Healing is natural and non-invasive with the intention of bringing the recipient into a state of balance and wellbeing on all levels'. Spiritual healing is not linked to a particular religion. The healing involves the transfer of energy; in other words, it is not from the healer him or herself, but the healer links with 'Universal' or Divine energy to channel healing for the mind, body and spirit.

COMPONENTS OF HEALING

Once you say healing, the immediately it comes to the mind a drugless system of treatment of sufferings which could be spiritual. In general following are the components of healing.

1. Universal energy or spiritual force (non-religious) can be directed by intention,

2. During focus on the human body through auric field, it raises the 'spiritual vibrations'. This improves health.
3. For optimum healing, repeated treatments needed to overcome the body's inertia,
4. When people are ill, they say that they are 'low in energy'; conversely when people are healthy, we talk about them bursting with energy.

TYPES OF HEALING

There are two types of healing. In both cases, the healer knows that with the grace of GOD a bountiful, endless supply of healing energy is flowing through them.

- (I) **Passive Healing:** Here, the healer's physical body acts as a medium of flow of energy between GOD's healing energies and the patient.
- (II) **Active Healing:** Here, the spirit guides the doctors or the healer through subtle energy to keep for the healer's hands to certain places on the patient's body where healing can best be effected.

FEELING DURING HEALING

Whenever healing is started the sick person has some experience which is due to flow of energy. Usually, one or more of the following feeling one may feel.

- Warmth (from the healer's hands or an overall comforting type)
- Cold,
- Tingling,
- Other sensations (e.g. of movement, touch, pain coming to the surface).

EFFECTS OF HEALING

Some changes appeared as the effect of healing to sick one. The change may be very important to the life of the patient. The common effects are:

- Reduced pain,
- Deepening inner peace / Lightening of burden,
- Alleviation of physical symptoms,
- Sense of connectedness with the Universe,
- Increased vitality.

AN ASTROLOGICAL APPROACH

It is also known as Astro medicine. It has major roles in holistic treatment and healing. Most of the European knows that astrology is used to be good science of health. It is essential part of both the theory and practical aspects of medical practice. There is established relation between the body and the cosmos according to Vedic Astrology (*Jyotish*). The life is directly and indirectly influenced by the various celestial bodies

specially the planets which are responsible for health and diseases. Since the ancient time, Ayurvedic knowledge without the knowledge of astrology was incomplete. Astrology deals with close relationship between celestial bodies and human being. These celestial bodies exert varying degree of influence on human body depending on the position of planets at the time of their birth and in later part of life.

Astro-medicine is the branch of medicine that deals with healing of diseases by astrological measures. This is basically a fusion of Ayurveda and Astrology. As a fundamental principle Ayurveda believes that the Planets, Stars & other celestial bodies have definite effects on the human body and hence can influence health and disease. Medical astrology deals the association of various parts of the body, diseases and drugs with the nature of the sun, moon, planets, and the twelve astrological signs.

- Introduction.
- Astrology and Ayurveda.
- Astro-Medicine.
- Phases of Disease.
- Basis of Astro- Medicine.
- Zodiacs.
- Stars.
- Planets.

ASTROLOGY AND AYURVEDA

The concept of Astro-medicine and healing has emerged from Indian Astrology. According to Indian system of medicine (ISM), human body is comprised of five elements (*Punchmahabhutas*) i.e.-earth, water, air, fire and sky. The imbalance of these elements leads to vitiation of three humors (*Tridoshas*) leading to various disorders and diseases. All the universal contents (sentiments and insentient) have their specific **Zodiacs, Stars and Planets**. Astro-healing provides prophylaxis, diagnosis, prognosis and protective management for complicated, complex and incurable disorders and diseases.

ASTRO MEDICINE

Primarily, the Astro medicine is based on the study of horoscopes developed on the birth details of the individual. Sometimes, along with the horoscope, we take the help of Palmistry, Numerology and Face reading etc. There are three main divisions of the Astro-medicine-

- Astro-Diagnosis
- Astro -Prophylaxis
- Astro-Management.

PHASES OF DISEASE

Here, the diagnosing a disease is based on the combination and permutations of the planets distributed in 12 houses. Usually the 6th planet is considered as Lord for understanding of disease. Like traditional and modern medicine, the astrological diseases have three important phases.

- 1. Pre-Disease State (*Udbhava*):** - This is the state of beginning or the genesis of disease. The genesis of the disease may be local or general.
- 2. Disease State (*Vyakta*):** Here, the person is in position to tell his complaints and the astrologer (healer) may be in position to find the related signs in their planets.
- 3. State of Complication (*Anista*):** This is the state of danger where anything from handicapped to death may take place.

BASIS OF ASTRO - MEDICINE

According to Ayurveda human being is replica of universe in miniature and so has close relation with universe. The basis of astrology is permutation and combinations of –

- Zodiacs,
- Stars,
- Planets.

ZODIACS (*RASHI*)

It is band of the celestial sphere extending about 8° on either side of ecliptics. It represents the path of path of movement of Moon and Sun. This band is divided into twelve equal parts called signs of zodiac. It predicts the natures, strength and weakness of the individual. It contains 12 zodiacal constellations. Each part is 30° wide. They are 12 in numbers.

1. Aries (Mekh)
2. Taurus (Brikhabh)
3. Gemini (Mithun)
4. Cancer(Kark)
5. Leo(Singh)
6. Virgo (Kanya)
7. Libra (Tula)
8. Scorpio(Brishchik)
9. Sagittarius (Dhanu)
10. Capricorns(Makar)
11. Aquarius (Kumbh)
12. Pisces (Meen)

NATURE OF ZODIACS (*RASHI*)

On the basis zodiac signs, we can find out the compatibility between two individuals and can predict the nature, strength and weakness of an individual. It also helps in finding out the soul mate. Some of the common finding of each zodiac as Theme Nature, and General Nature is given as under:

Sl. No.	Name of Zodiacs	Theme Nature	General Nature
1.	Aries (Mekh)	Enthusiastic	Honest and romantic partners. They are highly dependent on each other. They discuss all purposeful matters daily.
2.	Taurus (Brikhabh)	Progressive in love.	They are caring and loving for their partners. They love each other throughout life.
3.	Gemini (Mithun)	Fascinating and Unpredictable	Frequent changing moods Making appointments can be difficult.
4.	Cancer (Kark)	Affectionate	Enjoy a steady relationship with partners. Dependent on all the matters on partner. Self-protective and well accepted individuals.
5.	Leo (Singh)	Enthusiastic.	They are supportive in their relationships. They are career oriented. They are always confident in their abilities.
6.	Virgo (Kanya)	Always Preplanned.	They cannot be controlled. They will not change program in last

			minute. They are concise and calculated in all matters.
7.	Libra (<i>Tula</i>)	Good looking and Sweet tongue.	Very selective in all respects. Require appreciation and attention of partner. Caring in relationships.
8.	Scorpion (<i>Brishchik</i>)	Careful and protective	They are concern for well being their partner. They are satisfied with family relations.
9.	Sagittarius (<i>Dhanu</i>)	Futuristic Nature	Relaxed and enjoying pleasures of life. Easily disappointed, Believe in to do better next time.
10	Capricorn (<i>Makar</i>)	Fond of Relationship	They wait for right person. They unnecessarily waste time and energy.
11.	Aquarius (<i>Kumbh</i>)	Interesting and loving.	They are unfaithful individuals. There are bright and cheerful individuals.
12.	Pisces (<i>Meen</i>)	Romantic	The partners are demanding in relationships They are highly involved in relationships.

ZODIACS AND HEALTH

Each zodiac represents different part of human body and has different influences. The adverse influence is mentioned in under lying table:

Sl. No.	Zodiacs	Representing Body Parts	Adverse Effects.
1.	Aries	Head, Brain and Eye	Headaches, Migraines, Mental illness and Eye problems
2.	Taurus	Neck, Vocal cords and Thyroid gland	Chronic sore throats, Hypo and Hyper Thyroidism.
3.	Gemini	Nervous system, hands, arms, and lungs	Breathing problems and Anxiety.
4.	Cancer	Chest, Breast and Stomach:	Indigestion, eating disorders.

5.	Leo	Heart, Spine, Spinal Column and Upper Back:	Heart palpitations,
6.	Virgo	Entire body.(Psychic level)	Struggling to clean out the excess from body.
7.	Libra	Kidney, Skin, Lower Back and Buttocks.	Desire for balance of all body parts leads the quest to create balance leads to possessiveness causing loses balance and ultimately Problem.
8.	Scorpio	Human Genitalia.	Chronic UTIs, yeast infections, and bacterial infections.
9.	Sagittarius	Always out of home.	Problems liver problems
10.	Capricorn.	Joints and Skeletal System:	To aim higher, to reach the top.
11.	Aquarius	Ankles and Circulatory System.	Nervous sign.
12.	Pisces	Feet and Lymphatic System.	Affect their immune system. Sensitive to harmful substances.

ZODIACS GOVERNED BY PLANETS

There are twelve zodiacs which are ruled by the different planets as:

- Aries is governed by Mars.
- Taurus and Libra are governed by Venus.
- Cancer is governed by Moon
- Leo governed by Sun.
- Gemini or Virgo is governed by Mercury.
- Scorpio is ruled by Pluto..
- Sagittarius is governed by Jupiter
- Capricorn is governed by Saturn.
- Aquarius is governed by Saturn and Uranus.
- Pisces is governed by Neptune. (By Jupiter also).

According to astrologers, Rahu rules Aquarius and Ketu Scorpio. Rahu is categorized as an affiliate of Saturn while Ketu is known as a negotiator of Mars.

STARS (*TARE*)

The celestial bodies that produce their own heat and light are called stars. They are self luminous celestial bodies consisting of mass of gas held together by its own gravity. They are very far from us so they appear tiny visible at night. There are millions of stars. Many stars join together, forming a pattern called **Star-Constellation**. One of the constellations is Ursa Major (Great Bear) which can be seen in northern sky. It is called Seven Sages (***Sapt Rishi***). These are relatively stationary. They appear usually as twinkling point of light in the night. There are about 28 such constellations of stars in Indian astrology.

DESCRIPTION OF NAKSHATRAS

Each zodiacal constellation is sub divided in 28 Nakshatras (Star-constellations). The name of Nakshatras (Star-constellations) and its brief descriptions as its Lord and Symbol are given in underlying table:

Sl. No.	Name of Nakshatras	Brief Descriptions
1,	Ashvini	Lord: Ketu. Symbol : Horse's head,
2.	Bharani	Lord: Shukra. Symbol: Yoni.
3.	Kritika.	Lord: Surya (Sun), Symbol: Knife,
4.	Rohini.	Lord: Chandrama (Moon) Symbol: Cart or chariot, temple, banyan tree.
5.	Mrigashīrsha.	Lord: Chandra (Moon) Symbol: Cart or chariot, temple, banyan tree.
6.	Ardra.	Lord: Rahu (North lunar node) Symbol: A human head.
7.	Punarvasu.	Lord: Guru (Jupiter), Symbol : Bow and quiver,
8	Pushya.	Lord: Shani (Saturn), Symbol : Cow's udder, lotus, arrow and circle,
9.	Ashlesh.	Lord: Buddh (Mercury), Symbol: Serpent,

10	Magha.	Lord: Ketu (South lunar node), Symbol : Royal Throne,
11.	Poorva Phalguni.	Lord: Shukra (Venus). Symbol: Front legs of bed.
12	Uttara Phalguni	Lord: Surya (Sun) Symbol: Four legs of bed.
13	Hast.	Lord: Chandra (Moon) Symbol: Hand,
14.	Chitra.	Lord: Mangal (Mars), Symbol: Bright jewel or pearl,
15.	Swati	Lord: Rahu (North lunar node), Symbol: Shoot of plant,
16.	Vishakha.	Lord: Guru (Jupiter) Symbol: Triumphal arch.
17	Anuradha.	Lord: Shani (Saturn) Symbol : lotus
18.	Jyeshtha.	Lord: Buddh (Mercury), Symbol: Umbrella,
19.	Mool.	Lord: Ketu (South lunar node), Symbol: Bunch of roots tied together,
20	Poorva Ashadh.	Lord: Shukr (Venus), Symbol: Elephant tusk (Large bed),
21.	Uttar Ashadh.	Lord: Sury (Sun), Symbol : Elephant tusk (Small bed),
22.	Shrawan.	Lord: Chandra (Moon) Symbol: Ear.
23	Dhanishta.	Lord: Mangal (Mars) Symbol: Drum or flute.
24.	Shatabhisha.	Lord: Rahu (North lunar node), Symbol: Empty circle, 1,000 flowers or stars.
25.	Poorva Bhadrapad	Lord: Guru (Jupiter), Symbol: Swords,
26	Uttara Bhadrapad.	Lord: Shani (Saturn) Symbol: Twins.
27	Rewati.	Lord: Buddh (Mercury) Symbol: Fish.
28	Abhijit.	Lord: Brahma (Creator). (It is an additional)

COMMON APPLIED NAKASHATRAS

Any one of the 28 Nakshatras can be the best depending upon the placements of their ruling planets. Rohini, Magha, and Uttara Bhadrapad are considered royal stars. These three Nakshatras tend to make their natives quite prosperous. According to applicability, the Nakshatras are broadly grouped in five groups:

1. Nakshatras and Lucky Numbers.
2. Good Nakshatr for Birth.
3. Good Nakshatr for Education.
4. Good Nakshatr for Marriage.
5. Bad Nakshatras.

1. NAKSHATRAS AND LUCKY NUMBERS:

Nakshatras	Favorable Numbers
Pushy.	8
Ashlesh.	5
Magha.	7
Poorva Phalguni.	9

2. GOOD NAKSHATR FOR BIRTH:

The following Nakshatr (Star-constellations) are considered auspicious with suggested letter of name of child.

Birth Star	Suggested Letters
Bharani	Li, Lu, Le, Lo, Lee
Kritika	A, Aa, Ae, Ai, E, Ee, , I, O, Oo, U
Rohini	O, V, Va, Vi, Vee, Wa, Wu
Mrigashira	Ve, Vo, K, Ka, Ki, Kee, We, Wo

3. GOOD NAKSHATR FOR EDUCATION:

- **Good Nakshatras** - For the starting day of a child's education - *Swati, Punarvasu, Shravan and Ghanishth.*

- **Milder Nakshatras** like - *Hast, Ashwini, Pushya and Mool.*
- **Very Auspicious Nakshatras** - *Mrigashira, Chitra, Purvashad, Purvaphalguni, Purvabhadrapad.*
- **Intelligent Nakshatras**- Birth in *Ashwini Nakshatr.*
- **Month and Intelligence**- September borne children are smartest in entire. People born on the seventh day of the month are lucky and have a great sense of making the right decisions. They also have excellent intuition and well-developed imagination that helps them in their daily lives.

4. GOOD NAKSHATR FOR MARRIAGE:.

- Abhijit Nakshatr,
- Capricorn,
- Uttara Ashadh,

5. BAD NAKSHATRAS:

No one Nakshatras can be singled as worst. Some astrologist describes certain stars as dreadful Nakshatras. These are *Jyeshth, Ashlesh, Mool and Ardra*. These are considered to have the decisive, piercing, and separation qualities.

PLANETS (*GRAH*)

Planets are heavenly bodies revolving around sun. They do not have their own heat and light. They shine with the light reflected from the sun. All the planets are spherical in shape. The planets move at varying speeds, some are faster and some are slower depending on the distance of the planet from the Sun. Each planet applies its most powerful energy over the Sign it Rules. The planets in the solar system have its significant role in individual's life. These planets produce different results while placed in the 12 different signs. A planet has following three Criteria:

1. It must orbit a star (specially sun),
2. It must be big enough to have enough gravity to force a spherical shape,
3. It must cleared away of any objects of a similar size near its orbit.

LOCATION OF PLANETS

According to Vedic system, there are Nine Planets in the Solar System. Planets are heavenly bodies revolving around sun. They do not have their own heat and light. They shine with the light reflected from the sun. All the planets are spherical in shape. The planets move at varying speeds, some are faster and some are slower depending on the distance of the planet from the Sun. Each planet applies its most powerful energy over the Sign it Rules. The planets in the solar system have its significant role in individual's life. These planets produce different results while placed in the 12 different signs. There are nine known planets till date. These planets are:

- Sun (*Sury*).
- Moon (*Chandrama*)
- Mars (*Mangal*)
- Mercury (*Buddh*)
- Jupiter (*Brihaspati*)
- Venus (*Shukr*).
- Saturn (*Shani*).
- Rahu (Rahu)
- Ketu (Ketu).

DIFFERENCE BETWEEN STARS AND PLANETS

Based on certain criteria the difference between stars and planet has been mentioned as under:

Sl. No.	Criteria	Stars	Planets
1.	Energy Radiation (through nuclear reaction)	High radiation.	No radiation.
2.	Brightness	Very bright.	It reflects some radiation from parent stars.
3.	Twinkle	Present, seen by necked eye, it comes to change the color.	Absent but seen by necked eye.
4.	Appears	As pin point of light.	As pin point of light.

PLANATARY Vs. DIET AND HUMORS

Normally, every individual being is radiating some invisible energy in the universe and vice-versa. The harmony of life depends on the interaction of energy received from the universe and energy radiated from individual's own body. The horoscope provides the detail of illness of individuals. There nine planets produce different results while placed in the 12 different signs. The roles of planets can be understood by placing them in zodiac sign in respect to birth chart. Mercury causes disturbance of all the three humors. The horoscope provides the detail of illness of individuals. Astrological knowledge helps the Ayurvedic physicians to select the required herbal medicine for correcting the imbalance of humors. The influential factors of horoscope are:

- I. Dietary Influence.
- II. Humoral Influence.

I.DIETARY INFLUENCE

Every individual has some or the other taste of their diet. Depending on the taste and other factors they are broadly classified in three groups. Each group of diet has influence of some planets as mentioned below:

Sl. No.	Group	Influenced by Planets
1.	Purely (Satvic)	Sun, Moon and Jupiter
2.	Kingly (Rajasic)	Venus and Mercury
3.	Mixed (Tamasic)	Saturn, Mars, Rahu and Ketu

II.HUMORAL INFLUENCE

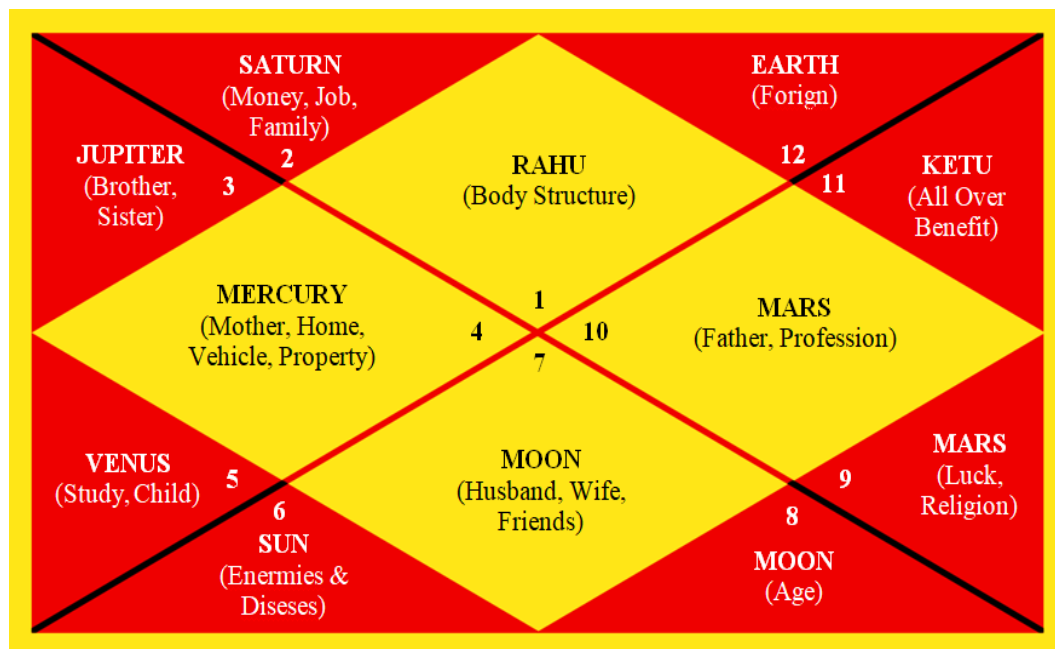
Each body humor has some influence of the planet but the major influence comes on the predominating humor as mentioned below:

Sl. No.	Humoral Factors (<i>Doshas</i>)	Effect of Planets
1.	Energy (<i>Pitt</i>)	Sun and Mars
2.	Inertia (<i>Kaph</i>)	Venus, Moon and Jupiter
3.	Motion (<i>Vat</i>)	Saturn, Ketu and Rahu

Mercury causes disturbance of all the three humors. Astrological knowledge helps the Ayurvedic physicians to select the required herbal medicine for correcting the imbalance of humors.

APPLIED PLANETARY EFFECT

The horoscope provides the detail of family, health, relations and other socio economic status of the individual. There nine planets which produce different results while placed in the 12 different zodiacal signs. Some of the common roles of planets can be understood by placing them in zodiac sign in respect to birth chart as mentioned in forthcoming chart.



PLANETS AND HEALTH

Planetary health is the health of human civilization and the state of the natural systems on which it depends. When the nine planets are placed in twelve zodiac signs, they show their effects and the net effects appear as problems. The planet related problems are of two types:

- I. Regulatory Problems.
- II. Responsibility Problems.

I. REGULATORY PROBLEMS

The planets related regulatory organs and diseases are mentioned on coming page:

1. SINGLE PLANET PROBLEM:

- Sun controls soul.
- Moon rules mind.
- Jupiter controls thigh, fat, brain, liver, kidneys, lungs, ears, tongue, memory, spleen etc.
- Mercury influences nervous system.

2. COMBINED PLANET PROBLEM:

- Moon, Mercury and Mars or Saturn □Cause mental disorders.
- Sun, Jupiter, Mars centered on Mercury or Moon □Causes Schizophrenia.
- Moon and Saturn Cause Melancholia.

II. RESPONSIBILITY PROBLEM

There are some planets that are responsible for certain health problems are given below:

1. Planet for Good Health:

Sun is responsible for natural health and energy it frees from Saturn or Rahu.

2. Planet for Bad Health:

Saturn is considered responsible for any prolonged diseases when afflicted by Mercury.

3. Planet for Long Life:

Jupiter is divine planet, when Jupiter in 8th place then one will live long life.

4. Planet Makes Attractive:

Two planets i.e. Moon and Venus is beauty provider. Venus is God of beauty.

5. Planet for Skin Problems:

Mercury and Jupiter affected by Rahu will always cause some problems.

6. Planet for Eyes Problems:

Weak position of Mars may cause disturbance in acuity of vision.
Mercury represents mind, nervous system, senses and sight.

7. Planet Governing Money:

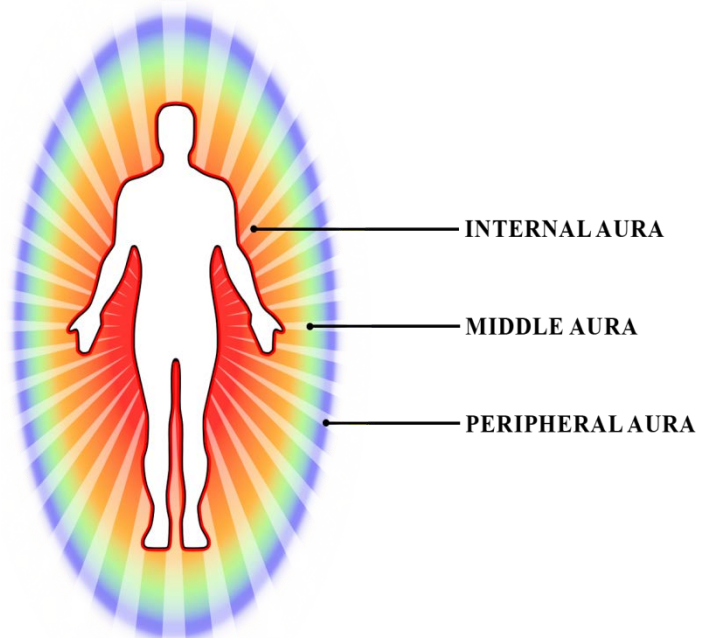
Jupiter and Venus rule wealth and money.

AN AURIC APPROACH

The aura is the electromagnetic field that surrounds the human body. It is also called human energy field (HEF). Every existing in the universe irrespective of sentient and insentient has its own aura. The human energy field is collection of electromagnetic energies having varying densities. These electromagnetic energies permeate and emit or exit from the physical body of a living person.

The energy particles are suspended around the healthy human body in an oval shaped manner. This is called "*Auric Field*". The auric field is divided in three zones as – *Internal Aura*, *Middle Aura* and *Peripheral Aura*. It emits from the body. Thus, ***aura is defined as dark bluish, purple waves surrounded by light blue or gray layers which are yellow over the head.*** A diagrammatic representation of aura is shown as:

- Introduction.
- Auric Manifestations
- Aura and Chakra.
- Auric Body Requirement.
- Kirlian Photography.
- Auric Changes.
- Methods of Healing.



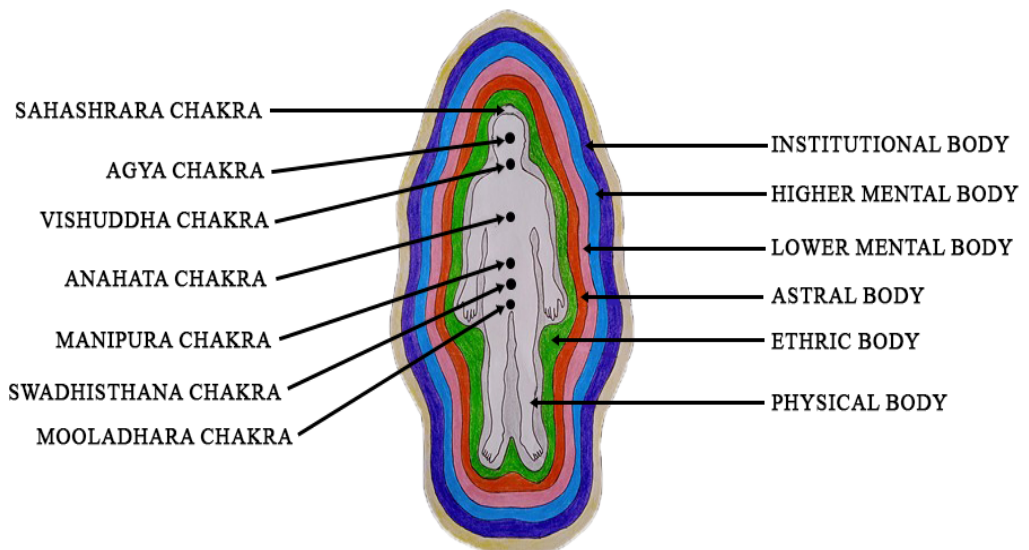
“HUMAN BODY AURA”

AURIC MANIFESTATIONS

The human aura consists of seven layers, each one of them represents one body called auric or holistic body. Physical body is visible while other six are subtle bodies are around the physical body in different layers. Each body has its own frequency. They all are interrelated and affect one another. Therefore any imbalance in one of the bodies leads to a state of imbalance in the others. The average area is about 3 - 4 feet (average 1 meter) on all sides of body. It is more and prominent around head. In general, it is representative of individual's OJUS. It is representative of subtle energy body (*Sookshma Shareera*) where all emotions, thoughts, memories and behavior pattern are located. It is present all around the body but more prominent in upper Chakral areas as – Anahata, Vishuddha and Agya. It pulsates at the rate of 15 beats per minute. The average *aura* of male is 3.0 to 4.0 feet and that of female is 2.5 to 3.5 feet. Normally, it varies with time, place, mood, emotions, thoughts etc.

AURA AND CHAKRA

The holistic body is integration of auric and chakral bodies with physical body. They are subtle and deeply associated with each other. A diagrammatic correlation is given below.



“CORRELATION OF AURIC BODIES AND CHAKRA”

AURIC BODIES REQUIREMENT

The auric body or energy body is around the physical body. They are also known as subtle body (*Sookshma Shareera*). These bodies are the seat of realization of senses, will, mind, desire emotions etc. They have their need and ways of its fulfillment which is mentioned in the table-

Sl. No.	Name of Body	Need	Fulfillment
1.	Physical Body	Physical sensation	Physical comfort, pleasure and health
2.	Ethric Body	Emotions with self-respect	Self-acceptance and love
3.	Vital Body	Rational mind	To understand the situation in a clear and rational way.
4.	Astral Body	Relation with others	Pleasant interaction with family and friends.
5.	Lower Mental Body	Strong Divine Will	Commitment to speak and follow the truth.
6.	Higher Mental Body	Divine love	Feeling of Unification
7.	Buddhic /Intuitional Body	Divine mind	Connection with divinity and understanding the grater universal pattern.

KIRILIAN PHOTOGRAPHY

For centuries, the specialists had been able to see auras by naked eyes. The colour of aura exhibits meanings. During 1939, Semyon Kirlian was working in a high voltage atmosphere. Accidentally, he discovered that if an object on a photographic plate is connected to a high-voltage source, an image is produced on the photographic plate. The technique has been variously known as "electrography", "electro photography", "corona discharge photography" (CDP), "bioelectrography", "gas discharge visualization (GDV)", "electro photonic imaging (EPI)", and, in Russian literature, "Kirlianography". Kirlian photography has been the subject of scientific research but it has been used in alternative medicine research. He developed a photographic camera of high voltage to measure the *aura*. Photography through this camera is known as Kirlian photography. Kirlian photography equipment captures a subtle field of electromagnetic energy which radiates from all living and non-living things.

PROCESS OF PHOTOGRAPHY

Here, sheet film is placed on top of a metal plate, called the discharge or film plate. The object to photograph is placed on top of the film. If the object to be Kirlian photographed is inanimate, such as a coin or leaf, earth ground is connected to the object.

APPLIED INTERPRETATIONS

As human beings, we radiate a very low level of electricity that's otherwise known as an electromagnetic field," says Christina Lonsdale, Ancient medical systems believe that this energy is expressed in seven layers. Each layer is said to correlate to a different element of your physical, mental, spiritual, and emotional health. In western religious traditions, one often sees a halo surrounding saints or deities. In eastern religious traditions, it comes out from the chakras or centers of energy within the body. It is often depicted as a multi-colored body of light surrounding a person. Kirlian photography has been used to reveal the following important information:

1. Emotional energetic state which helps in identifying the signs of rising energy-stress.
2. It also helps in getting the earlier information before physical symptoms arise.
3. After many decades research and development produced a more sophisticated version of Kirlian photography called biofeedback or energy technology.

AURIC CHANGES

The disease comes much earlier in auric field and auric body than the actual physical body. The changes can be seen even with the naked eyes by the experienced healers. Thus auric changes can be observed by two methods.

- I. Perceptual Method.
- II. Photographic Colour Method.

I. PERCEPTUAL METHOD

Normally the aura appears around the physical body. It varies with time, place and emotion. The variations are observed under various parameters given in coming table.

Sl. No.	Parameters	Variations
1.	Area	Normal/Diminished/Reduced
2.	Colour	Normal/Altering/Altered
3.	Contour	Normal smooth/elevated/depressed/tear/rapture
4.	Feeling	Good/Satisfactory/Weak

II. PHOTOGRAPHIC COLOUR METHOD

Here, aura is evaluated with its colour and the prominence of the colour as taken by photography. The colour in aura indicates many physical, emotional ideas and problems. It lasts for 10 -15 minutes. The grass findings are mentioned below:

Sl. No.	Colour	Related to	Indication
1.	Red	Physical body	Circulation, friction, anger, anxiety and nervousness.
2	Orange	Reproductive organs	Vitality, vigor and good health,
3	Green	Heart and Lung	Growth and balance
4.	Blue	Throat and thyroid	Cool and calm
5.	Indigo	Visual and Pituitary Gland (third eye)	Intuitive, sensitive and deep feeling
6	Violet	Pineal Body (Crown Chakr)	Reveal psychic power and visionary
7.	Lavender	Imagination	Visionary
8.	Silver	Spiritual and Physical abundance	Plenty of memory / awakening of cosmic mind
9.	Golden	Enlighten and divine protection	Inner knowledge, spiritual mind and institutive thinking.

YOGIC APPROACH

The word *Yoga* is a *Sanskrit* word derived from **Yuj** root. The meaning of **Yuj** is joining or *Yog (total)* in order to be complete. In physical world, the desire is endless and ceiling of desire is *Yoga*. *Yoga* is an ancient art and science based on a harmonizing system of development for the body, mind, and soul. The continued practices of *yoga* lead you to a sense of peace and well-being and also a feeling of being at one with their environment. *Yoga* is a system of believe and practice. The goal of *yoga* is to attain a union of the individual self with the Supreme Reality or Universal Self. In western world, it is practical aid and is associated with physical postures and regulation of breathing. These are yogic exercises but not *yoga* in spiritual sense. In true and spiritual sense, *Yoga* is the restraint (*Nirodh*) of the process (*vrtti*) of the mind (*chitta*).

- Introduction.
- Mode of Healing.
- Integrated Yoga.
- Effects on Individual.
- Benefits of Yoga.
- Busy Yoga.

Yogaschittavrttinirodhah (योगश्चित्तवृत्ति निरोधः)

It is an old traditional science which helps in coordination of body and mind. *Yoga* has been described in *Veda* for about more than 4000 years ago. The *yoga* presented by *Maharishi Patanjali* about 2500 years ago is in an abridged form and also called Integrated *Yoga*.

MODE OF HEALING

It maintains tranquility of mind and greater calmness in conscious state. It is most useful in psychiatric and psychosomatic disorders. Besides, the psychosomatic disorders, it has special role in many disorders through its spiritual mode of healing.

- **Preventive Measures:** Due to improved body resistance by regular practice.
- **Curative Measures:** Increased body resistance to over comes the stressful situations effectively.
- **Spiritual Healing:** The holistic effects of *yoga* has role in spiritual healing.

INTEGRATED YOGA

Various methods have been described by many sages (*Rishis*), the method described by sage Patanjali is most acceptable and practicable in principles and practice both. It is also known as ***Astang Yoga***. The steps (*Hindi and English*) and their meaning are mention in coming table.

Sl. No	Steps		Behavioral Meaning
	Hindi	English	
1.	Yam	Yama	Improvement in social behavior
2.	Niyam	Niyama	Improvement in personal behavior
3.	Asan	Asana	Physical postures
4.	Pranayam	Pranayama	Breath holding practices
5.	Pratyahar	Pratyahara	Restraining the sense of organs
6.	Dharana	Dharana	Contemplation
7.	Dhyan	Dhyana	Meditation
8.	Samadhi	Samadhi	Attainment of Goal.

EFFECTS ON INDIVIDUAL

Regular practice of yoga has following effects on normal individuals:

1. Improvement of intelligence and memory quotient.
2. Decrease pulse rate, blood pressure, respiration and body weight.
3. Fall in blood sugar, serum cholesterol and rise in serum proteins.
4. Improvement of functions of endocrinal glands.
5. Decrease in Neuro-humors and their enzymes.
6. Increase in plasma Cortisol level.

BENEFITS OF YOGA

Yoga has multi directional benefits on individual. The benefits are grouped in three major groups;

- I. Physical Benefits.
- II. Health Benefits.
- III. Miscellaneous Benefits.

I. PHYSICAL BENEFITS

The under mentioned benefits are related to physical body-

1. Increased flexibility.

2. Increased muscle strength and tone.
3. Improved respiratory obstructive and restrictive pathology
4. Improve energy and vitality.
5. Maintaining a balanced metabolism.
6. Reduction in body weight.
7. Strengthening of Cardio vascular function.
8. Improved stamina for better athletic performance.
9. Protection from injury.

II.HEALTH BENEFITS

The under mentioned benefits are related to health.

1. Improved sitting posture.
2. Increased flexibility.
3. Increase in strengthen of muscle.
4. Improved metabolism.
5. Decreased blood sugar.
6. Improved blood circulation.

III. GENERAL BENEFITS

Practicing yoga come with many benefits for mental and physical health. The following general benefits are mentioned as under.

1. **Decrease Stress** - Due to relaxation, decrease Cortisol and stress hormone.
2. **Decrease Anxiety** – Due to decrease Cortisol.
3. **Improve Heart Function**– Due to changed life style and risk factors.
4. **Reduce Inflammation** – Due to reduced inflammatory marker.
5. **Improve Sleep Quality** - Due to effect on Melatonin on other factors.
6. **Improve in Depression** - Due to reduced Cortisol and stress hormone. .
7. **Relieve in Chronic Pain**– Due to exercise and relaxation.
8. **Improve Quality of Life** - Due to modified life style.

BUSY YOGA (VYAST YOGA)

Every life in the universe is creation of GOD. They come in the universe for a definite period with definite purpose and ultimately its physical form i.e. lower plane submerges in five elements (*Punchmahabhutas*) and higher plane i.e.

Atma with the Parmatma. The higher plane may submerge but not necessarily it is liberated. Thus, the individual being may or may not have attained their ultimate goal. **“Busy Yoga (Vyast Yoga)** is a ways for the worldly people to attain the ultimate goal of their life as per assigned work according to age and nature of works. ⁽¹⁾The ultimate aim could be simple in form of modern worldly achievement or as complex one to unique as the union of individual self with Supreme Reality.

PRACTICE OF BUSY YOGA

It is based on the principles of “Patanjali Astang Yoga”. It depends on many factors as – *physical constitutions, age, sex, nature of diet, nature of work, personal life.* All are eligible to follow this yoga in different ways.

EFFECTS OF BUSY YOGA

The Busy Yoga (*Vyast Yoga*) helps in following ways in maintaining the health and relieve from the assigned problems.

- Increase inner and outer strength of body.
- Increases power of concentration to focus on the target.
- It creates the innovative ideas to attain the goal.
- Improves personal and social behavior.
- Reduces tension so decreases hurry, worry and curry which is the main cause of stress disorders as - hypertension, diabetes, ischemic heart diseases, migraine, rheumatoid arthritis etc.
- Reduces pulse rate, blood pressure, respiration rate and body weight.
- Improves vital function, intelligence and thus overall personality.

REFERENCE

1. *Dubey, N.P.:* Basic Principles of Integrated Medicine, Yoga and Meditation, Revised Edition 2002; P.92.

MEDITATIONAL APPROACH

Meditation is an act of contemplative thinking. It is mental exercise in which we direct our mind inwardly by shutting our sense-organs to external stimulus which is free during conscious state. It is performed by sitting quietly in proper environment for regular period and reciting certain verses (*Mantras*). The constant stimulus stimulates the brain for production various responses in psychosomatic apparatus of the body. Constant practice of meditation reduces these bodily responses so that the mind can perform useful and fruitful functions ⁽¹⁾. Normally mind acts in two planes i.e. conscious and unconscious.

- Introduction.
- Mode of Action.
- Methods of Meditation.
- Measurement of Meditation.
- Effects of Meditation

MODE OF ACTION

Meditation is positive mental exercise to have the positive effects in positive way. The regular practice of meditation helps in:

1. Voluntary control over involuntary vital functions of body as – heart beat, digestion of food, oxygenation at alveolar levels.
2. Stabilization of emotional changes and thus minimizes abnormal function of vital organs.
3. Prolonged meditation leads a man to live in the state of super consciousness, a plane higher than normal body plane. From this state, when the man comes to conscious state he becomes different having acquired more knowledge and wisdom.

METHODS OF MEDITATION

There are various methods of meditation given by various great spiritual scientists, *Rishis and Sages*. Some of the important methods are –

1. Patanjali Meditation through Astang Yoga.
2. Vipassana Meditation by Buddha.
3. Transcendental Meditation by Maharishi Mahesh Yogi.
4. Benson Method of Meditation.
5. Zen Meditation (in Japan).

6. Sufism Method of Meditation (in Middle East).
7. Autogenic Training in Western Countries
8. Kundalini Method by Gogopikrishna
9. AUM Meditation..

1. PATANJALI MEDITATION

The definition of meditation (or yoga) by Patanjali as “restriction (or stilling) of the fluctuations of the mind”, Dharana, Dhyana and Samadhi are directly related to the practice of meditation and together are called '*Samyama*'. Patanjali describe various objects of meditation that a seeker can choose to begin his or her meditative practices. For a sincere seeker, these are just obstacles in the way of Samadhi. There are nine popular types of meditation practice:

- Mindfulness Meditation.
- Spiritual Meditation.
- Focused Meditation.
- Movement Meditation.
- Mantra Meditation.
- Transcendental Meditation.
- Progressive Relaxation.
- Loving-kindness Meditation.
- Visualization Meditation.

2. VIPASANA MEDITATION

Vipaasana, which means to see the things as they really are, It was rediscovered by Gautama Buddha more than 2500 years ago and was taught by him as a universal remedy for universal ills, i.e., an *Art Of Living*. This non-sectarian technique aims for the total eradication of mental impurities and the resultant highest happiness of full liberation. It is an ancient mindfulness meditation technique. It involves observing your thoughts and emotions as they are Vipaasana focuses on self-transformation through self-observation.

In Vipaasana meditation, there is commonly taught during 10-day, silent retreats with instructions on mindfulness and alternating periods of sitting and walking meditation. Vipaasana is a way of self-transformation through self-observation. It focuses on the deep interconnection between mind and body. It is this observation-based, self-exploratory journey to the common root of mind and

body that dissolves mental impurity, resulting in a balanced mind full of love and compassion.

TEN DAYS COURSE

The technique is taught at ten-day residential courses during which participants follow a prescribed Code of Discipline to learn the basics of the method, and practice sufficiently to experience its beneficial results. The course requires hard, serious work. There are three steps:

1. **First Step:** It is the period of the course, to abstain from killing, stealing, sexual activity, speaking falsely, and intoxicants. This simple code of moral conduct serves to calm the mind.
2. **Second Step:** It is the step to develop some mastery over the mind by learning to fix one's attention on the natural reality of the ever as breath enters and leaves the nostrils. By the fourth day the mind is calmer and more focused, better able to undertake the practice of Vipassana.
3. **Final Step:** Last full day participants learn the meditation of loving kindness or goodwill towards all.

3. TRANSCENDENTAL MEDITATION

Transcendental Meditation (TM) of Maharishi Mahesh Yogi is a technique for avoiding or distracting thoughts and promoting a state of relaxed awareness. The late **Maharishi Mahesh Yogi** derived **TM** from the ancient Vedic tradition of India. He brought the technique to the U.S. He taught the mantra that “**AhamPrema**” This mantra helps beginners achieve a state of deeper reflection and connection to the sanctity of love. Also, it makes the heart, spirit, and mind calm and peaceful.

METHOD OF PRACTICE

Sit in a comfortable chair with your feet on the ground and hands in your lap.

- Close your eyes and take a few deep breaths to relax the body.
- Open your eyes and then close them again.
- Repeat a mantra in your mind..
- When you recognize you're having a thought, simply return to the mantra.

4. BENSON METHOD OF RELAXATION

Patient will also be instructed to perform the Bensons Relaxation Method (BRM) according to the following steps: Sit quietly in a comfortable position. Close your eyes. Deeply relax all your muscles, beginning at your feet, progressing up to your face, and keep them deeply relaxed. Breathe through your nose. The Benson relaxation method (BRM) is a non-pharmacological, behavioral method devised to cope with anxiety. Among relaxation methods, BRM is among the easiest to learn and apply to a given patient.

STEPS TO RELAX RESPONSE

Sit quietly in a comfortable position.

- Close your eyes.
- Deeply relax all your muscles, beginning at your feet and progressing to face.
- Breathe through your nose.
- Continue for 10 to 20 minutes.

FINDINGS OF MEDITATION

Benson's study found that when the subjects meditated.

- Metabolic rate markedly decreased in a matter of minutes.
- Meditation over several weeks lowered blood pressure.

5. ZEN MEDITATION

The definition of Zen is slang for feeling peaceful and relaxed. Zen meditation, also known as Zen, is a meditation technique rooted in Buddhist psychology. The goal of Zen meditation is to regulate attention. People usually sit in the lotus position or sit with their legs crossed during Zen meditation and focus their attention inward. Zen Buddhism is a mixture of Indian Mahayana Buddhism and Taoism. It began in China, spread to Korea and Japan, and became very popular in the West from the mid 20th century. The essence of Zen is attempting to understand the meaning of life directly, without being misled by logical thought or language. Zen is the Japanese version of the Chinese word Chan, which is the Chinese version of the Sanskrit word Dhyana, which means concentration. 'Zen' is the Japanese word for 'Chan' in Chinese, and 'Dhyana' in Sanskrit. Zen is a philosophy that was born out of Mahayana Buddhism in the 11th century. Zen puts less emphasis on ancient

religious practices and focuses on meditation, selflessness, and unity in the universe.

BENEFITS OF ZEN MEDITATION

It's thought that practicing Bompuzen brings the effect in following ways:

- Can improve physical and mental health by bringing about feelings of happiness and well-being.
- It has no negative side effects.
- Bompuzen can teach you to concentrate and to control and calm your mind.

METHOD OF PRACTICE

To begin practicing Zen meditation, find a comfortable place and position. Try short sessions where you focus on your breath. With time, develop a routine that works for you. Meditation can be difficult at first, as it takes practice to clear the mind, but you'll eventually find a meditation routine that works for you.

6. SUFISM METHOD OF MEDITATION

Prophet Muhammad was a deeply spiritual man, and often spent time in meditation on *Mount Hira*. The traditional story of the Qur'an tells how one night in 610 he was meditating in a cave on the mountain when he was visited by the angel *Jibreel* who ordered him to recite.

MAIN PRINCIPLES

There are four principles of Sufism which has been outlined as:

- Repentance,
- Sincerity,
- Remembrance,
- Love.

It traces the fundamental stages and states of the spiritual novice's transformative journey. It emphasizes the importance of embracing both human limitations and God's limitless love.

METHOD OF MEDITATION

The easiest way to begin is to sit quietly and focus on your breath for 20 minutes every day. Then you should sit for an hour.” All kidding aside, it's best to start in small moments of time, even 5 or 10 minutes, and grow from there. The Sufism aims communion with God through spiritual realization; soul being the agency of this communion and propounding the God to be the only real existence. It may provide a vital link to understand the source of religious experience and its impact on mental health.

7. AUTOGENIC TRAINING IN WESREN COUNTRIES

Autogenic training is desensitization- relaxation technique developed by the German psychiatrist Johannes Heinrich Schultz. Here, psycho physiologically determined relaxation response is obtained. The technique was first published in 1932. Studying the self reports of people immersed in a hypnotic state. The technique involves repetitions of a set of visualizations that induce a state of relaxation and is based on passive concentration of bodily perceptions. The technique is used to alleviate many stress-induced psychosomatic disorders. Biofeedback practitioners integrate basic elements of autogenic imagery and have simplified versions of parallel techniques that are used in combination with biofeedback.

8. KUNDALINI MEDITATION

In Hinduism, Kundalini is a coiled snake. It is a form of divine feminine energy (or *Shakti*). It is believed to be located at the base of the spine, in the Mooladhara *Chakra*. It is an important concept in *Shiva Tantra*, where it is believed to be a force or power associated with the divine feminine or the Goddess. This energy in the body, when cultivated and awakened through Tantric practice, Kundalini is associated with **Parvati** (*Adi Parashakti*). The term, along with practices associated with *Hatha* yoga in the 9th century. Kundalini awakenings are said to occur by a variety of methods. Many systems of yoga focus on awakening Kundalini through: meditation; Pranayama breathing; the practice of asana and chanting of mantras. Kundalini Yoga is influenced by *Shaktism* according to Tantra schools of Hinduism. The awakening of Kundalini energy is made through regular practice of *Mantra, Tantra, Yantra, Asana or Meditation*. The Kundalini experience is frequently reported to be a distinct feeling of electric current running along the spine.

ADVANTAGES

The purpose is to promote spiritual enlightenment. There are several science-backed benefits of **Kundalini Yoga**.

- It may help ease stress and anxiety, improve cognitive functioning,
- It boosts self-perception and self-appreciation.

FEELING OF AWAKENING OF KUNDALINI

The practice of awakening of Kundalini leads to bring its effect which can be realized. This happens due to intense energy surges through the body and spine, or milder sensations of energy “working” in some area of the body leading to

- **Feeling** a tingling sensation in the brain.
- **Energetic intolerance:** Inability to tolerate certain people, your energy body rejects them.

WAYS TO AWAKEN KUNDALINI

The awakening of Kundalini is done in steps. There are following seven ways suggested to awaken the Kundalini.

- Focus on Your Breath.
- Reject Negativity.
- Keep A Good Posture.
- **Access** The Central Channel.
- Use Visualization.
- Activate Your Interests.
- Cutout Distractions.

9. AUM MEDITATION

The practice of AUM is AUM Yoga and its advancement is AUM Meditation which is performed with sacred repeated mantra. It is, simply put, fixing the mind on the sound of the designated AUM Mantra. “AUM” symbolizes and embodies *Brahman*, the Absolute Reality. The constant repetition of Mantra in union with breath led the way Absolute Reality. The purpose of AUM Yoga is to become free from suffering and ultimately attain the True Self. It comprises of two steps.

- AUM Yoga,
- AUM Meditation.

AUM YOGA

Here, individual is self-directed to sit in comfortable posture considering himself sitting in the image of AUM (Aumic Asana) and concentrate on it with closed eyes. In case of any physical disability or disorder, the individual sit in most comfortable posture. By adjusting the posture (Asana), the individual concentrate to a focused point fixed by the individual at Eyebrow Chakra (*Agya Chakra*) for certain time. It starts aumification from outside to inside.

AUM MEDITATION

It is also known as **AUM Atman Meditation**. It is later stage of AUM Yoga. Here, individual is directed to contemplate the thinking of the fourth stage of AUM inwardly. Here, the person is directed to sit according to his convenient position (Preferably *Padmasana*). He is directed to realize that he is enveloped within AUM. He is directed to start thinking from Mooladhara Chakra and gradually upward to Swadhisthana → Manipura → Anahata → Vishuddha → Agya → Sahashrara Chakra. This is followed by Atmic Chakra or Atmic levels (*Spiritual Plane, Monadic Plane and Atmic Plane*). After reaching to Atmic level one should contemplate the thinking of Parmatmic Chakra and its four Quarters/Steps as *Vaisvanar, Taijas, Pragyan* and *Atman*. The ultimate aim is to focus on *Atman*. This stage is also known as *Atman*. It is state of experiencing pure consciousness or Superconsciousness. It is state of thoughtless awareness. It is Absolute. Here, the individual soul rest in his own **Sat Chit- Anand Swarupa**. This is Lord of All, the Omniscient; the Indwelling Controller; the Source of All. This divine cosmic field is soundless. This is the beginning and end of all beings. It is infinite, cannot be described in words. Its sole essence of being conscious of own self. This is to be realized. He who knows merges his self in the *Self* and attain ultimate goal.

MEASUREMENT OF MEDITATION

To measure the level of attainment of meditation, an electronic device has been developed known as **“Bio-Feed-Back System”**. It amplify various psychosomatic changes in terms of –

- Blood pressure.
- Heart rate.

- Muscle temperature.
- Brain wave pattern.

EFFECTS OF MEDITATION

The following effects have been observed as a result of meditation through various methods-

- Significant increase in Neuro-humeral contents as- acetylcholine catecholamine cholinesterase, histamine and their related enzymes.
- Increase in alpha activity of brain in Electro-encephalography (EEG) indicates greater tranquility of mind -Wallace and Benson (2).
- It helps in relief of hypertension, drug addiction and alcoholism.

REFERENCES

1. *Sivanand; S.:* Concentration and Meditation Divine Life Society, Sivanand Nagar, UP India, 1995.
2. *Wallace; R.K. & Benson; H.:* Physiology of Meditation, Scientific American, 226: 84 (1972).

HOLISTIC APPROACH

The term holistic is derived for holiness means freedom from sin. It deals with holiness of the individual. Addition of term holistic in medical system indicates its comprehensiveness and responsibility for "**Total Care**" of a patient. Thus the total care stands for integrated holistic health care (IHHC). The approach considers the physical, emotional, social, spiritual, intellectual and environmental wellbeing. It aims to improve health and wellness through the body, mind, and soul. The approach is to provide the holistic health care to all aspects of the sufferer. Holistic approach is most effective, acceptable and cost effective for all. Holistic approach is a way to lead a holistic life (**Long, Healthy, Peaceful and Blissful life.**). In terms of treatment and healing most of the traditional medical systems claim to be holistic system but it is not true.

- Introduction.
- Holistic Factors.
- Criterion for Holistic System
- Integrated Holistic Parameters.
- Holistic Management.

HOLISTIC FACTORS

According to World Association of Integrated Medicine, in holistic approach following factors to be taken in account to for proper approach, evaluation and management:

1. Family.
2. Culture.
3. Spirituality.
4. Community.
5. Society/Politics.
6. Environment.

CRITERIAS FOR HOLISTIC SYSTEM

World Association of Integrated Medicine consider as "Holistic medicine is combination of divine, universal, individual contents in combination to deal the holistic body and health of an individual to enable him to streamline the divine-universal-individual connectivity (DUIC) to attain the ultimate goal of life to lead

peaceful, blissful and fruitful life”. Based on the qualities of holistic medicine, according to World Association of Integrated Medicine any system must have at least five under mentioned criteria of consideration to be declared as holistic medical system. These criterions are:

1. **Life is Union of:** Body, Mind, Sense, Soul and Superconscious.
2. **Consideration of All Bodies:** Physical, Ethric, Astral, Lower mental. Higher Mental, Intuitional and Atmic.
3. **Components of Health:** Physical, Mental, Social, Moral, Spiritual and Environmental.
4. **Techniques in Diagnosis:** Holistic Process, Practices, Measures and Ingredients.
5. **Management Levels:** Prevention, Elimination, Rehabilitation and life styles according to modern and traditional systems.
6. **Methods of Management:** Divine, Universal Contents, Natural contents, AUM Therapy, Vedic Mantras, Healing with Bijakshra, Bijamantra, Tantra and Yantras and recitals.
7. **Spiritual Contents:** Faith in Divinity.

INTEGRATED HOLISTIC PARAMETERS

The Integrated Holistic Parameters (**IHPs**) are those relevant parameters which help in approach to ascertain the problem, evaluation and management. World Association of Integrated Medicine considers the following parameters:

1. Personal details.
2. Birth Details.
3. Socio-cultural heritage.
4. Causative factors.
5. Manifestations.
6. Approach to suffering.
7. Evaluation.
8. Holistic Management.

1. PERSONAL DETAILS

The personal details are very important in order determinate certain problems, its origin, possible known factors and further it management. The following personal details are to be taken in consideration: ***Name, age, dietary habit, faith and believe in divinity, problems with its progression and durations, family structure and other relevant points at the time of assessment.***

2. BIRTH DETAILS

Birth details are the data related to the individual. It includes: ***Date, place and time of birth.*** It is required in order to determine the position of their ***Zodiac, Star and Planet*** which govern the life and fate of individual.

3. SOCIO-CULTURAL HERITAGE

The socio-cultural heritage of the individual is same for most of the family members but it may vary from individual to individual in same family. The following points to be taken in consideration: ***Religion, dietary habit of self and the family, social customs and believe, living standard of self and society, tradition of society, believe in divinity, frequency of social gather gathering, and other relevant points at the time of assessment.***

4. CAUSATIVE FACTORS

It is to determine the cause of the problems. Every diseases or ailment has its cause (known or unknown), course (cycle) and its ultimate fate (result) according to principles of various systems. According to the concept of modern medicine the causative factors remains within the **Agent, Host and Environment**. Normally, they remain in state of equilibrium in healthy condition. In holistic healing, the causative factors are related to the flow of cosmic energy and its principal derivative known as vital energy in holistic body. The flow of cosmic energy may derange due to under mentioned holistic causes:

- Acts against the creation of GOD.
- Spiritual derangements.
- Effects of divine and devil souls.
- Astrological effects (Non alignment of zodiacs, stars and planets).
- Association of with past and present acts (*Poorva and Present Karmas*).

CAUSATIVE FACTORS IN TRADITIONAL MEDICINE

There are about 1350 traditional systems of treatments and healing. Majority claims to be a holistic system. Every system has identified some causative factors of the problem. Some of the traditional system and causative factors according to the system are mentioned below:-

- According to Ayurveda and Siddha medicine, the disturbance in body humors as **Air, Bile, Phlegm** (*Vata, Pitta and Kapha*) are the cause of diseases.
- According to Unani medicine the disturbance in **Humors (Akhlat) and Temperament (Mizaj)** are the cause of diseases.
- According to Homoeopathy, the theory of **Vital Force, Chronic Miasm and Dynamisation of drug** are responsible for various abnormal symptoms.
- According Herbal medicine, the **Principles of Wholism** are responsible for health.
- According to Acupuncture and Acupressure, there is blockage of **flow of energy (Qi or –Chi)** in various channels.
- According to Naturopathy, theory of living in close vicinity of nature and interdependence of organs systems.
- According to Yoga, **abnormal and uncared posture** for long times.
- According to Anthroposophical medicine, the disturbance in trio-factor as - **Thinking, Will and Feeling** create imbalance and ill health.
- According to Integrated medicine disturbance of **Trio-factors (Agent, Host and Environment)** leading to **hypo and hyper flow of activities of vital energy** in particular cell, tissue, organ and system causing disturbance, suffering, disorder and disease.
- According to AUM Therapy, there is **disturbance in Divine-Universal-Individual Connectivity (DUIC)** leading to changes in holistic body first followed by physical body.

5. MANIFESTATIONS

Any adverse manifestation in holistic body leads to adverse effect in the physical body of the individual which may be a minor cellular response to a major problem. The associated problems may be due to either complications or sequelae or mixed response of various etiological factors. The undetectable holistic factors cause obscured symptoms or unassociated clinical features. According to the holistic systems, the subtle changes in certain place especially in the ethric body appear much before the existing complaint of the patient in physical body.

The examination of eight methods (*Astbidhi Pariksha*) of Ayurveda and Siddha medicines reveal the earliest changes even at cell or tissue level. The clinical symptoms appears after sometimes has elapsed. The suffering described by the patient in his own word is called symptoms. The physician elicits the effects of the suffering on particular organ directly or indirectly. Thus, the finding recovered by the practitioner in the patient is called sings. The combinations of

symptoms and signs are called clinical manifestation (clinical features). The clinical manifestations depend on:-

- Involvement of tissue, organ or system.
- Nature of disease.
- Course and duration of disease.
- Relevant required investigations.
- Diagnosis.
- Type of therapy.
- Prognosis.
- Possible complications and sequelae.

6. APPROACH TO SUFFER

In holistic approach, the practitioners utilize the maximum mental faculty for the approach of sufferer. The practitioner starts the approach to the problems of the individual as soon as the sufferer thinks to visit the healer and call the practitioners. The actual approach starts as soon as the sufferer enters in clinics. After arrival, the practitioner first observe suffer, listen his problems, interrogate with relevant query and then advise relevant evaluations. The correct approach clears the way to holistic management.

7. EVALUATIONS

In holistic approach, the practitioners exercise developed mental faculties to reveal the diagnosis while in contrary to the practitioners of modern medicine where the practitioner depends on machines for diagnosis (mechanical diagnosis). There are many modern diagnostic tools available; even then the diagnosis remains obscured in many diseases. The traditional diagnostic tools and methods have still their importance in diagnosis and prognosis of many diseases. The common **holistic evaluations** are:

- Observatory Evaluation,
- Auric Evaluation,
- Chakral Evaluation,
- Palmar Evaluation,
- Astrological Evaluation,
- AUM Scores,
- N.P. Scores.
- Prakriti Evaluation.

GENERAL EVALUATION

Every universal creation is unique in itself. Human brain being analytic has tried to simplify the things by classification and grouping systems for its memorizing. In holistic integrated medical approach, the evaluation is very important in order implement the proper holistic management. There are two main broad basis of evaluation i.e. Philosophical and the Scientific. The Philosophical basis is wider, unlimited; culture bound, spiritual while the Scientific basis is narrow, limited, scientific and demonstrable. In most of the holistic systems of treatment and healing, the general evaluation is divided two parts.

- Introduction.
- Observatory Evaluation.
- Physical Evaluation.
 - I. Evaluation of Face.
 - II. Evaluation of Lips.
 - III. Evaluation of Eyes.
 - IV. Evaluation of Tongue.
 - V. Evaluation of Nails
 - VI. Evaluation of Pulse

- Observatory Evaluation.
- Physical Evaluation.

OBSERVATORY EVALUATION

The observatory evaluation is process where the practitioner observes the individual from certain distance without asking or touching the person. This makes very positive impacts on the sufferer as well as the person accompanying him. The evaluation is performed on following parameters:

1. Attitude,
2. Behaviors,
3. Look,
4. Way of walking (Gate),
5. Response,
6. Nature.

Under above heads, certain findings are noted which may lead to correlate some common problems. The observatory evaluation may also give direction towards the nature and seriousness of the problems and its management. The

common parameters, observatory findings and probable suffering are summarized as under.

Sl.No.	Parameters	Observatory Finding	Probable Sufferings
1.	Position	Lying/Sitting/Walking	Paralysis to Normal
2.	Attitude	Normal/Silent/Violent	Mental State
3.	Behaviors	Cooperative/Non- cooperative	Mental State
4.	Look	Healthy/ Ill-looking	Normal to Chronic Illness
5.	Gate	Normal/ Draggling	Healthy to drunken
6.	Response	Proper/slow/non responsive	Mental Status
7.	Nature	Simple/Meditative/Advance	Related Associated Problems

PHYSICAL EVALUATION

Physical evaluation is very informative in all systems of treatment and healing. Following physical evaluations are commonly performed:

- I. Evaluation of Face.
- II. Evaluation of Lips.
- III. Evaluation of Eyes.
- IV. Evaluation of Tongue.
- V. Evaluation of Nail.
- VI. Evaluation of Pulse.

I. EVALUATION OF FACE

Face is the mirror of the mind. It is evaluated for its look, colour and wrinkles. The following impressions are drawn from the face.

Sl. No.	Features	Disorders
1.	III – looking	Chronic Illness
2.	Dry face	Dehydration
3.	Puffiness of lids	Kidney disorders
4.	Pale colour	Anemia
5.	Horizontal wrinkles	Worry and anxiety
6.	Vertical lines between eyebrows	Left side Emotion in spleen Right side Emotion in liver

II. EVALUATION OF LIPS

The combination of upper and lower lips is responsible for pronunciation of the sound AUM which predominately represents most of the organs of thorax and abdomen. Thus, it gives ideas of many disorders and diseases pertaining to the thoracic and abdominal organs.

Sl. No.	Features	Disorders
1.	Dry lips	Dehydration
2.	Angular cracks	Vitamin B Complex deficiency
3.	Pale	Anemia
4.	Brown spot	Chronic indigestion Worm infestation
5.	Bluish lip (Cyanosed)	Congenital heart disease
6.	Blackish charred lips	Smokers

III. EVALUATION OF EYES

Eye gives evaluation of its own as well as the many other systemic problems. It is called the mirror for many internal disorders and diseases. The following conditions can be observed through the eyes.

Sl. No.	Features	Disorders
1.	Frequent blinking	Nervousness and anxiety
2.	Pale	Anemia
3.	Yellow	Liver disorders
4.	Prominent	Thyroid's dysfunction (<i>Exophthalmos</i>)
5.	Small iris	Weak joints

IV. EVALUATION OF TONGUE

Tongue is also a representative of many internal organs and hidden disorders. The specific area indicates the involvement of the specific system. In traditional Chinese medicine (TCM), the tongue has special role in diagnosis and decides the acupuncture points. In general the tongue gives following impressions:

Sl. No.	Features	Disorders
1.	White tongue	Phlegm (<i>Kapha</i>) derangement and accumulation of mucous.

2.	Red yellow green	Bile (<i>Pitta</i>) derangement
3.	Black to brown	Air (<i>Vata</i>) derangement
4.	Dry	Dehydration
5.	Pale	Anemia
6.	Bluish colour	Congenital heart diseases

V. EVALUATION OF NAIL

During the evaluation of nail, one should keep in view the evaluation of its colour, contour and shape. It reveals the under mentioned common disorders.

Sl. No.	Parameters	Observatory Findings	Disorders
1.	Colour	Pale	Anemia
		Yellow	Liver disorders
		Blue	Heart and Lung disorders
		Lunar changes Blue Luna* Red Luna*	Liver disorders Cardiac disorders
		White spots on Nails	Calcium deficiency
2.	Contour	Dryness	Dehydration
		Bitten Nail	Nervousness
		Steeped surface	Malnutrition
		Longitudinal striations	Mal absorption
3.	Shape	Spoon shaped	Iron deficiency
		Clubbing of various grades	Congenital heart and Supportive lung diseases as- Lung abscess, empyema bronchiectasis and chronic bronchitis.

*Luna – It is the basal crescent of the nail. In normal healthy individual, its colour is white.

VI. EVALUATION OF PULSE

Pulse diagnosis is in practice since long. In Indian system of medicines (*Ayurvedic, Unani, Siddha, Yoga and Naturopathy*), the practitioners have considered three types of pulses depending on the body humors. These are:

1. Air (*Vata*) Pulse.
2. Bile (*Pitta*) Pulse.
3. Phlegm (*Kapha*) Pulse.

Evaluator Differentiation Based on the following parameters, the clinical differences in various types of pulses are mentioned as under:

Sl. No.	Parameters	Air (<i>Vata</i>) Pulse	Bile (<i>Pitta</i>) Pulse	Phlegm (<i>Kapha</i>) Pulse)
1.	Felt by	Index finger	Middle finger	Ring finger
2.	Rate	Faster (80-90) beat per minute	Normal (70-80) beat per minute	Slow (60-70) beat per minute
3.	Rhythm	Irregular	Regular	Regular
4.	Volume	Low	High	Moderate
5.	Feeling	Feeble	Prominent	Steady
6.	Temperament	Cool	Hot	Warm
7.	Animal feeling	Snake	Frog	Swan

HOLISTIC EVALUATIONS

Some of the holistic evaluations are in practice from the origin of human civilization while some were developed later and some will be added in future. The holistic evaluations are ancient, culture bound, spiritual. They cover wider range of problems to ultimate in form diseases and divinity. These evaluation techniques not only help in finding the problems of health but it also helps in getting so many other information relate to past and present life

which are responsible for the exiting problems. The holistic evaluations are worldwide accepted. The evaluations guides for the path of divinity through devotion, dedication and intervention of life style. It clears the life for present acts and omissions for the future life. The evaluation requires a separate independent room or naturally silent, clean, calm or if possible holy place (*Isolated Clinic or Place, Temple, Churches, Mosques, Gurudwra and other Holy Places*).

- Introduction.
- Holistic Evaluators.
- Holistic Evaluations.
 1. Auric Evaluation.
 2. Chakral Evaluation,
 3. Palmar Evaluation,
 4. Astrological Evaluation.
 5. AUM Score.
 6. NP Score.
 7. Constitutional Evaluation

HOLISTIC EVALUATORS

According to World Association of Integrated Medicine those practitioners who practice holistic medicine, general medicine and healing can be holistic evaluators. Besides, these there are persons who had acquired the knowledge and skills of healing through traditions and divine blessings can also perform the evaluation and practice. Out of all the following could be holistic evaluators and practitioners.

- Traditional Medicine Practitioners,
- Trained Practitioners of Modern medicine,
- Holistically Attained Healers as – Saints, Holy Persons, Rishis.
- Clairvoyant Scholars – Those who has intuition and distant divine vision.
- Spiritual Scientists- Healers and astrologers.
- Trained Healing Technical's.

HOLISTIC EVALUATIONS

There are some evaluating techniques which help in getting the overall condition of the individual's problems. Some of the common general evaluations are:

1. Auric Evaluation.
2. Chakral Evaluation.
3. Palmar Evaluation.
4. Astrological Evaluation.
5. AUM Score Evaluation.
6. N.P. Scores Evaluation.
7. Constitutional Evaluation.

1. AURIC EVALUATION

AURA is defined as dark bluish, purple waves surrounded by light blue or gray layers which are yellow over the head. It extends 3.0 -4.0 feet (average one meter) from the skin. It is also called the cluster of light in a circular manner. It is representative of individual's OJUS. It is subtle energy body (*Sookshma Shareera*) where all emotions, thoughts, memories and behavior pattern are located. It is present all around the body but more prominent in upper chakral areas as – *Anahata, Vishuddha and Anjna chakra*. It pulsates at the rate of 15 beats per minute. The average *aura* of male is 3.0 to 4.0 feet while in female, it is of female is 2.5 to 3.5 feet. Normally, it varies with time, place, mood, emotions, thoughts etc.

EVALUATION

The diseases come much earlier in auric body than the actual physical body. Earlier, it was only possible for the expert healer to observe aura but development of Kirlian photography has made the study easy, more scientific and authentic. The expert healers who have developed extra-sensory perception (ESP) can visualize the aura as well as measure the chakral activities. It is not necessary that a medical expert can only diagnosis through Aura and Chakras but a person of medical background can give a better diagnosis. The evaluation of auric activities can be made by two ways:

- I. Perceptual Method.
- II. Color Observation

I. PERCEPTUAL METHOD

Normally the aura appears around the physical body. It varies with time, place and emotion. The variation is observed under following parameters.

Sl. No.	Parameters	Variations
1.	Area	Normal/Diminished/Reduced
2.	Colour	Normal/Altering/Altered
3.	Contour	Normal smooth/elevated/depressed/tear/rapture
4.	Feeling	Good/Satisfactory/Weak

II. COLOR OBSERVATION

This way the aura is evaluated with its colour and the prominence of the color as taken by photography. The color in aura indicates:

1. Physical Status.
2. Emotional Ideas.
3. Physical and Mental Problems.

The gross appearance of aura in excess of any colour indicates the common findings describe in the table on coming Page.

Sl. No.	Color	Related to	Indication
1.	Red	Physical body	Circulation, friction, anger, anxiety and nervousness.
2	Orange	Reproductive organs	Vitality, vigor and good health,
3	Green	Heart and Lung	Growth and balance
4.	Blue	Throat and thyroid	Cool and calm
5.	Indigo	Visual and pituitary Gland (Related to third eye)	Intuitive, sensitive and deep feeling
6	Violet	Pineal Body (Crown Chakra)	Reveal psychic power and visionary
7.	Lavender	Imagination	Visionary
8.	Silver	Spiritual and Physical abundance	Plenty of memory / awakening of cosmic mind
9.	Golden	Enlighten and divine protection	Inner knowledge, Spiritual mind and institutive thinking.

2. CHAKRAL EVALUATION

The Chakra signify basic and major source of energy center in the body. Here, chakral evaluation stands for individual chakras. Each individual chakra correlates with the major nervous plexuses branching from the spinal column. The individual chakras are the whorls of high energy lotuses situated in ethric, astral and higher bodies and planes.

II. INDIVIDUAL CHAKRAS

These chakras are under the control of divine chakras. They are further divided in two groups Higher and Lower Chakras. They are located in ethric, astral and some in higher body plane of the individual's physical body. They are linked with divine chakras with the intermediary chakra known as *Sahashrara chakra*. These chakras (**from above down words**) are:

1. Sahashrara Chakra.
2. Agya Chakra.
3. Vishuddha Chakra.
4. Anahata Chakra.
5. Manipura Chakra.
6. Swadhisthana Chakra.
7. Mooladhara Chakra.

Each lower chakra is made up of three concentric interblending whorls of energy i.e. left (*Ida*), right (*Pingla*), and centre (*Sushmana*). In all the seven lower major chakras which are situated on the surface of ethric body where energy channels *Ida* and *Pingla* cross 21 times. There are 21 minor chakras where they cross 14 times and 49 mini chakras where they cross 7 times. From mini chakras, the *Nadis* are originated which carries energy to all the parts of the body. On most of the acupressure points the *Ida* and *Pingla* cross 3 times.

CHAKRAL EVALUATION

The evaluation of chakra is requiring in order to assessing the obstruction in flow of energy. This disturbance in flow of energy may occur due to two reasons.

I. Entry Blockage.

II. Exit Blockage.

I. Entry Blockage: When there is entry block, the chakras are depleted due to lack of energy as the energy is directed back to its original source leading to hypo function and consequently the physical and mental disorders.

II. Exit Block: When there is exit block, the energy is accumulated in chakras causing to congestion due to excess accumulation of energy and ultimately bursting, leading to hyper function and consequently the physical and mental disorders.

OBSERVATIONS

The evaluation of chakras at their corresponding level at ethric, astral and further higher body plane reveals the following findings.

S. No.	Chakral State	Observatory Findings	Palmar Feeling
1.	Normal Chakra	Normally Glowing	Smooth
2.	Hypoactive Chakra	Depleted	Depressed and uneven.
3.	Hyperactive Chakra	Congestion	Elevated/Tear/Rapture

EFFECTS OF HYPO ANF HYPER FUNCTIONS

The effects of hypo and hyper function of individual specific chakras as manifested at physical and mental bodies are mentioned below:

Sl. No.	Name of the Chakra	Hypo function	Hyper function
1.	Mooladhara Chakra	Hypogonadism, Dysfunction of kidney, Lumbago, Sciatica	Neuro-circulating Asthenia, Depressive Psychosis.
2.	Swadhishtana Chakra	Psychoneurosis, Impotence, Infertility, Fragility	Animal behavior, Tumor of Testes, Prostate, Ovary, Uterus, Syphilis, Gonorrhea, HIV/AIDS
3.	Manipura Chakra	Cancer, Diabetes mellitus	Peptic ulcer, cirrhosis Liver, Gall Bladder Diseases, Psoriasis, Neurasthenia.
4.	Anahata Chakra	Depressive Psychosis, Hypotension, Heart block Arrhythmias.	Hypertension, Heart attacks, Blood disorders, irresponsibility

5.	Vishuddha Chakra	Vertigo, Anemia, Allergy, Fatigue, Asthma, Sore-throat, Menstrual Disorders, Hypothyroidism	Psychosomatic Disorders, Bone disorders, Hyperthyroidism
6.	Agya Chakra	Hypopituitarism with Hypo function of all Endocrines	Migraine, mania, Gigantism, Acromegaly Disorder Of Eye, ENT.
7.	Sahashrara Chakra	Depressive Psychosis	Encephalitis, Brain Tumor, Mania

3. PALMAR EVALUATION

Palmistry is an art/ practice of interpreting a person's character and predicting their future by examining the lines and other features of the hand, especially the palm and fingers. Hands are the mirror of the mental activities of the brain. Due to various constant activities, the mental pressure brings changes in palm in form of lining. These linings change in proportional to the mental changes. The palm depicts much information as- Nature, Life, Health, Family life etc.

EXAMINATION OF PALM

During the examination of palm the following structures to consider for general purpose:

1. Construction of Fingers.
2. Shape of Thumb.
3. Palmar Elevations.
4. Palmar Linings.

1. **Construction of Fingers:** The evaluator must see the entire finger (especially the terminal phalanx) and observe its shape and size.
2. **Shape of Thumb:** Observe for the shape, size, elevation and depression on thumb.
3. **Palmar Elevations:** The Palmar elevations are called Palmar Mountains and they are named on the names of planets (*Grahas/Nakshatras*). There

are seven major planets. Base on these planets, the entire population has been grouped in seven groups. Each group has some common special features.

4. **Palmar Linings:** There are many more and less prominent linings directed in various directions which give important information regarding the life expectancy, condition of heart, future of the individual etc.

GROUPING OF POPULATION

Based on the location of the mountains, the entire population of the world is grouped in seven groups who are having more or less common qualities. The name mountain, morphological situation, name of planet and special qualities is mention as under in tabular form:

Sl. No.	Name of Mountains	Morphological Situations	Name of Planets	Special Qualities
1.	Mount of Jupiter	Base of Index	Jupiter(Brihspati)	Enthusiasm, pride power leadership.
2.	Mount of Saturn	Base of Middle Finger	Saturn (Shani)	Peace, wisdom and attachment with work loneliness
3.	Mount of Apollo	Base of Ring Finger	Sun (Surya)	Shining, artistic and attachment to literature
4.	Mount of Mercury	Base of Little Finger	Mercury (Buddh)	Love, romance, quick and presence of mind
5.	Mount of Mars	Middle of the Palm	Mars (Mangal)	(a) Vertical – Negative and full of resistance. (b) Lower - Positive and very enthusiastic
6.	Mount of Luna	Supero-medial base of Palm	Moon (Chandrama)	Selfish, introvert and like sceneries
7.	Mount of Venus	Base of Thumb	Venus (Shukra)	Love, sympathy, kindness and realization of beauty

QUALITATIVE CLASSIFICATION

The entire population of the world based on personality, Nature and Characteristics has been grouped in three major groups.

Group No.	Personalities	Nature	Characteristics
1.	Jupitarian, Apollian and Vinesian	Excellent Natures	Qualities, Good health, optimistic good character.
2.	Saturnian and Mercurial	Mediocre Nature	Easily influenced, crosses the barriers and become bad, irritable and adamant nature.
3.	Martarian	Lower Nature	Anguish and quarreling nature

LININGS PROMINENT

The major activities of brain appear as palmar linings. Some get fade and some remains for long time and even up to death. The palm has many linings. The prominent and clear lining gives much information of individuals as regards his age, nature, education, health, major incidences etc. Out of so many linings, the following are important linings.

Sl. No.	Name of the Line (Rekha)	Location	Prominent Effects
1.	Heart Line (<i>Hridaya Rekha</i>)	Above the elevations of the base of fingers	Condition of heart, attachment with others, fairness of body.
2.	Mental Line (<i>Mastishk Rekha</i>)	Oblique below the Lifeline	Mental power, stability and activities, self confidence.
3.	Life Line (<i>Jiwan Rekha</i>)	Oblique prominent line dividing the field of mars and venous.	Body constitution, Life span
4.	Apollian Line (<i>Surya Rekha</i>)	Goes towards Apollian(<i>Surya</i>) elevation	Brightness, intelligence; artistic, success in business.

5.	Mercarian Line (<i>Buddh Rekha</i>)	Goes towards Buddha elevation	Related to health
6.	Saturn Line/Fate Line (<i>Shani/ Bhagy Rekha</i>)	It attached with Saturn elevation	Successful, prosperous life intelligent life.

OBSERVATIONS

After examining the hands, the entire studies are interpreted under following parameters reach to certain conclusion.

Sl. No.	Parameters	Findings
1.	Types of Hand	Non-functional/square hand (<i>regular</i>), working hand, philosopher hand, artistic hand.
2.	Palmar Elevation	Ideal hand, mixed hand , Apollian , Lunarian, Martian, Mercarian Jupitarian, Vinesian
3.	Palmar Linings	Cardiac, Mental, Life, Saturn, Apollian, Mercarian lines.
4.	Overall Assessment	Good/Average/Satisfactory

4. ASTROLOGICAL EVALUATION

Here, the diagnosis of the disease is based on the combination and permutations of the planets distributed in 12 houses. Usually the 6th planet is considered as Lord for understanding of disease.

BASIS OF ASTRO EVALUATION

According to our Vedic principles, the human being is replica of universe in miniature and so has close relation with universe. The basis of astrology is permutation and combinations of – Zodiacs, Stars and Planets.

EFFECT OF PLANETS

There nine planets produce different results while placed in the 12 different signs. The roles of planets can be understood by placing them in *Zodiac Sign* in respect to birth chart. The harmony of life depends on the interaction of energy received from the universe and energy radiated from individual's own body. The horoscope provides the detail of illness of individuals. The horoscope is influenced by two main factors:

- I. Dietary Influence.
- II. Humoral Influence.

I. DIETARY INFLUENCE

Every individual has some or the other taste of their diet. Depending on the taste and type, the diets are broadly classified in three groups. Each group of diet has influence of some planets as mentioned below:

Sl. No.	Group	Influenced by Planets
1.	Purely (Satvic)	Sun, Moon and Jupiter
2.	Kingly (Rajasic)	Venus and Mercury
3.	Mixed(Tamasic)	Saturn, Mars, Rahu and Ketu

II. HUMORAL INFLUENCE

Each body humor has some influence of the planet but the major influence comes on the predominating humor. The humoral influence is mentioned below:

Sl.No.	Humoral Factors (Doshas)	Effect of Planets
1.	Energy (<i>Pitta</i>)	Sun and Mars
2.	Inertia (<i>Kapha</i>)	Venus, Moon and Jupiter
3.	Motion (<i>Vata</i>)	Saturn, Ketu and Rahu

Mercury causes disturbance of all the three humors. Astrological knowledge helps the Ayurvedic physicians to select the required herbal medicine for correcting the imbalance of humors.

DISEASES BASED ON ASTROLOGY

Based on the planets, stars and zodiac, the astrological disorders come in the body. These effects are of two types.

- I. Individual planet Effect.
- II. Combined Planet Effect.

I. INDIVIDUAL PLANET EFFECT

The following planet has major effect on the organ mentioned in front of the planet:

- Sun controls soul.
- Moon rules mind.
- Mercury influences nervous system.

II. COMBINED PLANET EFFECT

The following planets in combination lead to following diseases:

- Moon, Mercury and Mars or Saturn can cause mental disorders.
- Sun, Jupiter, Mars centered on Mercury or Moon causes Schizophrenia.
- **Moon and Saturn** cause Melancholia.

5. AUM SCORE EVALUATION

AUM Score is a holistic process of evaluation of individual to decide the applicability of holistic treatment and healing for Integrated Holistic Health Care (IHHC). AUM is a divine vibrating sound energy. It is also called supreme source of energy (SSE) which is the source of all Cosmic, Universal and Individual energy. The divine law operates at various planes of each creation to lead a healthy life. Any disturbance in divine, universal, individual level leads to disturbance in divine-universal-individual connectivity (DUIC) causes problems to individual. Every individual in this universe has some or the other holistic problems leading to disorder, disease, complication and sequelae.

PARAMETERS OF AUM SCORE

The AUM Score is evaluated within certain parameters and their sub parameters. There are following parameters to measure the AUM Score⁽⁴⁾.

1. Knowledge
2. Structure.
3. Sound.
4. Phases.
5. Practice.
6. Realization.

All the above parameters are assessed with the help of certain sub parameters (*variables*). Here, the healer ask certain questions regarding each sub parameter related to AUM and depending on the response, the sufferer get scores.

1. **Knowledge:** It is assessed in order to have an idea about the social mental status of the individual. It is assessed by asking the question about AUM as-*Hearing of sound, Place of sound* and *General meaning*.
2. **Shape:** Shape is assessed in order to have the interest in divinity (AUM). This is related to the structure of AUM. Here, one has to write or describe the -*Writing* and *Physical structure of AUM*.
3. **Sound:** It indicates the individual's attention and intelligence towards divinity (AUM). Ask the sufferer about- *Awareness with the sound* and *Nature of the sound*.
4. **Phases:** It indicates the spiritual inclination and further desires to find reality of life which push the individual for study various Vedic literatures. It can be assessed by asking the-*Number, Name* and *Merits of the Phases*.
5. **Practice:** The practice indicates the sincerity, regularity and honesty towards divinity. It can be assessed by asking- *Individual's involvement, Time, Regularity and Duration of practice*.
6. **Realization:** It indicates the states of transformation towards realization of the ultimate goal by the effects of spiritual practices. It is assessed by asking the - *Feeling, Effects and Overall effects o* divine / spiritual campaigning and practice.

OBSERVATIONS

The observations are made under various parameters with the help of associated variable (sub- parameters) as mentioned in forth coming table:

Sl. No.	Parameters with Variables	Positive Observations	Assigned Scores
1.	Knowledge: Heard Place Indicates	Yes Temple, During worship Spirituality	5 5 5
2.	Shape: Write Parts	Yes Yes	5 5
3.	Sound: Awareness Nature	Yes Sweet, Soothing/ Positive	5 5
4.	Phases : Numbers Name Merits	Four Four Specific	5 5 5
5.	Practice: Involvement Time Regularity Duration	Yes Morning Regular 5-10 Minutes	5 10 10 10
6.	Realization: : Feeling Effects Overall	Eternal Positive Good	5 5 5

AGGREGATION OF ASSIGNED SCORES: Here, the obtained score under above parameters are aggregated as under:

Sl. No.	Parameters	Assigned Score
1.	Knowledge	15
2.	Shape	10
3.	Attitude	10
4.	Phases	15
5.	Practice	35
6.	Realization	15
	Aggregate Score	100

CATEGORIZATION: The aggregate score is placed in the percentile to get the category and grade of the individual as mentioned below:

Sl. No.	Percentage	Category	Grade
1.	Above80%	Excellent	A
2.	71-80%	Very Good	B
3.	61-70%	Good	C
4.	51-60%	Average	D
5.	41-50%	Satisfactory	E
6.	31-40%	Awareness	F
7.	30 and Below%	Unaware	G

INTERPRETATION: The score is directly proportional to the effects of holistic treatment and healing.

REFERENCE

1. *Dubey; Nagendra P:* Principles of AUM Therapy; AUM Diagnostics, Revised Edition 2007; P. 78-80.

6. NP SCORE EVALUATION

NP Score (Nine Parameter Score) is a method of evaluation of individual's suitability to decide the applicability of Holistic Integrated Management, holistic treatment and various healings. There are nine parameters to ascertain the capability of individual to holistic treatment and healings⁽¹⁾.

PARAMETERS OF NP SCORE

The following are the nine parameters and their sub-parameters (*variables*) which help in evaluation of NP Score.

1. Acclimatization.
2. Attitude
3. Traditional Believe.
4. Diet.
5. Alertness.
6. Personality.

7. Determination.
8. Devotion.
9. Dedication.

1. **Acclimatization** – It is an individual's overall capacity to adjust with the new circumstances. Earliest acclimatization is a good indication of quick acceptability of holistic treatment and healing. This is evaluated in terms of **Place** and **Time**.
6. **Attitude** –It indicates the individual's mental status for holistic treatment, self-care and temperament. Any person with soft attitude, health conscious and positive views towards self and others has fair chance of the acceptability of holistic treatment healing. This is evaluated in terms of **Self-care** and **Care of others**.
7. **Traditional Believes**– It indicates the genetic/ancestral effects in the individual. This is more concern in terms of customs and believes of individual and the community to which they belong. Those who believed in customs, tradition and culture have fair chance of the effects of holistic treatment and healing. This is evaluated in terms of **Believe** and **Availability**.
8. **Diet** –Diet is the source of energy for every living being. This is evaluated in terms of **Type of food**. Depending on the traditions, culture and believe, the diet (food) are of three types-
 - **Pure Diet (Sattvic)**: This is simple raw food and drinks as vegetable, fruits, juices, milk and natural minerals. The effects of such diet remain in the body for long times. Such persons are best respondents to holistic treatment and healing.
 - **Kingly Diet (Rajas)**: This is balanced cooked tasty, salty and spicy food. It contains excess of fat, protein, carbohydrates, minerals, vitamins derived from various natural and artificial sources. It stands for pure vegetarian diet. Such persons are better respondent to the holistic treatment and healing.
 - **Mixed Diet (Tamas)**. This is complex cooked and uncooked excessive imbalance food. It contains both vegetable and animal parts (as non-vegetarian materials). Such persons have poor response to holistic treatment and healing.
9. **Alertness**-It indicates the mental status of the individual in relation to is consciousness to self and the surrounding. Person who is conscious and more alert to self and surroundings is fairly influenced by holistic and healing. This is evaluated in terms of **Self** and **Surrounding**.
10. **Personality**-It indicates the internal self of the individual. In some people, it is reflected as *Ojus* on the face of the individual and further conversation with the person give the idea of his aptitude. A person with good personality has

good response to holistic treatment and healing. This is evaluated in terms of **Look** and **Liking**.

11. **Determination**- It indicates the individual's determination power to do any acts and omission. A person with strong determinative power has good response to holistic treatment and healing. It is decided by the **Nature** and **Flexibility** of the individual.
12. **Devotion** – It indicates the individual's devotion to his duties and responsibilities along with spirituality. It is not related to any particular caste, creed, religion or race. A good devotee is best respondent to holistic treatment and healing. It is evaluated by **Religion, Recitation time** and **Relaxation**.
13. **Dedication**-It indicates the individual's capacity to attain the ultimate reality. Person with full dedication is best respondent to traditional treatment and healing. It is evaluated by the **Sincerity, Regularity** and **Honesty** to his work.

OBSERVATIONS

The following observation is made under various parameters with the help sub-parameters as mentioned below -

Sl. No.	Parameters and Variables	Positive Observations	Assigned Scores
1.	Acclimatization: Place Time	Easy Within a week	5 5
2.	Attitude: Self-care Care of others	Good Soft	5 5
3.	Traditional Believe: Believe Availability	Yes Available	5 5
4.	Diet : Nature Type of food	Pure, Kingly, Mixed Cooked or Uncooked	2-5 5
5.	Alertness: Self Surroundings	Alert Good	5 5
6.	Personality: Look Liking	Shining, Healthy Natural	5 5
7.	Determination: Nature	Strong, Average	5

	Flexibility	Flexible	5
8.	Devotion: Religion Recitation time Relaxation time	Any Morning Morning, Evening	5 5 5
9.	Dedication: Sincerity Regularity Honesty	Sincere Regular Honest	5 5 5

AGGREGATION OF SCORES: The above scores are aggregated as:

Sl. No	Parameters	Assigned Scores
1.	Acclimatization	10
2.	Attitude	10
3.	Traditional Believe	10
4.	Diet	10
5.	Alertness	10
6.	Personality	10
7.	Determination	10
8.	Devotion	15
9.	Dedication	15
	Aggregate of all Score	100

CATEGORIZATION: Thus obtained score is placed in the appropriate range of percentage to obtain the category and grade of individual for holistic healing.

Sl. No.	Percentage	Category	Grade
1.	Above 80%	Excellent	A
2.	71-80%	Very Good	B
3.	61-70%	Good	C
4.	51-60%	Average	D
5.	41-50%	Satisfactory	E
6.	31-40%	Awareness	F
7.	30 and Below%	Unaware	G

INTERPRETATION: The score is directly proportional to the effects of holistic healing.

REFERENCE

1. **Dubey; NP:** Holistic Principles of Integrated Medicine; Holistic Healing; Revised Edition 2002; P.18.

VII. CONSTITUTIONAL EVALUATION

Integrated Constitution Evaluation (ICE) is a holistic integrated method of evaluation of individual to ascertain the nature of individual to ascertain the prophylaxis to the healthy and management of diseased individual.

The physical body of an individual is comprised of mass of matter having condensed energy which is dynamic. The entire mass is comprised of three humors (*Tridoshas*), seven body tissues (*Saptadhtus*) and five elements (*Punchmahabhutas*). A person is healthy when all the constituents are in state of equilibrium. Any imbalance leads to production waste products (*Malas*) which obstructs the channels leading to diseases. Efforts were made by our ancient sages (*Rishis*) and Ayurvedic Physician (*Vaidyas*) to develop various diagnostic tools to decide treatment.

The evaluation of constitution (*Prakriti*) developed by AYUSH, Government of India, Ministry of Health and Department of ISM to ascertain the constitutions of individual is very important diagnostic tool for body and mind. This study help in prescribing the suitable diet, yoga and drugs according to imbalance of the humors is praiseworthy.

The World Association of Integrated Medicine has integrated some of the modern and holistic parameters in order to have more comprehensive diagnosis and better integrated/ holistic management.

PARAMETERS FOR ICE

The integrated constitution evaluation (ICE) is done on the basis of following 21 parameters and their associated variables.

1. Body built.
2. Look.
3. Eyes.
4. Face.
5. Appetite.
6. Liking of food.
7. Liking of whether.

8. Mental status.
9. Mood.
10. Memory.
11. Nature.
12. Nail.
13. Bowel habit.
14. Organs (*Indries*) Control.
15. External Response.
16. Sleep.
17. Skin status.
18. Thrust.
19. Vocal status.
20. Cause of disorders.
21. Common disorders.

OBSERVATIONS

Under the following parameters the observation is made to decide the Constitution (Nature) of the person, disease and specific protection.

Sl. No.	Parameters	Air (Vata)	Bile (Pitta)	Phlegm (<i>Kapha</i>)
1.	Body Built	Tall and lean	Medium	Proportional
2.	Look	Ill looking	Angry looking	Sad looking
3.	Eyes	Small	Medium	Large
4.	Face	Long	Oval	Round
5.	Appetite	Irregular	Excessive	Normal
6.	Liking for Food	Hot oily dishes	Simple food	Simple hot food
7.	Liking of Whether	Hot	Cold	Medium
8.	Mental Status	Fickle mind	Average	Good
9.	Mood	Changes quickly	Slow changes	Steady
10.	Memory	Short term best	Good in general	Long term best
11.	Nature	Early irritable	More irritable	Less irritable
12.	Nail	Dull	Shining	Less shining
13.	Bowel	Constipated	Often semi	Normal

	Habit		solid	
14.	Organs (Indries) Control	Variable	Moderate	Strong
15.	External Response	Variable	Average	Good
16.	Sleep	Disturbed	Average	Sound
17.	Skin status	Dry	Excessive Sweating	Oily body
18.	Thrust	Irregular	Excessive	Normal
19.	Vocal Status	Very talkative	Average	Silent
20.	Cause of Disorders	Air born	Water born, Enzymatic, Hormonal	Mixed infections, Endocrinal, Major Channel blockage
21	Common Disease	Tuberculosis, Pneumonia, Bronchitis, Paresis, Paralysis and Mixed disorders	Hepatitis, GB stones Diarrhea, Dysentery, Renal , Thyroid, Diabetes Hypertension, AMI, Genito- urinary and Mixed diseases	Pneumonia, Hypertension, AMI, Stones, Obesity, Diabetes, Channel obstructions and Mixed disorders

Note: Over and above, any disorder and disease may occur to any type of Nature (Prakriti) of person. The above observation is guidance for most probability.

CALCULATION

Based on the scores of parameters, the individual is Constitution (Prakriti) is ascertain. The total population is grouped in seven types of Constitution (Prakriti) as mentioned below in the table.

Sl. No.	Constitution (Prakriti)	Pre - dominant Humors
1	Air (Vata) Constitution	Air (Vata)
2.	Bile (Pitta) Constitution	Bile (Pitta)

3.	Phlegm (Kapha) Constitution	Phlegm (Kapha)
4	Air Bile Constitution	Air (Vata) + Bile (Pitta)
5.	Air Phlegm Constitution	Air (Vata) + Phlegm (Kapha)
6.	Bile Phlegm Constitution	Bile (Pitta) + Phlegm (Kapha)
7.	Mixed Constitution	Air (Vata) + Bile (Pitta) + Phlegm (Kapha)

INTERPRETATION

To determine the predominance of humors, the highest numbers of the scores of any constitution should be considered and decided. If the score of any constitution is less than 4 (25%), it should not be counted for ascertaining the constitution (*Prakriti*).

HOLISTIC MANAGEMENT

Holistic approach is a comprehensive method of treatment / healing. A holistic management is to provide the support that looks at the whole person, not just their mental health needs or any single health. Holistic management is a whole-body approach to healthcare. It aims to improve health and wellness through the body, mind, and soul. In general the holistic medicine combines traditional medicine, complementary medicine and alternative medicine (CAM).

- Introduction.
- Holistic Systems.
- Principles of Approach.
- Criteria for Holistic System.
- Types of Holistic System.

The holistic management considers the physical, emotional, social and spiritual wellbeing. Holistic approach gives rise to comprehensive holistic health and healing. The systems claiming to be a holistic are supposed to have the incorporation of divine, universal, individual, natural power, products and customs and believe in healing. The holistic effect brings sustainable influence of the healing leading to positive changes in holistic body and thus to the physical body which help the individual to lead a prolonged peaceful and blissful life. Holistic approach takes care of gross and subtle body and aspects of all individual. Most of the traditional systems of treatment and healing involve their philosophy from where they have emerged.

The involvement the philosophy adds the culture, customs and believes of the concerned community. The involvement of the traditions brings the perfection in the system. Holistic healing keeps in account all the aspects of individual's health as- *Physical, psychological, social, moral and environmental* as whole.

HOLISTIC SYSTEMS

World Association of Integrated Medicine considers ***“Holistic Integrated Medicine as combination of divine, universal, individual contents to deal the holistic body and health in order to enable the individual to streamline the divine-universal-individual connectivity (DUIC) to attain the ultimate goal of life i.e. Long, Healthy, Peaceful and Blissful life.*** The broad criterions for consideration of system as holistic are: - *Life, Bodies, Health, Diagnostics, Applicable Level, Method of Management and Faith GOD.*

PRINCIPLES OF APPROACH

Holistic approach is a combined approach through involvement of divine universal and individual contents of this universe. In order to show to be high, many traditional systems have high claims of treatment and healing without the appropriate principles of approach. According to World Association of Integrated Medicine if one has to say that the system is holistic must have definite principles of approach? World Association of Integrated Medicine keeps following principles in view.

- Optimal Health should be the primary goal.
- Cardinal relation with practitioner and suffers.
- The whole person and health to be taken in account.
- Priority to prevention and if fails proper treatment.
- Restoration of Innate Healing Power.
- Integration of treatment and healing Systems.
- Care of Individuality.
- Way to divinity according to custom, culture and believe.

CRITERIAS FOR HOLISTIC SYSTEM

World Association of Integrated Medicine in collaboration of AUM Foundation, NY, USA resolved on the qualities of holistic medicine, according to the resolution any system must have at least five under mentioned criterions of consideration to be declared as holistic medical system. These criterions are:

1. **Life is Union of:** Body, Mind, Sense, Soul and Superconscious.
2. **Consideration of All Bodies:** Physical, Ethric, Astral, Lower mental. Higher Mental, Intuition and Atmic.
3. **Components of Health:** Physical, Mental, Social, Moral, Spiritual and Environmental.
4. **Techniques in Diagnosis:** Holistic Process, Practices, Measures and Ingredients.
5. **Management Levels:** Prevention, Elimination, Rehabilitation and Life Styles according to modern and traditional systems.
6. **Methods of Management:** Divine, Universal Contents, Natural contents, AUM Therapy, Vedic Mantras, Healing with Bijakshra, Bijamantra, Tantra and Yantras and recitals.
7. **Spiritual Contents:** Faith in Divinity.

TYPES OF HOLISTIC SYSTEM

Most of the traditional system claims to be the holistic system irrespective of treatment and or healing. According to World Association of Integrated Medicine, the system before claiming to be holistic must have certain holistic criterions in respects to the said system. According to World Association of Integrated Medicine, the holistic management systems are divided in two broad groups:

- Holistic Drug Management.
- Holistic Drugless Management.

(Both Systems has been dealt separately as chapter).

HOLISTIC DRUG MANAGEMENT

According to World Association of Integrated Medicine (WAIM), the holistic drug management not only performed exactly with the scientific medicine in its original form. According to World Association of Integrated Medicine, the term drug stands for all medicaments derived from various sources. The system deals as whole derived in natural form or its modified form. Rarely the available drugs are used after certain rituals processing for its Wholistic effects on Holistic body.

- Introduction.
- Sources Drugs.
- Rout of Administration.
- Types of Drug Systems.

SOURCES OF MEDICAMENTS

The holistic medicaments are derived mainly from following sources:

- I. Universal Sources** – As Zodiacs, Stars and Plants.
- II. Individual Sources** – Five Elopements and its derivatives as – Plants, minerals, chemical and biological.

ROUTES OF ADMINISTRATION

. The holistically determined and prepared drugs are administered through following routes:

- Divine Universal Rout
- Orally Rout,
- Parentally Routs,
- Local Application.
- Other Holistic and Natural Routes decided by the healer.

TYPES OF DRUG SYSTEMS

According to World Association of Integrated Medicine (WAIM), we consider two systems as system of holistic drug system.

- I. AUM Therapy.**
- II. Integrated Medicine.**

AUM THERAPY

The AUM Therapy is divine, universal individual therapy having wider views of management of problems of individual. The therapy has wider coverage or restoration of individual health than treatment or healing alone. The proper term to AUM Therapy is Aumic Management

which is integrated divine universal individual approach. The management / therapy acts through aumification and care of:-

- Introduction.
- Aims of AUM Therapy.
- Methods of Aumic Management.
 - I. Aumic Material Management.
 - II. Aumic Remedial Management.
 - III. Aumic Ritual Management

- **All Planes:** Divine, universal and individual.
- **All Aspects of Life:** Body, Mind, Sense, Soul and Superconscious
- **All Bodies:** Physical, ethric, astral, lower mental, higher mental, buddhic and atmic.
- **All Health:** Physical, mental social moral, spiritual and environmental.
- **All Holistic Techniques in Diagnosis:** Holistic diagnostic tools and techniques.
- **All Levels of Management:** Prevention, Elimination, Rehabilitation and life styles according to modern and traditional systems.
- **Spiritual Contents:** Faith in Divinity.

AIMS OF MANAGEMENT

As regards to management is concern, the aims of aumic management are multifold. Here, we concerned with following aspects of life.

1. Prevention from problems.
2. Protection of health.
3. Early detection of problem and effective management.
4. Disability limitation and rehabilitation.
5. Health Education and Yoga.
6. Encourage for prolonged healthy, peaceful and blissful life.
7. Way to Divinity.

METHODS OF AUMICMANAGEMENT

Being a holistic management, the AUM therapy involves all holistic, spiritual, traditional and modern tools and techniques in prevention, diagnosis, elimination, treatment, healing, rehabilitation and inclination to divinity. Based on measures, means, method and materials, the aumic management has been divided in three groups –

- I. Aumic Material Management.
- II. Aumic Remedial Management.
- III. Aumic Ritual Management.

(For details of management, readers are requested to kindly visit the concerned chapters in Applied Concepts of AUM Therapy).

I. AUMIC MATERIAL MANAGEMENT

This method is performed with the help of some materials obtained from the universe as well as from the individual's level. It may be used in isolation or in combinations. The prime thing is it should be aumified. Broadly, the materials used for aumic management are divided in two groups as eatable and non eatable materials.

- A. Eatable Material,
- B. Non Eatable Material.

A. EATABLE MATERIALS

Those materials used in one or the other way used as food and drink are called eatable material. They are grouped in three categories:

- I. General Food.
- II. Additional Food.
- III. Auspicious Food.

I. GENERAL FOOD:

The general food is necessary to lead a routine and regular normal life. The main constituents of vegetarian food are- *carbohydrate, protein, fat, vitamins, minerals and water*. When the animal sources are added to food, it becomes non-vegetarian food. Thus the foods used in various combinations and are divided in three categories.

1. Pure Food (Satvic Food).
2. Kingly Food (*Rajas Food*).
3. Mixed Food (Tamasic Food).

1. **PURE FOOD (SATVIC FOOD):** These are simple, natural food and drinks directly derived from plants and animals in pure natural form without any harm to them. In order to make them eatable, there is hardly any alteration and modification in its original form. Such food has long lasting effects in the body. It includes - *Fruits, fruit juice, milk and its products, raw vegetable, grains and naturally available minerals*. Most of the consumers of such food have long life. Those who use such diet are entitled to lead a long peaceful and blissful life provided he has added aumified way of life.
2. **KINGLY FOOD (RAJAS FOOD):** These are compound food and drinks. They are derived from plants and animals. They are consumed in various forms from simple to spicy one. Such foods contain excessive oil, fats and spices. Such foods are mainly derived from plants. It may or may not contain animal products. Such food includes- *Raw vegetable, cooked, fried and roasted vegetable and or animal products* in excess. Most of the consumers of such food have average ruling life.
3. **MIXED FOOD (TAMASICFOOD):** These are mixed and complex food and drinks. They are derived from animal and plants. It comprised of live and dead products derived from plants and animals. Besides the food, the consumers use various liquors as alcohol (wine) and other beverages in irregular manner. Such food includes- *Raw vegetable, cooked, fried and roasted vegetable and animal meat products*. Majority of the consumer of such food and drinks have short and measurable life.

II. ADDITIONAL FOOD:

These are mostly vegetarian spices, juices, medicaments derived from plants and natural resources used in addition of routine food and drinks. It includes – *Spices, juices, minerals, medicaments*.

III. AUSPICIOUS FOOD:

These foods and drinks are called *Prasadam*. These are made up of pure (Satvic) vegetable and animal products. The food is first offered to GOD and then distributed to devotees. The common auspicious foods are - *Holy water, Charnamrit, Bibhuti, Prasadam (Leaves, Flowers, Fruits and Sweets)* etc.

B. NON EATABLE MATERIALS

These are natural materials not use as food or drinks. They ate related to the individual celestial structures. These are derived as salt and minerals from the nature. These materials are used in one or the other forms in various religions all over the world. These materials are grouped in two groups:

I. Gems.

II. Auspicious matters.

I. GEMS:

Gem (Syn. *Fine gem, Jewel, Precious stone etc*) is non eatable materials. Most gemstones are hard. In modern use the precious stones are *Diamond, Ruby, Sapphire and Emerald*. The stones are identified by gemologists. The description of gems and their characteristics is described in gemology.

II. AUSPICIOUS MATTERS:

All the matters used as symbols of worship and meditation as statues, auspicious symbols, logo and religious materials as - *Japamala, Rudraksh, Divine Locket, Rings* etc. by the individual in self or as mass are auspicious matters. These matters are aumified for a particular period and then used as per direction of the Aumic healers.

II.AUMIC REMEDIAL MANAGEMENT

Keeping in view the presence and availability of Omnipresent and Omnipotent everywhere and in everything, the remedial management has been initiated. Aumic remedial management is generalized for all problems and certain disease or pathological condition with the involvement of various divine, universal and individual means, methods and materials of the universe. All remedial material matters are one or the other ways derived from either of the aumic plane. The aumic planes are shown as:

SOURCES OF MEDICAMENTS

As per divine facts all the medicaments lie between divinity and individual means within the **Mother Nature** in the universe. Thus all the universal existing is useful in one or the other ways to all provided they are properly identified and used judiciously. The aumic material medicaments are derived from three major sources.

I. Higher Sources from Divine Plane.

II. Universal Sources from Universal Plane.

III. Lower Sources Individual Plane.

I. HIGHER SOURCES (*DIVINE PLANE*):

The higher source of an individual is his Soul a representative of GOD. The soul establishes the subtle connectivity with individual Material Nature (*Lower Prakriti*). Thus, in every individual, the soul components come directly from GOD (*Parmatma*) at the time of conception during intrauterine life (IUL). The Soul carries mind (*Manah*) and sense from earlier life. All the components are nourished throughout the life directly with cosmic energy. Thus, the major energy is derived from higher sources are for **Soul, Mind** and **Senses**.

II. UNIVERSAL SOURCES (*UNIVERSAL PLANE*):

The universe is full of the heavenly bodies (*Celestial bodies*) which emit light as constant energy for universal creations. Every universal existing receives it according to his celestial bodies. These heavenly bodies care for mainly the individual's holistic body which protects the physical body. There are many types of heavenly bodies. Out of these, following three major types of celestial bodies are known effects – **12 Zodiac, 28 Stars and Nakshatras and 9 Planets**.

III. LOWER SOURCES (*INDIVIDUAL PLANE*):

The lower sources are available around us. These are comprised of Basic Nature (*Inferior Prakriti*) like an individual. They are the part of the nature. They care for the physical body which has the same constituents as of the Basic Nature (*Inferior Prakriti*) i.e. Five elements plus mind, intellect and egoism. The sources of physical medicaments are:

- **Plants** - Herbs, shrubs and trees.
- **Minerals** - Metals, gems and crystals.
- **Chemicals** - Elements as Solid, liquid and gases.

PROCUREMENT OF MATERIAL

The procurement is only possible from the lower resources as they are easily available universal materials. The usual medicaments are derived from - *plants, minerals, chemicals* and indirectly from *celestial* sources. Out all the lower sources, the plants and its various derivatives are preferred. Once the plant has been decided for an individual, the aumic healer procures the same or its part with the subtle approval / permission of the plant after the aumic ritual. In all case, before collecting the materials, the aumic rituals is made for the permission to take the required quantity of material for the purpose of preparation of medicament for healing and restoration of aumic health.

MEDICINAL HERBS PROFILE

It has been estimated that there are about 2, 50, 000 to 7, 50,000 species of flowering plants and herbs are available on the earth. Out of these, 10% are the medicinal plants i.e. 25000 to 75000. Out of these medicinal plants, 1% (250-750) has been scientifically proved to be of therapeutic use. These are used in orthodox medical system based on the information derived from Folk, Ethno medicine and traditional medicines.

(The detail indications, process of preparation of medicaments, its dose and uses are described in Applied Concepts of AUM Therapy).

AUMIC RITUAL MANAGEMENT

The aumic ritual management has been discussed in details in drugless holistic system in coming chapter. Aumic healing is an integrated holistic healing which takes care for all the essential components of divine, universal and individual level to lead a ***Prolonged, Healthy, Peaceful, Blissful and Aumified life***. It acts through establishing the divine-universal-individual connectivity (DIUC) by aumification of all aspects of individual's holistic body.

AIMS OF HEALING

As regards to health is concern, the aims of Aumic healing is multifold. Here, we consider the following aspects.

1. Prevention of health.
2. Protection from problems.
3. Early detection.
4. Effective healing.
5. Disability limitation and rehabilitation.
6. Prolonged peaceful and blissful life.

METHODS OF HEALING

Aumic healing involves all i.e. spiritual, traditional, cultural and material methods used in healings. Based on the involvement, the Aumic healing is performed mainly by **Aumic Rituals**:

EFFECTS OF HEALING

It is process of healing is based on the vibrations energy created by performing various aumic rituals. Thus the aumification helps in establishing the coordination between of both parts of individual i.e. Material Nature (*Lower Prakriti*) and Higher Nature (*Spiritual Prakriti*). The individual's Material Nature(*Lower Prakriti*) consists of eight folds i.e. **earth, water, fire, air, space, mind, intellect and egoism**, while the Higher Nature (*Spiritual Prakriti*) is the Soul (***Atma***) of individual derived and in continuum with GOD (***Parmatma***). Here, the aumic sound vibrations (ASV) of varying intensities are created which leads to:

- Development of Aumic Resistance in individual.
- Clears all the planes (individual, universal and cosmic) of the person.
- Prevent accumulation of problems (ill effects).
- Destroy all the weaknesses leading to problems and illness.
- Eliminates the ill effects.
- Provide effective cares to of individual.

(The detail methods of Aumic Rituals, it has been described under Aumic Healing in Drugless Holistic System.)

INTEGRATED MEDICINE

Integrated medicine is the technical method of management of the patient which has wider spectrum of treatment and healing for restoration of individual holistic health. World Association of Integrated Medicine (WAIM) has taken in account the earlier scientific definition given by World Health Organization and further enriched the definition as- ***“Integrated Medicine is defined as combination or unification of the modern and traditional medicine / system / healing together for its teaching, training, treatment, research and national implementation on possible scientific parameters*** (As all aspects of traditional medicine / system / healing cannot be bind in strict scientific boundary). The best integration is the combination of all aspects i.e. principles, diagnostics and therapeutics in one combination but it can also be done even in principles and or diagnostics and or therapeutics. ⁽¹⁾

- Introduction.
- Integrated Truth.
- Science of Integration.
- Philosophy of Integration.
- Merits of Integrated Medicine.
- Integrated Holistic Health Care.

INTRGRATED TRUTH

Both systems (Modern and Traditional) have tress and strains of merits and demerits of each other and the answer is hidden in either system. Thus, there is an urgent need of integrations as per ***“Integrated Truth”***-

- None of the medical system is perfect
- None of the medical system is useless
- Every medical system has merits and demerits
- Every system has its limitation and
- Our tradition is to respect all.

Under such circumstances the only answer is to take the best of all the available systems together and develop its teaching, training, treatment, research and national implementation which could be nearer to the perfect as perfect is only one i.e. Omnipotent.(*Divine Intuitions, Revelations and Blessings of Sri Sathya Sai Baba*).

SCIENCE OF INTEGRATION

Now every medical system is flourishing in its own tight wall with varying degree of claims of curing, caring and healing to sufferings depending on their available means, methods and modalities of treatment and healing. Both existing systems (modern and traditional medicines) have strain and stress of their merits and demerits. Under such circumstances, the only answer is to take the best of all the available systems together and develop its teaching, training, treatment, research and national implementation which could be nearer to the perfect as perfect is only one i.e. **Omnipotence** who is controlling the entire universe. Keeping in views, the origin of various medical sciences and integrating the best of all existing systems, the science of integrated medicine has emerged as **“Integrated Health Care (IHC)”** for alleviation of suffering and rehabilitation to the handicaps.

PHILOSOPHY OF INTEGRATION

Philosophy is ocean of knowledge and is limitless while science is limited and its origin from philosophy. Here, we are concern with the philosophy of Integrated Medicine which involves all philosophies predominantly the Holistic Natural Philosophy (**HNP**) derived from Cosmic Power identified by the sages (*Rishis*). It encompasses *nature, culture, humanity, spirituality, environment and faith in GOD*. The ultimate aim of life is to attain the goal i.e. liberation in GOD. Depending on inherited properties (*Sanskara*), the individual does the works in his allotted span of life. The inherited properties (*Sanskara*) cannot be entirely changed but some alteration is possible provided there is flexibility in the individual nature. This changed in individual to either side is based on followings factors -

1. Inherited Properties (*Sanskara*).
2. Individual Nature.
3. Family Composition.
4. Health of Individual.
5. Food and Nutrition.
6. Education.
7. Social Milieu.
8. Environment.

Thus, the derived philosophy of integration is **“Holistic Natural Philosophy (HNP)”** which is responsible for **“Holistic Care with Faith in GOD”**.

MERITS OF INTEGRATED MEDICINE

Integrated medicine involves all possible the merits of traditional and modern medicine and healing. The integration leads to equalize / neutralize the stress and strain of one another by removing the existing demerits in the systems. Hence, there is no any stress or strain with integrated medicine. On the other hand, with proper integration, some more merits emerge due to synergistic effects of each other leading to more merits than the total merits of a single system. World Association of Integrated Medicine (WAIM) has note nine merits of integrated medicine called Nine Gems (*Navratna*) of the system. These GEMS are:

1. **Perfection** : Nearer to the perfect.
2. **Useful** : Most useful system of treatment and healing.
3. **Meritorious**: Combined merits with added synergistic merits.
4. **Bridge** : Strong Bridge between the existing systems.
5. **Research** : Having wide scope of scientific research.
6. **Limitless** : Not limited in strict scientific boundary only.
7. **Flexibility** : Having Flexibility (Provision of addition and omission).
8. **Holistic** : Beneficial for “Integrated Holistic Health Care (IHHC).
9. **Need** : Need of the Day.⁽¹⁾

INTEGRATED HOLISTIC HEALTH CARE

Integrated medicine developed by World Association of Integrated Medicine is a system of Integrated Holistic Health Care (IHHC). The system takes care by incorporating **All Aspects of Life**: Body, Mind, Sense, Soul and Superconscious, **All techniques as-process, practices, measures and ingredients**; **All possible procedures in -diagnosis, prevention, elimination and rehabilitation including life styles**; **All health i.e.- physical, mental, social, moral, spiritual and environmental**; **All well beings through-** drug or drugless therapies available in the country or abroad **Along with faith in Divinity**. Integrated medicine stress Environmental aspects of health and Superconsciousness level of the individual. This gives a new dimension known as Integrated Holistic Health Care (IHHC).

REFERENCE

1. *Dubey; N.P.*; Basic Principle of Integrated Medicine; Science and Philosophy; Revised Edition, 2002, P.10

HOLISTIC DRUGLESS MANAGEMENT

In order to one keep healthy the human had developed some mode of treatment and healing according to time and place. The modalities continued for quite a long times and later on they were given various names as-***indigenous, unorthodox, alternative, ethno, fringe, folk, unofficial traditional medicine and healing***⁽¹⁾. Later on they all had a name called traditional medicine. The entire traditional medicine and healing are broadly grouped in two major groups i.e. *Drug* and *Drugless therapy* in various names. The drugless holistic system of medicine includes predominantly the divine universal components in treatment and healing. Usually under these systems, we do not recommend any physical materials or medicaments except some additive materials and precautionary measures.

- Introduction.
- Drugless Systems.
- Types of Drugless Systems.
- Spiritual Healing,
- Astrological Healing,
- Auric Healing,
- Chakral Healing,
- Aumic Healing,
- Yogic Healing

DRUGLESS SYSTEMS

According to World Association of Integrated Medicine, the drugless system involves the divine, universal and individual elements either in isolation or in combination in treatment and or healing. Here, the techniques used are from divine, universal and worldly resources. There is no use of any drug. Sometimes, the local grain, fruits, leaves are used to remove the evil and devil elements.

TYPES OF HOLISTIC SYSTEMS

There is long list of healing system claiming to be holistic but the World Association of Integrated Medicine (WAIM) has incorporated the following healing system as drugless holistic system.

- I. Spiritual Healing,
- II. Astrological Healing,
- III. Auric Healing,
- IV. Chakral, Healing,

- V. AUMIC Healing,
- VI. Yogic Healing

I. SPIRITUAL HEALING

Spiritual healing can be defined as the direct interaction between on individuals (*the healer and the Sick*) with the intention of bringing about an improvement in the illness. Healing is a treatment that involves the transfer of energy through the healer to the recipient.

MODES OF HEALING

Spiritual healing is method which eliminates all blockages causing physical, psychological level in health and development at all levels of the individual by breaking the negative cycle and restoring the positive cycle by divine, cosmic and environmental energy. Energy medicine is a branch of alternative medicine based on a pseudo-scientific belief that healers can channel healing energy.

INDICATIONS

It deals with the holistic body of the individual. It is practiced in one or the other way all over the world. The spiritual healing has wide impacts on health in all types of people. It has its special role in:

1. Amelioration of the stress and strain disorders.
2. Chronic and prolonged illness of any origin.
3. Psychosomatic disorders.

TYPES OF HEALING

There are many types of healing depending of culuure, traditions and believe. Out of all two of spiritual healing are more popular methods of spiritual healing:

- (I) **Active Healing:** Performed by one person in presence of another. During the therapy, the healer remains in still position and become channels for this energy and acts as a means of transferring this energy in the astral body of the sufferer. The healer recites divine verses and mantras as felt by the healer accordance to the need of suffers. The healee is also directed to observe certain features or some *Bijakshra* or *Bijamantra*.

- (II) **Passive Healing (Self-healing):** There is no need of any other person at healing center. The sufferer is directed to perform the self-healing sitting in home at particular time, place and duration. The healing is done by the sufferer by self-reciting *Mantras, Bijakshra and or Bijamantra* is directed by the healer.

II.ASTROLOGICAL HEALING

All the universal contents (sentiments and insentient) have their specific **Zodiacs, Stars and Planets**. The concept of Astro-medicine and healing has emerged from Indian Astrology. According to Indian system of medicine (ISM), human body is comprised of five elements (*Punchmahabhutas*) and three humors (*Tridoshas*). Any imbalance of these elements and humors leads to vitiation of three humors (*Tridoshas*) leading to various disorders and diseases due to blockade of the channels (*minor and or major channels*) with the waste products (*Malas*). Astro-healing provides *-.Prophylaxis, Diagnosis, Prognosis and Protective management.*

Primarily, the Astro medicine is based on the study of horoscopes developed on the birth details of the individual. Sometimes, along with the horoscope, we take the help of *Palmistry, Numerology and Face reading* etc. There are three main divisions of the Astro-medicine-

1. Astro-Diagnosis.
2. Astro-Prophylaxis.
3. Astro-Management.

Here, the diagnosing a disease is based on the combination and permutations of the planets distributed in 12 houses. Usually the 6th planet is considered as Lord for understanding of disease. All the universal contents (sentiments and insentient) have their specific Zodiac, Stars and Planets out of **Zodiacs (12), Stars (28) and Planets (9)**.

ZODIACS AND HEALTH

Each zodiac represents different part of human body and has different influences. The adverse influence is mentioned in under lying table:

Sl. No.	Zodiacs	Representing Body Parts	Adverse Effects.
1.	Aries	Head, Brain and Eye	Headaches, Migraines, Mental illness and Eye problems

2.	Taurus	Neck, Vocal cords and Thyroid gland	Chronic sore throats, Hypo and Hyper Thyroidism.
3.	Gemini	Nervous system, hands, arms, and lungs	Breathing problems and Anxiety.
4.	Cancer	Chest, Breast and Stomach:	Indigestion, eating disorders.
5.	Leo	Heart, Spine, Spinal Column and Upper Back:	Heart palpitations,
6.	Virgo	Entire body.(Psychic level)	Struggling to clean out the excess from body.
7.	Libra	Kidney, Skin, Lower Back and Buttocks.	Desire for balance of all body parts lead to the quest to create balance leads obsessive and lose balance causing Problem.
8.	Scorpio	Human Genitalia.	Chronic UTIs, yeast infections, and bacterial infections.
9.	Sagittarius	Always out of home.	Problems liver problems
10.	Capricorn.	Joints & Skeletal System:	To aim higher, to reach the top.
11.	Aquarius	Ankles & Circulatory System.	Nervous sign.
12.	Pisces	Feet & Lymphatic System.	Affect their immune system. Sensitive to harmful substances.

ASTRO MANAGEMENT

Normally, every being is radiating some invisible energy in the universe and vice versa. The harmony of life depends on the interaction of energy received from the universe and energy radiated from individual's own body. The horoscope provides the detail of illness of individuals. The astrologist recommends management/ therapy through following methods:

1. Mantral Method.
2. Material Method
3. Associated Method.

1. Mantral Methods: Mantras are group of words derived from divine verses and its positive vibrations which help by neutralizing, equalizing and enhancing the necessary divine energy related to particular zodiac, star and planet due to which

the problem has raised. It allows the cosmic energy to enter in holistic body (*First in Upper Triad to Lower Quaternary*) and ultimately in the physical body to establish the holistic health.

2. Material Method: This is performed by use of the various natural materials as various *Metals, Stones and Mani* etc lying in the universe which are constantly charge with the universal energy. These materials are charged with specific powers for particular zodiac, stars and planet. Depending on the ill effects of the particular planet these materials are recommended. The most common materials are- *Stones, Gems and Metals*. These materials emit astral effects which pass gradually in physical body through the ethric body. These materials are also recommended by keeping in view the date, place and time of birth to estimate their zodiac, star and planet.

3. Associated Method: There are other associated methods which can be added or could itself be enough to solve the problem. These methods are –fasting, diets, rituals for particular deity. Besides this there are Specific Rituals as - *Mantra, Japas, Hawana / Agnihotra* etc depending on the individual problems and decision of the Astro-healer.

III.AURIC HEALING

Aura is defined as dark bluish, purple waves surrounded by light blue or gray layers which are yellow over the head. The aura is the electromagnetic field that surrounds the human body. It is also called human energy field (HEF). Every existing in the universe (sentient and insentient) has its own aura. This energy field is having varying densities. These electromagnetic energies permeate and emit or exit the human energy from the physical body of a living person. The energy particles are suspended around the healthy human body in an oval shaped manner. This is called Auric Field. It emits from the body.

AURIC VARIATION

It is present all around the body but more prominent in Upper Chakral areas as – *Anahata, Vishuddha and Anjna*. It pulsates at the rate of 15 beats per minute. The average *aura* of male is 3.0 to 4.0 feet and that of female is 2.5 to 3.5 feet. It varies with- ***Time, Place, Mood, Emotions, Thoughts and Severity of disease.***

AURIC CHANGES

The disease comes much earlier in *auric body* (ethric and astral bodies) and then in the actual physical body. The changes in *aura* can be seen by its narrowing, discoloration (spots), tears and raptures in *auric field*. Aura gives the way to various diagnoses by its varying colour.

AURIC MANAGEMENT

Here, the electromagnetic field permeates to emit or exit the human energy from the physical body are deranged. The auric management is regularization of derange energy from Cosmo- universal to individual level in systemic way. Thus auric management is total energy management of three levels.

- Cosmic Energy.
- Universal Energy.
- Individual Energy.

Depending on diagnosis, the energy is place and replace in specific area. The management is basically done at holistic body level in two ways.

- I. Direct Auric Management
- II. Selective Auric Management.

I. DIRECT AURIC MANAGEMENT

Here, the healer directly direct (insert) the cosmic, universal and individual's energy in auric body of the individual with his hands without touching the patient. The process is accelerated with the help of some rituals as-*Prayers, Mantras* etc.

II. SELECTIVE AURIC MANAGEMENT

Selective auric management depend on the color changed in the specific auric body and associated chakra. Depending on the disturbance in the color, the healer use various colour directly and indirectly for bringing harmony in the auric field and the physical body.

IV.CHAKRAL HEALING

Chakras are the high source of energy. They signify the energy center in the holistic body. There are total nine major chakras divided in two major groups as *Divine Chakras* and *Individual Chakras* situated between individual to infinity (Almighty GOD). In general, the chakra stands for Individual Chakras especially the lower chakra. Here, we have mentioned about the individual Chakras. Each individual lower chakra corresponds to major nervous plexuses branching from the spinal cord. These chakras (**from above down words**) are:

1. Sahashrara Chakra.
2. Agya Chakra.
3. Vishuddha Chakra.
4. Anahata Chakra.
5. Manipura Chakra.
6. Swadhisthana Chakra.
7. Mooladhara Chakra.

CHAKRAS AND PLEXUSES

The *chakras* reflect the physical, mental, emotional and spiritual quality of the individual. The names and their corresponding situations are as under:

Sl. No.	Name of the Chakras		Corresponding Situations	
	Sanskrit Name	English Name	Nerve Plexus	General
1.	Mooladhara Chakra	Root Chakra	Sacro-Coccygeal Plexus	Base of Coccygeal Spine
2.	Swadhisthana Chakra	Genital Chakra	Lumbo-sacral Plexus	Base of Sacral Spine
3.	Manipura Chakra	Umbilical Chakra	Celiac or Solar Plexus	Umbilical area
4.	Anahata Chakra	Heart Chakra	Cardiac Plexus	Over Heart
5.	Vishuddha Chakra	Throat chakra	Carotid Plexus	Front of Throat
6.	Agya Chakra	Brow Chakra	Cavernous plexus (Hypothalamus)	Between both Eyebrows
7.	Sahashrara Chakra	Crown Chakra	Pineal gland (Upper brain)	Top of the Head

SOURCES OF ENERGY

The higher chakras are directly derived from divine source and thus they take the required energy from the Supreme Source of Energy (SSE) while the individual lower chakras receive the various types of energy from following sources:

- Sun (Solar energy) or Cosmos (Cosmic electromagnetic energy)
- Color (Color energy)
- Smell (Essence energy)
- Sound (Voice energy)
- Touch (Heat and cold energy)
- Taste (Nutritional energy)
- Thought (Constrictive energy)

QUALITIES OF CHAKRAS

The chakras are the source of energy. They *receive, modulate* and *utilize* the energy for prolonged life provided they are well balanced. They reflect the following qualities of the individuals.

1. Physical Qualities.
2. Mental Qualities.
4. Emotional Qualities.
5. Spiritual Qualities.

All the above qualities can be evaluated by holistic evaluators.

CAUSES OF DISORDERS

In healthy individual all the chakras are perfectly balanced, correctly awakened and properly energized. The proper co-ordination of *Nadis, Nerves* and *Endocrines* maintains the health of the individual. The physical derangement or non-ailments are due to some disturbance in specific chakras leading to malfunctioning of corresponding organs and further diseases. Besides, the divine and universal causes, there are individual causes leading to problems and diseases. These causes are:

5. Violent Trauma,
6. Operation,
7. Sudden emotional shock,
8. Fear and anxiety.

These lead to blockage of the flow of energy in Chakras either at the site of entry in or exit out from the chakra giving rise to various manifestations as clinical problems.

1. **Entry Block:** When there is entry block, the chakras are depleted due to lack of energy as the energy is directed back to its original source leading to hypo function and consequently the physical and mental disorders.
2. **Exit Block:** When there is exit block, the energy is accumulated in chakras causing to congestion due to excess accumulation of energy and ultimately bursting, leading to hyper function and consequently the physical and mental disorders.

CHARACTERISTIC OF CHAKRAS

The important characteristics of various individual chakras have been described on coming page in tabular form. The special variables mention under each chakra is of special holistic healing values. Depending lesion I particular chakral reason, one or more parameters of same chakra or added chakra are taken in account of treatment and healing. The details are mentioned on coming page.

CHARACTERISTICS OF INDIVIDUAL CHAKRAS

The important characteristics of various individual chakras have been described as under.

Chakras at Ethric & Astral Body	Mooladhara Chakra	Swadhishtana Chakra	Manipura Chakra	Anahata Chakra	Vishuddha Chakra	Agya Chakra	Sahasrara (Intermediary) Chakra
Corresponding Nerve plexus in the Physical Body	Sacro-Coccygeal Plexus	Prostatic or Lumbo-sacral Plexus	Celiac Or Solar Plexus	Cardiac Plexus	Carotid Plexus	Cavernous Plexus	Upper Brain (Silent area)
Endocrine	Adrenals	Gonads	Pancreas	Thymus	Thyroid and Parathyroid	Pituitary	Pineal Gland
Color	Red	Orange	Yellow	Green	Blue	Indigo	Sunlight to Violet
Smell	Sandalwood	Jasmine	Pineapple	Camphor	Camphor/ Sandalwood	Smoke	Sandalwood or Camphor
Petals (Yoga Nadis)	4	6	10	12	16	2	1000
Shape of the Mandal	Square	Crescent Moon	Triangle	Hexagonal	Round	Round	Oval
Function of Element (<i>Tatv</i>)	Gandh (smell)	Ras (taste)	Roop (sight)	Sparsh (feelings)	Shabd (hearing)	Sankalp-Vikalp	Tyag (Renunciation)
Presiding Deity	Brahma	Vishnu	Lakshmi and Vishnu	Siva	Sadasiva	Natraja	Paramasiva
Goddess	Dakini	Rakini	Lakini	Kakini	Shakini	Hakini	Nature
Element (<i>Tatv</i>)	Prithvi	Jala	Agni	Vayu	Akash	Mars	Five Element
Bijakshra	LAM	VAM	RAM	YAM	HAM	AUM	AUM

METHODS OF CHAKRAL HEALING

Once the nature of disease and involved chakra is confirmed, the healing of particular chakra according to activity becomes easier. The Chakral therapy is performed by following techniques:

1. Cosmo-universal Therapy.
2. Meditation.
3. Colour Therapy.
4. Number of Petals.
5. Shape of Mandal.
6. Presiding Deity / Goddess.
7. Elements.
8. Bijakshra.
9. Integrated Healing.

1. **Cosmo-universal Therapy:** Here, the practitioner / healer directly heal the chakra at the corresponding site of plexus and chakra with Cosmo-universal energy in auric body of the individual with his hands without touching the patient. The process is accelerated with the help of some rituals as- *Prayers, Mantras* to particular deity.
2. **Meditation:** Here, the sufferer is directed to follow the steps of Astang Yoga and depending on the suffering he is directed to meditate on the chakra with aumic mantra as directed by the healer.
3. **Colour Therapy:** According to the involvement of particular chakra, the therapist decide the colour. The decided colour bottle or liquid in clear bottle or flower is given to the patient and advised to visulise for 5 to 15 minutes focusing on the particular involved chakra.
4. **Numbers of Petals:** Each chakra has definite number of petals of lotus. The healer decides the number of petals and advises to mind and remind during meditation for 5 to 15 minutes twice daily.
5. **Shape of Mandal:** Each chakra has definite shape which is to be explained to the sufferer and he is advised to remember the particular shape during meditation on the chakra.
6. **Presiding Deity:** The sufferer is directed to recite the specific mantra of particular deity God or Goddess depending on the hypo or hyper function of particular chakra.
7. **Element:** Each chakra is having assigned with particular element which are mediated or experienced and remembered during the meditation and depending of disease their hypo and hyper presence is remembered and repeated.

8. **Specific Bijakshra:** Each chakra is having a Bijakshra surrounded in its specific shape of surrounding (*Mandal*). The specific **Bijakshra with the Mandal** to be meditated recited in accordance to the direction of the healer.
9. **Integrated Healing:** The integrated healing indicated with the combination of any three of the above techniques.

V. AUMIC HEALING

Aumic healing is an integrated holistic healing which takes care for all the essential components of divine, universal and individual level in order to lead a *prolonged, healthy, peaceful, blissful and aumified life*. It acts through establishing the divine-universal-individual connectivity (DIUC) by aumification of all aspects of individual's holistic body.

AIMS OF HEALING

As regards to health is concern, the aims of aumic healing is multifold. Here, we consider the following aspects.

1. Prevention of health.
2. Protection from problems.
3. Early detection.
4. Effective healing.
5. Disability limitation and rehabilitation.
6. Prolonged healthy, peaceful, blissful and divine life.

METHODS OF HEALING

AUMIC healing involves all i.e. spiritual, traditional, cultural and material and methods in healings. Based on the involvement, the Aumic healing is performed mainly by **Aumic Rituals**:

EFFECTS OF HEALING

It is process of healing is based on the vibrations energy created by performing various aumic rituals. Here, aumification helps in establishing the coordination between of both parts of individual i.e. Material Nature (*Lower Prakriti*) and Higher Nature (*Spiritual Prakriti*). The individual's Material Nature(*Lower Prakriti*) consists of eight folds i.e. **earth, water, fire, air, space, mind, intellect and egoism**, while the Higher Nature (*Spiritual Prakriti*) is the

Soul (**Atma**) of individual derived and in continuum with GOD (**Parmatma**). Here, the aumic sound vibrations (ASV) of varying intensities are the best method. The vibration sound leads to:

- Development of Aumic Resistance in individual.
- Clears all the planes (individual, universal and cosmic) of the person.
- Prevent accumulation of problems (ill effects).
- Destroy all the weaknesses leading to problems and illness.
- Eliminates the ill effects.
- Provide effective cares to of individual.

CREATION OF AUMIC VIBRATION

The aumic vibrations are created by chanting the sound AUM. The pitch of the sound varies from whispering to loud one depending on many factors pertain to the individual. Though, all methods of vibrations act at all planes and holistic body of the individual. Out of all, some methods start influencing more from the inner self, some from outer self and some both ways. There are following ways of creating the aumic vibrations.

1. AUM Invocation
2. AUM Chanting Device
3. AUM Brahma Mantras
4. AUM Bijakshra
5. AUM Yoga
6. AUM Meditation
7. AUM Agnihotra
8. AUM Yagya
9. AUM Yantras
10. AUM Prayers

1. **AUM Invocation:** Every individual being, irrespective of caste, creed, religion or race has right to invoke AUM according to their religion, culture and traditional. The invocation is to be performed in proper way by the individual at particular *pitch (volume), duration, posture and time*. It is a way to initiate the holistic influence from inner self. The self chanting initiates inner strengthening first followed by the outer. It can be performed either alone or in group.
2. **AUM Chanting Devices:** It is manmade mechanical device (MMD) for continuous chanting of AUM. It is also called non-stop chanting device (NSCD). This type of AUMIC vibrations has aumifying effects on mass. It influences all the layers of holistic body to an extent to resist against all the

evil and devil stimuli. The mechanical devices are recommended for all i.e. self, family and surroundings including animal and plant kingdoms.

3. **AUM Brahma Mantras:** These are the sacred *Mantras* which begin and end with the word AUM. They are recited or chanted at particular pitch (*volume*), time, duration and posture. AUM Brahma Mantras are used for individualized problems and disorders. This is decided from the name, date and place of birth, problems, involved chakra and their deity. These have first inner influence followed by the outer influence.
4. **AUM Bijakshra:** Every Chakra is having a Bijakshra. The Bijakshra is recited meditated. The recitation is made at particular pitch (*volume*), time, duration and posture focusing on particular chakra. It has inner influence on chakra followed by the outer influence.
5. **AUM Yoga:** It clears the way through both external and internal cleaning. Here, individual is directed to sit in comfortable posture presuming him-self sitting within the AUM (*AUM Asana*) and advised to concentrate on the symbol of AUM with closed eyes or sit in relaxed position and face symbol of AUM. In case of any physical disability or disorder, the individual is directed to follow the above steps in most comfortable posture. This method has first outer influence followed by the inner influence leading to realisation of self.
6. **AUM Meditation:** It is later stage of AUM Yoga. Here, individual is directed to contemplate the thinking of AUM inwardly. The person is directed to sit according to his convenient and realize that he is enveloped within AUM. This is followed by contemplation of thinking inwardly by repeating AUM. The meditation has influence followed by realization of self.
7. **AUM Agnihotra:** It is an individual or collective effort to perform AUM Agnihotra by invoking AUM Brahma Mantras. The effects of Agnihotra comes by creating the positive vibration in self and surrounding. It clears all the planes of individual. It brings the positive alignment through divine-universal- individual connectivity (DUIC).
8. **AUM Yagya (Hawana):** It is a collective effort. It is performed by doing AUM Yagya (*Hawana*) with AUM Brahma Mantras. The Yagya (*Hawana*) is performed with Hawana material which is comprised of- Grains, Ghee, Sugar, Camphor/leaves of auspicious plants (*Tulsi, Mango, Asoka, Pipal and Sandal woods* etc.). This material is put in the fire with added AUM before and after the specified Mantras and deities. The Yagya create fumes to form the clouds for raining for the benefits of all creations. The Yagya purifies the individual, family and surroundings at individual level followed by the environmental and the universal. It brings the positive alignment of divine- universal- individual connectivity.

- 9. AUM Yantras:** Each religion uses some symbol for their worship and meditation. All the symbols have universal origin in one or the other way. These are made-up of worldly materials and signify the presence of divinity according to individual religion, race and community. In aumic healing, they are called AUM Yantras. These *Yantras* are meditated to bring holistic effects. Here, individual is directed to sit in relaxed posture and directed to constantly visualize the *Yantra* with repetition of the name of deity indicated for the *Yantra* with added AUM in the beginning and end of the name. The constant visualization of AUM *Yantra* brings the changes at mental levels to induce positive intuitions and thoughts first in higher bodies then in physical body. The common spiritual AUM *Yantras* are made up of metals as - Brass, Copper, Steel, Silver and Gold or otherwise. Metallic AUM *Yantras* are preferable because of being a good conductor. The common *Yantras* are: AUM, Trishule, Shree *Yantra*, Swastik, Crass, Wheel, Bow & Arrow, Circular Ring and Statues.
- 10. AUM Prayers:** It is an individual way of worship to AUM (GOD). It is performed with comprehensive holistic verses of Almighty GOD (AUM). It consists of three components – i.e. AUM *Chalisa*, Aarati and AUM *Brahma Mantras*. These are highly charged with supreme source of energy (SSE) for welfare of all the universal creations. It completely cleans (inner and outer self) the individual and his surrounding to clear the way to the ultimate Goal.

MODE OF HEALING

Here, the aumic energy is generated through define aumic processes and sound energy of varying intensities leading to aumification of individual. Thus the aumification stimulate individual's body and establish divine-universal-individual connectivity (DUIC). After entering the energy in various planes of the body, it acts on the target cells, tissues and organs where the varying degree of vibration movement takes place to dislodge and mobilize the obstruction caused by negativity. Thereby it reestablishes the positivity and removes the negativity from the individual's cells, tissues and organs through various defined and ill-defined opening of the body. This process also creates aumic resistance (*immunity*) in the individual for further prevention of the problems, disorders and diseases. Thus, the aumic resistance provides lifelong aumic holistic care effects.

AUMIC CHANGES

Every human being has more or less similar physical features irrespective of caste, creed, religion or race. All of them have the Devine and Individual

Nature. The Divine Nature is in form of *Soul*. The Soul is the career of *Mind* and *Senses* from earlier body. These *Mind* and *Senses* develop in present physical body and appear in life according to their past acts (*Poorva-karmas*). The past acts (*Poorva-karmas*) define the present path as divine or devilish. The term transformation is used for divine side. AUM the way to divinity starts with *aumification*. The transformation is proportional to aumification. The complete transformation means complete aumification or achievement of *goal* or realisation of the *Self* which can be observed through.

1. **Unique Personality:** The appearance of individual indicates unique changes in the personality as positive thinking with the changed in nature, behavior and attitudes.
2. **Widened Aura:** The normal area of aura in male is 3.0 to 4.0 feet and in female 2.5 to 3.5 Feet. It increases too many folds.
3. **Improved Chakral Activities:** The affected chakras are getting improved and start glowing and functioning as usual or even better than the earlier.
4. **Excellent AUM Score:** There is dramatic progress in AUM Score.
5. **Excellent N. P. Score:** N. P. Score rises to its highest.
6. **Detachment:** The individual will not or very minimal attachment with worldly affairs.
7. **Control of Emotions:** The individual develops confidence and thus not influenced by other.
8. **Control of Desires:** The desire is endless and the ceiling of desire is Yoga. Regular practice of AUM Yoga and Aumic Meditations leads to the alignment of organ (*Indries*), mind (*Manah*) intellect (*Buddhi*) in its stream line and develop control over desire which is the root cause of all evil and devil acts and omission. This is the way to Divine-Universal-individual Connectivity (DUIC).
9. **State of Equanimity:** The individual attains the evenness of mind and remains in state of equality in all circumstances.
10. **State of Divinity:** Ultimately the individual aumify and attain divinity.

VI.YOGIC HEALING

The desire is endless and ceiling of desire is Yoga. It means the desire is the cause of all problems. Yoga is an ancient art of harmonizing the relation of body, mind, and soul. The continued practice of yoga will lead you to a sense of peace and well-being. In spiritual world, the goal of Yoga is to attain a union of the individual self with the Supreme Reality or Universal Self. In western world,

it is practical aid and is associated with physical postures and regulation of breathing. In true sense, Yoga is the restraint (*Nirodh*) of the process (*vrutti*) of the mind (*chitta*).

“Yogaschittavrttinirodha” (योगश्चित्तवृत्ति निरोधः)

It is an old traditional science which helps in coordination of body, mind and soul. It is safest and easiest and method of maintaining the health.

INTEGRATED YOGA

The integrated *Astang Yoga* described by Maharishi Patanjali is acceptable and practicable in principles and practice both. The steps (*Hindi and English*) and their meaning are mention below:

Sl. No.	Steps		Behavioral Meaning
	Hindi	English	
1.	Yam	Yama	Improvement in social behavior
2.	Niyam	Niyama	Improvement in personal behavior
3.	Asan	Asana	Physical postures
4.	Pranayam	Pranayama	Breath holding practices
5.	Pratyahar	Pratyahara	Restraining the sense of organs
6.	Dharana	Dharana	Contemplation
7.	Dayan	Dhyana	Meditation
8.	Samadhi	Samadhi	Attainment of Goal.

MODES OF HEALING AND INDICATIONS

Yoga is a holistic system of healing and is in practice from the origin of civilization in one or the other form and name. It gives various effects besides healing. In field of healing, it maintains tranquility of mind and greater calmness in conscious state. It is most useful in psychiatric and psychosomatic disorders. Yoga acts-

1. **As Preventive Measures:** Yoga improves the body resistance by regular practice.
2. **As Curative Measures:** Increased body resistance leads to overcome stressful situations effectively.

METHODS OF PRACTICE

According to our culture, the practice of yoga is way of life to lead a divine life (means nearing to divinity). This can be attaining in the following steps^(a).

Sl. No.	Steps of Astang Yoga	Methods of Practice
1.	YAMA (Social Behavior)	Non-violence, truthfulness, non-stealing, self restraint, non-hoarding.
2.	NIYAMA (Personal behavior)	Purity of body and mind, contentment, austerity in every sphere of life, study of relevant literatures, practice of dedication to God.
3.	ASANA (Physical Postures)	Various postures (Yoga Asana), at least 10-15 yogic postures for at least for 15 minutes daily.
4.	PRANAYAMA (Breathing exercise)	Deep inhaling from one nostril (<i>Pooraka</i>), Holding the breath for some times (<i>Kumbhaka</i>) and the exhaling through other nostril (<i>Rechaka</i>). It should be practiced for at least 20 times daily.
5.	PRATYAHARA (Control of sense organs)	Stop the activities of all the sense organs (gate-keepers of body and mind) and minimize the stimulation of these sense organs by- (a) External objects. (b) Leading simple life.
6.	DHARANA (Practice of Concentration)	Choose one object of your choice and concentrate on it. It requires perseverance and will power. The process should be developed gradually, regularly and sincerely.
7.	DHYANA (Concentration)	Always think to attain the ultimate goal.
8.	SAMADHI (Union or Attainment of Goal)	Ultimate aim of Yoga i.e. union of the Individual self with Supreme Reality or Universal Self.

EFFECTS OF YOGA

Yoga has multifold effects in individual life specially harmonizing the relation of body, mind, and soul. The overall effects of yoga can be observed as:

1. Improvement of intelligence and memory quotient.
2. Decrease pulse rate, blood pressure, respiration and body weight.
3. Fall in blood sugar, serum cholesterol and rise in serum proteins.
4. Improvement of functions of endocrinal glands.
5. Decrease in Neuro-humors and their enzymes.
6. Increase in plasma Cortisol level.

REFERENCE

1. **Bannerman; R.H., Bruton John and Cwen Wen-Chieh**, Traditional Medicine and Health Care coverage; Introduction, World Health Organization, Geneva, Reprint 1988, P.9.
2. **Geeta Press Gorakhpur**; Srimad Bhagwadgita; Chapter Fifteen; Fourth Reprint; 2010; Rhyme 8;177.

HOLISTIC INTEGRATED MEDICINE

The universe is a unique creation of Almighty GOD. It comprised of Prime Components known as **Five Elements** (*Punchmahabhutas i.e. Ether, Air, Fire, Water and Earth*). All the sentient and insentient are composed of these five elements in various composition and form. Man has borne with the medicine in his surroundings. The searchers and researchers identified some of these and used for them for the prevention, promotion, treatment and rehabilitation of their health. With the passage of time various systems of medicines and healing developed according to their tradition, believe, culture and customs. These medicines and healings have various names as- *indigenous, unorthodox, alternative, ethno, fringe, folk, unofficial medicine and healing⁽¹⁾*. All these systems whether they are drug or drugless were named as Traditional Medicine TM. Modern Medicine (MM) emerged from these traditional medicines which left the traditional medicine not only behind but increased the gap between both systems. Modern medicine is progressing in its own scientific dimension. Traditional medicine has its own culture bound tradition and scientific boundaries. Human health has been always the global problems since the origin of life on the earth.

- Introduction.
- Types of Practitioners.
- Types of Systems.
- Traditional Medicine.
- Modern Medicine.
- Problems with Systems.
- Integrated Medicine.
- Holistic Integrated Medicine

TYPES OF PRACTITIONERS

India has been the rich heritage of holistic medicine and healing since time immemorial. The Indian traditional system of treatment and healings are globally popular. There are many traditional methods of treatment and healing all over the world in one or the other name. Modern western medicine (Conventional medicine) developed in one or the other from the traditional medicine with more merits. Because of merits, modern medicine was accepted globally. Now modern medicine is official medical system in majority countries of the world. On other hand many countries has well developed traditional medical systems in various names. Thus there are four type practitioners of medicine and or healing:

- **Modern Medicine:** In developed countries, modern medicine is the main stream of treatment. The modern medicine has other names as- *Conventional Medicine / Modern Medicine / Allopathic medicine*.
- **Complementary Medicine (CM):** It is referred to non-mainstream practices used together with conventional medicine.
- **Alternative Medicine (AM):** It is referred to non-mainstream practices used instead of conventional medicine.
- **Integrative Medicine (IM):** It is healing-oriented medicine that takes account of the whole person, including all aspects of lifestyle. It emphasizes the therapeutic relationship between practitioner and patient. It focuses on the relationship between mind, body, and spirit.

TYPES OF SYSTEMS

India has many systems of treatments and healing working in their own setup. All the available systems are broadly divided in two groups:

- Traditional Medicine,
- Modern Medicine.

TRADITIONAL MEDICINE

Traditional Medicine (TM) is ancient method of treatment and healing. The traditional medical practitioners and healers maintain the health by means of vegetables, animals, minerals products and certain method based on social, cultural, religious backgrounds. It takes in account the knowledge, attitude and believes that are prevalent in the community regarding physical, mental and social well being and causation of diseases and disability. Thus, most of the traditional medicines claim to be holistic system.

MERITS OF TRADITIONAL MEDICINE

The traditional medicine and healing have following merits.

- It is most ancient system of treatment and healing.
- It considers Life as the union of *body, senses, mind and soul*.
- It has wider view of health.
- It takes care of health and diseases both.
- It is culture bound.
- Maximum use of mental faculty in diagnosis and treatment.
- It is effective in chronic, degenerative, behavioral and spiritual disorders.
- It has a holistic view of management.
- Easy carriage.

DEMERITS OF TRADITIONAL MEDICINE

Traditional medicine and healing have following demerits-

- It remained traditional for centuries.
- It is still called unscientific and non-stream medicine and healing.
- It has high claims of treatment and healing.
- It has traditional diagnostic and therapeutic tools and techniques.
- There are inadequate emergency measures.

MODERN MEDICINE

Modern Medicine (MM) has emerged from the traditional medicine long before but its remarkable scientific development started about 350 years ago. It developed with time and place and has replaced the traditional systems of various countries quiet behind and has become the principal official system of the country. Today, modern medicine is the official system of treatment in almost all the countries of the world. It is based on visible facts and figures. It deals with diseases not with the patient. It is more concerned with physical body and health.

MERITS OF MODERN MEDICINE

The modern scientific medicine has come up with following merits.

- It has scientific documentation, thus called scientific medicine.
- It has modern diagnostics tools and techniques.
- It has adequate emergency measures.
- It has potent symptomatic methods of treatment.

DEMERITS OF MODERN MEDICINE

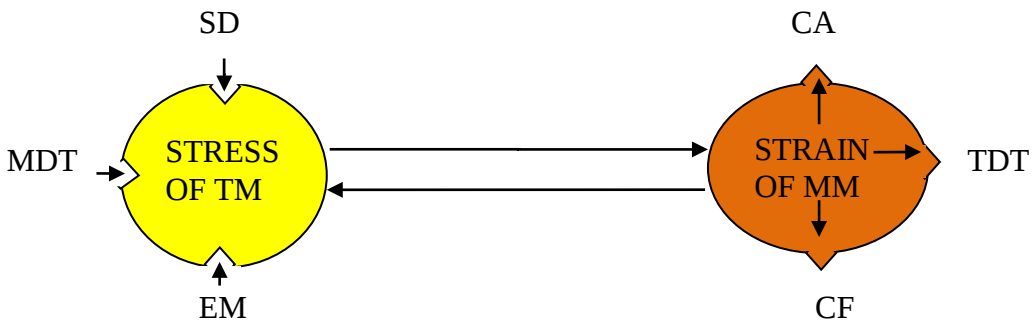
Modern Medicine still requires a lot of addition of traditional skills in its principles, diagnostics and therapeutics aspects to make it holistic for health care delivery system. It has following demerits.

- It details with disease not with patients.
- It has visible considerations means symptomatic.
- Intolerable cost and lack of man powers.
- It has lack of traditional diagnostic tools and therapeutic measures.
- It has limited views of health and management.
- Adequate facilities are confined to higher centers only.
- It is most mechanical.

- It has less response in chronic, degenerative, behavioral and spiritual diseases.
- No response in psychosomatic disorders.
- It is easy to adopt leading to quackery.

PROBLEMS WITH SYSTEMS

The traditional and modern system stress and strain and the solutions are in opposite system. The traditional system has some of the important stress and modern system has some important strain. The solutions of stress and strain are in opposite system. These stress and strain to each system are given below. The states of stress and strain due to respective demerits are given below:



“State of Stress and Strain”

The above diagrammatic representation shows the situation of both traditional and modern medicine. No one is in state of normalcy. However, they are continuing their services in isolation through their practitioners. Thus, when the solutions are in opposite system, then the only choice is integration of both systems.

STRESS OF TRADITIONAL MEDICINE

The traditional medicine (TM) has following stress because of the major demerits in comparison of modern medicine.

1. **Scientific Documentation (SD):** The traditional medicine has lack of scientific documents.
2. **Modern Diagnostic Tools (MDT):** Majority the traditional medical systems have no provision of modern diagnostic tools.
3. **Emergency Management (EM):** There are still no emergency medicines developed in traditional medicine.

STRAIN OF MODERN MEDICINE

The modern medicine (MM) has following strains because of the demerits in comparison of traditional medicine.

1. **Curative Aspects (CA):** In spite of all, modern medicine has big setback of treatment in many disorders as – *Chronic,, degenerative, psychosomatic, behavioral disorders and diseases.*
2. **Traditional Diagnostic Tools (TDT):** Modern medicine has developed so many modern diagnostic tools of high cost and values but there no availability of traditional tools which happened to be cost effective and accurate.
3. **Cost Factors (CF):** The treatment in modern medicine is very high as compared to traditional treatment and healing.

The above statement shows the situation of both traditional and modern medicine. In spite of the merit and demerits, there is no harmony between the systems. Both are continuing their services in isolation through their practitioners. Thus, when the solutions are in opposite system then the only choice is integration of both systems.

As per publication in Re-orientation of Medical Education (ROME) by South East Region Office, it has been mentioned as - ***“IF THE DOCTORS ARE TO REMAIN RELEVANT TO THE CHANGING NEED OF THE SOCIETY, THEY HAVE TO SHAPE THEIR ROLES WITHIN THE CONTEXT OF TOTAL HUMAN DEVELOPMENT”.*** TU, MYA: ROME: SEARO: No.18 ⁽²⁾

INTEGRATED MEDICINE

World Association of Integrated Medicine (WAIM) has taken in account the definition given by World Health Organization and further enriched the definition as- ***Integrated medicine is combination or unification of the modern and traditional medicine / system / healing together for its teaching, training, treatment, research and national implementation on possible scientific parameters.*** (As all aspects of traditional medicine / system / healing cannot be bind in strict scientific boundary). The best integration is the combination of all aspects i.e. **Principles, diagnostics and therapeutics** in one is combination but it can also be done even in principles and or diagnostics and or therapeutics (IFDIM 1990). . There is an urgent need of integrations as per ***“Integrated Truth”-***

- None of the medical system is perfect
- None of the medical system is useless
- Every medical system has merits and demerits
- Every system has its limitation and
- Our tradition is to respect all.

Under such circumstances the only answer is to take the best of all the available systems together and develop its teaching, training, treatment, research and national implementation which could be nearer to the perfect as perfect is only one i.e. Omnipotent.(*Divine Intuitions, Revelations and Blessings of Sri Sathya Sai Baba*).

MERITS OF INTEGRATED MEDICINE

Integrated medicine involves all possible the merits of traditional and modern medicine and healing. The integration leads to equalize / neutralize the stress and strain of one another by removing the existing demerits in the systems. Hence, there is no any stress or strain with integrated medicine. On the other hand, with proper integration, some more merits emerge due to synergistic effects of each other leading to more merits than the total merits of a single system. World Association of Integrated Medicine (WAIM) has noted nine merits of integrated medicine called Nine Gems (*Navratna*) of the system. These GEMS are:

1. **Perfections** : Nearer to the perfect.
2. **Useful** : Most useful system of treatment and healing.
3. **Meritorious.** : Combined merits with added synergistic merits.
4. **Bridge** : Strong Bridge between the existing systems.
5. **Research** : Having wide scope of scientific research.
6. **Limitless** : Not limited in strict scientific boundary only.
7. **Flexibility** : Having Flexibility (Provision of addition and omission).
8. **Holistic.** : Beneficial for “Integrated Holistic Health Care (IHHC).
9. **Need** : Need of the Day⁽³⁾.

HOLISTIC INTEGRATED MEDICINE

A holistic aspect of integrated medicine emerges by considering the Holistic Natural Philosophy (HNP) which is responsible for “Holistic Care with Faith in GOD”.⁽⁴⁾ The management aspects cover most of the divine, universal and individual contents in treatments and healings. Thus, “*Holistic Integrated Medicine is combination of divine, universal, individual contents to deal the holistic body and health of an individual to enable him to streamline the divine-universal-individual connectivity (DUIC) to attain the ultimate goal of life i.e. Long, Healthy, Peaceful and Blissful life*”

MERITS OF HOLISTIC INTEGRATED MEDICINE

Integrated medicine is a holistic system of treatment. The integrated holistic medicine benefits through its direct effects and the associated merits. The integrated medicine covers the following criterions of holistic medicine.

1. **Life is Union of:** Body, Mind, Sense, Soul and Superconscious.
2. **Consideration of All Bodies:** Physical, Ethric, Astral, Lower mental. Higher Mental, Intuitional and Atmic.
3. **Components of Health:** Physical, Mental, Social, Moral, Spiritual and Environmental.
4. **Techniques in Diagnosis:** Modern, traditional and Holistic diagnostics..
5. **Management Levels:** Prevention, Elimination, Rehabilitation and life styles according to modern, traditional and holistic systems.
6. **Methods of Management:** Depending on patient and diagnostic integrated medicine take care of divine, Universal Contents, Natural contents along with holistic measure as - AUM Therapy, Vedic Mantras, Healing with Bijakshra, Bijamantra, Tantra and Yantras and recitals.
7. **Spiritual Contents:** Faith in Divinity.

REFERENCES

1. *Bannerman; R.H., Brution John and Cwen Wen-Chieh*, Traditional Medicine and Health Care coverage; Introduction, World Health Organization, Geneva, Reprint 1988, P.9.
2. *Tu Mya*; Re-orientation of Medical Education; SEARO No. 18(1);The Task and the Vision; World Health Organization, 1991, P.3
3. *Dubey; N.P.*; Basic Principle of Integrated Medicine; Science and Philosophy; Revised Edition, 2002, P.10

INDEX

A

Active Healing – 40
 Aham Brahmasmi -27
 Alternative Medicine 33
 Applied Holistic Body - 7
 Astrological Healing- 119
 Astrological Management - 120
 Astang Yoga –50,107
 Atmic Chakra – 17
 Astral Body –5, 65
 Atmic Body - 6
 AUM Score – 92
 AUM Therapy – 107
 AUM Yoga – 70
 Aumic Changes - 131
 Aumic Meditation- 69
 Aumic Healing –127
 Auric Evaluation - 83
 Auric Changes- 57
 Auric Healing -21
 Auric Management -122
 Auspicious Food – 103
 Auspicious Matters - 110
 Autogenic Meditation -68

B

Benefits of Yoga - 60
 Benson Meditation – 66
 Buddhist Body - 6
 Busy Yoga – 61

C

Characteristics of Chakras 126
 Chakral Disorders - 25
 Chakral Evaluation-85
 Chakral Healing -123
 Color Therapy - 127
 Complementary Medicine – 33
 Criteria of Holism – 72, 104

Cosmo- universal Therapy - 126
 Constitutional Evaluation – 99

D

Divine Plane – 17
 Desire and Diseases - 11

E

Eatable Materials - 108
 Effects of Yoga - 134
 Environmental Factors - 31
 Ethric Body – 5

G

GEMS – 110

H

Higher Mental Body – 6
 Higher Sources - 111
 Holistic Care – 8
 Holistic Factors - 72
 Holistic Healers – 27
 Holistic Evaluation –76, 82
 Holistic Suffering - 14
 Holistic System -103, 117

I

Individual Chakras – 85
 Integrated Truth – 34, 114, 140
 Integrated Yoga – 33
 IHC – 115
 IHHC - 116

K

Kingly Food - 109
 Kirlian Photography - 56
 Kundalini Meditation - 68

M

Mental Factors – 30
Mantral Method – 120
Material Method - 120
Mixed Food - 109
Monadic Plane - 17
Moral Factors - 29

N

Nine GEM - 116
N P Score – 95

O

Observatory Evaluation – 77
Organ and Suffering – 13

P

Palmar Evaluation -87
Parmatmic Chakra - 6
Patanjali Meditation -64
Passive Healing – 40
Perceptual Method - 49
Physical Body – 4
Physical Evaluation - 78
Physical Factors – 28
Planet – 19
Pragyan - 16
Pure Food - 109

S

Sheaths – 9
Sources of Energy - 23
Spiritual Healing – 118
Spiritual Factors – 30
Spiritual Plane - 17
Social Factors - 29
Stars – 46
Sufism Meditation - 67

T

Taijas – 16
Traditional Medicine - 137
Transdental Meditation- 65
TU,MYA – 140
Type of Chakras 20
Type of Healings – 40
Type of Practitioners – 136
Turiya - 16

U

Upper Triad - 3, 4
Universal Source 111

V

Vaisvanara - 16
Vipaasana Meditation - 64

Y

Yogic Healing – 132

Z

Zen Meditation- 66
Zodiacs - 42

WORLD ASSOCIATION OF INTEGRATED MEDICINE

(An Organisation for Global Establishment of Integrated Medicine)



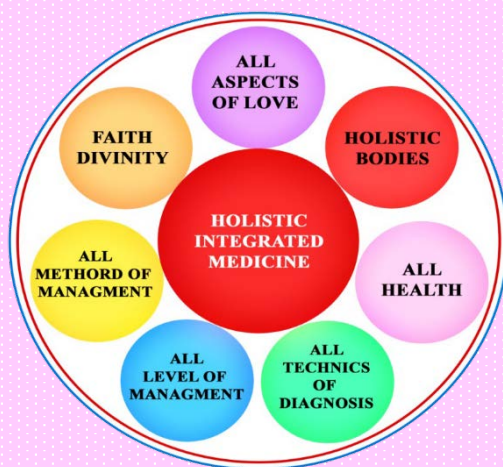
DR NAGENDRA PRASAD DUBEY

MBBS (KU); DTCD; DY (BHU); MD (Inte. & Trad. Med.); Ph.D; D.Sc. (Inte. Med.);
DIA, DHHC (WAIM); CDHE (WU); CPT, CET, CLT, LFAF (USA); FWAIM

FOUNDER PRESIDENT

HOLISTIC INTEGRATED MEDICINE

World Association of Integrated Medicine considers *“Holistic Integrated Medicine as combination of divine, universal, individual contents to deal the holistic body and health. It helps through streamlining the divine-universal-individual connectivity (DUIC) to attain the ultimate goal of life i.e. Long, Healthy, Peaceful and Blissful life.*



MODEL OF HOLISTIC INTEGRATED MEDICINE

M.R.P.: Rs.595/-

Second Edition – 2022