

PRINCIPLES OF HOLISTIC INTEGRATED MEDICINE



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World Association of Integrated Medicine

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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)

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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**”

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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
<i>16.1</i>	<i>AUM Therapy</i>	<i>107 - 113</i>
<i>16.2</i>	<i>Integrated Medicine</i>	<i>114 - 116</i>
17.	Holistic Drugless Management	117 - 135
18.	Holistic Integrated Medicine	136 - 142
	• Index	143 - 144

CHAPTER – 1

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.

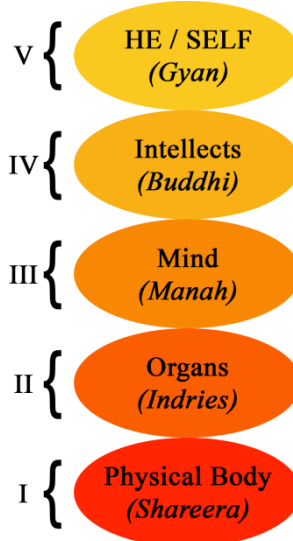
CONCEPT OF DESIRE AND HEALTH

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 पराण्याहुरिन्द्रियेभ्यः 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”

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 (*Parmatma*). They are ill defined, limitless and widely spread. They are arranged in steps manners. Below the divine chakras are having its linkage in Bauddhic 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 *Parmatma*. The divine chakra is extending from Sahashrara chakra and extending in continuum to the *Atmic* and *Parmatmic 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 (*Parmatma*). 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:

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. Swadhithana Chakra.
7. Mooladhara Chakra.

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.

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.

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.

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.

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

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.

ASTROLOGY AND AYURVEDA

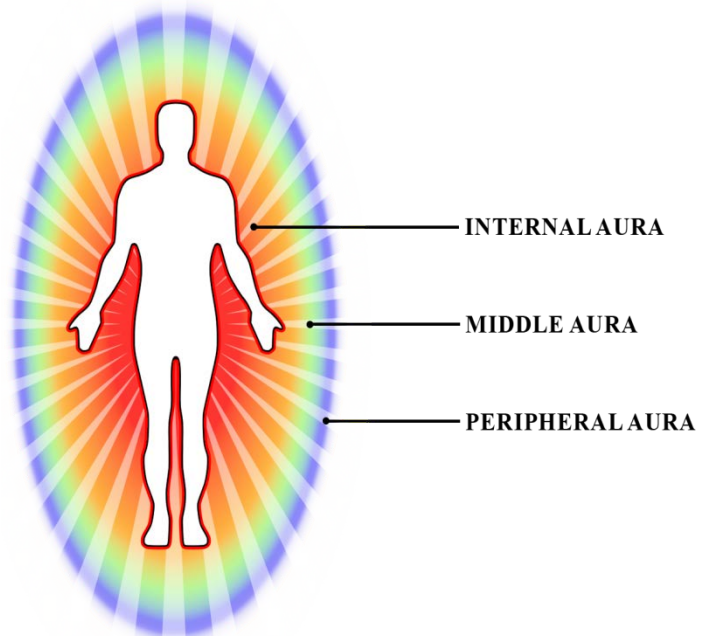
The concept of Astro-medicine and healing has emerged from Indian Astrology. According to Indian system of medicine (ISM), human body is comprised of five elements (*Punchmahabhutas*) i.e.-earth, water, air, fire and sky. The imbalance of these elements leads to vitiation of three humors (*Tridoshas*) 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.

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”

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.

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).

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

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 to 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 into 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 a process where the practitioner observes the individual from a 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 the following parameters:

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

Under the 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

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 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.*

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.

CHAPTER – 16.01

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.

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*).

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

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™. 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:

WORLD ASSOCIATION OF INTEGRATED MEDICINE

(An Organisation for Global Establishment of Integrated Medicine)



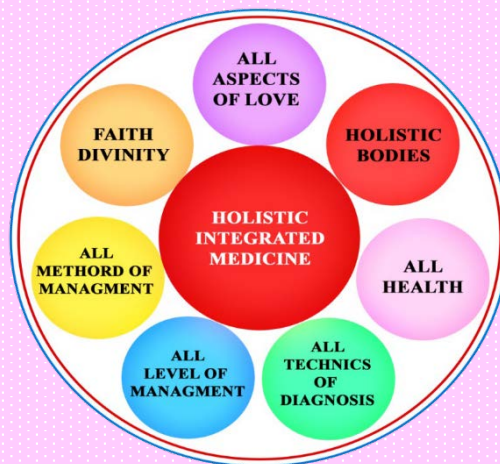
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