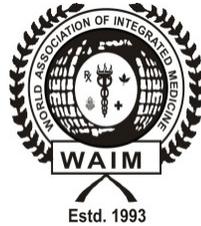


HOLISTIC PRINCIPLES OF INTEGRATED MEDICINE



By
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President
World Association of Integrated Medicine
AUM Organization Inc. NY, USA

Second Edition 2013

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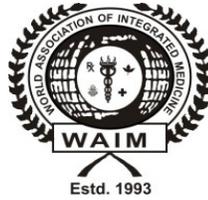
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(The book is available on our site www.integratedmedicineindia.org Readers are requested to kindly download the desired book and chapters).

**First Edition -2003
Second Edition -2013**

INTRODUCTION

There was nothing in the beginning except *Almighty GOD, the Generator* (for all), the *Operator* (all development) and *the Destroyer* (all evils). According to legend, the *Cosmos* existed. GOD thought for creation, the divine law operated and this universe came with full of *Cosmic Energy*. As per divine *Wish*, the supreme source of energy AUM appeared first followed by five elements *Sky, Air, Fire, Water* and *Earth*. On the earth, the lives appeared and ultimately the animal and plant kingdoms developed as complementary to each other.

The *spiritual scientists* identified the useful and non-useful vegetables long before for the routine use in life. They also identified the useful vegetables and minerals for protection of their health which are in use since Eras (*Divine cosmic, Pre-Vedic, Vedic, Traditional and Modern eras*). All the atoms of living and non-living receive the same cosmic energy from the universe according to their *receptive powers* and remain in its states for their allotted span and ultimately they disappear. The modern science believes only in physical presence which is not true, the true is subtle.

Our ancient sages and seers (*Rishis*) who were *Mantradrashtha* had seen and realized the powers of *Mantras*. They had described them in our ancient literatures (*Vedas and Upanishads*). They had the reach concepts of *Prana, Chetana, life Force, Chi, Qi, Bioplasma, Ruh* and so on according to various cultures which are subtle and are beyond the modern scientific parameters.

The present Monograph is based on "***Holistic Principles of Integrated Medicine***" has been brought out after a long experience. I am sure this *Monograph* would be definitely beneficial in providing the basic knowledge, guidelines and ideas to the practitioners, healers, all the students (*undergraduate and postgraduate students*) of integrated, alternative, holistic and even to the interested scholars of modern medicine. The author has tried his level best to produce the various topics in nut-shell and easiest possible language.

This humble attempt invites comments and suggestions from the readers so that author can offer more improved form of this *Monograph* in the next edition.

(Dr. N. P. Dubey)

FOREWORD

I have gone through the profile of the new edition of the *Monograph* "Principles of Holistic Integrated Medicine" authored by Dr. N.P. Dubey, Founder President World Association of Integrated Medicine. The Monograph touches a range of topics related to Traditional Medicine and its holistic approach and possibilities of its integrated development. The subject matter is spread over 15 Chapters including Approach to health through Integrated Medicine, Concept of Disease and Health, Holistic Concept of Human Body, Principles of Chakras, Parameters for Evaluation of the process of individual suitability for holistic healing besides the present status of Integrated Medicine in India. Thus the Monograph presents a comprehensive reading on the subject.

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 viz integration at the level of Fundamental Principles of cure and 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. There is a need of pro-active approach in holistic medicine.

I wish to draw the attention of integrated practitioners in general and the readers of this *Monograph* 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. There is a great resurgence of interest in the use of natural products of Green Pharmacy world over to the extent that the world market of such products has gone up to 150 Billion US Dollars likely to grow up to 5.00 Trillion USD by mid of the century. However, with this upsurge of interest in traditional system of medicine there has emerged a loud demand for development of reasonable evidence base for the safety and efficacy of the medications used by traditional practitioners and their quality assurance. It is gratifying to notice that this issue is being duly addressed now at different levels. I wish this publication all success.

Prof. Ram Harsh Singh

Distinguished Professor
Banaras Hindu University
Formerly Vice Chancellor
Rajasthan Ayurved University, Jodhpur

INDEX

Sl. No.	Subjects	Pages
•	Introduction	i
•	Forewords	ii
1.	Holistic Concept of Human Body	01-06
2.	Concept of Disease and Health	07-11
3.	Concept of Chakras	12-18
4.	Holistic Factors.	19-22
5.	Holistic Terminologies	23-25
6	Spiritual Healing	26-27
7.	Astrological Healing	28-36
8.	AURIC Healing	37-39
9.	AUMIC Healing	40-45
10.	Yogic Healing	46-49
11.	Meditational Healing	50-51
12.	Holistic Approach	52-55
13.	Holistic Evaluation	56-74
14.	Holistic Management	75-90
15.	Integrated Medicine - A Holistic System	91-97

HOLISTIC CONCEPT OF HUMAN BODY

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

All the worldly existing is the result of the thought of Almighty GOD. 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 living beings are unique which are comprised of Five Components i.e. *Body, Senses, Mind, Soul and Superconsciousness*. Amongst all living creations, the human body has been understood to certain extent by the modern science. The detailed holistic studies conducted by our Ancient Vedic Scholars (AVS) also known as Spiritual Scientists, have been described in Vedas and Upanishads are at par with the modern science. Modern science believes only in physical findings 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.
- Holistic Body and Features.
- Representation of Holistic Body.
- Physical and Subtle Bodies.
 - (1) Physical Body.
 - (2) Etheric Body.
 - (3) Astral Body.
 - (4) Lower Mental Body.
 - (5) Higher Mental Body.
 - (6) Buddhic Body.
 - (7) Atmic Body.
- Applied Holistic Body.

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), *Ru* (Arabics), *Orgone energy*” etc in different parts of the 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.

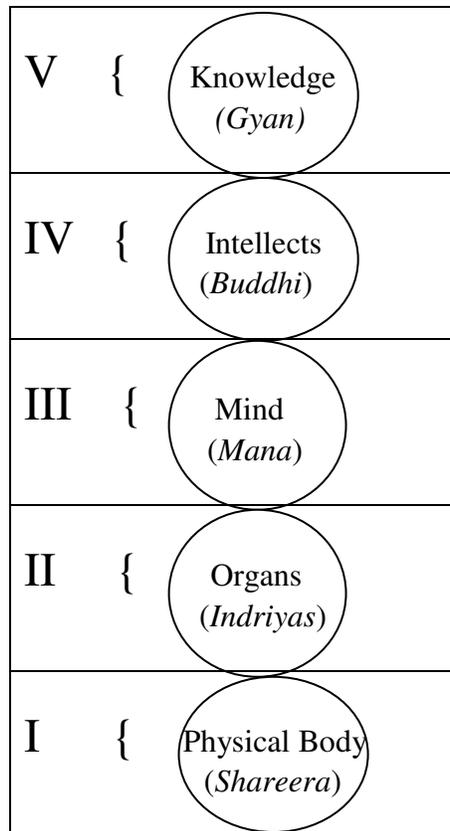
CONCEPT OF CHETANA

Chetna is *Prana*, the *Brahman*. It is also called life force. One cannot touch; taste, see, hear or smell it. It cannot be pierced with a weapon, burnt with fire, wet with water, dried with air. It is present in all sentient and insentient of the universe.....

CONCEPT OF DESIRE AND HEALTH

Life is union of body, senses, mind and soul. The divine operation maintains it in its proper functioning and holistic health. The life is regulated by the inherited divine governing factors like past acts (*Purva Karmas*) which bring the driving force for the present life as *Sanaskara*. Desire (*Kama*) is the root cause to disturbance in alignment and equilibrium. After birth, with the advancement of the age, the knowledge (*Gyan*) gets enveloped by its enemy known as desire (*Kama*). According to Bhagvadgita, the desires (*Kama*) abode in organs (*Indriyas*), mind (*Mana*) and intellects (*Buddhi*). The organ, mind, intellect and knowledge (*Gyan*) are situated in various planes. The location can be understood from the under mentioned diagrammatic representation (*above to downward*)⁽¹⁾.

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



Diagrammatic Representation of Holistic Control

CONCEPT OF CHAKRAS

The Chakra is Sanskrit word standing for wheel or disk. They are grouped in two groups i.e. *Higher and Lower chakra*. The higher chakras are in the continuum of individual self to Almighty GOD (*Parmatma*). They are ill defined, limitless and widely spread. The lower chakras are concerned with the holistic body indicate seven basic energy centers in the body.

- Introduction.
- Types of Chakras.
- Location of Chakras.
- Functions of Chakras.
- Sources of Energy.
- Characteristics of Chakras.
- Descend of Chetna.
- Chakral Disorders.
- Chakral Diseases.

They are the openings of life energy to flow into and out of aura. They are ill defined, limitless and widely spread while the lower chakras are the whorls of high energy lotuses situated in Astral and Etheric body planes. The lower chakras is 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. Each lower 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

According to integrated holistic philosophy, there are total nine major chakras between the individual and infinite (Almighty GOD). These are divided in two major groups:

- I. Higher Chakras.
- II. Lower Chakra

I. HIGHER CHAKRAS

These chakras are also called superior chakras (*Para Chakras*) extending from physical body plane of the individual to continuum with GOD (*Parmatma*). These.....

HOLISTIC 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. There are two types of holistic healers in society:

- Introduction
- Principles of Holism
- Factors in Holism
 - Physical Factors
 - Mental Factors
 - Social Factors
 - Moral Factors
 - Spiritual Factors
 - Environmental Factors

1. Inherited Holistic Healer: Those who are borne with special inherited divine powers like Great Incarnations, Sages (Rishis), Mahapurushay etc.

2. 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 HOLISM

Every life in this universe is derived from *Brahman* who is the only whole or entire (*Sampoorna*). 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 *Brahmic 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 same 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.

HOLISTIC TERMINOLOGIES

Every individual has right of health. He can take the help of any system whichever he likes. 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 factors 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. The traditional medicine and healings are available in one or the other forms all over the globe. Out of all the traditional medicine and healing, those who are considered holistic are most favored by the masses.

- Introduction.
- Definition.
- Holistic Backgrounds.
- Holistic Health Terms.
- Common Holistic Healings.

DEFINITION

Holistic healing is a comprehensive healing which care for the holistic body i.e. Lower Quaternary and Upper Triad. The term holistic is derived from wholesome. Holistic effect system is due to divine, active, effective and prolonged sustainable influence of the system. It leads a prolonged peaceful and blissful life. Holistic treatment/therapy/healing system must take care for gross and subtle aspects of all sentient and insentient. The system at physical level must takes care of all health i.e. *physical, mental, social, moral, spiritual and environmental.*

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 don't involve the divinity (as culture, customs and believe) in care of all the aspects of life. To prove it holistic, one must have its philosophical basis, related spiritual science. The involvement of the philosophy adds divinity (as culture, customs and believe) while the spiritual science involves the techniques of concerned community. The involvement of the traditions brings the perfection in the system. 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 power and products of the Mother Nature.

SPIRITUAL HEALING

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
- Definition
- Healers.
- Philosophy
- Mode of Healing
- Types if Healing

DEFINITION

Spiritual healing is method which eliminates all blockages causing physical, psychological, social, moral and environmental changes in health and development at all levels of the individual by breaking the negative cycle and restoring the positive cycle through various divine, cosmic and environmental energy.

HEALERS

Healers are those souls who come to assist with healing on the earth. These are loving souls who still wish to be of service to humanity. They may be guides and were doctors or healers in their past life and had still desire to continue the healing work.

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 inform of waves and perceived by each sentient and insentient being according to their life span. The cosmic energy exerts definite effect through its field of the forces for the benefit all. 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 to the sufferer.

ASTROLOGICAL HEALING

It is also known as Astro medicine. 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.
- Basis of Astro- Medicine.
 1. Zodiacs.
 2. Stars.
 3. Planets.
- Holistic Treatment and Healing.

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 **Stars, Zodiacs 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-

1. Astro-Diagnosis
2. Astro - Prophylaxis

AURIC HEALING

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. 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*". 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.*

- Introduction.
- Auric Manifestations.
- AURA and Chakra.
- Auric Bodies, Need and Fulfillment.
- Auric Changes.

AURIC MANIFESTATIONS

The human aura consists of seven layers, each one of them represents one body called auric or holistic body. All the six 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 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. Normally, it varies with time, place, mood, emotions, thoughts etc.....

AURIC BODIES, NEED AND FULFILMENT

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 realisation of senses, will, mind, desire emotions etc.

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 necked eyes by the experienced healers.....

AUMIC HEALING

AUM is divine sound energy appeared on the wish of Almighty GOD for creation of something in the cosmos and further in the universe. This energy is known as AUMIC energy. This energy is the source of all of philosophy and science. There is no modern scientific scale to define, identify and classify the science of AUM. Some efforts have been made through cosmic sciences (Cosmology) and Vedic sciences (Vedology) which are not enough. Modern science is moving around the studies of these sciences (*Cosmology* and *Vedology*). AUM appeared as supreme source of energy (SSE) inform of sound energy in the cosmos for creation of something on Divine Wish.

- Introduction
- Creation of Universe.
- Definition.
- AUM and its Planes.
- AUMIC Plane and Holistic Body.
- Holistic Structure of AUM.
- Human Body in Image of AUM.
- Structural Correlation

CREATION OF UNIVERSE

As per divine wish, the divine law operated and created motion in the sky (Ether) with the effects of AUMIC sound energy and its vibration resulted in blowing of air (*Vata*). The faster blow of air resulted friction in air particle produced fire (*Agni*) which on cooling formed water (*Jala*), the water settled to form the earth (*Prithvi*). This way, the creation of five elements (*Punchmahabhutas*) took place in this universe for further creation of sentiments and insentient.....

DEFINITION

AUMIC healing is an integrated holistic approach which takes care for all the essential components of an individual required to lead a healthy, prolonged, peaceful and blissful life. AUMIC healing is comprehensive integrated holistic health care (CIHHC). It takes cares through aumification of all aspects as - **all plane** (*individual, universal and cosmic*), **all body** (*Physical, Etheric, Astral, Lower mental, Higher mental, Buddhic and Atmic*), **all health** (*physical, mental social moral, spiritual and environmental*) with **all tools and techniques** (*materials, means, method and modalities*). AUMIC healing leads to the way to recognition of self.

YOGIC HEALING

The word *Yoga* is a *Sanskrit* word derived from *Yuj* root. The meaning of *Yuj* is join 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 practice of *yoga* will 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.
- Methods of Practice.
- Effects of Yoga.
- Busy Yoga.
- Practice of Busy Yoga.
- Effects of Busy Yoga.

Yogas Chittavrttinirodhah

It is an old traditional science which helps in coordination of body and mind. It is safest and easiest and method of maintaining the health. *Yoga* has been described in *Veda* for about more than 4000 years ago. Many author described *yoga* in his way. 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.

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

MEDITATIONAL HEALING

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 (sages). Some of the important methods are –

1. Patanjali Meditation through Astang Yoga.
2. Vipasana Meditation by Buddha.
3. Maharishi Mahesh Yogi Method of Transcendental Meditation.
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. Kundalin Method by Gogopikrishna
9. AUM Meditation through Aumification.

HOLISTIC APPROACH

Integrated holistic approach is one of the spiritual scientific method to find out the cause and decide its remedy with the involvement of various holistic systems in most effective, acceptable and pleasant way to lead a holistic life (*healthy, peaceful and blissful*). In terms of treatment and healing most of the traditional system claims to be holistic system. World Association of Integrated Medicine (WAIM) has fixed certain integrated parameters for the clinical approach to be present in the system to be declaring the system is holistic system. The World Association of Integrated Medicine has termed it as integrated holistic parameter (IHP).

- Introduction.
- Integrated Holistic Parameters.
 1. Definition.
 2. Birth Details.
 3. Etiology
 4. Manifestations
 5. Evaluation.
 6. Diagnosis.
 7. Holistic Management.

INTEGRATED HOLISTIC PARAMETERS

These are integrated holistic parameters which help in deciding the treatment and healing system is made by holistic system.

- i. Definition
- ii. Birth Details
- iii. Etiology
- iv. Manifestation
- v. Evaluation
- vi. Diagnosis
- vii. Holistic Management

1. DEFINITION

Definition means precise explanation of the meaning of the term pertaining to the problem. Some of the terms are self explanatory of the nature, course, suffering and ultimate result while some requires detailed history.

HOLISTIC EVALUATION

Every universal creation is unique in itself. Human brain being analytic has tried to simplify the things by various classification and grouping systems for its memorizing. Out of all, there are two main broad basis of this classification i.e. *philosophical and scientific*. The philosophical basis is widest (unlimited), all aspects are not demonstrable, culture bound and holistic in its effect while the scientific one is narrow (limited), demonstrable. The holistic evaluations are philosophic bound scientific techniques to find out the cause within the individual. The evaluation need not required to be done in very high profile laboratory. It definitely requires a calm, clean and holistic place (*Temple, Churches, Mosques, Gurudwra, Pooja Place or Isolated Place*). The holistic evaluation can be performed by the holistically attained healers, clairvoyant scholars; spiritual scientists, healers, traditional medicine practitioners and also the trained practitioners of modern medicine who has attain the techniques of holistic healing.

- Introduction
- Holistic Evaluation
- Techniques of Evaluation
 1. Auric Evaluation
 2. Chakral Evaluation
 3. Palmar Evaluation
 4. Astrological Evaluation
 5. AUM Score Evaluation
 6. N P Score Evaluation
 7. Integrated Nature Evaluation

HOLISTIC EVALUATION

There are some evaluating techniques which help in getting the overall condition of the individual's problems. 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. It also guides the path through intervention of life style, present acts and omissions for the future life. It also clears the way to holistic healing and its effects.

TECHNIQUES OF EVALUATION

There are various methods of evaluating the holistic health of individual. It varies from place to place and country to country. Out of all, the following are commonly used in practice.

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

HOLISTIC MANAGEMENT

Holistic management is specialized mode of treatment / healing which give rise to comprehensive holistic health care (CHHC)/ comprehensive holistic healing (CHH). The systems claiming to be a holistic are supposed to have the incorporation of divine, cosmic, universal, individual and natural power and product in healing. The holistic effective and sustainable influence of the healing system bring positive changes in holistic body and thus to the physical body which help the individual to lead a prolonged peaceful and blissful life. Holistic management takes care of gross and subtle 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 holistic body. At physical body level, it takes care of all individual's health as- *physical, psychological, social, moral and environmental* as whole.

- Introduction.
- Definition.
- Holistic Healings.
- Spiritual healing.
- Astro Healing.
- AURIC Healing.
- Chakral Healing.
- AUMIC Healing.
- Yogic Healing.

DEFINITION

Holistic healing is a comprehensive healing which care for the holistic body i.e. Lower Quaternary and Upper Triad. The term holistic is derived from wholesome. Holistic effect system is due to divine, active, effective and prolonged sustainable influence of the system. It leads a prolonged peaceful and blissful life. Holistic treatment/therapy/healing system must take care for gross and subtle aspects of all sentient and insentient. The system at physical level must takes care of all health i.e. *physical, mental, social, moral, spiritual and environmental*.

HOLISTIC HEALINGS

Keeping in view the problems, causes and modality of healing, we have incorporated the following popular holistic healings for holistic management.

1. Spiritual Healing.
2. Astrological Healing.
3. Auric Healing.....

INTEGRATED MEDICINE -A HOLISTIC SYSTEM

The universe is a unique creation of Almighty GOD. It comprised of Prime Components known as **Five Elements** (*Ether, Air, Fire, Water and Earth*). All the sentiment 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

- Introduction.
- Definition.
- Holistic Criteria.
- Traditional Medicine.
- Modern Medicine.
- Problems with Systems.
- Integrated Medicine.
- Merits of Integrated Medicine.
- Contributions of Integrated Medicine.

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. The efforts had been made by the then spiritual and traditional healers to deal with the problem pertaining to health.

DEFINITION

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 is combination but it can also be done even in principles and or diagnostics and or therapeutics ⁽²⁾.

HOLISTIC CRITERIA

In order to say a system is a holistic system, World Association of Integrated Medicine (WAIM) has fixed certain criteria based on various aspects of health parameters.....

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