HOLISTIC PRINCIPLES OF INTEGRATED MEDICINE

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Third Edition 2018
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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 Mantradrashta 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)
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 heath through Integrated Medicine, Concept of Desire 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 Ayurveda University, Jodhpur
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"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 livings being are unique which are comprised of Five Components i.e. Body, Senses, Mind, Soul and Superconsciouness. Amongst all lives creations, the human body has been understood to certain extent by the modern science. The detail holistic studies conducted by our Ancient Vedic Scholars (AVS) also known as 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.

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 CHERANA

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 weapon, burnt with fire, wet with water, dried with air. It is present in all sentient and insentient of the universe. It induces dynamic changes in everything. It is also called Atma, Prana, Brahman or Soul.
**HOLISTIC BODY AND FEATURES**

The Vedic and Chetna concepts of the holistic body and their common important features are given as *(from Higher to Lower body)* (1).

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**REPRESENTATION OF HOLISTIC BODY**

The holistic human body is diagrammatically divided in two parts which is represented as triad and quaternary as mentioned below (2).

A. **Upper Triad.**

B. **Lower Quaternary.**

**A. UPPER TRIAD**- It is triangular representation representing the superior aspects of holistic body indicating the ultimate merger towards the Supreme / Ultimate.

**B. LOWER QUATERNARY**- It is rectangular representation representing the various higher body plane over the physical body for which the majority is concern.
The brief accounts of various bodies (from Lower to Higher) are given below.

1. PHYSICAL BODY (Physical Dense Plane):

   The physical body comprised of five elements according to traditional medicine and healing. According to modern medicine, the physical body 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 act 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 Yuma, Niyama, Asana and Pranayam.

2. ETHERIC BODY (Etheric 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 energies and vitalizes the physical body and integrate man with the energy field of the earth. The etheric 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 Etheric body has three basic functions which are interrelated. It is receiver, assimilator and transmitter of energy. It get disturbed due to two factors.

   I. Subjective Factors
   II. Objective Factors.
(I) **Subjective Factors :-**

The subjective factors cause enhances flow or dam-up of energy. The factors are

1. Mental Shock-
2. Anxiety
3. Worry

(II) **Objective Factors :-**

Here the factors lie on the etheric body and cause disturbance of flow of Pranic energy in the Chakra. These factors are –

1. **Miasma** - Syphilis, Tuberculosis and Cancer.
2. **Toxin** - Bacterial, Chemical and Environmental.
4. **Trauma** - Physical trauma.

3. **ASTRAL BODY (Emotional Plane):**

   It is the body situated over the Etheric body and play 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 –

   (a) Pleasure and pain
   (b) Fear and Encouragement
   (c) Love and hate

   Man being emotional, he expresses his emotional through this plane and constant chaotic interplay of energy takes place here leading to disease in this plane.

4. **LOWER MENTAL BODY (Mental Concrete Plane) :**

   It is the lower part of mental body. It is called mental concrete and is responsible for worldly affairs of daily routine which may be wrong or right.

5. **HIGHER MENTAL BODY (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."

6. **BUDDHIC BODY (Intuitional Plane) :**

   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 to the individual who has recognized or understand this plane. It contains –

   (a) Spiritual threads
   (b) Intelligence sheath
   (c) Buddhic permanent atom.
   (d) Recommended yoga-*Dharana, Dhyana and Meditations.*
7. **ATMIC BODY (Divine Plane):**

Every individual has Atma (Soul) which is immortal. It can be is 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:** - The first cosmic ether layer is the superior most aspect of subtle body in ether field.

**(b) Second Cosmic Ether:** - It is called Monadic plane. It is the highest aspect for man. It uses Chetana as vehicle of expression. Chetana also uses the lower planes to gain the experience. It is responsible for –

(a) Intelligence  
(b) Love  
(c) Wisdom

**(d) Third Cosmic Ether:** - 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 –

(a) Intelligence  
(b) Bliss Sheath.  
(c) Yoga Samadhi.

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**APPLIED HOLISTIC BODY**

To understand the proper integrated holistic treatment and healing, the human body can be dividing in three bodies and True Self (Atmic body or Atma).

**(I) 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.

**(II) Astral Body:** It is for thought and emotions attached with etheric and further below by physical bodies. It is connected with mental sheath with lower mental body.

**(III) 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 contain bliss sheath.
There are five sheaths which binds the human body in a shape. Each one has its dietary and yogic steps as given below.

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<td>Diet, herbs</td>
<td>Yama, Niyama, Asana</td>
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<td>2.</td>
<td>Vital Sheath</td>
<td>Herbs, Gems</td>
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<td>Bliss Sheath</td>
<td>Union absorption</td>
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REFERENCES

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 understand from under mentioned diagrammatic representation (above to downward) (1).

Diagrammatic Representation of Holistic Control

1. Physical Body (Shareera)
2. Organs (Indriyas)
3. Mind (Mana)
4. Intellects (Buddhi)
5. Knowledge (Gyan)
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 and the constant enemy of knowledge envelope the knowledge (Gyan) to such an extent that it enables the individual to recognize the self (Atma) and ultimately leading to suffering.

**DESIRE (KAMA)**

- Organs (Indriyas)
- Mind (Mana)
- Intellect (Buddhi)

Envelops the knowledge (Gyan)

Unable to recognize Self (Atma)

Increased Ignorance (Maya)

Increased Evils and Devils activities

Blockage of Proper flow of Energy

Hypo/Hyper function of Chakras

Physical and Mental Diseases

**Flow Chart of Desire and Diseases**

These sufferings manifest the individual through major chakra and other associated 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 leading to:-

(i) **Decreased Activities (Hypoactivities):** Due to blockage of entry of energy in the chakras leading to back pressure at the source of origin of energy.
(ii) **Increased Activities (Hyperactivities):** 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 (*Indriyas*) are the media for the expression of desire (*Kama*). The stimulation of organs (*Indriyas*) potentiate the desire to envelops the knowledge (*Gyan*) which increases the ignorance (*Maya*) and ultimately one cannot recognize the self (*Atma*). There are following organs (*Indriyas*) through which desire (*Kama*) affects the individuals.

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

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

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

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

Besides all the above, the **Great Elements** as - Mind (*Mana*), 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. Sound (*Shabd*), Touch (*Sparsh*), Visualization (*Roop*), Taste (*Rasa*) and Smell (*Gandha*) are the points of genesis of sufferings. The individual, with the help of related Five Sense Organs (*Indriyas*) i.e. Eyes (*Vision*), Ears (*Hearing*), Tongue (*Taste*) and Nose (*Smell*) 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 (*Indriyas*). At this stage, the Desires (*Kama*) come in between. The desire (*Kama*) adobes in organs (*Indriyas*), mind (*Mana*), intellect (*Buddhi*) where 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 (*Guda*) and Reproductive (*Upasth*).
The affected organs (Indriyas) bring its ill effects (manifestations) according to their involvement. These involvements can be observed in form of suffering, disorders and diseases. The manifestations first come in holistic body especially in higher body plane followed by the physical body. The organs as organs (Indriyas) are the media for the expression of desire (Kama). In the sequential representation organs (Indriyas) are at the lowest in order and are responsible for the compliance of pleasure and pain. There are following organs (Indriyas), its functions and related philosophical and scientific sufferings.

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<td></td>
<td>Taste Ras</td>
<td>Hyper and hypo Gastroenterological disorders Deafness</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Smell Gandh</td>
<td>Attractive and repulsive Nasal disorders</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Touch Sparsh</td>
<td>Hyper and hypo touch disorders</td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td>Great Mind</td>
<td>Activation of</td>
<td>Life and mental disorders</td>
</tr>
</tbody>
</table>

10
<table>
<thead>
<tr>
<th>Elements</th>
<th>Life</th>
<th>(from illness to death)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intellect</td>
<td>Intelligence</td>
<td>Intellect disorders</td>
</tr>
<tr>
<td>Ego</td>
<td>Ahankar</td>
<td>Egoic disorders</td>
</tr>
</tbody>
</table>

**REFERENCE**


2. Translation by Swami Gambhiranand; The commentary of Sankaracharya on Bhagavat Gita; Sixth impression, April 2003; Chapter-3.39;P. 169.
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 (*Paramatma*). 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. 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.

**CHAPTER – 3**

**CONCEPT OF CHAKRAS**

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

### 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

#### 1. HIGHER CHAKRAS

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

These chakras are also called superior chakras (*Para Chakras*) extending from physical body plane of the individual to continuum with GOD (*Paramatma*). These chakras are universal and cannot be describes in the definition of modern scientific boundary. It is well connected with the Supreme Realty (GOD) as well as with individual body planes. These chakras control the lower chakras through divine pathways. These chakras (*from above down words*) are:

1. Parmatmic Chakra.
2. Atmic Chakra.
1. **Parmatmic Chakra:** This is ill-defined cosmic source of divine energy embodied with GOD. The essence of this chakra descends down to individual through divine path with enormous energy known as soul (*Atma*). It keeps individual soul to survive and ultimately merge with Almighty GOD.

2. **Atmic Chakra:** This is individualized divine cosmic energy emerging through Parmatmic chakra as soul which is superiorly embodied with Parmatmic Chakra and inferiorly with lower chakras of holistic body.

## II. LOWER CHAKRAS

Generally, chakras are considered in terms of lower chakras. There are total seven major chakras (six lower – “Shat Chakra” + Sahashrara Chakra). According to Bhagvadgita, we understand the soul of an individual a molecule derived from GOD as superior nature i.e. Para Prakriti – *It is verily a part of GOD which, becoming the eternal individual soul in the region of living beings*. Thus, it is divine fraction dived from Almighty GOD). Based on it, the chakras are divided in higher and lower chakras the Sahashrara Chakra become Intermediary Chakra (between higher and lower chakras).

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. They are the openings for life energy to flow into and out of our aura. Each of these centers corresponds to major nervous plexuses branching from the spinal card. In all the seven lower major chakras which are situated on the surface of Etheric 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. The *Nadi* are originated from mini chakras which carries energy to all parts of the body. On most of the acupressure points the *Ida* and *Pingla* cross 3 times. These chakras are located in the Etheric and astral body in continuum to the physical body plane.

There are total nine major chakras between the individual and infinity (Almighty GOD). Out of these, the six major chakras are around the body in various holistic body planes (etheric and astral body plane) at various levels of physical body. All the lower chakras are linked with higher chakras with the intermediary chakra know as Sahashrara chakra. The Sahashrara Chakra is below connected with holistic body related chakras and above with the higher chakras i.e. Atmic Chakra which is ultimately located with Almighty GOD known as Parmatic Chakra.

## LOCATION OF CHAKRAS

The lower chakras are mostly situated in Etheric and Astral bodies in various state of activity. They are also seen in astral and concrete mental body except *Vishuddha* and *Anahata* which 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 chakras are in correspondence to specific nerve plexuses of the physical body while the higher chakras correspond to individual’s Higher AUMIC Body plane, Universal plane and Divine Cosmic planes. The chakras, its location and corresponding level is mentioned below. *(The description is from higher to lower level)*

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Name of the Chakras</th>
<th>Nerve Plexus</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Parmatmic Chakra</td>
<td>Divine Cosmic Plane</td>
</tr>
<tr>
<td>2.</td>
<td>Atmic Chakra</td>
<td>AUMIC and Universal Body Plane</td>
</tr>
<tr>
<td>3.</td>
<td>Sahashrara Chakra</td>
<td>Adjacent to Anterior Fontanel</td>
</tr>
<tr>
<td>4.</td>
<td>Anjana Chakra</td>
<td>Pineal Gland (Cavernous Plexus)</td>
</tr>
<tr>
<td>5.</td>
<td>Vishuddha Chakra</td>
<td>Carotid Plexus</td>
</tr>
<tr>
<td>6.</td>
<td>Anahata Chakra</td>
<td>Cardiac Plexus</td>
</tr>
<tr>
<td>7.</td>
<td>Manipura Chakra</td>
<td>Adjacent to Anterior Fontanel</td>
</tr>
<tr>
<td>8.</td>
<td>Swadhisthana Chakra</td>
<td>Lumbo-Sacral (Prostatic) Plexus</td>
</tr>
<tr>
<td>9.</td>
<td>Mooladhara Chakra</td>
<td>Sacro- coccygeal Plexus</td>
</tr>
</tbody>
</table>
All the lower chakras are directly under control of the higher chakras. The 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 higher chakras energize, regulate and maintain the span of life.
2. They vitalize the physical body.
3. They help in development of self consciousness.
4. They receive, modulate and transmit the vital energy into physical body which gives rise to Physical, Mental, Emotional and Spiritual Qualities.

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 lower chakras receive the various types of energy from following sources:

1. Sun (Solar energy) or Cosmos (Cosmic electromagnetic energy)
2. Color (Color energy)
3. Smell (Essence energy)
4. Sound (Voice energy)
5. Touch (Heat and cold energy)
6. Taste (Nutritional energy)
7. Thought (Constrictive energy)

Chetna energy of Pranic Vitality enters in to the body through a number of forces centre throughout the upper part of body, from where it is drawn to spleen chakras. There are three main forces centre forming a triangle from where the Pranic Vitality or Chetna enters in to body.

(1) Spleen Chakra
(2) Space between diaphragm and epigastrium.
(3) Just above Anahata Chakra between shoulder blades.

These form a depression on Etheric 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 Etheric web of Major chakras and the Nadis to give vitality to the body.
The important characteristics of various lower chakras have been described as under.

<table>
<thead>
<tr>
<th>Chakras at Etheric &amp; Astral Body</th>
<th>Mooladhara Chakra</th>
<th>Swadhishthana Chakra</th>
<th>Manipura Chakra</th>
<th>Anahata Chakra</th>
<th>Vishuddha Chakra</th>
<th>Anjna Chakra</th>
<th>Sahashrara (Intermediary) Chakra</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Corresponding Nerve plexus in the Physical Body</strong></td>
<td>Sacro-Coccygeal Plexus</td>
<td>Prostatic or Lumbo-sacral Plexus</td>
<td>Celiac or Solar Plexus</td>
<td>Cardiac Plexus</td>
<td>Carotid Plexus</td>
<td>Cavernous Plexus</td>
<td>Upper Brain (Silent area)</td>
</tr>
<tr>
<td><strong>Endocrine</strong></td>
<td>Adrenals</td>
<td>Gonads</td>
<td>Pancreas</td>
<td>Thymus</td>
<td>Thyroid and Parathyroid</td>
<td>Pituitary</td>
<td>Pineal Gland</td>
</tr>
<tr>
<td><strong>Color</strong></td>
<td>Red</td>
<td>Orange</td>
<td>Yellow</td>
<td>Green</td>
<td>Blue</td>
<td>Indigo</td>
<td>Sunlight to Violet</td>
</tr>
<tr>
<td><strong>Smell</strong></td>
<td>Sandalwood</td>
<td>Jasmine</td>
<td>Pineapple</td>
<td>Camphor</td>
<td>Camphor/Sandalwood</td>
<td>Smoke</td>
<td>Sandalwood or Camphor</td>
</tr>
<tr>
<td><strong>Petals (Yoga Nadis)</strong></td>
<td>4</td>
<td>6</td>
<td>10</td>
<td>12</td>
<td>16</td>
<td>2</td>
<td>1000</td>
</tr>
<tr>
<td><strong>Shape of the Mandal</strong></td>
<td>Square</td>
<td>Crescent Moon</td>
<td>Triangle</td>
<td>Hexagonal</td>
<td>Round</td>
<td>Round</td>
<td>Oval</td>
</tr>
<tr>
<td><strong>Function of Element (Tatwa)</strong></td>
<td>Gandha (smell)</td>
<td>Rasa (taste)</td>
<td>Roop (sight)</td>
<td>Sparsh (feelings)</td>
<td>Shabd (hearing)</td>
<td>Sankalp-Vikalp</td>
<td>Tyag (Renunciation)</td>
</tr>
<tr>
<td><strong>Presiding Deity</strong></td>
<td>Brahma</td>
<td>Vishnu</td>
<td>Lakshmi and Vishnu</td>
<td>Siva</td>
<td>Sadasiva</td>
<td>Natraja</td>
<td>Paramasiva</td>
</tr>
<tr>
<td><strong>Goddess</strong></td>
<td>Dakini</td>
<td>Rakini</td>
<td>Lakini</td>
<td>Kakini</td>
<td>Shakini</td>
<td>Hakini</td>
<td>Nature</td>
</tr>
<tr>
<td><strong>Element (Tatwa)</strong></td>
<td>Prithvi</td>
<td>Jala</td>
<td>Agni</td>
<td>Vayu</td>
<td>Akash</td>
<td>Maras</td>
<td>Five Element</td>
</tr>
<tr>
<td><strong>Bija Akshara</strong></td>
<td>ya (LAM)</td>
<td>oa (VAM)</td>
<td>ja (RAM)</td>
<td>;a (YAM)</td>
<td>ga (HAM)</td>
<td>Â (AUM-)</td>
<td>Âi (AUM HOOM-AUM)</td>
</tr>
</tbody>
</table>
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:

(i) Violent Trauma
(ii) Operation
(iii) Sudden emotional shock
(iv) 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.

### CHAKRAL DISEASES

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

(1) Hypo Function (Decreased activities)
(2) Hyper Function (Increased Activities)

<table>
<thead>
<tr>
<th>Sl. no.</th>
<th>Name of the Plexus (Chakra)</th>
<th>Hypo Function</th>
<th>Hyper Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Sacro-Coccygeal Plexus (Mooladhara Chakra)</td>
<td>Hypogonadism, Dysfunction of kidney, Lumbago, Sciatica</td>
<td>Neuro-circulating Asthenia,</td>
</tr>
<tr>
<td>3.</td>
<td>Caelic or Salor Plexus (Manipura Chakra)</td>
<td>Cancer, Diabetes mellitus</td>
<td>Peptic ulcer, Cirrhosis Liver&amp; Gall Bladder,</td>
</tr>
<tr>
<td>4. Cardiac Plexus (Anahata Chakra)</td>
<td>Depressive Psychosis, Hypotension, Arrhythmias Heart block.</td>
<td>Arrhythmias, Hypertension, Heart attacks, Blood disorders</td>
<td></td>
</tr>
<tr>
<td>-----------------------------------</td>
<td>----------------------------------------------------------</td>
<td>----------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>5. Carotid Plexus (Vishuddha Chakra)</td>
<td>Vertigo, Anaemia, Allergy, Fatigue, Asthma, Sore-throat, Menstrual Disorders.</td>
<td>Psychosomatic Disorders, Bone Disorders, Hyperthyroidism</td>
<td></td>
</tr>
<tr>
<td>6. Hypothalamus (Anjna Chakra)</td>
<td>Hypopituitarism with Hypo function of all endocrines</td>
<td>Migraine, Mania, Gigantism, Acromegaly Disorder of Eye, ENT.</td>
<td></td>
</tr>
<tr>
<td>7. Upper Brain or Silent Area (Sahasrara chakra)</td>
<td>Depressive Psychosis</td>
<td>Encephalitis, Brain Tumor, Mania</td>
<td></td>
</tr>
</tbody>
</table>

**REFERENCE**

1. *Swami Gambhirananda*; Translated from the Commentary of *Shankarachrya*; Bhagavad Geeta; Sixth Impression; 2003; Chapter 7.4&5; P318-319.
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. 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:

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. 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 and healing.

1. Physical factors
2. Mental Factors
3. Social Factors
4. Moral factors
5. Spiritual Factors
6. Environmental Factors

**1. 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.

i. **Physical Fitness** - A physically fit individual is fit for holistic effects and healing rather than disabled.

ii. **Posture of Individual** – The individual in erect and sitting posture is more suitable for holistic healing rather than supine and recumbent posture.

iii. **Personality**: It is an individual’s inherited qualities estimated through the reflexions (AURA). A person with good AURA is more suitable for holistic healing.

iv. **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.

v. **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.

vi. **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 universe.

2. **MENTAL FACTORS**

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

i. **Consciousness**: Individual should be conscious.

ii. **Co-operative**: Individual should be co-operative.

iii. **Intact Motor and Sensory Systems**: 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.

iv. **Intelligence**: The individual must have the satisfactory level of holistic scores as evaluated through N P and AUM Score techniques.

3. **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.

i. **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.

ii. **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.

4. **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 hail. It depends on the following sub factors:

i. **Family Background**: A moralist (Sanskarik) family has more chance of maintaining the tradition of the family but it is not always true.

ii. **Educational**: A culture bound education is considered to be the sheet anchor of the moral factor.

iii. **Society**: It is directly proportional to the kind of society where one lives and led the life.
5. 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:

i. **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*).

ii. **Sanskara:** It is divine power implanted at the time of conception which determines the individual present life, acts and behaviors.

iii. **Parental Status:** Parental status is just catalyst to individual which can accelerate the growth of spiritual factors.

iv. **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.

6. 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:

i. **Family Backgrounds:** Individual borne in the family of sages (*Rishis*) has better affinity to holistic healing.

ii. **Individual Relation:** Individual living in contact of known factors as agent, host and poor environment has lesser affinity to holistic healing.

iii. **Climate Effect:** It also affects the individual as stimulant or depressant.

iv. **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.

REFERENCE

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 form all over the globe. Out of all the traditional medicine and healing, those who are considered holistic are most favored by the masses.

**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 BACKGROUNDS**

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.
HOLISTIC HEALTH TERMS

To understand the proper integrated holistic treatment and healing, the following common terminologies must be kept in mind.

1. Etheric Body (Etheric Plane): 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 energies and vitalizes the physical body and integrate man with the energy field of the earth. Etheric 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.

2. Astral Body (Emotional Plane): It is the body situated over the Etheric body and play sensitive roles in life. It is responsible for all types of emotions and desires. It is also called desired body.

3. 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.

4. 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 contain bliss sheath.

5. 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 synonyms of therapy.

6. 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 synonyms of treatment. As a rule, each therapy has indication and contraindication.

7. Healing: It is wider term and use 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.
8. **Holistic Management**: This is a much specialized mode of healing where all health care of holistic body (*whole self* i.e. *body, mind and soul*) of the individual is considered.

9. **Holistic Influence**: This is to active, effective and sustainable influence of any holistic system on individual to lead a prolonged peaceful and blissful life. Holistic treatment/therapy/healing system must take care of gross and subtle aspects of all individual.

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

### COMMON HOLISTIC HEALINGS

Every country or even zone of the same country has its own traditional holistic system of healing besides the commonly used systems in the country. There are about one thousand three hundred and fifty (1350) (i) traditional systems of treatment and healing are being practiced all over the world. Keeping in view the holistic healing, the following are common and most acceptable kinds of holistic healing.

1. Spiritual Healing.
2. Astrological Healing.
3. Auric Healing.
4. Chakral Healing
5. AUMIC Healing.
6. Yogic Healing
7. Meditational Healing.

### REFERENCES

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.

**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 in form 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.
Spiritual healing is a method that eliminates all blockages causing physical, psychological, social, moral, and environmental health and development at an individual’s level by breaking the negative cycle and restoring the positive cycle through various divine, 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.

**MODE 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) Here, the healer's physical body acts as a medium of flow of energy between God's healing energies and the patient. It is described as passive healing.

(II) In the second case, 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. It is also called active healing.

**TYPES OF 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.

**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 (Panchmahabhutas) 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-

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. The astrological diseases have three main 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 –

1. Zodiacs
2. Stars

**1. 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.

- Aries (*Mekh*)
- Taurus (*Brikhabh*)
- Gemini (*Mithun*)
- Cancer (*Kark*)
- Leo (*Singh*)
- Virgo (*Kanya*)
- Libra (*Tula*)
- Scorpio (*Brishchik*)
- Sagittarius (*Dhanu*)
- Capricorns (*Makar*)
- Aquarius (*Kumbh*)
- Pisces (*Meen*)

**SIGNIFICANCE OF ZODIAC**

Each zodiac group of individual have certain common feature based on the name, duration symbol, signs, season, mean duration, sun’s longitude on entry and sun’s declination on entry. The detail is given in forth coming table. (*With Curtsey from Google Search*)
### Effects of Zodias (Rashi)

On the basis of zodiac signs, we can find out the compatibility between two individuals and can predict the nature, strength and weakness of an individual. We can also find

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
<th>Symbol</th>
<th>Sign</th>
<th>Season</th>
<th>Mean Duration (days)</th>
<th>Sun's Longitude on Entry</th>
<th>Sun's Declination on Entry</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aries (Ram)</td>
<td>March 21-April 19</td>
<td>![Aries Symbol]</td>
<td>Spring</td>
<td>30.46</td>
<td>0°</td>
<td>0.00°</td>
<td></td>
</tr>
<tr>
<td>Taurus (Bull)</td>
<td>April 20-May 20</td>
<td>![Taurus Symbol]</td>
<td>Spring</td>
<td>30.97</td>
<td>30°</td>
<td>11.47°</td>
<td></td>
</tr>
<tr>
<td>Gemini (Twins)</td>
<td>May 21-June 20</td>
<td>![Gemini Symbol]</td>
<td>Spring</td>
<td>31.33</td>
<td>60°</td>
<td>20.15°</td>
<td></td>
</tr>
<tr>
<td>Cancer (Crab)</td>
<td>June 21-July 22</td>
<td>![Cancer Symbol]</td>
<td>Summer</td>
<td>31.45</td>
<td>90°</td>
<td>23.44°</td>
<td></td>
</tr>
<tr>
<td>Leo (Lion)</td>
<td>July 23-August 22</td>
<td>![Leo Symbol]</td>
<td>Summer</td>
<td>31.29</td>
<td>120°</td>
<td>20.15°</td>
<td></td>
</tr>
<tr>
<td>Virgo (Virgin)</td>
<td>August 23-September 21</td>
<td>![Virgo Symbol]</td>
<td>Summer</td>
<td>30.90</td>
<td>150°</td>
<td>11.47°</td>
<td></td>
</tr>
<tr>
<td>Libra (Scales)</td>
<td>September 22-October 23</td>
<td>![Libra Symbol]</td>
<td>Autumn</td>
<td>30.39</td>
<td>180°</td>
<td>0.00°</td>
<td></td>
</tr>
<tr>
<td>Scorpio (Scorpion)</td>
<td>October 24-November 21</td>
<td>![Scorpio Symbol]</td>
<td>Autumn</td>
<td>29.90</td>
<td>210°</td>
<td>-11.47°</td>
<td></td>
</tr>
<tr>
<td>Sagittarius (Archer)</td>
<td>November 22-December 21</td>
<td>![Sagittarius Symbol]</td>
<td>Autumn</td>
<td>29.56</td>
<td>240°</td>
<td>-20.15°</td>
<td></td>
</tr>
<tr>
<td>Capricorn (Goat)</td>
<td>December 22-January 19</td>
<td>![Capricorn Symbol]</td>
<td>Winter</td>
<td>29.45</td>
<td>270°</td>
<td>-23.44°</td>
<td></td>
</tr>
<tr>
<td>Aquarius (Water Bearen)</td>
<td>January 20-February 18</td>
<td>![Aquarius Symbol]</td>
<td>Winter</td>
<td>29.59</td>
<td>300°</td>
<td>-20.15°</td>
<td></td>
</tr>
</tbody>
</table>
out the liking, disliking and habits of an individual. It also helps in finding out the soul mate. Some of the common finding of each zodiac as personality, likings, disliking, habits, nature and believe is given below.

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Name of Zodiac &amp; their Period</th>
<th>Nature</th>
<th>Routine Nature (Liking and disliking)</th>
</tr>
</thead>
</table>
| 1.      | Aries (*Mekh*)                 | Enthusiastic | • Honest and romantic partners.  
|         |                                |         | • They are self dependent.       
|         |                                |         | • They are highly dependent on each other. 
|         |                                |         | • They discuss the matters daily which is purposeful, focused, and dynamic. |
| 2.      | Taurus (*Brikhabh*)            | Very Progressive in matters of love. | • They are caring and loving for their partners.  
|         |                                |         | • Poor controlling nature.        
|         |                                |         | • They are manipulative, frank individuals. 
|         |                                |         | • Once involved in love will continue throughout life. |
| 3.      | Gemini (*Mithun*)              | Fascinating (they are difficult to Predict) | • Frequent changing moods  
|         |                                |         | • Making appointments can be difficult. 
|         |                                |         | • Their interactive style is flirtatious and persuasive. |
| 4.      | Cancer (*Kark*)                | Affectionate | • Enjoy a steady relationship with their partners.  
|         |                                |         | • They are dependent on their partner for all matters from |
|   |   | financial to sex in life.  
|   |   | • They are kind and generous.  
|   |   | • They become irritated when denied their wishes.  
|   |   | • They are self-protective and well accepted individuals.  
|   |   |   
| 5. | **Leo (Singh)** | Committed and enthusiastic.  
|   |   | • They are quite supportive in their relationships.  
|   |   | • They are career oriented.  
|   |   | • They are always confident in their abilities.  
|   |   | • They are demanding and forceful in their interaction.  
|   |   |   
| 6. | **Virgo (Kanya)** | Preplanned in their calculation  
|   |   | • They are uncontrollable.  
|   |   | • They will not change any program in last minute.  
|   |   | • Their interactive style is precise, orderly and calculated.  
|   |   |   
| 7. | **Libra (Tula)** | Choosy, good looking better to talk.  
|   |   | • They are very selective in all respects.  
|   |   | • They require constant appreciation and attention from their partner.  
|   |   | • They are quite caring in relationships.  
|   |   | • Do not avoid problems with Librans people.  

|   | **Scorpion**  
|---|имя| **(Brishchik)**| **Caring and protective** |
|   | | | | **They are very much concerned for the well being and happiness of their partner.** |
|   | | | | **They are self contained and satisfied with their family relations.** |
|   | | | | **They expect involvement of their partner and if failed they become angry and depressed.** |
|   | **Sagittarius**  
|---|имя| **(Dhanu)**| **Ardent and intense partner.** |
|   | | | | **They are relaxed, enjoying, good humor and pleasures of life.** |
|   | | | | **They have orientations and excessive energies.** |
|   | | | | **They are easily disappointed,** |
|   | | | | **Their philosophical orientation forces them to do better next time.** |
|   | **Capricorn**  
|---|имя| **(Makar)**| **Fond of developing serious and deep relationship** |
|   | | | | **They holding back capacity (for right person).** |
|   | | | | **They unnecessarily waste their time and energy.** |
|   | | | | **Their interactions are demanding and direct.** |
|   | **Aquarius**  
|---|имя| **(Kumbh)**| **Interesting, exciting and fun loving.** |
|   | | | | **They are unfaithful and non committed individuals.** |
|   | | | | **For maintaining the longer relationship one has to peruse a lot.** |
|   | | | | **There are bright, cheerful and** |
open individuals.

<table>
<thead>
<tr>
<th></th>
<th>Pisces (Meen)</th>
<th>Committed and romantic</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• The partners are seductive, passionate and demanding in relationships</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• They are highly involved in their relationships.</td>
<td></td>
</tr>
</tbody>
</table>

2. 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 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.

- Kaster (Ashwini)
- Touri (Kritika)
- Owyonis (Meegshira)
- Jasminorium (Punarvasu)
- Hydra (Ashlesha)
- Leonish (Purva Falguni)
- Korbi (Butis)
- Scrpionis (Anuradha)
- Sagrtari (Uttarashadh)
- Aquari (Shrava)
- Ekavari (Shatbhisha)
- Andromedia (Uttar Bhadrapad)

3. (GRAHA PLANETS)

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.

- Sun (Surya)
- Mars (Mangal)
- Venus (Shukra)
- Saturn (Shani).
- Ketu (Ketu)
- Moon (Chandrama)
- Jupiter (Brihaspati)
- Mercury (Buddh)
- Rahu (Rahu)

**EFFECTS OF PLANETS**

These 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.

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.

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.
HOLISTIC TREATMENT AND HEALING

Holistic treatment is an integrated treatment with modern and traditional drugs keeping view the life style intervention while the holistic healing is divine / spiritual healing keeping in view the divine, universal and holistic individual factors. To make it more clearly to the readers, it is necessary to mention differences between Holistic Treatment (HT) and Holistic Healing (HH). The main differences are given below (1).

<table>
<thead>
<tr>
<th>Sl.No.</th>
<th>Parameters</th>
<th>Holistic Treatment (HT)</th>
<th>Holistic Healing(HH)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Origin</td>
<td>Developed though Integrated Medicine i.e., Recent concept.</td>
<td>GOD Gifted i.e. Traditional concept.</td>
</tr>
<tr>
<td>3.</td>
<td>Knowledge</td>
<td>Acquired by formal education and further holism is developed with Divine Grace.</td>
<td>Devine Grace or Blessings.</td>
</tr>
<tr>
<td>4.</td>
<td>Diagnosis</td>
<td>In involves modern and traditional diagnosis tools along with NP and AUM Scores.</td>
<td>Diagnosis for individual acceptability is assessed by NP and AUM Scores.</td>
</tr>
<tr>
<td>5.</td>
<td>Method of Treatment</td>
<td>Drug and Drugless therapies with Surgical techniques and Faith in GOD.</td>
<td>Natural and Drugless therapies with Spiritual Healings.</td>
</tr>
<tr>
<td>6.</td>
<td>Level of Therapy</td>
<td>It involves physical and mental levels.</td>
<td>It involves Holistic levels.</td>
</tr>
<tr>
<td>7.</td>
<td>Over all Effects</td>
<td>Effective</td>
<td>Most Effective</td>
</tr>
</tbody>
</table>

REFERENCE

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.

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.

For centuries, the specialists had been able to see auras by necked eyes. The color of aura exhibits meanings. During 1939, Simon David Kirlian was working in a high voltage atmosphere. He thought about the aura. 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 things. In Western religious traditions, one often sees a halo surrounding saints or Deity. 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 important information about emotional energetic state which helps in identifying the signs of rising energy-stress. It also helps in getting the earlier information before physical symptoms arise. After many
decades research and development produced a more sophisticated version of Kirlian photography called biofeedback or energy technology.

**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. The diagramatic representation is given in this picture.

**CORRELATION OF AURIC BODIES AND CHAKRA**

**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. They have their need and ways of its fulfillment which is mentioned in the forthcoming table-

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Name of Body</th>
<th>Need</th>
<th>Fulfillment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Physical Auric Body</td>
<td>Physical sensation</td>
<td>Physical comfort, pleasure and health</td>
</tr>
<tr>
<td>No.</td>
<td>Auric Body</td>
<td>Aspect</td>
<td>Description</td>
</tr>
<tr>
<td>-----</td>
<td>--------------------------------</td>
<td>--------------------------------</td>
<td>--------------------------------------------------------------</td>
</tr>
<tr>
<td>2</td>
<td>Etheric Auric Body</td>
<td>Emotions with self respect</td>
<td>Self acceptance and love</td>
</tr>
<tr>
<td>3</td>
<td>Vital Auric Body</td>
<td>Rational mind</td>
<td>To understand the situation in a clear and rational way.</td>
</tr>
<tr>
<td>4</td>
<td>Astral Auric Body</td>
<td>Relation with others</td>
<td>Pleasant interaction with family and friends.</td>
</tr>
<tr>
<td>5</td>
<td>Lower Mental Auric Body</td>
<td>Strong Divine Will</td>
<td>Commitment to speak and follow the truth.</td>
</tr>
<tr>
<td>6</td>
<td>Higher Mental Auric Body</td>
<td>Divine love</td>
<td>Feeling of Unification</td>
</tr>
<tr>
<td>7</td>
<td>Spiritual (Intuitional) Body</td>
<td>Divine mind</td>
<td>Connection with divinity and understanding the greater universal pattern.</td>
</tr>
</tbody>
</table>

**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.

1. Perceptual Method.
2. Photographic Method.

For details, readers are requested to see the chapter holistic evaluation.
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 Vedalogy). AUM appeared as supreme source of energy (SSE) in form of sound energy in the cosmos for creation of something on Divine Wish.

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 sentient.

The divine creation of five elements (Punchmahabhutas) was followed by appearance of various zodiacs, stars and planets and other celestial bodies with its contents. Earth is one of the planet which is equipped with many living and non-living beings. The living beings were grouped in animal and plant kingdoms. All the existing (living and non-living) is the creation of GOD (AUM) in his own image; means AUM (GOD) is present in all and all the creations. Every existing in this universe needs certain energy for their survival. This energy comes in different from the Supreme Source of Energy (SSE) i.e. AUM through Cosmo-universal medium.

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.

**AUM AND ITS PLANES**

All the knowledge has been derived from AUM. According to Hindu mythology, Vedas are considered to be the most ancient and sacred collections of knowledge and wisdoms derived during various cultures and descended through traditions which were compiled later on in four major text known as Vedas i.e. Atherveda, Rgveda, Yajurveda and Samveda according to its age (from earliest to the latest) and its allied literatures as Upanishads and Aranyaka. Out of all these literatures, Mandukya Upanishad is one which has given the physical structure of monosyllable AUM (ॐ) which helps in meditations and yogic practices. AUM (ॐ) has three major planes.

(I) **Divine Cosmic Plane (Plane of Infinite)**: This is the plane of divinity from where all the universal creation begins and ends ultimately. It is the plane of supreme as well as supreme source of energy. All the universal and physical existing is attached with this supreme source of energy through subtle connectivity with their individual soul. It is the Omniscient, Indwelling Controller and the Sources of All. This is soundless; this is the beginning and end of all beginnings. This is infinite, cannot be described in words. This is the **Atman; the Self**. This can be realized.

(II) **Universal Plane (Plane of Existence)**: This is the lower plane and extends between divine cosmic and physical plane. It is as high as the one can think. It is also known as individual’s visual thought (IVT). It submerges into divine cosmic plane. It maintains inter and intra universal balances with the help of various stars, zodiacs, planets and other unknown celestial bodies.

“**AUMIC Planes**”

(III) **Physical Plane (Plane of Physical Structures)**
(III) Physical Plane (Planes of Physical Structures): The physical shape of AUM (ॐ) is creation of Athurveda and its allied Mandukya Upanishad. GOD (AUM) has created all the existing of the universe in his image. Everything universal existing can be imagine in AUM and vice versa.

AUMIC PLANE AND HOLISTIC BODY

This explains the individual’s holistic aspects of body in correspondence to Aumic image. Imagine that the human body is within the shape of AUM. The holistic aspects of human body and its co-relation with AUM as mentioned in forth coming table (i):

<table>
<thead>
<tr>
<th>Sl .No.</th>
<th>AUMIC Plane</th>
<th>Holistic Body</th>
</tr>
</thead>
<tbody>
<tr>
<td>I.</td>
<td>Divine Cosmic Plane</td>
<td>Pertaining to Divinity (The Divine/Atmic connectivity)</td>
</tr>
<tr>
<td>II.</td>
<td>Universal Plane</td>
<td>Between Buddhic body and Atmic body. It corresponds to Individual’s Visual Thought (IVT)</td>
</tr>
<tr>
<td>III.</td>
<td>Physical and Subtle Plane :</td>
<td>Physical and subtle body :</td>
</tr>
<tr>
<td></td>
<td>a. Upper Wing</td>
<td>• Buddhic Body</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Higher Mental Body</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Lower Mental Body</td>
</tr>
<tr>
<td></td>
<td>b. Middle Wing</td>
<td>• Astral Body</td>
</tr>
<tr>
<td></td>
<td>c. Lower Wing</td>
<td>• Etheric Body</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Physical Body</td>
</tr>
</tbody>
</table>

HOLISTIC STRUCTURE OF AUM

AUM is universally accepted divine symbol. It has its deepest sense of pronunciation and realisation. Study of AUM in context of individual image is required in order to understand the holistic structure, function and spiritual practice. Here, AUM has been considered in context of a human body. The physical symbol of AUM has been divided into three wings.

(a) Upper Wing
(b) Middle Wing
(c) Lower Wing

(a) Upper Wing: This is the upper most structure of AUM. It includes - universal plane in its anterior, superior and posterior vicinity, upper semicircle with dot, vacuum between semicircular area and body of AUM, 30% of the upper sphere and 5% of the upper part of anterior projection of physical structure of AUM (ॐ). In qualitative terms, it is lightest structure and is enriched with sky (Ether) and air (Vata) elements of five elements (Punchmahabhutas). It corresponds to Akash loka of three cosmic sub-planes. It represents Prajna and Atman component of the
Self. It is the seat for throat Vishuddha Chakra), Anjna Chakra, Sahashrara Chakra, Atmic and Parmatic Chakra.

(b) Middle Wing: This is the middle structure of AUM. It includes - universal plane in its anterior and posterior vicinity, lower 70% of upper sphere, central body of AUM symbol (including entire internal and 85% of external projections), and upper 40% of the lower sphere. This is heavier structure and is enriched with fire (Agni) and water (Jala) elements of five elements. It corresponds to Bhu loka of three cosmic sub-planes. It represents Taijas component of the Self. It is the seat of Manipura Chakra and Anahata Chakra.

(C)Lower Wing: This is the lower most structure of AUM. It includes fraction of universal plane in its anterior, inferior and posterior vicinity; 60% of the lower sphere and 10% of the anterior projection. This is the heaviest structure.

Holistic Structure of AUM

It is enriched with earth (Prithvi) and water (Jala) elements of five elements. It corresponds to Patal loka of three cosmic sub-planes. It represents Vaisvanara component of the Self. It is the seat for Mooladhara Chakra and Swadhisthana Chakra.

HUMAN BODY IN IMAGE OF AUM

Here, the human body is represented within the image of AUM. It is well known fact that all aspects of holistic science cannot be bound in strict modern scientific boundaries. The science believes in physical existence and its demonstration which is very limited. Each and every universal existing can be imagining in the physical shape of AUM. An arbitrary correlation of the physical structure of Image of AUM and corresponding individual’s body and its Chakral relation is given as under:
The correlation of subtle, morphological and corresponding holistic and scientific structures of body is given below:

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>AUMIC Planes</th>
<th>Morphology</th>
<th>Corresponding Holistic and Scientific Structures of Body</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Divine Cosmic Plane</td>
<td>Pertaining to divinity and area around the universal plane</td>
<td>Divine connectivity corresponding to Parmatmic Chakras.</td>
</tr>
<tr>
<td>2.</td>
<td>Universal Plane</td>
<td>It is linkage between individual’s Buddhic and Atmic plane</td>
<td>Superconscient level. corresponding to IVT and Atmic Chakra</td>
</tr>
<tr>
<td>3.</td>
<td>Physical and subtle Planes of AUM</td>
<td>The entire structure of monosyllable AUM</td>
<td>It has physical bodies and its various organs corresponding to Sahashrara Chakra.</td>
</tr>
<tr>
<td>a. Head</td>
<td>Head</td>
<td>The upper semi circular dotted structure</td>
<td>Head, brain, meningies (with Buddhic and higher mental bodies). It is seat of Anjna Chakra.</td>
</tr>
<tr>
<td>b. Neck</td>
<td>Neck</td>
<td>The structure between head and upper sphere and anterior projection of body of AUM</td>
<td>Neck with great vessels, vital tubes (trachea, esophagus and spinal card), thyroid and parathyroid glands, muscles, cervical vertebrae and other supporting structures. It is seat of Vishuddha Chakra.</td>
</tr>
<tr>
<td>c. Upper Sphere</td>
<td>Upper Sphere</td>
<td>It includes upper semicircular structure of AUM</td>
<td>Upper limbs and upper part of the thorax (including upper and middle lobes of lungs), supporting structures (muscles,</td>
</tr>
</tbody>
</table>

**STRUCTURAL CORRELATION**

The correlation of subtle, morphological and corresponding holistic and scientific structures of body is given below:

1. **Divine Cosmic Plane**
   - Pertaining to divinity and area around the universal plane
   - Divine connectivity corresponding to Parmatmic Chakras.

2. **Universal Plane**
   - It is linkage between individual’s Buddhic and Atmic plane
   - Superconscient level corresponding to IVT and Atmic Chakra

3. **Physical and Subtle Planes of AUM**
   - The entire structure of monosyllable AUM
   - It has physical bodies and its various organs corresponding to Sahashrara Chakra.

   a. **Head**
      - The upper semi circular dotted structure
      - Head, brain, meningies (with Buddhic and higher mental bodies). It is seat of Anjna Chakra.

   b. **Neck**
      - The structure between head and upper sphere and anterior projection of body of AUM
      - Neck with great vessels, vital tubes (trachea, esophagus and spinal card), thyroid and parathyroid glands, muscles, cervical vertebrae and other supporting structures. It is seat of Vishuddha Chakra.

   c. **Upper Sphere**
      - It includes upper semicircular structure of AUM
      - Upper limbs and upper part of the thorax (including upper and middle lobes of lungs), supporting structures (muscles,
<table>
<thead>
<tr>
<th></th>
<th>Middle sphere</th>
<th>Lower Sphere</th>
</tr>
</thead>
<tbody>
<tr>
<td>d.</td>
<td>It includes lower most part of upper sphere, full internal and anterior projections and upper most part of lower sphere</td>
<td>Lower lobe of lungs, heart, diaphragm, liver and gall bladder, spleen, kidneys, pancreas and other supporting structures. It is seat for Anahata and Manipura Chakras.</td>
</tr>
<tr>
<td>e.</td>
<td>In includes lower semi-circular structure of AUM</td>
<td>Lower abdominal viscera, pelvic organs (including genitor-urinary system) and lower limbs. It is seat for Swadhisthana and Mooladhara Chakras.</td>
</tr>
</tbody>
</table>

**REFERENCE**

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).

_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.
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 below:

<table>
<thead>
<tr>
<th>Sl. No</th>
<th>Steps</th>
<th>Behavioral Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Hindi</td>
<td>English</td>
</tr>
<tr>
<td>1.</td>
<td>Yam</td>
<td>Yama</td>
</tr>
<tr>
<td>2.</td>
<td>Niyam</td>
<td>Niyama</td>
</tr>
<tr>
<td>3.</td>
<td>Asan</td>
<td>Asana</td>
</tr>
<tr>
<td>4.</td>
<td>Pranayam</td>
<td>Pranayama</td>
</tr>
<tr>
<td>5.</td>
<td>Pratyahara</td>
<td>Pratyahara</td>
</tr>
<tr>
<td>6.</td>
<td>Dharana</td>
<td>Dharana</td>
</tr>
<tr>
<td>7.</td>
<td>Dayan</td>
<td>Dhyana</td>
</tr>
<tr>
<td>8.</td>
<td>Samadhi</td>
<td>Samadhi</td>
</tr>
</tbody>
</table>

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:

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Steps of Astang Yoga</th>
<th>Methods of Practice</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>YAMA (Social Behavior)</td>
<td>- Non-violence, truthfulness, non-stealing, self restraint, non- hoarding.</td>
</tr>
<tr>
<td>2.</td>
<td>NIYAMA (Personal behavior)</td>
<td>- Purity of body and mind, contentment, austerity in every sphere of life, study of relevant literatures, practice of dedication to God.</td>
</tr>
<tr>
<td>3.</td>
<td>ASANA (Physical Postures)</td>
<td>- Various postures (Yoga Asana), at least 10-15 yogic postures for at least for 15 minutes daily.</td>
</tr>
<tr>
<td>4.</td>
<td>PRANAYAMA (Breathing exercise)</td>
<td>- Deep inhaling from one nostril (Poorak), Holding the breath for some times (Kumbhak) and the exhaling through other nostril (Rechak). It should be practiced for at least 20 times daily.</td>
</tr>
<tr>
<td>5.</td>
<td>PRATYAHARA (Control of sense organs)</td>
<td>- Stop the activities of all the sense organs (gate-keepers of body and mind) and minimise the stimulation of these sense organs by-</td>
</tr>
</tbody>
</table>
6. **DARANA**
   (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.

---

**ELECTS 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.

---

**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 submerges in five elements (*Panchmahabhutas*) 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 aim. “**Busy Yoga (Vyast Yoga)** is one of the ways for the worldly people to attain the ultimate aim” *(Dr. N.P. Dubey)*.

This 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 age, sex, nature of diet, nature of work, personal life. The eligibility of an individual for suitability of this Busy Yoga can be assessed by holistic investigations.
The Busy Yoga (*Vyast Yoga*) helps in following ways in maintaining the health and relieve from the sufferings:—

(1) Increase inner and outer purity of body.
(2) Increases power of concentration for any particular work to which he is engaged.
(3) Increases contentment.
(4) Improves personal and social behavior.
(5) 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.
(6) Reduces pulse rate, blood pressure, respiration rate and body weight.
(7) Improves vital function, intelligence and thus overall personality.

**REFERENCE**

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. Normally mind acts in two planes i.e. conscious and unconscious.

**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.
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 through Aumification.
Readers are requested to consult the different text according to their interest in practice of Meditations.

**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-

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

**REFERENCES**

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).

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.

2. BIRTH DATA

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. ETIOLOGY

It is the study of the cause of 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 aetiological factors remains within the agent, host and environment. Normally, they remain in state of equilibrium in healthy condition. In holistic healing, the etiological factors are related to the flow of cosmic energy and its principal derivative known as vital energy in any plane of holistic body. This may be due to some of the known holistic causes as:-

(a) Acts against the creation of GOD.
(b) Spiritual derangements
(c) Effects of divine and devil souls.
(d) Astrological effects (Non alignment of zodiacs, stars and planets).
(e) Association of with Past and Present acts (Purva and Present Karmas).

The etiology factors according to some systems of treatment and healing are as (i) :-

- According to Aurveda 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 un cared 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 AUM Therapy, there is disturbance in alignment three planes (*Divine, Universal and Individual*) leading to changes in holistic body first followed by physical body.

4. MANIFESTATIONS

Any adverse manifestation in holistic body leads to adverse effect individual which may 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 traditional systems, the subtle changes in certain place especially in the Etheric 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 appear after sometime 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 signs. The combinations of symptoms and signs are called clinical manifestation (clinical features). The clinical manifestations reveals:

- 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.

### 5. EVALUATIONS

Every problem should be evaluated and recorded to confirm the holistic diagnosis. In holistic and traditional medicine, the mental faculties of the practitioner every problem should be evaluated and recorded to confirm the holistic diagnosis. In holistic and traditional medicine, the mental faculties of the practitioner are mostly used to reveal the diagnosis while in contrary to it, the practitioners of modern medicine 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 integration of other diagnostic tools as holistic evaluations as- Auric, Chakral, Palmar, Astrological, AUM Scores, N.P. Scores and Prakriti Evaluation helps in Comprehensive Holistic Health care (CHHC) of the healthy and patient both.

### 6. DIAGNOSIS

Holistic evaluation denotes holistic name and nature of the problem (Holistic diagnosis). The Divine Holistic Healer (DHH) starts the evaluation of the individual as soon as the sufferer thinks to visit the healer. The acquired healers start diagnosing as soon as the sufferer comes in healing clinics and complete the accurate diagnosis through various interrogations and required evaluations. The correct diagnosis clears the way to holistic healing.

### 7. HOLISTIC MANAGEMENT

Holistic management is process of complete management keeping in view the science and philosophy of treating and healing system. The modality of treatment and
healing should take care for All Planes (individual, universal and divine); All Health (physical, mental, social, moral, spiritual and environmental); All Body (physical, etheric, astral, lower mental, higher mental, buddhic and atmic); All Celestials (zodiac, star and planets) with All Measures (drug therapy, drugless therapy, and healing). The details of the techniques have been dealt in the chapter of holistic healing.

**REFERENCE**

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.

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.

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.

2. Chakral Evaluation.
4. Astrological Evaluation
5. AUM Score.

CHAPTER –13

HOLISTIC EVALUATION

- 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
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.

**DIAGNOSIS**

The diseases come much earlier in auric body than the actual physical body. It was only possible for the expert healer to observe aura but development of Kirlian photography has made the study of aura 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. Colour Observation

**1. PERCEPTUAL METHOD**

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

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Parameters</th>
<th>Variations</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Area</td>
<td>Normal/Diminished/Reduced</td>
</tr>
<tr>
<td>2.</td>
<td>Colour</td>
<td>Normal/Altering/Altered</td>
</tr>
<tr>
<td>3.</td>
<td>Contour</td>
<td>Normal smooth/elevated/depressed/tear/rapture</td>
</tr>
<tr>
<td>4.</td>
<td>Feeling</td>
<td>Good/Satisfactory/Week</td>
</tr>
</tbody>
</table>
II. COLOUR METHOD

Here, aura is evaluated with its colour and its prominence of the color as taken by photography. The colours in aura indicate many physical, emotional ideas and problems. The grass appearance of aura in excess of any colour indicates the common findings described in the under-mentioned table:

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

2. CHAKRAL EVALUATION

Chakras are the whorls of high energy lotuses situated in etheric and astral bodies. There are nine major chakras divided in two groups:
I. Higher Chakras.
II. Lower Chakras.

I. HIGHER CHAKRAS

These chakras are superior chakras (Para Chakras) situated in the auric field of the individual. These chakras cannot be described in the definition of modern scientific boundary. It is well connected with the Supreme Reality (GOD) as well as with higher and physical body plane of individual being. These chakras control the lower chakras through divine pathways. These chakras (from above down words) are:
1. Parmatmic Chakra.
2. Atmic Chakra.

II. LOWER CHAKRAS

These chakras are under the control of higher chakras located in etheric and astral plane of the individual’s physical body. They are linked with higher chakras
with the intermediary chakra know as Sahashrara chakra. These chakras (from above down words) are:

1. Sahashrara Chakra.
2. Anjna Chakra.
3. Vishuddha Chakra.
4. Anahata Chakra.
5. Manipura 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 etheric 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.

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

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Chakral State</th>
<th>Observatory Findings</th>
<th>Palmar Feeling</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Normal Chakra</td>
<td>Normally Glowing</td>
<td>Smooth</td>
</tr>
<tr>
<td>2.</td>
<td>Hypoactive Chakra</td>
<td>Depleted</td>
<td>Depressed and uneven.</td>
</tr>
<tr>
<td>3.</td>
<td>Hyperactive Chakra</td>
<td>Congestion</td>
<td>Elevated/Tear/Rapture</td>
</tr>
</tbody>
</table>

**OBSERVATIONS**

The effects of hypo and hyper function of specific chakras as manifested at physical and mental bodies are given below. The effects are mention in forthcoming table indicating the possible problems.
<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Name of the Chakra</th>
<th>Hypo function</th>
<th>Hyper function</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Mooladhar Chakra</td>
<td>Hypogonadism, Dysfunction of kidney, Lumbago, Sciatica</td>
<td>Neuro-circulating Asthenia, Depressive Psychosis</td>
</tr>
<tr>
<td>2.</td>
<td>Swadhisthna Chakra</td>
<td>Psychoneurosis, Impotence, Infertility, Fragility</td>
<td>Animal behavior, Tumor of Testes, Prostate, Ovary Uterus, Syphilis Gonorrhea, HIV/AIDS</td>
</tr>
<tr>
<td>3.</td>
<td>Manipura Chakra</td>
<td>Cancer, Diabetes mellitus</td>
<td>Peptic ulcer, cirrhosis Liver, Gall Bladder Diseases, Psoriasis, Neurasthenia.</td>
</tr>
<tr>
<td>4.</td>
<td>Anahata Chakra</td>
<td>Depressive Psychosis, Hypotension, Heart block Arrhythmias.</td>
<td>Hypertension, Heart attacks, Blood disorders, irresponsibility</td>
</tr>
<tr>
<td>5.</td>
<td>Vishuddha Chakra</td>
<td>Vertigo, Anaemia, Allergy, Fatigue, Asthma, Sore-throat, Menstrual Disorders, Hypothyroidism</td>
<td>Psychosomatic Disorders, Bone disorders, Hyperthyroidism</td>
</tr>
<tr>
<td>6.</td>
<td>Anjna Chakra</td>
<td>Hypopituitarism with Hypo function of all Endocrines</td>
<td>Migraine, mania, Gigantism, Acromegaly Disorder Of Eye, ENT.</td>
</tr>
<tr>
<td>7.</td>
<td>Sahashrara Chakra</td>
<td>Depressive Psychosis</td>
<td>Encephalitis, Brain Tumor, Mania</td>
</tr>
</tbody>
</table>

### 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- individual’s nature, life, health, family life etc.
During the examination of palm the following structures to considered 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 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.

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

61
QUALITATIVE CLASSIFICATION

The entire population of the world has been grouped in three major groups.

<table>
<thead>
<tr>
<th>Group No.</th>
<th>Personalities</th>
<th>Nature</th>
<th>Characteristics</th>
</tr>
</thead>
<tbody>
<tr>
<td>I.</td>
<td>Jupitarian, Apollian and Vinesian</td>
<td>Excellent Natures</td>
<td>Qualities, Good health, optimistic good character.</td>
</tr>
<tr>
<td>II.</td>
<td>Satarian and Mercurial</td>
<td>Mediocre Nature</td>
<td>Easily influenced, crosses the barriers and become bad, irritable and adamant nature.</td>
</tr>
<tr>
<td>III.</td>
<td>Martarian</td>
<td>Lower Nature</td>
<td>Anguish and quarreling nature</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Name of the Line (Rekha)</th>
<th>Location</th>
<th>Prominent Effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Heart Line (Hridya Rekha)</td>
<td>Above the elevations of the base of fingers</td>
<td>Condition of heart, attachment with others, fairness of body.</td>
</tr>
<tr>
<td>2.</td>
<td>Mental Line (Mastishk Rekha)</td>
<td>Oblique below the Lifeline</td>
<td>Mental power, stability and activities, self confidence.</td>
</tr>
<tr>
<td>3.</td>
<td>Life Line (Jiwan Rekha)</td>
<td>Oblique prominent line dividing the field of mars and venous.</td>
<td>Body constitution, Life span</td>
</tr>
<tr>
<td>4.</td>
<td>Apollian Line (Surya Rekha)</td>
<td>Goes towards Apollian (Surya) elevation</td>
<td>Brightness, intelligence; artistic, success in business.</td>
</tr>
<tr>
<td>5.</td>
<td>Mercarian Line (Buddh Rekha)</td>
<td>Goes towards Buddha elevation</td>
<td>Related to health</td>
</tr>
<tr>
<td>6.</td>
<td>Saturn Line/Fate Line (Shani Rekha)</td>
<td>It attached with Saturn elevation</td>
<td>Successful, prosperous life intelligent life.</td>
</tr>
</tbody>
</table>

OBSERVATIONS

After examining the hands, the entire studies are interpreted under following parameters reach to certain conclusion.
<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Parameters</th>
<th>Findings</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Types of Hand</td>
<td>Non-functional/square hand <em>(regular)</em>, working hand, philosopher hand, artistic hand.</td>
</tr>
<tr>
<td>2.</td>
<td>Palmar Elevation</td>
<td>Ideal hand, mixed hand, Apollian, Lunarian, Martian, Mercarian Jupitarian, Vinesian</td>
</tr>
<tr>
<td>3.</td>
<td>Palmar Linings</td>
<td>Cardiac, Mental, Life, Saturn, Apollian, Mercarian lines.</td>
</tr>
<tr>
<td>4.</td>
<td>Overall Assessment</td>
<td>Good/Average/Satisfactory</td>
</tr>
</tbody>
</table>

### 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 –

1. Zodiacs
2. Stars

#### 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.

1. Dietary Influence.
2. Humoral 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:

<table>
<thead>
<tr>
<th>Sl.No.</th>
<th>Group</th>
<th>Influenced by Planets</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Purely (Satvic)</td>
<td>Sun, Moon and Jupiter</td>
</tr>
<tr>
<td>2.</td>
<td>Kingly (Rajasic)</td>
<td>Venus and Mercury</td>
</tr>
<tr>
<td>3.</td>
<td>Mixed (Tamasic)</td>
<td>Saturn, Mars, Rahu and Ketu</td>
</tr>
</tbody>
</table>

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

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

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.

Based on the planets, stars and zodiac, the astrological disorders come in the body. The planets and its related regulatory organs and diseases are mentioned below:
- Sun controls soul.
- Moon rules mind.
- Mercury influences nervous system.

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

There numerous heavenly/celestial bodies divided in three main groups as zodiacs, stars and planets. Some of these celestial bodied seen as stars. Some of the stars are under the zodiacs while some are under other heavenly bodies. However, each planet is part and partial of some zodiac. They are associated with each other in
isolation and combination. Some of the correlation of zodiac and stars is given in forthcoming table.

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Name of Zodias</th>
<th>Name of the Stars</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Aries (Mekh)</td>
<td>Kaster (Ashwini), Arites (Bharini), Touri (Krittika)</td>
</tr>
<tr>
<td>2.</td>
<td>Taurus (Brikhabh)</td>
<td>Touri (Krittika), Aldebara (Rohini), Oeyonis (Mreegshira)</td>
</tr>
<tr>
<td>3.</td>
<td>Gemini (Mithun)</td>
<td>Oeyonis (Mreegshira), Bitlegage (Ardra), Jasminorium (Punarvasu)</td>
</tr>
<tr>
<td>4.</td>
<td>Cancer (Kark)</td>
<td>Jasminorium (Punarvasu), Kenruri (Pushya), Hydra (Ashlesha)</td>
</tr>
<tr>
<td>5.</td>
<td>Leo (Singh)</td>
<td>Regulous Leonis (Magha), Leonis (Purvafulguni), Leonit (Uttarafalguni)</td>
</tr>
<tr>
<td>6.</td>
<td>Virgo (Kanya)</td>
<td>Leonit (Uttarafolguni), Korbi (Hast), Spika (Chitra)</td>
</tr>
<tr>
<td>7.</td>
<td>Libra (Tula)</td>
<td>Spika (Chitra), Butis (Swati), Libre (Vishakha)</td>
</tr>
<tr>
<td>8.</td>
<td>Scarpio (Brishchik)</td>
<td>Libre (Vishakha), Scarpionis (Anuradha), Antaris (Jyestha)</td>
</tr>
<tr>
<td>9.</td>
<td>Sagitarius (Dhanu)</td>
<td>Mool (Mool), Sagitari (Purvashadha), Sagrtari (Uttarashadha)</td>
</tr>
<tr>
<td>10.</td>
<td>Capricomus (Makar)</td>
<td>Sagrtari (Uttarashadha), Vega (Abhijit), Aquari (Shrawana), Keprikarti (Dhanistha)</td>
</tr>
<tr>
<td>11.</td>
<td>Acquarius (Kumbh)</td>
<td>Keprikarti (Dhanistha), Ekawari (Shatbhis), Pegasi (Purvabhadrapad)</td>
</tr>
<tr>
<td>12.</td>
<td>Pisces (Meen)</td>
<td>Pegasi (Purvabhadrapad), Andromedia (Uttarbhadrapad), Piscium (Rewati)</td>
</tr>
</tbody>
</table>

5. **AUM Score**

AUM Score is a holistic process of evaluation of individual to decide the applicability of holistic healing for Comprehensive Holistic Health Care (CHHC). AUM is a divine vibrating sound cosmic energy. It is also called supreme source of energy (SSE) which is the source of all universal and individual energy. The divine law operates at various planes of each creation to lead a healthy life. Any disturbance in cosmic energy at any plane of individual’s divine pathway leads to individual disturbance. Every individual in this universe has some problems of one or the other types.
The AUM Score is evaluated within certain parameters and their sub parameters. There are following parameters to measure the AUM Score:

1. Knowledge
2. Structure.
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 and depending on the response, the suffer 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/ Shape 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 of AUMIC sound.
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 of divine/spiritual campaigning and practice.

### Observations

The following observations are made under various parameters-

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Parameters with Variables</th>
<th>Positive Observations</th>
<th>Assigned Scores</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Knowledge:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Heard</td>
<td>Yes</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Place</td>
<td>Temple, During worship</td>
<td>5</td>
</tr>
<tr>
<td>Sl. No.</td>
<td>Parameters</td>
<td>Assigned Score</td>
<td></td>
</tr>
<tr>
<td>--------</td>
<td>---------------------</td>
<td>----------------</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Knowledge</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Shape</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Attitude</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Phases</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Practice</td>
<td>35</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Realization</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Aggregate Score</td>
<td>100</td>
<td></td>
</tr>
</tbody>
</table>

**AGGREGATION OF ASSIGNED SCORES:** The score obtained under above parameters are aggregated as under:

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Percentage</th>
<th>Category</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Above 80%</td>
<td>Excellent</td>
<td>A</td>
</tr>
<tr>
<td>2</td>
<td>71-80%</td>
<td>Very Good</td>
<td>B</td>
</tr>
<tr>
<td>3</td>
<td>61-70%</td>
<td>Good</td>
<td>C</td>
</tr>
<tr>
<td>4</td>
<td>51-60%</td>
<td>Average</td>
<td>D</td>
</tr>
<tr>
<td>5</td>
<td>41-50%</td>
<td>Satisfactory</td>
<td>E</td>
</tr>
</tbody>
</table>
6. NP SCORE

**NP Score (Nine Parameter Score)** is a method of evaluation of individual’s suitability to decide the applicability of holistic healing for Comprehensive Holistic Health Care (CHHC). There are nine parameters to ascertain the capability of individual to such treatment and healings.

### 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 traditional medicine and holistic healing. This is evaluated in terms of *Place and Time*.

#### 2. Attitude

It indicates the individual’s mental status for self care and temperament. Any person with soft attitude, health conscious and positive views towards has fair chance of the acceptability of holistic healing. This is evaluated in terms of *Self care and Care of others*.

---

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

**REFERENCE**

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

<table>
<thead>
<tr>
<th></th>
<th>Awareness</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>31-40%</td>
<td>F</td>
</tr>
<tr>
<td>7</td>
<td>30 and Below%</td>
<td>G</td>
</tr>
</tbody>
</table>
3. **Traditional Believes** – It indicates the genetic/ancestral effects in the individual. This is more concern in terms of customs and believes of the community to which they belong. Those who believed in customs, tradition, and culture have fair chance of the effects of traditional medicine and holistic healing. This is evaluated in terms of *Believed and Availability*.

4. **Diet** – Diet is the source of energy for every living being. This is evaluated in terms of *Nature and Type of food*. Depending on the traditions, culture and believe, the diet (food) are of three types-

   (I) **Pure Diet (Satvic):** This is simple raw diet 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 traditional medicine and holistic healing.

   (II) **Kingly Diet (Rajas):** This is balanced cooked tasty, salty and spicy diet. 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 traditional medicine and holistic healing.

   (III) **Mixed Diet (Tamas).** This is complex cooked an uncooked excessive unsaturated diet. It contains both vegetable and animal parts (as non-vegetarian materials). Such persons have poor response to traditional medicine and holistic healing.

5. **Alertness** – It indicates the mental status of the individual in relation to his consciousness to self and the surrounding. Person who is conscious and more alert to self and surroundings is fairly influenced by traditional medicine and holistic healing. This is evaluated in terms of *Self and Surrounding*.

6. **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 traditional medicine and holistic healing. This is evaluated in terms of *Look and Liking*.

7. **Determination** – It indicates the individual’s determination power to do any acts and omission. A person with strong determinative power has good response to traditional medicine and holistic healing. It is decided by the *Nature and Flexibility* of the individual.

8. **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 traditional
medicine and holistic healing. It is evaluated by *Religion, Relaxation and Recitation time*.

9. **Dedication-** It indicates the individual’s capacity to attain the ultimate reality. Person with full dedication to his duties and divinity is best respondent to traditional medicine and holistic healing. It is evaluated by observing the *Sincerity, Regularity and Honesty* to his work.

**OBSERVATIONS**

The following observation is made under various parameters of NP Score-

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Parameters and Variables</th>
<th>Positive Observations</th>
<th>Assigned Scores</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Acclimatization:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Place</td>
<td>Easy</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>• Time</td>
<td>Within a week</td>
<td>5</td>
</tr>
<tr>
<td>2.</td>
<td>Attitude:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Self care</td>
<td>Good</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>• Care of others</td>
<td>Soft</td>
<td>5</td>
</tr>
<tr>
<td>3.</td>
<td>Traditional Believe:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Believe</td>
<td>Yes</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>• Availability</td>
<td>Available</td>
<td>5</td>
</tr>
<tr>
<td>4.</td>
<td>Diet:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Nature</td>
<td>Yogic, Kingly, Mixed</td>
<td>2-5</td>
</tr>
<tr>
<td></td>
<td>• Type of food</td>
<td>Cooked or Uncooked</td>
<td>5</td>
</tr>
<tr>
<td>5.</td>
<td>Alertness:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Self</td>
<td>Alert</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>• Surroundings</td>
<td>Good</td>
<td>5</td>
</tr>
<tr>
<td>6.</td>
<td>Personality:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Look</td>
<td>Shining, Healthy</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>• Liking</td>
<td>Natural</td>
<td>5</td>
</tr>
<tr>
<td>7.</td>
<td>Determination:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Nature</td>
<td>Strong, Average</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>• Flexibility</td>
<td>Flexible</td>
<td>5</td>
</tr>
<tr>
<td>8.</td>
<td>Devotion:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Religion</td>
<td>Any</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>• Recitation time</td>
<td>Morning</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>• Relaxation time</td>
<td>Morning, Evening</td>
<td>5</td>
</tr>
<tr>
<td>9.</td>
<td>Dedication:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Sincerity</td>
<td>Sincere</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>• Regularity</td>
<td>Regular</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>• Honesty</td>
<td>Honest</td>
<td>5</td>
</tr>
</tbody>
</table>

**AGGREGATION OF ASSIGNED SCORES:** Thus the score obtained under above parameters with the help of various variables are aggregated as under:
CATEGORIZATION: Thus obtained score is placed in the appropriate range of percentage to obtain the category and grade of individual for holistic healing.

<table>
<thead>
<tr>
<th>Sl. No</th>
<th>Parameters</th>
<th>Assigned Scores</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Acclimatization</td>
<td>10</td>
</tr>
<tr>
<td>2.</td>
<td>Attitude</td>
<td>10</td>
</tr>
<tr>
<td>3.</td>
<td>Traditional Believe</td>
<td>10</td>
</tr>
<tr>
<td>4.</td>
<td>Diet</td>
<td>10</td>
</tr>
<tr>
<td>5.</td>
<td>Alertness</td>
<td>10</td>
</tr>
<tr>
<td>6.</td>
<td>Personality</td>
<td>10</td>
</tr>
<tr>
<td>7.</td>
<td>Determination</td>
<td>10</td>
</tr>
<tr>
<td>8.</td>
<td>Devotion</td>
<td>15</td>
</tr>
<tr>
<td>9.</td>
<td>Dedication</td>
<td>15</td>
</tr>
</tbody>
</table>

Aggregate of all Score 100

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

REFERENCE

7. INTEGRATED CONSTITUTIONAL EVALUATION

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

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 (Saptdhatus) 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 depending of the waste products and cause diseases. Efforts were made by our ancient sages (Rishis) and Ayurvedic Physician (Vaidyas) to develop various diagnostic tools and they succeeded also to certain extents to find out the cause of illness and its holistic treatment. There are urgent need of emergency measures and more specific and sensitive diagnostic tools in traditional medicine particularly the Indian System of Medicine (Ayurveda, Siddha, Unani, Homeopathy, Yoga and Naturopathy). The addition of constitution (Prakriti) examination developed by AYUSH, Government of India, Ministry Health and Department of ISM to ascertain the constitutions of individual body and mind. This study help in prescribing the suitable diet, yoga and drugs according to imbalance of the humors is praise worthy. 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.
7. Liking of whether.
8. Mental status.
10. Memory.
15. External Response.
16. Sleep.
17. Skin status.
18. Thrust.
19. Vocal status.

**OBSERVATIONS**

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

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Parameters</th>
<th>Air (Vata)</th>
<th>Bile (Pitta)</th>
<th>Phlegm (Kapha)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Body Built</td>
<td>Tall and lean</td>
<td>Medium</td>
<td>Proportional</td>
</tr>
<tr>
<td>2</td>
<td>Look</td>
<td>Ill looking</td>
<td>Angry looking</td>
<td>Sad looking</td>
</tr>
<tr>
<td>3</td>
<td>Eyes</td>
<td>Small</td>
<td>Medium</td>
<td>Large</td>
</tr>
<tr>
<td>4</td>
<td>Face</td>
<td>Long</td>
<td>Oval</td>
<td>Round</td>
</tr>
<tr>
<td>5</td>
<td>Appetite</td>
<td>Irregular</td>
<td>Excessive</td>
<td>Normal</td>
</tr>
<tr>
<td>6</td>
<td>Liking for Food</td>
<td>Hot oily dishes</td>
<td>Simple food</td>
<td>Simple hot food</td>
</tr>
<tr>
<td>7</td>
<td>Liking of Whether</td>
<td>Hot</td>
<td>Cold</td>
<td>Medium</td>
</tr>
<tr>
<td>8</td>
<td>Mental Status</td>
<td>Fickle mind</td>
<td>Average</td>
<td>Good</td>
</tr>
<tr>
<td>9</td>
<td>Mood</td>
<td>Changes quickly</td>
<td>Slow changes</td>
<td>Steady</td>
</tr>
<tr>
<td>10</td>
<td>Memory</td>
<td>Short term best</td>
<td>Good in general</td>
<td>Long term best</td>
</tr>
<tr>
<td>11</td>
<td>Nature</td>
<td>Early irritable</td>
<td>More irritable</td>
<td>Less irritable</td>
</tr>
<tr>
<td>12</td>
<td>Nail</td>
<td>Dull</td>
<td>Shining</td>
<td>Less shining</td>
</tr>
<tr>
<td>13</td>
<td>Bowel Habit</td>
<td>Constipated</td>
<td>Often semi solid</td>
<td>Normal</td>
</tr>
<tr>
<td>14</td>
<td>Organs (Indriyas) Control</td>
<td>Variable</td>
<td>Moderate</td>
<td>Strong</td>
</tr>
<tr>
<td>15</td>
<td>External Response</td>
<td>Variable</td>
<td>Average</td>
<td>Good</td>
</tr>
<tr>
<td>16</td>
<td>Sleep</td>
<td>Disturbed</td>
<td>Average</td>
<td>Sound</td>
</tr>
<tr>
<td>17</td>
<td>Skin status</td>
<td>Dry</td>
<td>Excessive Sweating</td>
<td>Oily body</td>
</tr>
<tr>
<td>18</td>
<td>Thrust</td>
<td>Irregular</td>
<td>Excessive</td>
<td>Normal</td>
</tr>
<tr>
<td>19</td>
<td>Vocal Status</td>
<td>Very talkative</td>
<td>Average</td>
<td>Silent</td>
</tr>
<tr>
<td>20</td>
<td>Cause of Disorders</td>
<td>Air born</td>
<td>Water born, Enzymatic, Hormonal</td>
<td>Mixed infections, Endocrinal, Major Channel blockage</td>
</tr>
<tr>
<td>21</td>
<td>Common Disease</td>
<td>Tuberculosis, Pneumonia, Bronchitis, Paralysis, and Mixed disorders</td>
<td>Hepatitis, GB stones, Diarrhea, Dysentery, Renal, Thyroid, Diabetes Hypertension, AMI, Channel obstructions and Mixed diseases</td>
<td>Pneumonia, Hypertension, AMI, Stones, Obesity, Diabetes, Channel obstructions and Mixed disorders</td>
</tr>
</tbody>
</table>

Note: Over and above, any disorder and disease may occur to any type of person, the above table is just based on observation and earlier guidance.
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.

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Constitution (<em>Prakriti</em>)</th>
<th>Pre-dominant Humors</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Air (Vata) Constitution</td>
<td>Air (Vata)</td>
</tr>
<tr>
<td>2</td>
<td>Bile (Pitta) Constitution</td>
<td>Bile (Pitta)</td>
</tr>
<tr>
<td>3</td>
<td>Phlegm (Kapha) Constitution</td>
<td>Phlegm (Kapha)</td>
</tr>
<tr>
<td>4</td>
<td>Air Bile Constitution</td>
<td>Air (Vata) + Bile (Pitta)</td>
</tr>
<tr>
<td>5</td>
<td>Air Phlegm Constitution</td>
<td>Air (Vata) + Phlegm (Kapha)</td>
</tr>
<tr>
<td>6</td>
<td>Bile Phlegm Constitution</td>
<td>Bile (Pitta) + Phlegm (Kapha)</td>
</tr>
<tr>
<td>7</td>
<td>Mixed Constitution</td>
<td>Air (Vata) + Bile (Pitta) + Phlegm (Kapha)</td>
</tr>
</tbody>
</table>

**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 (20%), it should not be counted for ascertaining the constitution (*Prakriti*).
Holistic management is a 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.

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.

HEALINGS HOLISTIC

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.
4. Chakral Healing
5. AUMIC Healing.
6. Yogic Healing

Besides the above, one can take the help of other supportive healing. These healing are - Colour Therapy, Smell Therapy, Music Therapy, Taste Therapy, Magneto-Therapy, Yantra Therapy, Mantra Healing, and Seitz Bath provided the facilities of this system are available.

The above healing process can also be integrated with modern medical and surgical therapies provided the patient is holistically evaluated, consented and suitable for particular healing. The addition of modern medicine can accelerate the process of healing resulting quick response with minimal doses and least side effects of modern medicine.

### 1. SPIRITUAL HEALING

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 vibrations.

**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.*

**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.

**METHODS OF HEALING**

There are two 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 suffer done with self reciting Mantras, Bijakshra and or Bijamantra is directed by the healer.

2. ASTROLOGICAL HEALING

All the universal contents (sentiments and insentient) have their specific Stars, Zodiacs 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) i.e.-earth, water, air, fire and sky 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). Astro-healing provides:

I. Prophylaxis.
II. Diagnosis.
III. Prognosis.
IV. 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 Zodiacs (12), Stars (28) and Planets (9).

PLANETS IN ZODIAC SIGNS

These 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.
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 a 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 etheric 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, specific Pooja as - *Mantra, Japas, Hawana/Agnihotra* etc depending on the individual problems and decision of the Astro-healer.
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 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-

1. Time
2. Place.
3. Mood.
4. Emotions.
5. Thoughts.

### AURIC CHANGES

The disease comes much earlier in *auric body* (etheric 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

This electromagnetic field permits to emit or exit the human energy from the physical body. The auric management is total energy management of three levels.

1. Cosmic Energy.
2. Universal Energy.
3. Individual Energy.

Depending diagnosis, the energy is placed and replaced 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 directs (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.

5. CHAKRAL HEALING

Chakras are the high source of energy. They signify the energy center in the holistic body. In general, the chakra stands for lower chakra. Each lower chakra corresponds to major nervous plexuses branching from the spinal card. There are total nine major chakras from individual to infinity (Almighty GOD).

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.
3. Emotional Qualities.
4. Spiritual Qualities.
All the above qualities can be evaluated by holistic evaluation.

CHAKRAL HEALING

After thorough interrogations and possible investigations, localize the lesions at chakral level and further decide its nature of activity as hypo or hyper function. Then depending on the involvement of chakra, the remedial action is taken. Before starting the healing, one must ascertain the emergency problem if any. In case of any emergency, such managements are not indicated and the sufferer to be referred to the specialized management center. Once the emergency is over, the sufferer can be switched on to chakral healing provided their guardian consent for the healing.

Each chakra is unique in itself. The aim of healing through chakra is to normalise the proper glowing of chakras by combating their hypo and hyper function. This is possible with the correction of the chakral qualitative contents (parameters).
All chakras having same but different names of the parameters which is mentioned in forthcoming table:

**CHAKRAL OF PARAMETERS**

Here, the healer diagnoses the specific disorder related to particular chakra and heals with the help of necessary parameter as directed by the healer. The details parameters related to each chakra is mentioned below.

**CHAKRAL METHODS**

Once the diagnosis is confirmed, the healing in particular chakral becomes easy. The healing is based on the under mentioned table.

<table>
<thead>
<tr>
<th>Sl. No</th>
<th>Representation Qualities</th>
<th>Mooladhar Chakra</th>
<th>Swadhisthana Chakra</th>
<th>Manipura Chakra</th>
<th>Anahata Chakra</th>
<th>Vishuddha Chakra</th>
<th>Anjana Chakra</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Endocrine Adrenals</td>
<td></td>
<td></td>
<td>Pancreas</td>
<td>Thymus</td>
<td>Thyroid and Parathyroid</td>
<td>Pituitary</td>
</tr>
<tr>
<td>2</td>
<td>Colour</td>
<td>Red</td>
<td>Orange</td>
<td>Yellow</td>
<td>Green</td>
<td>Blue</td>
<td>Indigo</td>
</tr>
<tr>
<td>3</td>
<td>Smell</td>
<td>Sandalwood</td>
<td>Jasmine</td>
<td>pineapples</td>
<td>Camphor</td>
<td>Camphor/ Sandalwood</td>
<td>Smoke</td>
</tr>
<tr>
<td>4</td>
<td>Lotus Petals</td>
<td>4</td>
<td>6</td>
<td>10</td>
<td>12</td>
<td>16</td>
<td>2</td>
</tr>
<tr>
<td>5</td>
<td>Shape of Surrounding (Mandal)</td>
<td>Square</td>
<td>Crescent Moon</td>
<td>Triangle</td>
<td>Hexagonal</td>
<td>Round</td>
<td>Round</td>
</tr>
<tr>
<td>6</td>
<td>Special Objects of organs (Senses)</td>
<td>Gandha (smell)</td>
<td>Rasa (taste)</td>
<td>Roopa (sight)</td>
<td>Sparsha (feeling s)</td>
<td>Shabda (hearing)</td>
<td>Sankalpa - Vikalpa</td>
</tr>
<tr>
<td>7</td>
<td>Presiding Deity</td>
<td>Brahma</td>
<td>Vishnu</td>
<td>Lakshmi and Vishnu</td>
<td>Siva</td>
<td>Sadasiva</td>
<td>Natraja</td>
</tr>
<tr>
<td>8</td>
<td>Goddess Presiding</td>
<td>Dakini</td>
<td>Rakini</td>
<td>Lakini</td>
<td>Kakini</td>
<td>Shakini</td>
<td>Hakini</td>
</tr>
<tr>
<td>9</td>
<td>Five Elements (Punchmaha bhutas)</td>
<td>Prithvi</td>
<td>Jala</td>
<td>Agni</td>
<td>Vayu</td>
<td>Akash</td>
<td>Maras</td>
</tr>
<tr>
<td>10</td>
<td>Bija Akshara</td>
<td>ya (LAM)</td>
<td>oa (VAM)</td>
<td>ja (RAM)</td>
<td>;a (YAM)</td>
<td>ga (HAM)</td>
<td>Å (AUM-)</td>
</tr>
</tbody>
</table>

**METHODS OF THERAPY**

The chakral therapy is performed by following techniques:
1. Cosmic Therapy: Here, the healer directly heal the chakra at the corresponding site of the chakra with 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.

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 - Lotus Petals, Presiding Deity and or Presiding Goddess.

3. Specific Mantra: The sufferer is directed to recite the specific mantra of particular God (deity) or Goddess depending on the hypo or hyper function of particular chakra. AUM therapy recommends the mantras of related particular God for hypo function and Goddess for hyper function of the chakra.

4. 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.

5. Integrated Healing: The integrated healing indicated with the combination of any or all of the above techniques.

In case of acute disorders and diseases, the above healing process can be integrated with traditional and modern medicine (conventional medicine). Thus, the integration of these systems in isolation or in combination will accelerate the process of relieving the acute phase of disorders and diseases.

6. AUMIC HEALING

AUMIC healing is comprehensive integrated holistic healing. It takes care of all contents of human being derived out of Nature (Prakriti). This Nature (Prakriti) has two levels i.e. Basic Nature (Inferior Prakriti) and Superior Nature (Higher Prakriti). The individual’s Basic Nature (Inferior Prakriti) consists of eight folds i.e. earth, water, fire, air, space, mind, intellect and egoism, while the Superior Nature (Higher Prakriti) is the soul (Atma) of individual derived or attached with GOD. AUMIC healing cares for both Natures (Prakriti).
**DEFINITION**

*AUMLIC 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 planes (individual, universal and cosmic), all bodies (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.

**AIMS OF HEALING**

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

1. Prevention of holistic health.
2. Protection from problems.
3. Early detection and effective healing.
4. Disability limitation and rehabilitation.
5. 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 by two major methods:

I. Ritual Methods.
II. Material Methods.

**I. RITUAL METHODS**

It is process of healing with the vibrations energy created by performing various aumic rituals. AUMIC vibrations of varying pitch (volume) helps in reestablishing the coordination between Basic Nature (*Inferior Prakriti*) i.e. earth, water, fire, air, space, mind, intellect and egoism and Superior Nature (*Higher Prakriti*) i.e. the soul (*Atma*). Here, the aumic sound vibrations (ASV) of varying intensities are created which leads to:

- Development of Aumic Resistance (divine capability to resist with sufferings) in individual.
- Clears all the planes (individual, universal and cosmic) of individual.
- Prevent accumulation of problems (ill effects).
- Destroy all the weaknesses leading to ill effects.
- Eliminates the ill effects.
- Provide effective cares to holistic body.
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 developed methods of creating the aumic vibrations.

1. **AUM Invocation**: Every individual being, irrespective of caste, creed, religion or race has right to invocate AUM according to his 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 and Bijakshra**: These are the sacred Mantras which begin and end with 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. The AUM Bijakshra is used with chakral problems aumification. These have fist inner influence followed by the outer influence.

4. **AUM Yoga**: It clears the way through both external and internal cleaning. Here, individual is directed to sit in comfortable posture presuming him 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 fist outer influence followed by the inner influence leading to realisation of self.

5. **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 thinking and repeating AUM.
or AUM Bijakshra. The meditation has first inner influence followed by realisation of self.

6. AUM Agnihotra: It is an individual or collective effort to perform AUM Agnihotra by invocating 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 of cosmos-universal individual factors.

7. AUM Yagya (Hawana): It is a collective effort. It is performed by doing AUM Yagya with AUM Brahma Mantras. The Yagya (Hawana) is performed with auspicious material which is comprised of- Grains, Ghee, Sugar, Camphor/leaves of auspicious plants (Tulsi, Mango, Ashoka, 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 cosmos-universal individual factors.

8. 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 gaze (visualize) 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 Yantras and chanting of AUM Yantra will 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, Cross, Wheel, Bow & Arrow, Circular Ring and Statues.

9. AUM Prayers: It is 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 attain the ultimate Goal.

### II. MATERIAL METHOD

All the materials used in AUMIC healings is one or the other way derived from universal material. They are full of cosmic and universal energy. The healer has to find out the appropriate material depending on some of the common factors as – Community, religion, race, custom and believe. Thus, selected materials are subjected to aumification in order to potentiate its healing power. The aumified materials are divided in two groups.

A. Eatable Materials.
B. Non eatable Materials

**A. EATABLE MATERIALS**

All universal materials used as food and drink are called eatable material. They are grouped in two groups:

1. General Food.
2. Auspicious Food.
3. Aumified Medicaments.

1. General Food: The general food is necessary for a regular normal life. The main constituents of food are- carbohydrate, protein, fat, vitamins, minerals and water. These foods are divided in three groups:
   A. Pure Food (Satvic Food).
   B. Kingly Food (Rajas Food).
   C. Mixed Food (Tamas Food).

A. 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 have long lasting effects, examples- Fruits, fruit juice, milk and its products, raw vegetable, grains and naturally available minerals. Most of the consumers of such food have prolonged, peaceful, blissful and enlighten life provided they lead the holistic life.

B. Kingly Food (Rajas Food): These are compound food and drinks. They are derived from plants and animals. They consumed in various form from simple tastes to most delicious with addition of excess oil, salts, peppers and other mixed spices. Such foods are compound of direct and indirect combination of plant and animal products. Such food includes- Raw vegetable, cooked, fried and roasted vegetable and or animal products. Most of the consumers of such food have ruling personality.

C. Mixed Food (Tamas Food): 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 foods and drinks have ill effects on all holistic components. 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.

2. Auspicious Food: These foods and drinks are called Prasadam. These are made up of pure (Satvic) materials and offered to GOD first and then distributed to devotees. The commonly available such foods are- Fruits, Charnamritam, Prasadam and Bibhuti etc.

3. Aumified Medicaments: Here, all the traditional and modern medicine and medicaments used in treatment and healing are aumified according to the
nature of disease and then used as per direction of the treating physician. The aumified drugs yields quicker, safer and better response than the routine use.

(B) NON- EATABLE MATERIALS

Here, all the non-eatable auspicious materials are used in holistic healing. It involves- Statues, auspicious symbols, logo and religious materials. These materials are of two types:

(1) Gems.

(2) Auspicious matters

(1) Gems: The Gems are in practice from centuries. It emits light waves which affects the individual’s zodiacs, stars and planets. The Gems are identified and aumified for a particular period with AUM Mantras and Bijakshras and then used accordingly to the direction of the healer. It helps by correcting the problems caused by celestial bodies. The gems emit the effective lights of appropriate wave length in astral body of the individual which intersect the adverse effects of opposite celestial bodies from universal plane. The aumified gems emit strong light wave to aumilify the accumulated ill effects in physical body.

(2) Auspicious Matters: All the matters used as symbols of worship 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 healers. After aumification, the matters emit positive vibrations to promote the holistic health.

HOLISTIC AUMIC EFFECTS

Every human being has more or less similar physical features irrespective of caste, creed, religion or race. All of them have the Superior Nature (Higher Prakriti(i)) inform of Soul which is the career of Prana and Sanskara. The Prana and Sanskara develop with physical body and appear in later parts of life according to their past acts (Purva-karmas). The past acts (Purva-karmas) define the present path as divine or devilish. The term transformation is used for divine side. Addition of AUMIC healing and further the therapy accelerates the process of holism in the individual. AUM 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 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 have any attachment with worldly affairs.

(7) **Control of Emotions:** The individual develops confidence in him and is not easily influenced by the external emotions.

(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 (Mana) intellect (Buddhi) in its streamed which control over the desire which is the root cause of all evil and devil acts and omission.

(9) **State of Equanimity:** The individual attains the evenness of mind and there in no effect of positive and negative polarity on individual. He remains in state of equality in all circumstances.

(10) **State of Divinity:** Ultimately the individual attain divinity where –

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### 7. YOGIC HEALING

In this physical world, 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 (vrtti) of the mind (chitta).

**Yogas Chittavrttinirodhah**

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.

### INTEGREATED 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 below:

<table>
<thead>
<tr>
<th>Sl. No</th>
<th>Steps (Hindi)</th>
<th>Steps (English)</th>
<th>Behavioral Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Yam</td>
<td>Yama</td>
<td>Improvement in social behavior</td>
</tr>
<tr>
<td>2.</td>
<td>Niyam</td>
<td>Niyama</td>
<td>Improvement in personal behavior</td>
</tr>
<tr>
<td>3.</td>
<td>Asan</td>
<td>Asana</td>
<td>Physical postures</td>
</tr>
<tr>
<td>4.</td>
<td>Pranayam</td>
<td>Pranayama</td>
<td>Breath holding practices</td>
</tr>
</tbody>
</table>
MODE 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 over comes the 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:

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

8. **SAMADHI**  
(Union or Attainment of Goal)

### EFFECTS OF YOGA

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

The universe is a unique creation of Almighty GOD. It comprised of Prime Components known as Five Elements (Panchmahabhutas i.e. 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 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. The efforts had been made by the then spiritual and traditional healers to deal with the problem pertaining to health.

**DEFINTION**

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. These criteria are:
1. Availability of Systems.
3. Availability of Techniques.
4. Involvement of Procedures.
5. Holistic Health Care Aspects.
6. Additional Merits.

1. AVAILABILITY OF SYSTEMS

India has been the rich heritage of medicine and healing since time immemorial. The Indian traditional system of treatment and healing is 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) came later and was derived from the traditional medicine but because of its merits it has been accepted globally as an official system of treat. In developed countries, modern medicine is the main stream of treatment. Thus, we can say that the modern and one or the other traditional medicine and healing are globally present.

2. APPROXIMATION OF SYSTEMS

World Health organization (WHO) was created in 1948 with the help of member states of the world. Every country had problem of making health and medical care available to their entire citizen. The traditional medicine was incorporated in WHO programme in 1976 keeping in view the various operational aspects of both systems. Initially, there was gap and gulf between practitioners of traditional and modern medicine. With the passage of time the gulf between the traditional and modern systems appears to have been narrowed. The practitioners of modern medicine have developed some interest in traditional medicine and the practitioners of traditional medicine are beginning to accept and use modern medical technology in diagnosis and treatment.

In addition, some health administrators of developing countries have recommended the inclusion of traditional healers in Primary Health Care on the grounds that –

1. Healers know the socio-cultural background of that area.
2. Healers are highly respected and experienced in their work.
3. Economic consideration by using local resources.
4. To reduce the distance in providing health facilities.
5. To strengthen the traditional believes.
6. To overcome the shortage of health professionals for the service of community.

3. AVAILABILITY OF TECHNIQUES

Availability of various techniques as - process, practices, measures and ingredients are proportional to the availability of the modern and traditional medicine and healing. Thus, the technique is available globally in one or the other form. There
may not available some of the practices in one country which can be opt with short training programmes.

4. INVOLVEMENT OF PROCEDURES

World Association of Integrated Medicine (WAIM) is trying to involve the modern, traditional and holistic healing procedures in diagnosis, prevention, elimination and rehabilitation to its level best. Integrated medicine also includes life styles intervention in its holistic management.

5. HOLISTIC HEALTH CARE ASPECTS

Integrated Medicine has involved the holistic health care aspect incorporating the Science of Comprehensive Health Care (CHC) for alleviation of suffering and rehabilitation to the handicaps with the Philosophy as Holistic Natural Philosophy (HNP) which is responsible for Holistic Care with Faith in GOD. Thus, the holistic aspects of integrated medicine take care of all health as- physical, mental, social, moral, spiritual and environmental. The entire care is taken by involvement of drug or drugless therapies available in the country in proper ratio.

6. ADDITIONAL MERITS

Integrated medicine has added environmental aspects of health and Superconsciousness level of the individual in order to give a new dimension of Comprehensive Holistic Health Care (CHHC).

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 as well as knowledge, attitude and believes that are prevalent in the community regarding physical, mental and social well being and causation of diseases and disability.

MERITS OF TRADITIONAL MEDICINE

The traditional medicine and healing have following merits.

1. It is most ancient system of treatment and healing.
2. It considers Life as the union of body, senses, mind and soul.
3. It has wider view of health.
4. It takes care of health and diseases both.
5. It is culture bound.
7. It is effective in chronic, degenerative, behavioral and spiritual disorders.
8. It has a holistic view of management.

**DEMERITS OF TRADITIONAL MEDICINE**

Traditional medicine and healing have following demerits-
1. It remained traditional for centuries.
2. It is still called unscientific.
3. It has high claims of treatment and healing.
4. It has traditional diagnostic and therapeutic tools and techniques.
5. There are inadequate emergency measures.

**MEDICINE MODERN**

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.
1. It has scientific documentation, thus called scientific medicine.
2. It has modern diagnostics tools and techniques.
3. It has adequate emergency measures.
4. 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.
1. It details with disease not with patients.
2. It has visible considerations means symptomatic.
3. Intolerable cost and lack of man powers.
4. It has lack of traditional diagnostic tools and therapeutic measures.
5. It has limited views of health and management.
6. Adequate facilities are confined to higher centers only.
7. It is most mechanical.
8. It has less response in chronic, degenerative, behavioral and spiritual diseases.
10. It is easy to adopt leading to quackery.
The traditional system has stress and modern system has strain. The solutions are in opposite system.

STRESS OF TRADITIONAL MEDICINE

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

1. Scientific Documentation (SD)
2. Modern Diagnostic Tools (MDT)
3. Emergency Management (EM)

STRAIN OF MODERN MEDICINE

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

1. Curative Aspects (CA)
2. Traditional Diagnostic Tools (TDT)
3. Cost Factors (CF)

“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.

INTEGRATED MEDICINE

Integrated medicine is as old as the traditional medicine and practice. The ancient practitioners and healers used the traditional medicine and healings in combination with naturopath, diet, herbs, and lifestyle according to the traditional knowledge, customs and believe. After advent of modern medicine, the need of integrated medicine emerged. Many practitioners defined the system in their own way. World Association of Integrated Medicine is defined as combination of the modern and traditional medicine and develops it’s all components i.e. teaching,
training, treatment, research and national implementation on possible scientific parameters. 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).

The complete definition given by World Association of Integrated Medicine is based on the following facts as-

- 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 Intuition and Blessings).

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)³

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 (Navaratna) of the system (⁴). These merits are-

- Perfection : Near to perfect
- Usefulness : Most useful system of treatment and healing
- Meritorious : Combined merits with synergistic merits.
- Bridge : Bridge between modern and traditional systems.
- Research : Wide scopes of research in all spheres.
- Limitless : Not limited in strict scientific boundary only.
- Flexibility : Having flexibility (provision of addition and omission)
- Holistic : Beneficial as Comprehensive Holistic Health Care
- Need : Need of the Day
Integrated medicine has contributed in many ways to the modern world. The important contributions of the system are mentioned below which is of great importance to the nation and a big challenge for future research:

- **It considers Life** - A union of body, senses, mind, soul and super consciousness.
- **It Involves** - Cultures and traditions of the nation.
- **It is Scientific** - But all aspects of traditional medicine (especially the holistic) cannot be proved on modern scientific parameters. Thus, integrated medicine cannot be encompassing in strict modern scientific boundary. It open the door to develop more scientific tools and techniques.
- **Effective Approach** - As Comprehensive Holistic Health Care.
- **Widest Coverage** - As compare to any single system of treatment/healing.
- **Comprehensive Health Coverage** - Cover all health – physical, mental, social, moral, spiritual and environmental
- **New Dimension to Life** - As super conscious plane
- **New Dimension to the Health** - As environmental health.

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