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Antiseptic Property Of Ethanol (42% -70%) Inhalation By Nebulizer For 30 Sec For 5 Days Adjuvant With AGE Could Prevent Fatal Complication (ARDS) Of Covid 19 By Virtue Of Lowering Viral Load In Alveoli – A New Modality And Prediction Of Participatory Sciences.

> Dr V M Das Das Nursing Home , Fatehgarh , India University Of God

Abstract

Antiseptic property (destroy protein and lipids of bacteria etc) of Alcohol (Ethanol) (42.2% to 70%) (Pharmaco dynamics or Mechanism of Action), Molecule - C2H5OH or CH3-CH2 -- OH (42.2% to 70% in 30 sec) (<u>https://www.youtube.com/watch?v=Y55\_svx8XYo</u>). Excreted unchanged by lungs 5% (Pharmacokinetics) against to kill Covid 19 viruses inhaled during droplet contact carrier. AGE (intercessory prayer only) is again a modality which could enhance healing, could reduce complication rates or reduce time of stay in hospitals (*Arch Intern Med. JAMA--Vol-159, N019*, *Oct-25, 1999*:2273-2278}. Using both ie Antiseptic property of Ethanol and AGEas adjuvant therapy could prevent fatal complication of Covid 19, A Prediction of Participatory sciences.

DEBATE AND DEMO of Antiseptic property of Ethanol (42.2 % to 70 %) to kill Covid 19 virus infected patient to decrease Viral Load in Upper and Lower Respiratory Tract for only 30 secs inhalation by Nebulizer daily for 3 to 5 days to be tested in both vivo and vitro by DRDO – A prediction by Participatory Sciences.

It is Myth that Consuming alcohol destroys the virus that causes COVID-19. Consuming alcohol will not destroy the virus, and its consumption is likely to increase the health risks if a person becomes infected with the virus. Alcohol (at a concentration of at least 60% by volume) works as a disinfectant on your skin, but it has no such effect within your system when ingested.{1}

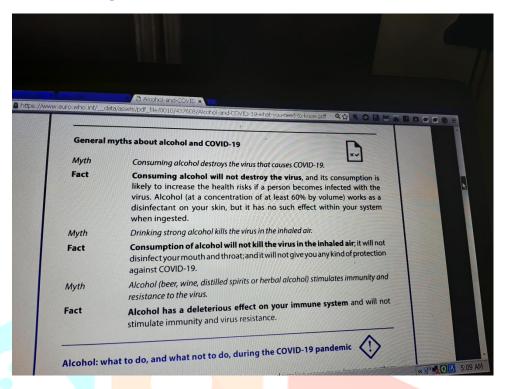
Coronil (Pitanjali Product) is not a drug as it is devoid of drug sciences. Hence it's claims are irrational. Covid 19 is Act of God . Hence Role of Allopath is unpredictable . Hence Ayurveda taking advantage of it and criticizing Allopath though Ayurveda is a path without Drug sciences. Means its treatment is irrational.

Genesis of any disease could not be halt by Ayurveda. Hence Coronil is ineffective in covid 19. There is rationality in Allopath but by virtue of Act of God, Allopath is effective. But with the onset of Death, Allopath is failed. This all is decided by Almighty God Mahakaal Lalla virajman Ayodhaya.

Gyan Yog means know Science , God , Universe and Prayer is the ultimate yog that could protect from fatal effects of Covid19 only .

Key Words Antiseptic , Ethanol, Phaemacodynamics, Pharmacokinetics, Covid 19, Vivo Vitro, Prediction and Nebulizer .

### Introduction [1-14] Khuda ki Gavahi published



1.1 Alcohol and COVID-19: [1] what you need to know Facing the COVID-19 (new coronavirus disease) pandemic, the countries of the world must take decisive action to stop the spread of the virus. In these critical circumstances, it is essential that everyone is informed about other health risks and hazards so that they can stay safe and healthy. The following factsheet provides important information that you should know about alcohol consumption and COVID-19. It addresses, among other things, the misinformation that is being spread through social media and other communication channels about alcohol and COVID-19. The most important point to remember: In no way will consumption of alcohol protect you from COVID-19 or prevent you from being infected by it General facts about alcohol and your body Ethyl alcohol (ethanol) is the substance in alcoholic beverages that is responsible for most of the harms that arise from their consumption, irrespective of whether it is consumed in the form of wine, beer, spirits or anything else. Unfortunately, other toxic substances that may smell like ethanol can be added in adulterated beverages that are produced informally or illegally; or they may be present in alcoholic products that are not intended for human consumption, such as hand disinfectant. Added substances such as methanol can be fatal even in small amounts or may lead to blindness and kidney disease, among other problems. According to media reports and anecdotal sources, deaths related to the ingestion of such alcoholic products, based on the mistaken belief that they will somehow offer protection against the virus, have already occurred in some countries during the COVID-19 outbreak. These are the general facts you should know about the consumption of alcohol and health: Alcohol has effects, both short-term and long-term, on almost every single organ of your body. Overall, the evidence suggests that there is no "safe limit" - in fact, the risk of damage to your health increases with each drink of alcohol consumed. Alcohol use, especially heavy use, weakens the immune system and thus reduces the ability to cope with infectious diseases. Alcohol, even in very small quantities, is known to cause certain types of cancer. Alcohol alters your thoughts, judgement, decision-making and behaviour.

•••• 2 Alcohol, even in small amounts, is a risk to the unborn child at any time during pregnancy. Alcohol increases the risk, frequency and severity of perpetration of interpersonal violence such as intimate partner violence, sexual violence, youth violence, elder abuse, and violence against children. Alcohol increases the risk of death and injury from road traffic injuries, drowning and falls. Heavy use of alcohol increases the risk of acute respiratory distress syndrome (ARDS), one of the most severe complications of COVID-19. General myths about alcohol and COVID-19 Consuming alcohol destroys the virus that causes COVID-19. Consuming alcohol will not destroy the virus, and its consumption is likely to increase the health risks if a person becomes infected with the virus. Alcohol (at a concentration of at least 60% by volume) works as a disinfectant on your skin, but it has no such effect within your system when ingested. Drinking strong alcohol kills the virus in the inhaled air. Consumption of alcohol will not kill the virus in the inhaled air; it will not disinfect your mouth and throat; and it will not give you any kind of protection against COVID-19. Alcohol (beer, wine, distilled spirits or herbal alcohol) stimulates immunity and resistance to the virus. Alcohol has a deleterious effect on your immune system

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and will not stimulate immunity and virus resistance. Alcohol: what to do, and what not to do, during the COVID-19 pandemic Avoid alcohol altogether so that you do not undermine your own immune system and health and do not risk the health of others. Stay sober so that you can remain vigilant, act quickly and make decisions with a clear head, for yourself and others in your family and community. If you drink, keep your drinking to a minimum and avoid getting intoxicated. Avoid alcohol as a social cue for smoking, and vice versa: people tend to smoke, or smoke more, if they drink alcohol, and smoking is associated with more complicated and dangerous progression of COVID-19. Remember, too, that indoor smoking is harmful to others in your household and should be avoided. Make sure that children and young people do not have access to alcohol and do not let them see you consume alcohol – be a role model. Myth Fact Myth Fact

•••••••• 3 Discuss with children and young people the problems associated with drinking and COVID-19, such as violations of quarantine and physical distancing, which can make the pandemic worse. Monitor the screen time of your children (including TV), as such media are flooded with alcohol advertising and promotion; they also spread harmful misinformation that may stimulate early initiation and increased consumption of alcohol. Never mix alcohol with medications, even herbal or over-the-counter remedies, as this could make them less effective, or it might increase their potency to a level where they become toxic and dangerous. Do not consume alcohol if you take any medication acting on the central nervous system (e.g. pain killers, sleeping tablets, anti-depressants, etc), as alcohol might interfere with your liver function and cause liver failure or other serious problems. Alcohol and physical distancing during the COVID-19 pandemic To slow down the spread of the virus, the World Health Organization (WHO) recommends physical distancing of at least one meter from sick people as a protective measure. Bars, casinos, night clubs, restaurants and other places where people gather to consume alcohol (including in the home) increase the risk of transmission of the virus. Physical distancing therefore reduces the availability of alcohol, so it presents a great opportunity to reduce your drinking and become healthier. Alcohol and home isolation or quarantine To limit the spread of COVID-19, countries have progressively introduced community-wide lockdowns and periods of quarantine for those who are suspected of having contracted the virus or have been in contact with someone infected by the virus. This means that an unprecedented number of people are now staying in their homes. It is important to understand that alcohol poses risks to your health and safety and should therefore be avoided during periods of home isolation or quarantine. When working from home, adhere to your usual workplace rules and do not drink. Remember that after a lunch break you should still be in a fit state to work – and that is not possible if you are under the influence of alcohol. Alcohol is not a necessary part of your diet and should not be a priority on your shopping list. Avoid stockpiling alcohol at home, as this will potentially increase your alcohol consumption and the consumption of others in your household. Your time, money and other resources are better invested in buying healthy and nutritious food that will maintain good health and enhance your immune system response. For further ideas, take a look at the food and nutrition tips during selfquarantine issued by WHO.1 ••

•••••• 4 You might think that alcohol helps you to cope with stress, but it is not in fact a good coping mechanism, as it is known to increase the symptoms of panic and anxiety disorders, depression and other mental disorders, and the risk of family and domestic violence. Instead of consuming alcohol to pass your time at home, try an indoor workout. Physical activity strengthens the immune system and overall – from both a shortterm and a long-term perspective – is a highly beneficial way of spending a period of quarantine.2 Do not introduce your children or other young people to drinking and do not get intoxicated in front of them. Child abuse and neglect can be aggravated by alcohol consumption, especially in crowded housing situations where isolation from the drinker is not possible. Disinfectant alcohol can easily become accessible for consumption purposes in home isolation. It is important, therefore, to keep such products out of the reach of children and underage drinkers and others who may misuse them. Alcohol use can increase during self-isolation and both, isolation and drinking, may also increase the risk of suicide, so reducing your alcohol consumption is very important. If you have suicidal thoughts, you should call your local or national health hotlines Alcohol is closely associated with violence, including intimate partner violence. Men perpetrate most of the violence against women, which is worsened by their alcohol consumption, while women experiencing violence are likely to increase their alcohol use as a coping mechanism. If you are a victim of violence and are confined with the perpetrator in home isolation, you need a safety plan in case the situation escalates. This includes having a neighbour, friend, relative or shelter to go to in the event that you need to leave the house immediately. Try to reach out to supportive family members and/or friends and seek support from a hotline or local services for survivors. If you are under quarantine and need to leave the house immediately, call a local support hotline and reach out to someone you trust. Alcohol use disorders and COVID-19 Alcohol use disorders are characterized by heavy alcohol use and loss of control over alcohol intake. Although they are among the most prevalent mental disorders globally, they are also among the most stigmatized. People with an alcohol use disorder are at greater risk of COVID-19 not only because of the impact of alcohol on their health but also because they are more likely to experience homelessness or incarceration than other members of the population. It is therefore essential, under the current conditions, that people who need help because of their alcohol use get all the support they need. 1 Food and nutrition tips during self-quarantine.

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Copenhagen: WHO Regional Office for Europe; 2020 (http://www.euro.who.int/en/health-topics/healthemergencies/coronavirus-covid-19/novel-coronavirus-2019-ncov-technical-guidance/foodand-nutrition-tips-during-selfquarantine/\_recache). 2 How to stay physically active during COVID-19 self-quarantine. Copenhagen: WHO Regional Office for Europe; 2020 (http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/novelcoronavirus-2019-ncov-technical-guidance/ stay-physically-active-during-self-quarantine).

•••••• 5 If you, or a person close to you, have problems in relation to alcohol use, please consider the following: The present situation is a unique opportunity to quit drinking, or at least to cut down considerably, as various social cues and peer pressure situations, such as parties, friends' gatherings, restaurants and clubs, are (by necessity) avoidable. Online interventions for alcohol use disorders by professionals and mutual help groups can be less stigmatizing as they offer greater anonymity and privacy, so check out what help you can get online. Create a buddy and self-support system with someone you trust and reach out for extra help if needed, such as online counselling, interventions and support groups. Practise physical distancing, but do not socially isolate: call, text and/or write to your friends, colleagues, neighbours and relatives. Use new and creative ways of connecting to others without actual physical contact. Avoid alcohol cues and triggers on TV and media where there is pervasive marketing and promotion of alcohol; be careful to avoid links to social media that are sponsored by the alcohol industry. Try to maintain your daily routine as much as you can, focus on things that you can control and try to keep grounded – for instance, through a daily workout, hobbies or mind relaxation techniques. If you become infected, discuss with health personnel your alcohol consumption so that they can make the most appropriate decisions with respect to your overall health condition. How to find reliable information and how to spot misinformation Seek trusted sources of information, such as WHO, national health authorities and your health professional. For updated information on COVID-19, check the WHO website.3 Always double-check the information you receive. Beware of websites and texts that use the same messages and have the same writing and overall style, as these are likely to be viral messages produced for mass distribution that are intended to mislead. Beware of false and misleading claims, particularly in relation to the effects of alcohol on health and immunity. Such claims should be categorically discounted as a source of health information as there is no evidence that drinking alcohol offers any protection against COVID-19 or has a positive effect on the course and outcomes of any infectious disease. Beware of claims made online that alcohol offers any essential benefits that you really need to have during your period of home isolation or quarantine. Alcohol is in no way a necessary component of your diet and lifestyle. 3 Coronavirus disease (COVID-19) outbreak [online information portal]. Copenhagen: WHO Regional Office for Europe; 2020. (http://www.euro.who.int/en/healthtopics/health-emergencies/coronavirus-covid-19).

••••••••••6 Be aware that websites and social media posts offering online sale and home delivery of alcoholic beverages can lead to increased alcohol consumption and may easily target children. If you do not drink, do not let any supposed health reason or claim persuade you to start. Finally, the key point to remember: Under no circumstances should you drink any type of alcoholic product as a means of preventing or treating COVID-19 infection.

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1.2 What Disinfectants and Cleaning Products Kill Coronavirus?[2] *Share:* 



#### Image credit: asiandelight/Shutterstock.com

Many scientists assume that this latest virus SARS-CoV-2 can be killed in the home and workplace as other viruses are with common household disinfectants. The respiratory virus is described as an enveloped virus which makes it somewhat fragile compared with the encapsulated structures of intestinal viruses such as giardia. Soap effectively removes the envelope and kills the virus, hence the emphasis on hand washing. But the virus is known to survive on surfaces for days. The EPA maintains a list of commercial insecticides and disinfectants that are effective against human coronaviruses, though they have not necessarily shown to be effective against this latest strain which causes the disease COVID-19. An EPA registration number appears on any product labeling and may be compared against the list, found <u>here</u>. Some of the active ingredients that are used in these products are actually quite common and may be found in more ordinary forms without much effort. These are discussed below. Hand sanitizers are not considered to be surface disinfectants and are therefore not covered under the EPA's list. These are regulated by the FDA.

An important step in using any of the following agents is to allow them time to remain on any surface to ensure they have sufficient time to work. Also, general cleaning of a surface with detergent is recommended as a first step in disinfecting because it removes any film or dirt under which the viruses may hide.

#### Bleach

<u>Sodium hypochlorite</u> (NaOCl or NaClO) is regularly used to treat drinking water and is available as common household bleach. It is the defacto standard with which many disinfectants are compared. Concentrations of 0.05 to 0.1% NaOCl or NaClO, when mixed with a solution containing SARS-CoV were shown to kill the virus within five minutes. A 50:1 mix of 5% bleach should effectively decontaminate surfaces if left in place for five to ten minutes. Prior cleaning of the surface with a neutral detergent is recommended. Bleach does have a short shelf life and any solutions prepared with it should be used within 24 hours. It is also tough on the skin and breathing its vapors can cause respiratory distress. It can be added to wash water where ordinary hot water is not appropriate or available.

#### Alcohol

Ethanol, or <u>ethyl alcohol</u>, and <u>isopropyl alcohol</u> are the active ingredients in many hand sanitizers and need to be in concentrations of at least 70% to effectively kill the virus. But too strong a concentration may evaporate too quickly – alcohol needs to remain active for at least 30 seconds to be effective. The dilution with water also plays a key role in attacking the virus. Alcohol does not necessarily remove oils and dirt, so washing greasy hands before applying any hand sanitizer is recommended.

#### Quats

Quaternary ammonium compounds – QACs or <u>quats</u> – are contained in many sanitizing wipes, sprays, and other household cleaners intended for killing germs. These include chemicals such as benzalkonium chloride, alkyl dimethyl benzyl ammonium chloride, and dodecyl dimethyl ammonium chloride as active ingredients. The chemicals can cause skin irritation so washing after using any wipes, for instance, is recommended. The quats do tend to linger on surfaces after application, which is useful for combatting viruses but may not be such a great idea when used on surfaces that are in direct contact with food. Ammonia by itself has little effect on viruses though it is known to be effective in killing bacteria such as E. coli.

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#### Hydrogen peroxide

<u>Hydrogen peroxide</u> is available in food-grade forms and is useful for washing raw foods and vegetables prior to consuming them. It is used in many commercial cleaning agents. Hydrogen peroxide as sold in pharmacies is typically a 3% percent concentration that can be used as-is or diluted to 0.5% to clean surfaces that may be harboring the virus. It is recommended that any solution of hydrogen peroxide be allowed to sit on the surface to which it is applied for at least a minute to ensure maximum effectiveness. Some home remedies suggest an application of white vinegar followed by a wetting with hydrogen peroxide, which is roughly akin to the chemical peroxyacetic acid (PPA), another active ingredient in some products on the EPA list. PPA, known also a <u>peracetic acid</u>, is used in food and beverage industries, hospitals, etc. as an antimicrobial agent. It is also used in meat and poultry processing plants and applied directly to carcasses to reduce spoilage.

#### Phenol

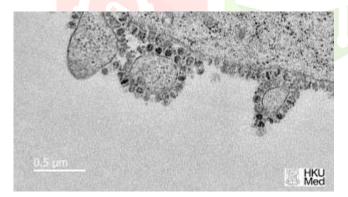
This is the original disinfecting agent as used by Joseph Lister, the father of antiseptic surgery. It is known also as <u>carbolic</u> <u>acid</u> and is used in the making of carbolic soap, at one time the only germicidal soap in existence. Phenol is used in small quantities for over-the-counter sore throat remedies and similar products. It is the active ingredient in several of the surface disinfectants on the EPA list.

#### Summary

It goes without saying that care should be used with any of these household chemicals and that they can be extremely harmful if ingested or inhaled or if they come into contact with skin or eyes. Manufacturers' warnings and instructions should be heeded and followed. Certain mixtures can be dangerous as well, such as bleach and ammonia, which produces chlorine gas. Another note of caution: many of the products on the EPA list are intended for institutional use and are to be applied only while using appropriate protective gear. Household versions are usually toned down to some degree to make them safer for handling and storing in the home. This article presented a brief discussion of household cleaners and disinfectants that can kill Coronavirus/COVID-19. For more information on related products, consult our other guides or visit the Thomas Supplier Discovery Platform to locate potential sources of supply or view details on specific products.

## 1.3 <a href="https://www.youtube.com/watch?v=aOZvf5NOFHs">https://www.youtube.com/watch?v=aOZvf5NOFHs</a> [3]

Preview YouTube video The new Novel Coronavirus Growing in Culture



# **1.4** <u>https://www.youtube.com/watch?v=TjeOKPAsIVc</u>

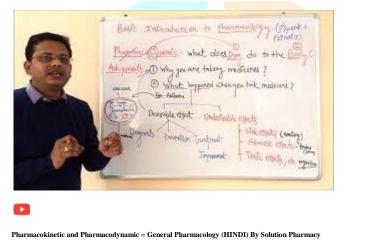
Preview YouTube video Alcohol and Disulfiram (Part 01) - Pharmacological Action of Ethanol (HINDI) By Solution Pharmacy



Alcohol and Disulfiram (Part 01) - Pharmacological Action of Ethanol (HINDI) By Solution Pharmacy

# 1.5 https://www.youtube.com/watch?v=EjhJJRQW4Yo

Preview YouTube video Pharmacokinetic and Pharmacodynamic = General Pharmacology (HINDI) By Solution Pharmacy



1.6 <u>https://www.youtube.com/watch?v=jrhoqwObnWc</u>

Preview YouTube video How coronavirus infects human cells in Hindi



How coronavirus infects human cells in Hindi

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https://drexel.edu/~/media/Files/research/news/031420-methods-for-disinfecting-covid-19-from-surfaces-v1.ashx?la=en [4]

	UNIVERSITY	
	Methods for Disinfecting COVID-19 from Surfaces	
	NOTE: If you have an existing Biosafety Protocol please follow the disinfection techniques detailed in that protocol.	
	As campus remains open for research and other activities that do not involve gathering of large number of people. It is important to cardinule to practice good head hyginse. In addition, we recommend that head hou can share a log of the state of the state of as lab benches be treated with agents that we increased (e.g. s. EPA has stated at all of commercially available agents are not readily available. The following can easily be prepared and filed in spray bottles for use:	
	70% Ethanol (NOT 100%)     a) Requires a 5 mixule dwell time to effectively kill viruses     70% sorpropy alcohol (rubbing alcohol)     a) Requires a 5 mixule dwell time to effectively kill viruses     Diuted besch (20 mi of block diuted to 1 titer H20)     a) Requires a 10 mixule dwell time to effectively kill viruses	
	Spray the surfaces and write them down after the appropriate dwell time (above) to achieve disanfection	
	acheve Basinectore References:  Interface and a geographic studie registration list-in-disorder and user-approximate and the second state of the	
Why Do		

# 1.8 https://youtu.be/rpmUG6pb0zs

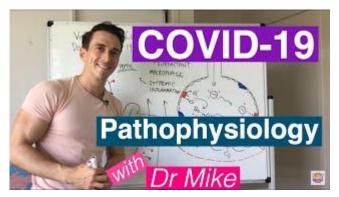
Preview YouTube video Cytokine Storm in COVID-19



Cytokine1.7 Storm in COVID-19

1.9 https://youtu.be/OW7UP\_JIIO8

Preview YouTube video COVID-19 | Pathophysiology



# 1.10 (https://www.youtube.com/watch?v=Y5S\_svx8XYo

# Preview YouTube video Lecture 13 Introduction to the Pharmacology of Alcohol



### Þ

Lecture 13 Introduction to the Pharmacology of Alcohol

## Structure

2.1. Antiseptic property (destroy protein and lipids of bacteria etc) of Alcohol (Ethanol) (42.2% to 70%) (Pharmaco dynamics or Mechanism of Action), Molecule - C2H5OH or CH3-CH2 -- OH (42.2% to 70% in 30 sec) (<u>https://www.youtube.com/watch?v=Y5S\_svx8XYo</u>). Excreted unchanged by lungs 5% (Pharmacokinetics) against to kill Covid 19 viruses inhaled during droplet contact carrier. Prediction of Participatory sciences. UOG

Lecture 13 Introduction to the Pharmacology of Alcohol

### Alcohol

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DEBATE AND DEMO of Antiseptic property of Ethanol ( 42.2 % to 70 %) to kill Covid 19 virus infected patient to decrease Viral Load in Upper and Lower Respiratory Tract for only 30 secs inhalation by Nebulizer daily for 3 to 5 days to be tested in both vivo and vitro by DRDO – A New Modality and prediction by Participatory Sciences . Pulse Oxymeter showing 98% O2 and pulse 71/minute

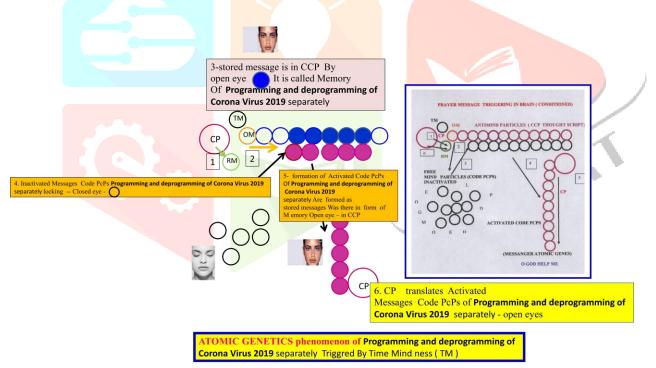


**DEBATE AND DEMO of Antiseptic property of Ethanol** ( 42.2 % to 70 %) to kill Covid 19 virus infected patient to decrease Viral Load in Upper and Lower Respiratory Tract for only 30 secs inhalation daily for 3 to 5 days to be tested in both vivo and vitro by DRDO – A prediction by Participatory Sciences . UOG dated 27.5.21 1/139, Talayalane Fatehgarh UP India 209601



Covid 19 virus seen in electron microscope with cells

2.2 Programming and deprogramming of Corona Virus 2019 by AGE separately (micro level)



Programming and deprogramming of Corona Virus 2019 separately by TM (micro level)

In phenomenon of, following steps take place on Yang B.B.B - B-Bit of Corona Virus . It is TM that triggers and regulate the thought expressions by activating CP of that script .

 $1.CP\ removes\ RM\ (\ repressor\ mindness-green)\ from\ OM\ (\ operating\ mindness\ -orange\ )\ thus\ induction\ of\ recall\ is\ triggered$ 

2.OM searches learning mindness on Anti mind particles (Anti mind particles script ) of that thought script (blue filed circles- open eye ) of "Programming and deprogramming of Corona Virus 2019 separately ".

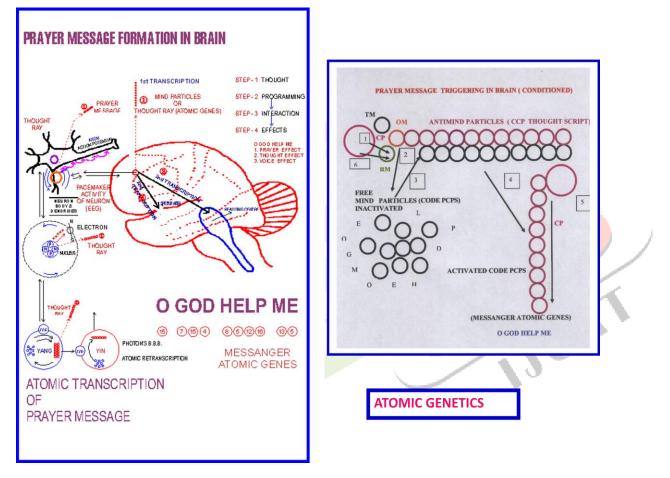
3. But as that learning mindness is there with opening eyes of learnt anti mind particles .

4. Inactivated code PcPs "Programming and deprogramming of Corona Virus 2019 separately " mind particles triggering to lock on Anti mind particles script

5. Formation of activated code PcPs "Programming and deprogramming of Corona Virus 2019 separately " as stored messages was there in form of memory ( open eye)

6. Finally there is activated message of "Programming and deprogramming of Corona Virus 2019 separately " is formed (Filled magenta circle – open eyes) by CCP (filled circle blue –open eyes). CP makes phenomenon of splicing.

7.CP represses act of recall memory by adding RM (green) to OM (orange). Thus recalling information s of "Programming and deprogramming of Corona Virus 2019 separately "get halt.



Prayer message formation in brain. " O God Help Me "

Divine Mechanics - Prayer message formation in brain

In atomic transcription and translation of prayer, following steps take place on Yang B.B.B - B-Bit as shown in

1.CP removes RM ( repressor mindness-green) from OM ( operating mindness -orange ) thus induction of atomic transcription triggers.

2.OM triggers activation of free mind particles ( black -inactivated code PCPs ) of that thought script (magenta ) of "o god help me".

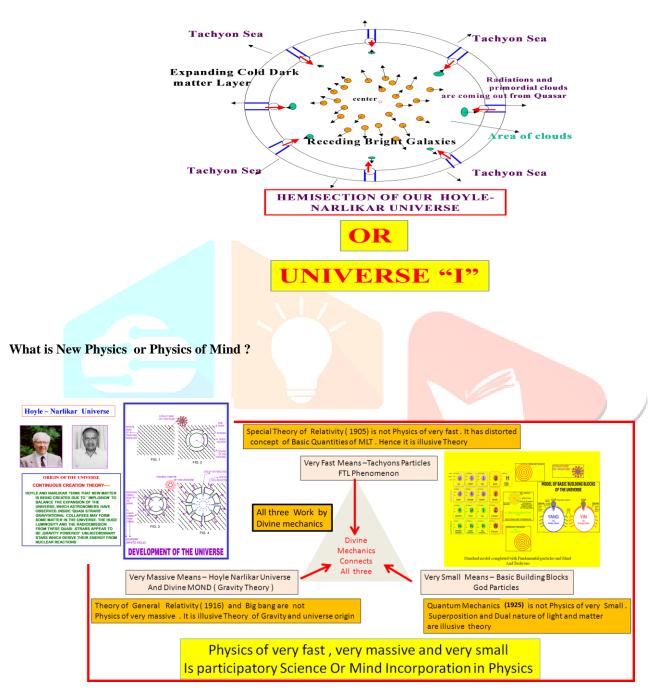
**3.**Free mind particles ( black -inactivated code PCPs ) get attached to anti mind particles script ( magenta one ) to form messenger thought script of "o god help me".

4.Messenger atomic genes (black) get activated by anti mind particles thought script and further they get detached from anti mind particles thought script to form activated messenger atomic genes (activated code PCPs) (magenta) of "o god help me"

**5.CP** carries phenomenon of splicing by translating the messenger activated atomic genes (activated code PcPs) and finally there is activated message of "o god help me" is formed.

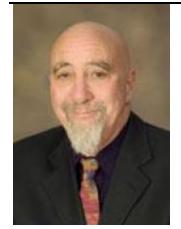
6.CP represses atomic transcription by adding RM (green ) to OM (orange). Thus atomic transcription gets halt.

Hoyle Narlikar Universe - OR -- Universe "I"

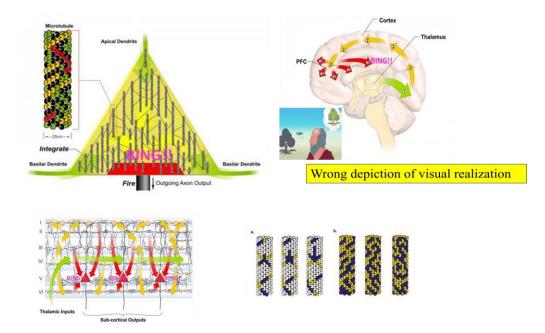


**Physics of Mind** 

Quantum Consciousness - According to Physicists and Biologist



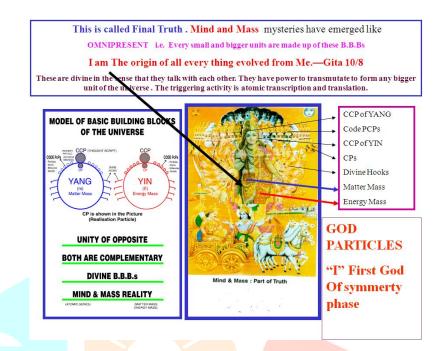
The nature of consciousness remains deeply mysterious and profoundly important, with existential, medical and spiritual implication. We know what it is like to *be* conscious – to have awareness, a conscious 'mind', but who, or what, are 'we' who know such things? How is the subjective nature of phenomenal experience – our 'inner life' - to be explained in scientific terms? What consciousness actually *is*, and how it comes about remain unknown. The general assumption in modern science and philosophy - the 'standard model' - is that consciousness emerges from complex computation among brain neurons, computation whose currency is seen as neuronal firings ('spikes') and synaptic transmissions, equated with binary 'bits' in digital computing. Consciousness is presumed to 'emerge' from complex neuronal computation, and to have arisen during biological evolution as an adaptation of living systems, extrinsic to the makeup of the universe. On the other hand, spiritual and contemplative traditions, and some scientists and philosophers consider consciousness to be intrinsic, 'woven into the fabric of the universe'. In these views, conscious precursors and Platonic forms preceded biology, existing all along in the fine scale structure of reality.



My research involves a theory of consciousness which can bridge these two approaches, a theory developed over the past 20 years with eminent British physicist Sir Roger Penrose. Called 'orchestrated objective reduction' ('Orch OR'), it suggests consciousness arises from quantum vibrations in protein polymers called microtubules inside the brain's neurons, vibrations which interfere, 'collapse' and resonate across scale, control neuronal firings, generate consciousness, and connect ultimately to 'deeper order' ripples in spacetime geometry. Consciousness is more like music than computation.

Colleagues Travis Craddock and Jack Tuszynski and I also study how anesthetics act in microtubules to erase consciousness, and with Jay Sanguinetti, John JB Allen and Sterling Cooley, we are studying how transcranial ultrasound (TUS) can be used noninvasively to resonate brain microtubules and treat mental, cognitive and neurological disorders. Many thanks to my assistant Abi Behar-Montefiore and Ed Xia for maintaining this website.

#### **Mind and Mass Realities**



Divine Mechanics Unit – CCP, CP and information s – Code PcPs with B-Bit – Mass

Atomic genetics is the branch of science where we investigate about fundamental interactions of the universe i.e. atomic transcription and translations. New words have been coined to understand hidden science of mind part of reality. Mind reality has been recognized as different faces by "I" about 5000 years back to Arjuna in Mahabharata.as shown in Fig 1. It is just like to understand any language through Alphabets. These are (different faces) Alphabets of mind reality. One Mind reality has one face identity and the second mind reality has second face identity and so on. The facial expression represents phenomenon of intelligence and different faces represent different types of properties carrying property. The open eyes means property is activated while close eye means property is inactivated. In spite of carrying properties conscious ness they also know how to conduct not only origin of universe but also how to create two different universe i.e. next creation could be different from this creation. In all, it is automatic system of the universe. The mind realities which are of good properties have devtas face identity (first five faces on both side) and those mind realities which are of bad properties have demons face identity (last four faces on both side ). These are named as code PCPs or messenger atomic genes. The central face is CCP or Thought script where all thoughts of the universe are banked. It is bank of data of all information s of the universe It is face identity of Anti mind particles as data of all information's of the universe are stored as anti mind particles. It is the Time mind ness ( biological clock ) that keeps on expressing different thoughts from this thought script (CCP). There are four more faces ( black bodies ) shown on extreme left and right floating in fire are CPs ( translating Atomic genes). That translates the messages and realizes it and reacts accordingly.

2.3 Covid 19 is Act of God . Hence Role of Allopath is unpredictable . Hence Ayurved taking advantage of it and criticizing Allopath though Ayurveda is a path without Drug sciences . Means its treatment is irrational.

https://youtu.be/byw-3-z4MBg

देश के क़ायदे क़ानून को रामदेव की इतनी बड़ी चुनौती ? मोदी करेंगे कार्रवाई ? Ajit Anjum



# https://youtu.be/100Qh1MMmgU

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# AN OVERVIEW ON CORONIL DRUG

Shashank Tiwari, J. Global Trends Pharm Sci, 2020; 11 (3): 8242 - 8247 8242 © Journal of Global Trends in Pharmaceutical Sciences

Dr. Shashank Tiwari<sup>\*</sup> 1 and Ms. Shreya Talreja2 1Director, JP College of Pharmacy, Lucknow, INDIA 2Lecturer, JP College of Pharmacy, Lucknow, INDIA \*Corresponding author E-mail: shashank6889@gmail.com ARTICLE INFO

# ABSTRACT

Key Words Tinosporacordifolia, Withaniasomnifera COVID-19

In this time of COVID-19 pandemic almost every institution is researching a possible cure for this disease or any kind of an immunity booster. Coronil is the Ayurvedic immunity booster made by Patanjali Ayurveda Limited using traditional medicinal herbs. The Coronil kit consists of 3 products which are- DivyaCoronil Tablets, DivyaSwasariVati which are oral tablets and third product is Anu tali which isaliquid dosage form in the form of nasal drops. This medicine is an immunity booster that contains chief ingredients such as Giloy(Tinosporacordifolia), Ashwagandha (Withaniasomnifera) and Tulsi (Ocimum sanctum). These medicinal herbs have immense benefits in strengthening the immune system and also are effective in curing symptoms like sore throat, nasal congestion etc. This medicine can be used as a supplement for immunity enhancement but its effectiveness in curing certain symptoms is still under question as extensive research on this medicine is yet to be done.

### www.ijcrt.org

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INTRODUCTION The year 2020 began with the unfortunate advent of a pandemic of COVID- 19 which has created havoc in the entire world. WHO defines corona virus disease as an infectious disease caused by the novel corona virus which is of thefamily Coronaviridae. According to WHO some of the most common symptoms of COVID-19 includes fever, dry cough, tiredness, headache and serious symptoms includes difficulty in breathing and chest pain. Antibiotics to do not work against this virus and till date there is no cure for it. Extensive research is going on to study the nature of virus so that a cure or a vaccine could be developed. Existing Anti-viral till date do not work against this virus and there is no cure for it. However experts claim that good immunity increases the pace of recovery even if one gets affected by the virus hence in these times boosting immunity is of utmost importance. Extensive research is going on throughout the world to study the nature of the virus so that a cure or a vaccine could be developed. In the meanwhile many organizations have shifted their focus in producing immunity boosters which can be used as supplements. In India, both allopathic and avurvedic systems of medicine are doing research for the same purposes. Ayurveda is a Sanskrit word in which ayur means "longevity" or "life" and veda means "science". It is an ancient Indian system of natural medicine. It focuses on prevention and cure of the disease through the knowledge of herbs and trees found in the ancient texts. The oldest known texts on Ayurveda are the Charaka Samhita, Sushruta Samhita, and the Ashtanga Hrudaya. These texts explain the effect of the five elements found in the cosmic system - earth, water, air, fire, space. According to Ayurveda, balance in the five elements results in good health. In India under Ministry of AYUSH various organizations work in the fieds of Ayurveda, Yoga, Unani, Siddha and Homeopathy. One such organization is Patanjali Ayurveda Limited which has recently developed a drug kit named Coronil. Patanjali Ayurved Limited was established in 2006 with a thought of rural and urban development through yoga and ayurveda. Founders of the organization are Swami Ramdev and Acharya Balkrishna.

**CONCLUSION:** Through this review it can be concluded that even though **Coronil drug cannot be called as the cure for COVID-19 but it indeed is an immunity booster and an effective COVID-19 management tool.** Moreover, its herbal composition eliminates the chances of any side-effects making it safe for the consumers. It can be believed that the Coronil kit is a complete package of preventive drugs which is all suitable for all ages, gender and even the income groups. It is launched in the most crucial time when the cases of COVID-19 are acing rapidly every single day. However, there is a need of more extensive research on this drug to back up the authenticity of the drug in the market.

# This paper is non scientific paper [5] based on assumptions and trials . Drug without drug sciences makes it erroneous . UOG

www.news18.com/news/india/not-reviewed-any-traditional-medicine-to-prevent-covid-19-who-after-coronil-certification-3460049.html 'Not Reviewed Any Traditional Medicine to Prevent Covid-19': WHO ...

22 Feb 2021 ... The World Health Organisation gave a clarification on the treatment of coronavirus with traditional medicines.

https://www.news18.com/news/india/not-reviewed-any-traditional-medicine-to-prevent-covid-19-who-after-coronil-certification-3460049.html

# MISSION पासी

NEWS18» NEWS » INDIA »'NOT REVIEWED ANY TRADITIONAL MEDICINE TO PREVENT COVID-19: WHO AFTER CORONIL CERTIFICATION

2-MIN READ

# **'Not Reviewed Any Traditional Medicine to Prevent Covid-19': WHO After Coronil Certification**

The World Health Organisation gave a clarification on the treatment of coronavirus with traditional medicines.

In a tweet, WHO South-East Asia clarified that it has not reviewed or certified any traditional medicine to treat or prevent COVID-19. "@WHO has not reviewed or certified the effectiveness of any traditional medicine for the treatment #COVID19."

This comes after Ramdev-promoted Patanjali Ayurved claimed that immunity booster- Coronil has received the Certificate of Pharmaceutical Product (CoPP) from the Ayush section of Central Drugs Standard Control Organisation as per the WHO certification scheme.

At the launch event on February 19 where Health Minister Harsh Vardhan and Union Minister Nitin Gadkari were also present, the Patanjali product was billed by the company as the "first evidence-based medicine for COVID-19".



'Never Undermined Modern Meds': Patanjali Backs Harsh Vardhan in IMA's 'Uncalled' Remarks on Coronil



## Sale of Patanjali's Coronil Won't Be Allowed in Maharashtra Without Certification: Minister Anil Deshmukh

According to media reports, at the launch event in a billboard behind the table where Ramdev and Union Ministers sat were the claims that the medicine was CoPP and WHO GMP certified, which means it holds a certificate of a pharmaceutical product (CoPP) and is recognised by the World Health Organisation's Good Manufacturing Practices (GMP). Both these standards approximately define quality assurance in medicinal products.

"Patanjali has made history in the field of Ayurveda as Coronil has been recognized by WHO as First Evidence-Based Medicine for Corona," Rakesh Mittal, one of the top executives at Patanjali Ayurved had tweeted. However, now, he has deleted the tweet.

Patanjali Ayurved managing director Acharya Balkrishna later made a clarification about what he said was 'to avoid confusion.

"We want to clarify to avoid confusion that our WHO GMP compliant COPP certificate to Coronil is issued by DCGI, Government of India. It is clear that WHO does not approve or disapprove of any drugs. WHO works for building a better, healthier future for people all over the world," Mr Balkrishna tweeted.

### Advertisement: 0:33

Retweeting the WHO's clarification, the opposition attacked the Centre. "I hope our Health Minister stops embarrassing the nation with such claims to promote Coronil. I strongly believe in Ayurveda but to claim it as a WHO guaranteed cure against COVID and endorse it, is nothing but cheating as well as misleading the nation," Shiv Sena MP Priyanka Chaturvedi said.

Earlier in July 2020- when the coronavirus cases were on a peak across India, Patanjali Ayurved had claimed Coronil could provide strong protection against the coronavirus. However, debunking claims, the AYUSH Ministry in a statement said Coronil can be sold only as an immunity-booster and not as a 'cure'.



**Dear Sir IMA** 

Flaws in Ayurveda sciences .

1. There is no drug science [6] like pharmacodynamics and pharmacokinetics in all Aurvedic drugs

2. Aurvedic drugs unless have drug sciences [6], all trials and data are irrationals.

3. Means first they should publish hypothesis of drug sciences and its molecule, mode of action and metabolism and then the prediction .

4. On prediction basis trials are done and datas are collected . As regard efficacy, side effects etc . le Randomized double blind control trials .

Trials to published with references in high Impact journal.

Recurrent trials with same findings makes drug to be used in particular disease with safety in both vivo and vitro . As regard Coronil drug , has it gone through all such steps or not . If not then it should be banned.

As regard Any allopath drug and its failure does not means that Allopath is non trustable sciences. Our faith and learning curve makes it more strong than any other paths because Allopath has drug science along with trials.

To under stand any path , know FOUR WORDS

1. SCIENCE 2. GOD 3. UNIVERSE 4. PRAYER . UOG

# 2.4 IMA and Covid 19 Era

https://ijcrt.org/viewfulltext.php?&p\_id=IJCRT2105730

. Why Has 2-DG Anticancer Drug Been Indicated To Treat Covid 19. It Is By Virtue Of Dynamics Of Cancer And Covid 19 Virus Is Same In Both With Regard Load (Viral / Cancer) Means TCNC And Doubling Time (Viral/ Cancer) Means TND That Are Decided By Divine Mechanics That Underpins In Genomes Of Both. Hence Targeting Covid Virus By Anticancer Drugs Like Ant metabolite Or DNA/RNA Proliferation Suppression Drugs May Control Its Fatal Effect Adjuvant With AGE (Atomic Genetic Engineering) An Old Tested Scientific Modality.

> Dr V M Das Das Nursing Home, Fatehgarh, India University Of God dasvijaymohan3@gmail.com

## Abstract

On studying Situation Report of WHO 167 dated 5 July 2020, Number of confirmed COVID-19 cases, by date of report and WHO region, 30 December through 5 July \*\*SR 167. Length of bar shows Active Viral load on different Races on different dates upto 5<sup>th</sup> July. TCNC (total confirmed new caces) shows that viral load is racial dependent. High in American race (yellow) and European Race (orange), Moderate in Eastern Mediterranean (violet) and South East Asia (blue) and Least in Africa (Green) and western Pacific (mustard) races. TND (Total New Deaths) means doubling time of Covid 19 virus is also racial dependent. Hence the death rate TD/TCC (26 March to 23 May 2020) is high in European race (13.3 %) and minimum in African race (1.35 %). During that period AGE was advocated to deprogram Viral load and Viral doubling time to control death rate in High damage (HD) and Moderate Damage (MD) zones by GCEP (Global Covid Eradication Program launched by UOG. Racial dependent Doubling time of Covid 19 shows that Covid 19 viruses are of different mutants globally like different cancers have different doubling time (decided by TND) and it is decided by divine mechanics. Hence Anti cancers drugs could kill Covid 19 as their dynamics simulate cancer.

Finally to stop replication of DNA/RNA by Cisplatinum and its intra strand cross linking property in inhibiting DNA proliferation or cell proliferation (suppression of life in molecules) by drug like Cisplatinum or Carboplatin (2<sup>nd</sup> generation platinum compound and less toxic anticancer drug) used to kill cancers like testicular and ovarian etc. Theory states that divine mechanics is Common in all deaths ie to suppress thought of life and to trigger thought of death that is finally we observe aptosis in bacterial (prokaryotic) malignant (Eukariyotic) cells and no multiplication of DNA/RNA segment that enhance viral load in Eukariotic cell. That is how drugs are used to kill bacterial cells, cancer cells and viruses life molecules

Coming to claim made by DRDO in the treatment of Covid 19 by 2-DG drug is a hypothesis lacking Randomized Double blind control trial and study is not replicated and the results are not covered large number of cases. But these limitations donot disprove the hypothesis and results of trial by DRDO. Covid 19 genomic sequences (mutants) do require Energy through glucose metabolism of cell. They require Folic acid to form purine and pyrimidine bases (ATCGand U) from cell. Fnally by power of self replication, their life divine mechanics (thought of life effects) should be remained activated (physiology of Life) unless any of the mechanisms that require to maintain physiology of life is halted by drugs irrespective of being cancer cell, bacterial cell or virus genomic sequences that results in cure of the disease.

AGE (intercessory prayer only) is again a modality which could enhance healing, could reduce complication rates or reduce time of stay in hospitals (*Arch Intern Med. JAMA--Vol-159, N019*, *Oct-25, 1999*:2273-2278}). The theory predicts that cisplatinum drug if used with caution could halt physiology of life of Covid 19 genomic sequences by direct inhibiting its self replicating property by its intra strand cross linking property in inhibiting DNA proliferation or cell proliferation ( suppression of life in molecules ) that makes its dynamics equivalent to any cancer in terms of mutation, ( racial discrimination ) viral load ( TCNC) and doubling time (TND). This could bring control on its spread if used AGE as adjuvant therapy. (*Arch Intern Med. JAMA--Vol-159, N019, Oct-25, 1999*:2273-2278)

Key Words: Basic Building Blocks, Atomic Genetics, Atomic Transcription and Translation, Tachyons, Atomic Genetic Engineering

2.5 Coronil is not a drug as it is devoid of drug sciences . Hence it's claims are irrational . UOG

[27/05, 16:46] +91 94500 05921: 3500 की फेबिफ्लू,

50000+ का रेमेंडीसीवीर {असली नकली का पता नहीं}(हाई शुगर का कारण बनी), 170 का N95 मास्क, हाइड्रोक्सी क्लोरोक्वीन, इंडस्ट्रियल to मेडिकल कन्वर्टेड ऑक्सिजन(जो ब्लेक फंगस का कारण बनी बताई जा रही है)......

ऐसी न जाने किंतनी दवाइयां जो पहले अप्रूव हुई , मरीजों को दी गयी और बाद में सब को साइड इफेक्ट्स के चलते इनएप्रोप्रियेट बताया गया, ये सारी एलोपैथी दवाइयां मनचाहे दामों पर बेची गयी लेकिन लोगों का मरना नहीं रोक पाई, इन सब से कोई आपत्ति नहीं।

लेकिन 500 rs के कोरोनिल किट का अप्रूवल चाहिए जिसका कोई साइड इफ़ेक्ट अभी तक तो कोई साबित नहीं कर पाया, न ही ये कहीं ब्लैक में बिकी, सबका फार्मूला भी सार्वजनिक है, आपको इन्हें लेने के लिए बाध्य भी नहीं किया जा रहा है, सबके स्वास्थ्य का सस्ता से सस्ता तरीका बाबा रामदेव जी पूरी तरह मुफ्त में योग द्वारा बताते हैं, तो फिर बाबा को लूटेरा साबित करने में क्यों लगे हो?

IMA, मीडिया समूह, दलालों के धंधों पर जब खतरा मंडराता है, तो ये सब बिलबिलाते हैं,

आयुर्वेद को कोसने वाले ये भी बताएं कि जितना प्रोत्साहन एलोपैथी को देने में रुचि दिखाई जाती है, उसका आधा बजट भी आयुर्वेद, जड़ी बूटी उत्पादन , आदि पर खर्च किया जाता , तो हो सकता है वेंटिलेटर की जरूरत नहीं पड़ती, आयुर्वेद पर अपना जीवन खपाने वालों को जीवन पर संकट के समय एलोपैथी के उपयोग के लिए मजबूर न होना पड़ता। ओर वर्ग, विचारधारा विशेष के ताने न सुनने पड़ते।

कहना आसान है, वैश्विक स्तर पर कार्यरत एलोपैथी ड्रग माफिया से अकेला संघर्ष करता आयुर्वेद जो विश्व की आदिम जनजातियों या फिर थोड़ा बहुत भारत मे ही अपनाया गया है , सर्वे भवंतु सुखिनः की सोच के साथ काम करता है, न कि प्रयोगशालाओं में मानव जाति को अपने नियंत्रण में करने के लिए नित नए वायरस तैयार करता है, और न ही वैश्विक महामारियों का माहौल तैयार करता है। आयुर्वेद सर्वश्रेष्ठ है, चाहे कोई कुछ भी कहे

Coronil is not a drug as it is devoid of drug sciences . Hence it's claims are irrational.

Covid 19 is Act of God and it is by virtue of angriness of Mahakal Lalla virajman who teleported on 22 23 Dec 1949 in middle gummed of Babri Mosque. His angriness has been expressed in three ways.

- 1. Quarantine for 14 days till one gets negative . Simple injury.
- 2. Death a grevious injury .
- 3. Economic losses . Moderate injury .

Hence symptomatic treatment works only . Prayer is failed in grievous injuries . Hence irrespective of protocols , death rates are different in different races. Means Act of God .

Genesis of any disease could not be halt by Ayurveda. Hence Coronil is ineffective in covid 19. There is rationality in Allopath but by virtue of Act of God, Allopath is effective. But with the onset of Death, Allopath is failed. This all is decided by Almighty God Mahakaal Lalla virajman Ayodhaya.

2.6 All Vaccinated people will die within 2 years\*

Nobel Prize Winner Luc Montagnier has confirmed that there is no chance of survival for people who have received any form of the vaccine. In the shocking interview, the world's top virologist stated blankly: "there is no hope, and no possible treatment for those who have been vaccinated already. We must be prepared to incinerate the bodies." The scientific genius backed claims of other pre eminent virologists after studying the constituents of the vaccine. "They will all die from antibody dependent enhancement. Nothing more can be said."

"It's an enormous mistake, isn't it? A scientific error as well as a medical error. It is an unacceptable mistake," Montagnier said in an interview translated and published by the RAIR Foundation USA yesterday. "The history books will show that, because it is the vaccination that is creating the variants." Many epidemiologists know it and are "silent" about the problem known as "antibody-dependent enhancement," Montagnier said.

# https://www.lifesitenews.com/news/nobel-prize-winner-mass-covid-vaccination-an-unacceptable-mistake-thatis-creating-the-variants

# https://en.m.wikipedia.org/wiki/Luc\_Montagnier

ANS --- No. Know , Science ,God, Universe and prayer .

Having known this , origin of mutant variants is First order of universe by TM time mindness by unconditioned thought expression . Death thoughts are different and covid 19 variant disease thoughts are different . Their simultaneous expression is independent of each other .

Hence what Mr Noble Laurate said is not correct. No doubt Covid 19 's dynamics mimics cancer, but to tame it we require modalities that control cancer adjuvant with AGE.( Atomic Genetic Engineering ) UoG

Concludion

Antiseptic property (destroy protein and lipids of bacteria etc) of Alcohol (Ethanol) (42.2% to 70%) (Pharmaco dynamics or Mechanism of Action), Molecule - C2H5OH or CH3-CH2 -- OH (42.2% to 70% in 30 sec) (<u>https://www.youtube.com/watch?v=Y55\_svx8XYo</u>). Excreted unchanged by lungs 5% (Pharmacokinetics) against to kill Covid 19 viruses inhaled during droplet contact carrier. AGE (intercessory prayer only) is again a modality which could enhance healing, could reduce complication rates or reduce time of stay in hospitals (*Arch Intern Med. JAMA--Vol-159, N019, Oct-25, 1999 :2273-2278*}. Using both ie Antiseptic property of Ethanol and AGEas adjuvant therapy could prevent fatal complication of Covid 19, A Prediction of Participatory sciences.

DEBATE AND DEMO of Antiseptic property of Ethanol (42.2 % to 70 %) to kill Covid 19 virus infected patient to decrease Viral Load in Upper and Lower Respiratory Tract for only 30 secs inhalation by Nebulizer daily for 3 to 5 days to be tested in both vivo and vitro by DRDO – A prediction by Participatory Sciences.

Coronil (Pitanjali Product) is not a drug as it is devoid of drug sciences. Hence it's claims are irrational Genesis of any disease could not be halt by Ayurveda. Hence Coronil is ineffective in covid 19. There is rationality in Allopath but by virtue of Act of God, Allopath is effective. But with the onset of Death, Allopath is failed. This all is decided by Almighty God Mahakaal Lalla virajman Ayodhaya.

Covid 19 is Act of God . Hence Role of Allopath is unpredictable . Hence Ayurved taking advantage of it and criticizing Allopath though Ayurveda is a path without Drug sciences . Means its treatment is irrational.

## Acknowledgement

Ayurveda a way of life rather than a medical sciences that is devoid of drug sciences is phamaco dynamics and

pharmacokinerics . A Review .

Know Your Prakriti: Are You Vata, Pitta or Kapha?

- NDTV Food Desk
- Updated: October 17, 2017 15:22 IST



### Highlights

- Ayurvedic philosophy is about balancing the body, mind and spirit
- There are three fundamental doshas: Vata, Pitta and Kapha
- Good health is considered to be a state of balance of between the doshas

<u>Ayurveda</u> is a Sanskrit word that refers to the 'science of life and longevity'. Ayurveda adopts a holistic approach towards healthy living and is considered to be one of the oldest medicinal systems in the world. Though native to India, this philosophy has gained popularity all around the world. The base of Ayurvedic philosophy is to balance the body, mind and spirit. Both prevention and healing are carried out through natural means. According to Ayurveda, each person is born with a life force that comprises the five elements or building blocks of nature: Earth, Air, Water, Fire and Space. We possess a unique balance of these five elements in varying degrees. This balance of elements is known as a Dosha. There are three fundamental doshas: <u>Vata</u>, Pitta and Kapha, and good health is considered to be a perfect state of balance between these three *doshas*. Vata is constituted by space and **air**, which is the energy of movement; fire and water constitute pitta, the principle of **digestion** and <u>metabolism</u>; and water and earth make up kapha, the dosha of structure and lubrication. **Unhealthy diet, stress, repressed emotions and insufficient exercise are considered to be elements that disturb ones'** *doshic***balance. Hence, to maintain the balance and good health, a person has to juggle with the three** *doshas***, and increase or decrease them, as conditions demand. In simple words, health means order and balance, whereas disease is disorder and imbalance. Everyone has all the three doshas, but one of them is usually primary, the other secondary and the third one is the least prominent.** 

(Also read: 5 of Ayurveda's Best Kept Secrets for Great Health, Fitness & Glowing Skin)



The Three Doshas: An Overview1. Vata: Vata is considered as the leader of the three Ayurvedic principles in the body. As the principle of mobility, Vata regulates all activity in the body, mental as well as physiological. It is responsible for breathing, blinking our eyes, beating of our heart and many more functions. When in balance, the Vata is lively and energetic. Adequate rest and relaxation is needed to keep the vata in balance. Dry skin, cough and dry hair are some problems that one may face when the vata is imbalanced.2. Pitta: Pitta is the fire element. It is responsible for regulating the body temperature through the chemical transformation of food (governing digestion, absorption, assimilation, nutrition and metabolism), promoting vitality and appetite. Those dominated by the *pitta dosha* are strong willed, determined and tend to have leadership qualities. If the *pitta* is imbalanced, it can lead to anger and agitation, and may even cause burning disorders such as ulcers and inflammation. To maintain a balance, meditation, massages and inhaling cooling scents such as rose, mint and lavender can help relax the body. 3. Kapha: This dosha maintains body resistance. Those dominated bykapha are said to be thoughtful, calm and steady. To maintain a balance, gentle exercises, stimulating activities and an extra intake of fluids can keep the energy flowing. Kapha is primarily responsible for anabolism, the process of building the body, growth and creation of new cells as well as cell repair. What determines your dosha? Ayurveda Specialist, Dr. Surva Bhagwati from Dr. Vaidya's explains, "The human body is made up of 5 elements -air, ether, earth, water and fire. A combination of these five elements determines one's 'prakriti' or constitution. Ayurveda defines the combination of these five elements into three doshas: vata, pitta and kapha. Although each human body is composed of all the three doshas, each body has a different combination of them and this determines one's genetically inherited physical and personality traits. Through one's life, these constitutions may change based on physical, mental and emotional. conditions. It is important to identify one's dosha and then create a lifestyle that suits it. This means adopting a diet and daily routine based on one's dosha." Ayurveda divides the different body types into seven categories. Hence, it is possible for a person to be: vata, pitta, kapha, vata-pitta, pitta-kapha, vata-kapha, or tri-dosha. However, there is no 'best' or 'perfect' body type or dosha. Each of the categories have their own advantages and disadvantages. The following table will help you determine your Dosha:

## How to Balance Your Dosha

<b>Characteristics</b>	<u>Kapha</u>	<u>Pitta</u>	Vata	
1) Body Frame	Large Frame (Stout, thick skin, broad chest, bones not prominent)	Medium Frame (Moderate muscle development and view prominence, slender and delicate frame)	Thin Frame (Small frame, slender, thin, flat chests, prominent veins, taller or shorter than average)	
2) Body Weight	Obese, tendency for excess weight	Moderate weight	Thin and lean/slender	
3) Skin type	Thick, oily, cold, pale	Soft, warm, moist (slight wrinkles, moles and acne)	Dry and rough, thin, cracked, cool	
4) Eyes	Big, large wide, prominent, dense	Medium size, sharp and penetrating gaze	Sunken, small, dry, thin	
5) Hair	Thick, dark, soft and wavy	Thin, fine, silky and oily	Dry, scanty, coarse, curly	

Characteristics	Kapha	<u>Pitta</u>	Vata
6) Complexion	Fair, bright	Coppery, yellowish, reddish	Brown
7) Disease tendency	Mucus, congestion	Inflammation, heat, fever	Nerve diseases
<ol> <li>Personality strengths</li> </ol>	Loyal, calm, content, forgiving, tolerant	Leaders, sharp, good orators, ambitious	Creative, quick understanding, imaginative
9) Personality weaknesses	Greed, attachment, possessiveness, self-centered	Anger, jealousy, irritability	Nervous, fearful, anxious, lack willpower
10) Physiological traits	Slow digestion, good stamina, sound sleep, crave bitter and pungent foods	Good digestion, strong appetite and metabolism, body temperatures run slightly higher than average	Crave sweet, sour and salty food. Disturbed sleep, cold hands and feet
11)Miscellaneous traits	Relaxed, loving, faithful, prone to depression	Focused, assertive, competitive, passionate	Lively, fun, full of joy and enthusiasm

What to Eat for Your Dosha

To balance Kapha	To balance Pitta	To balance Vata	
Be active	Be Calm	Be moderate	
Stay warm and active	Rest and relax	Adequate sleep	
Engage in stimulating activities	Cut down striving	Disciplined schedule	
Avoid cold and damp things	Avoid the sun	Take in sun	
Cultivate physical challenges	Stay cool	Avoid: over work, stress, too much stimulation, wind and cold	

An imbalance of doshas in the body can be checked with the help of <u>herbal remedies</u>, warm oil massages, yoga, and your diet. To balance each *dosha*, certain foods need to be consumed while some need to be avoided. **Balancing Kapha**: One of the major reasons for *kapha*imbalance is excessive food consumption, and therefore, a light, low-fat diet of bitter, pungent, and astringent tastes is recommended. This can include steamed or raw vegetables, ripe fruits, grains like oats, rye, barley and millets, honey and strong spices like pepper, cardamom, cloves, mustard and turmeric. According to Ayurveda expert, Dr. Dhanvantri Tyagi, "Kapha prakriti should avoid fats, milk and rice in their daily diet but can consume them occasionally." (Also read: <u>The Ayurvedic Diet to Improve Your Health and Well Being</u>)



Balancing Vata: High consumption of spicy and astringent foods contributes to vata imbalance. Hence, a peace-making diet with salty, sweet and sour tastes and warm, moist and easily digestible foods is recommended. This includes vegetables like broccoli, leafy vegetables and cauliflower, wheat and rice, mild spices like cumin, ginger and cinnamon. In addition, moist foods like berries, melons, and yogurt can help counter-balance vata's dry quality as can other hydrating cooked foods such as soups or stews. Oily foods like avocado, buttermilk, cheese, eggs, whole milk, coconut, nuts and seeds are supportive as well. Dr. Tyagi suggests that people with Vata should prakriti have slightly fatty foods and drink warm milk at night.



Balancing Pitta:Excessive consumption of alcohol and spicy, oily, fried, salty and fermented foods may result in *pitta* imbalance. Dr.Tyagi agrees that pitta prakriti should avoid very spicy, acidic or hot foods. Pitta balance can be restored with sweet, bitter and<br/>astringent tastes and heavy, cool foods such as sweet fruits, dairy products, curry leaves, barley, oats and mint. Avoid sour fruits, red<br/>meat, potatoes, tomatoes, and eggplant.



Dr. Tyagi suggests that irrespective of what your prakriti is, you must always eat your food on time, the ingredients should be seasonal and your meals should have a balance of all the nutrients required by your body to maintain good health and wellbeing. **Disclaimer:** The opinions expressed within this article are the personal opinions of the author. NDTV is not responsible for the accuracy, completeness, suitability, or validity of any information on this article. All information is provided on an as-is basis. The information, facts or opinions appearing in the article do not reflect the views of NDTV and NDTV does not assume any responsibility or liability for the same. Dr V.M.Das and Dr Sapna Das Hosting Flag of Lord of Universe Lord Natraz BBB a secular Deity (1) and His manifestation as Barfani Baba of Amarnath in fridge dated 3.4.2021 (2). With Photo of Lord Natraz face and Trishul over it (3). Two Shivlings (4) are formed on 17.4.21 by unconditioned thought expressions representing Male and Female God Particles (Ardhnareshwar Photodepiction of which every thing is made up of Or Allah.)



On the Eve of Ramdan and Navratri Farrukhabad a Secular Teerth Sthal (A Book downloaded titled Atomic Genetics and Origin of Universe Of All Scientists and Theists about 5 billions who do prayer every day believing AlmightyBBB listens their Prayer. In University Of God where 100 papers published in different Scientific Journals) as predicted in Victoria No 203 1985 Movie (5). This prediction is confirmed By Barfani Baba of Amarnath who manifested in Fridge of Author dated 3.4.21 Making Farrukhabad A Secular Teerth Sthal Of Almighty God Lord Ntaraz BBB or Allaha Hu Akbar and its photo depiction is Dancing Natraz.

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