

NEUROGENETICS, NCDs AND DISEASELESSNESS

— Dr. Dilip V. Kaundinya MD, Mumbai

The stress in life today is truly omnipresent and omnipotent. Tensions, unhappiness, worries and frustrations in Mind give rise to a group of diseases called **Stress Associated Diseases or SADs**. Sadness is natural due to expensive treatments and difficult doctors. The current term for SADs is NCDs or Non-infectious Chronic Diseases. This category is incurable by modern medicine. Tablets, capsules and even the pessaries become a staple diet for the unfortunate person. Quality Of Life (QOL) comes to the lowest nadir. Many wish for euthanasia. An independent department in Maharashtra Health Services has been set up to deal with the problem of NCDs. Many today suffer from Chronic Fatigue Syndrome (CFS) because people do not have quality sleep and suffer from a sleep backlog. Fast brain with very fast thoughts rapidly exhausts the God-given quota of neurotrans-

mitters. Suicides happen because of the sudden drop in the level of neurotransmitters.

Two latest branches of Medicine – Psycho-neuro-endocrino-immunology(PNI) and Psycho-Oncology are investigating why NCDs like Hypertension, Hyperacidity, Heart attacks, Diabetes, Dementia, Alzheimer's, asthma, insomnia, obesity, addictions, cancer and several others have become incurable. This new medical science is called as Mind-Body Medicine. Disease-centric strategies like cardio-centric, Diabeto-centric, Condom-centric and Obesity-centric are giving a medical paradox of alarming rise in the incidence of the diseases against which they are directed. Every third Indian today has twin diseases – Diabetes and High Blood pressure. Obesity has become a global epidemic. Depression is affecting even the school going children. Even the young doctors are dying of

heart attacks. Sex-crimes, mindless violence and Rage syndrome have increased alarmingly. Abnormal greed has given rise to Scam after Scam Syndrome (SASS). There is a collapse of all the dimensions of Total Health—physical, mental, social, emotional and spiritual.

The main reason for this is having unlimited wants. But a Mind-centric Strategy is conspicuous by its absence. Hippocrates, Father of Modern Medicine, many years ago, had cautioned: The greatest error today is that the physicians do not take the soul into account for therapy. The doctors are committing the same mistake today. They are neglecting the mind, the third component of the soul. The reason for this error is the training in Western concepts of Medicine which wholly focuses on the matters of the body. Sheldon described three morphotypes—Ecto, Meso and Endomorph and their relationship with the

diseases. On the other hand, 1000-year-old Charak Sanhita classifies personality into 15 types according to the type of Consciousness, each one requiring different therapeutic strategy involving Herbs, metals and **meditation**. Today Charak Sanhita is considered as a treatise on “Whole Person Medicine.”

Three main levels of consciousness are *Satvik*, *Rajasik* and *Tamasik*. Ontological (*Satvik*) denotes a peaceful, loveful, blissful, pure and the most powerful personality. Highest category in Ontological personality is known as **Brahma type** which is ever youthful and almost **disease-less**. *Rajasik* personality pursues the Path of *Preyas* and wastes his Life-force [Prana] in the pursuit of sensual pleasures, temptations and materialistic gains and soon becomes a prey to diseases and premature ageing. *Tamasik* personality is full of sloth, laziness and devoted solely to the pleasures of food and sex.

Charak further describes five body-sheaths that surround the innermost *Atman* or Soul. *Annamaya kosh* is the superficial-most layer. All of the drugs in Modern Medicine

act only up to *Annamaya Kosh*. Thus, the root cause of the disease is never addressed. No wonder there is resurgence or recurrence.

Pranayam removes the impurities from the *Pranamay kosh* and gives a miraculous cure of asthma and allergies. The free radicals which are formed due to stress and are responsible for oxidative damage, are possibly removed by *Pranayam*. Meditation removes the impurities in *Manamay Kosh* (**Mind**). Negative thoughts and toxic emotions (Daniel Goleman) are these impurities. Scriptures describe them as Desires, Negative thoughts and powerful chain of derogatory thoughts. Today, Patanjali's *Dhyan* became baptized as Mindful Meditation by Dr. Richard Davidson, Professor of Psychiatry, U.S.A. It is now considered as the most powerful technique for **Mind-empowerment and Mind-control**. Mindful meditation stabilizes the Mind in powerful and pure *Satvik* (ontological) consciousness. Such mindset is not motivated by Self-interest. It adheres to values like honesty, sincerity, integrity and positive emotions like love, hope and happiness

under most adverse circumstances. Stabilization in ontological consciousness gives a Spiritual equipoise (*Sthit-pragnya* state).

Neuroscience has proved that a positive state of mind has a great role in maintaining health and in prevention and cure of NCDS or Modern Lifestyle diseases. Russian experiments with thought-power opened an entirely new frontier in modern medicine. The concept of thought is the instrument for healing. A positive mind transmits powerful and pious thought-vibrations and creates a white, bright and well-demarcated body-aurea around the person. This is similar to the halo shown around our deities. Hypnosis or mesmerizing the other persons is possible for such a thought-empowered individual. The positive thought-vibrations purify the atmosphere and also give activation of *Ultraclean* rhythms of the body releasing very powerful rejuvenating hormones. Enkephalin gives a ‘Cholesterol-wash’ to the heart vessels by ‘Reverse, transport of Cholesterol’. Intractable lipid and sugar levels are restored to normal. Endorphin is a natural and very powerful

mood-elevator and pain-killer. The miracle of Ramana Maharshi undergoing a surgical procedure without anaesthesia may be due to this neuro-hormone. Melatonin gives sound and recharging sleep. Brain-derived-Neurotrophic Factor (BDNF) enhances memory by giving multiplication of brain cells. No wonder people called Ekpathy could remember Vedas after hearing them just once. A *kriya-yogi* could possibly retain his wit, vitality, vision and vigour till last breath as told by the sage Patanjali. A recent concept—Stem Cell Activation Factor (SCAF) released during meditation shall mean recreating any damaged organ without transplant or expensive stem cell implantation. All of these neuro-hormones are powerful activators for the Natural Killer cells which destroy the cancer cells no sooner they are formed in the body. This may be the reason for doubling of the life-span of the cancer patients and for several of them becoming cancer-free in Carl Simonton's Psycho-Oncology Institute, USA by a Mindfulness Meditation Programme. **Allen's brain map** reveals several **Cerebral**

genes or Brain-genes, which activate the harmful somatic genes [Body-genes] that give rise to the diseases like depression, Diabetes, Dementia, Alzheimer's and musculo-skeletal disorders. The neuro-hormones secreted during Mindfulness possibly inhibit the enzymes and prevent the dreadful diseases. The effects of the atmosphere charged with positive thoughts are simply unbelievable. Dr. Hew Len's modification of Mexican Ho'oponopono and James Twyman's Global consciousness project provide evidence, which as yet, is beyond the scope of science to explain scientifically. A study published in The journal of offenders' rehabilitation reports that a group of people regularly met and meditated with the thoughts of Love and Peace for the whole world over a period of two years. This simple act reduced all acts of terrorism by phenomenal 72%. Violent crimes in Washington DC have been reduced by 23.6% in just two months' period. As soon as the meetings of the meditators stopped, the crime level started going up again. Fifty different scientific studies over preceding 30 years have

shown that the meditators created miraculous improvement in the health and the Quality Of Life (QOL). Along with the impact on health and emotions, there was a decrease in crimes, wars, violence and riots. James Twyman, who led several group synchronized prayers throughout the world through his 'Global consciousness Project' functions on the concept that **the tsunamis of the world are the reflections of the tsunamis in the human minds**. These studies established a plain and simple dictum for health and solutions to the calamities in the world lays in healing yourself. Self-transformation shall bring the world-transformation.

Dr. Hew Len's Hawaiian Ho'oponopono – Dr. Len a psychiatrist was made in-charge of a ward where they kept criminally insane and dangerous patients. Psychiatrists quit on monthly basis. Dr. Len did an innovative act in addition to the usual therapy—his version of Hawaiian Ho'oponopono. In his chamber, he held each patient's file and kept on saying "I am sorry" and "I love you" over and over again. Within a few months, a miracle happened. The

patients who were shackled were allowed to walk freely. Others, who had to be heavily medicated, started getting off their medication. Those who had absolutely no chance of getting released were freed. Absenteeism and the turn-over of the staff disappeared. Soon the staff outnumbered the patients and today the ward is closed.

Dr. Peter Gariaev carried out numerous experiments with thought-power. One of them is most relevant. He created Alloxan-Diabetes in rats by destroying the pancreas with this chemical. Such rats died within 4 to 6 days due to Type-1 Diabetes. Dr. Gariaev then removed the pancreas from a healthy rat.

Then he shined a non-burning green laser beam through the healthy pancreas on to the rats poisoned with Alloxan. Amazingly, the rats who received this novel treatment showed full recovery. They continued to live like perfectly normal rats. Three different research projects in 2001, 2002 and 2003 replicated Gariaev's findings. The green laser beam as well as our thoughts is a form of photo-electric energy. Patanjali had described that a single-point laser beam focus of positive thoughts could be created by the technique of *Vruitti Nirodh* (restraint of one's instincts) and one could achieve the conquest of

ageing NC diseases. The experiments of the practicants of Rajyoga meditation taught by the Brahmakumaris organisation also endorse the efficacy and importance of thoughts in healing both mind and body.

In short, beware of what kind of thoughts your mind is having and where it is visiting, because sooner or later your body shall follow it there. Mindfulness Meditation Programme as taught free of cost in Sir J.J. Hospital, Mumbai, could easily give you a disease-less state with delayed ageing. Incurable disease means whose cure lies within and the word **"Healthy" actually means "Heal Thy."** ●

MEDITATION AND HEALTH

Each original quality of the self or soul is specially required for nourishing and empowering one human body system. The quality of peace is responsible for taking care of the respiratory system, joy for the gastrointestinal system, love for the circulatory system, bliss for the endocrine system, knowledge for the brain and nervous system, purity for the immune system and the five senses and power for the muscular and skeletal systems.

Each one of us has at least one body system, which is most prone to disease. When our mind is under the influence of stressful emotions, there is a decrease in the flow, from the soul to this body system, of that quality which is required by it for its nourishment, which leads to the development of disease in this system over a period of time e.g. when an individual with a weak respiratory system is in a negative state of mind, there is a decrease in the flow of the quality of peace to the respiratory system which in turn can lead to a disorder like asthma.