

A Research on Relationship of Public Health Care, Modern Medicine with Classical Homeopathy and Classical Ayurveda with A Conjunction in Siddha Medicine, Sunya Medicine & Classical Hatha Yoga in Holistic Health and their Issue and Challenges

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Abstract—*'Health is within us not outside. So, we must know how to decorate what is within. If you have given yourself to others to fix what is within you, can be a disaster indeed'*

The classical forms of 'MEDICINE' as we are teaching now has not happened now, it has been happening since millennia. This is a lineage where nobody left a signature on MEDICINE . So, what makes something as classical is the period of its existence-if in a specific form, it has existed. Another thing is- it has the substantial body of literature written down by many, exploring various dimensions of it. This is a lineage who clearly understands that we are dumb idiots. When you know you are a dumb idiot you will not try to change anything, you will not talk about Innovation. Only when People think they are smart, they always have to make something of their own ; they have to leave a signature. But in this lineage, nobody left a signature. But today's world is they want -only brand. If a person had no college degree, or a highly sophisticated university degree, they will not be hold as the brand. So we are calling it 'Gath Medicine'. But it should have been named Classical medicine & classical Hatha yoga, no frills, no addition from us, it is just the way it was and its potential is limitless. Here it is, we can codify it in many ways, we can teach it to you, we can put it in the form of energy, we can make it in so many ways. So in this context, the application of it is limitless, so it has a body and its age is also timeless atleast in human perspective. So, That qualifies for Classical Medicine and classical hatha yoga because these two go parallel and for the body, mind and emotion. MOREOVER, in parallel line we have Sunya medicine, a new-generation medicinal system with us.

INTRODUCTION:

Understanding the mechanics of the body, mind & emotion, creating a certain atmosphere, and then using Medicine and asana for the system to drive your energy in specific directions is what classical medicine and hatha yoga is about. There are other dimensions to this, but to put it in the simplest way, just by observing the way someone is sitting, you can almost know what is happening with him, if you have known him long enough. The body can become a means for your spiritual growth or it can become a major barrier. Suppose some part of

your body – your hand, leg or back, for instance – is hurting. When it is hurting badly it is hard to aspire for anything higher because that becomes the biggest thing. Right now if you have a backache, the biggest thing in the universe is your backache. Other people may not understand that, but for the person who is going through it, that is the biggest thing. Even if God appears you will ask for your backache to go! You will not ask for anything else because the physical body has such a power over you. If it is not functioning well, it can take away all other aspirations from your life. Whatever you may fancy, all your longings just disappear once the body starts hurting – because to look beyond that takes an enormous amount of strength, which most people do not possess. There are thousands of people who have come out of spinal problems, epilepsy, brain tumor, neurological or endocrinological. Doctors had told them they would definitely have to go through a surgery, or just palliative for the rest of their life but they never had to. Your back can be restored to such an excellent condition that you will never need to go to a chiropractor. It is not only your spine that becomes flexible; you also become flexible. why i am talking specifically about spine is because this is the antenna to the rest of the universe. Once you are flexible, you are willing to listen, not just to someone's talk; you are willing to listen to life. Learning to listen is the essence of a sensible life. Dedicating a certain amount of effort and time to see that the body does not become a barrier is important. A painful body can become a major obstacle, and so can a compulsive body. Simple compulsions, whether they are about the body wanting to relieve itself or of lust, can rule you so strongly that they will not allow you to look beyond; the physical body becomes a major entity. Body is only a part of you; it should not become the whole of you. Classical medicine alone or with Yogasanas level the body down to its natural place. Another aspect of Classical medicine and Hatha yoga, when one wants to move into deeper dimensions of meditation, is that it allows for a

higher possibility of energy. If you want your energies to surge upwards, it is very important that the pipeline of the body is conducive. If it is blocked, it will not work, or else, something will burst. Preparing the body sufficiently before one goes into more intense forms of meditation is very important. Hatha yoga ensures that the body takes it gently and joyfully.

For a whole lot of people, spiritual growth happens very painfully because the necessary preparation does not happen. Most human beings have unfortunately let themselves live in a condition where the external situations mould them and direct them. Whether it is wisdom of the world or spiritual possibilities, they get the point only when they are knocked around by life. Even then, only some become wise; others become wounded. It is this possibility of transforming a potential wound into a source of wisdom that leads one to a state of freedom. If one has put in the necessary preparation, it can be a very pleasant and wonderful experience of growth. But for a majority of the people in the world, growth happens painfully; very few people grow blissfully. It is becoming a norm in the world that growth must be painful. It can be done blissfully, but because both the body and mind have not been prepared, all changes happen painfully. So, asanas prepare you for growth and transformation by equipping you with a solid foundation. But there are some, who just do not want to even move their body, they hold it as nonsense, for them it's better if they keep lying in the bed and do their household work but still they want to expand in a certain way possible because this life waits for none, it wants to expand then medicine comes as a very significant way in them to break certain patterns of body, mind and emotion. Today, the hatha yoga and different medicinal streams that people and doctors get to learn is not in its classical form, not in its full depth and dimension. Largely the "studio yoga" and the medicinal practices that you are seeing today is unfortunately just the physical aspect of it. Just teaching the physical aspect of yoga and Medicine is like having a stillborn baby. That is not only no good, it is a tragedy. If you want a life process, it needs to be taught in a certain way. Hatha yoga does not mean twisting your body, standing on your head, or holding your breath. There was a time when I was personally teaching hatha yoga mixed with martial arts and self-defence as programs, and using classical Medicine for breaking certain barriers. People would burst with joy; tears of ecstasy would flow simply by sitting in a certain space with certain disciplines. That is the way yoga needs to be done. Unfortunately, the hatha yoga and classical Medicine in the world today brings peace for some, is healthful for others and a painful circus for many. Just simple postures and the wisdom of using Medicine of what & when, makes the difference from the technical use of it.

METHODOLOGY:

By practicing this profound science, one can change and enhance the way they think, feel, and experience life. All the

problems people face can be basically categorised mainly in three types:

- **Adi bhautik (Physical)**- Related mainly to body; e. g. hunger/thirst, snake bite, wars or fights with other living beings
- **Adi Devik (Divine)**- Generated by Prakriti, e. g. Extreme weather, earthquake, excessive rain or lack of it
- **Adhyatmik (Spiritual)**- Related to the Mental plane, e. g. anger, greed, infatuation, recurring doubts, infidelity etc.

These problems are also inter-related. Adhyatmik cause can turn to bhautik and vice versa. Or they could also be combined in a particular case leading to increased intensity. If you have observed yourself, when you are angry, you sit one way; if you are happy, you sit another way; if you are depressed, you sit another way. For every different level of consciousness or mental and emotional situation that you go through, your body naturally tends to assume certain postures. The converse of this or to act for it is the science of classical Medicine and Yogasanas. If you consciously get your body into different modes, you can elevate your consciousness. It is in the use of Yogasanas and classical Medicine, One can break certain barriers as one wants. In this world, human form is the only one with Karm Yoni (one who can create intention of action) all other beings are all in Bhog Yoni (all other just pays off). In other words, getting birth as a human is an immeasurable blessing. Only human beings are capable of attaining ecstasy or nirvana. Even modern science is saying the same looking to its sophisticated neurological system comparing the other forms on the planet. But, if we do not know the use of such sciences, it would be hard for us to break simple barriers. Depending upon the nature of the Medicine, and the way how its energy works, if it is delivered in the system from superficial to its entire depth these medicines can work. There are many formulations to them. In a simplest way, we can say, a person who is thin must know how to take the Medicine and when, if they do not know it, behaviours on all the different levels can get altered. When you eat spice in a certain weather, it acts in a different way, when you eat sweet in a certain time of day, it acts in a different way in the system. A medicine can be used in various ways looking at the nature of the disease. Arsenic can be used to treat meniere's disease, in another it can be used for someone breaking the barrier to go deeper into meditation. If it is used with honey, it acts another way, if it is used with alcohol it acts another way. If the doctor has certain mastery over it, it acts another way. Like in Siddha, the way it is being portrayed in the medical system, it cannot bring the highest result. No doubt it would work great but only the physical ailments can be touched that way, health can never be attained in a holistic way. What is working for the system, we call it alternative but what is working against the system we call main medicine. But that does not mean we should not use certain medicine against the system, No we have to use anyway if there is no science about the system; every science is dead by now because we as humans are so

trapped in our Intellect -the world is full of all types of information but no intelligence in it. Intelligence has been bypassed. It is simple stupidity to make them use, even if we know it does not work like that. Everyone knows plastic is dangerous if it goes into the system, everyone is talking as if they really care about their health but at the same time they are the one brushing their teeth in the morning of plastic fibres. Everyone knows that this system needs Oxygen mainly, but in remotest village may be people do not know what is Oxygen but they know Cold drinks. If such is the awareness of the people of the nation, we do not need to talk Medicine, it is ok we are using Medicine when it is needed but mainly we have to look at raising human consciousness and we have to bring certain changes in medical education, the way it is being taught. We know what is a medical college, what we are being taught in the college. From 1st year to the last we are only being taught about each and every disease, but we know nothing about health. We know where is heart, where is kidney but we do not know anything about it except the anatomy, physiology and biochemical reactions in it. That means we are just working on the physical level. Now modern science is saying about 3% DNA and the rest 97% DNA as junk DNA. Only 3% DNA in human is active, the rest 97% does not understand your language anyway, it has its own way of embodiment, what scientists call it the junk DNA. In india, every things with fire we do is to make a certain communication with that 97% of the body, as it is the doorway to the ultimate. So, whatever you do, whether you eat, cycle, exercise, or anything you do, you would do that with just 3%, AND if the perception of this percentage is so low enough, anything you do, would be accidental indeed. Unless, you crank up the percentage, even if you toil hard to find expression, things would only be accidental. If someone asks us about a disease we can say whatever is in our mind we have studied but about health there has been no teaching on human mechanics. First this then that- first you must know -where you came from ; where you will go and what is this system about and how it works, not only by books but also by living it. So we need disciplines who will be helping the medical doctors working on those arenas of life. The medical course is so small, even the doctor community from America they are saying it. They are planning for 12 years medical course as a proper way of knowing but without knowing yourself first you cannot know other things. You may memorise it, you may look smart with a tie in neck in the hot weather but, the essence of knowing will be lost, you will feel loose within yourself. When you would be complete by knowing as experience within yourself, you would feel fat even if you are thin. We have in us the projector-the projection -the film. All in one form. The classical medicine works on all level depending upon what kind of a master you are. It has been years we are working on these and we can show you hundreds of people walking in the street with joyful face just with simple medicine, it is not a rocket science ; it was always there. It's like only when you move your hands in the air, you

can feel the air or else you did not even know there was air. The grace is subtle, if you want to touch grace, you need to invest your life energy and time into it.

SIGNIFICANCE:

Your courage to experiment with the truth will liberate you. Every superficial disease has a deeper cause to it. If only you can clear that of your deeper disturbances, in the level of energy and mind, you can live dis-ease free. And, i heard people saying best doctor vs patient. Everyone wants to go to the best doctor. If they do not get what they expected they will beat the doctor. Can you imagine in what level of awareness we are in. But doctors never cure the patient, its everything on a patient. Doctors just give them a treatment, it is not the medicine which cures you, medicines are just clearing up ways for something else to work. Moreover, patient must have the commitment to say out to the doctor what ailments or diseases she is having since birth. Since birth? Why so? If you are asking me why? I ask you again, have you read the user's manual? The human machine is so complex that just 5 years of studying medical books, do you think you can gulp up everything? Gulp up will create knowledge and knowledge is ego enhancing. You would just be in your own big plate ego that You are now a doctor but infact you have just become the big ego plate, nothing more. So, basically, a doctor would listen to his patient, patient will blow everything up themselves, just wait and watch: the best doctor would be who has patience to listen to his patient. A public health care basically means the doctors must take care of the whole-physical, mental, emotional, psychological, spiritual. But, unfortunately, a public health is working like a hospital where only the medications and scanning are happening-No health education, no public awareness about this human mechanics- This is a poor way to handle medical system. A whole lot of humanity is moving toward the idea of " Quick releif " and they are moving toward an unconscious and an unexpected death at the end. Death should be conscious, anything which is unconscious will make you suffer. Anyway death will bring you peace, you need not worry about peace from ultimate relief. It is the fear of the unknown, which is putting humanity on this idea of "fast track", without knowing the fundamental nature of this human mechanics. When we talk about this, it has to be at all levels of body, mind, emotion, psychological, energy wise, all about everything has to come in alignment with each other so that they do not act against the basic intelligence of this organism. Once you will see as the fast relief -the ultimate way, naturally this system will become restless because it will now want to do everything fast, naturally the metabolism will keep itself at minimum of 25% higher than normal, so will the respiratory rate go up. And as the rate will start adding up, more restless will be the situation indeed. With restlessness, there will be inertia in the system. Inertia means meaningless fire in the system. Too much fire without necessary balance with the other elements in the body, will cause things for instance one way we can see like of

cancer cells getting organized in the system. Once there will be proper organisation in the system in one place there may be tumor or carcinomas. Higher will be the breathing rate, more conflict you will be in because the intelligence of the system will lie low, the perception of the cells to perceive regular syncs will come down. The system works its best, when there is an optimal warmth in the system that syncs with your breathes. Without proper warmth, the system will start to malfunction. Without knowing things about how this system is functioning at its highest way, if we go on with the idea of fast relief, we will not only bring misfortune to ourselves, also we will be creating realities accidentally not by intention. A life without intention to create what it wants, is a sin. Once conflict will arise, you see a whole mass of humanity who haven't taken charge of themselves will be in the back street for addiction. Whether it is chemical, physical addiction, addiction with clothes, with food, all about everything will show up. If you do not know how this system works, you can push this creature to spoil. From creature to become a human, you need a vibrant body, an open mind, a loving heart and an intensity of energy. If the demand will call in, and you cannot supply it, you may even kill yourself, thinking away of life itself.

Though western medical system is simply biology now, it first started with physics as its backbone. So the doctors are being called the physician. But, over the period of time, things have changed, people have put their own ideas according to their own perspective. Once, only logic is predominant in the scientific realm, science will be reaped of its own essence. The physicians are only called in for biology, there is no place for physics because we have lost our simple sense toward existence. Humanity is more steeped in the quagmire of their petty ideas and psychological realities, they are forgetting that because there is physics is there biology, not the other way round. First we must come to terms with the physical laws of this existence, first we must know protons, electrons then comes the form. The first form in this existence is 'SOUND'. If sound is happening out of no form, we are saying it light because we cannot see it unless it is being stopped by a previous form of sound, And that sound would have been created from light again and it goes on like this. It is not such that the reality of this existence is light itself. If we move from light, we will enter the state which is metaphysical in nature which all the traditional system of medicine depends upon which is the source of this physical existence. But, unfortunate to say, because generation after generation we are producing less sensitive people, we are killing the metaphysical laws or Quantum bylaws. To put to the world the approach of ayurveda, siddha etc. we must have sensitive people who would invest their whole life into it, not just 4 years of study. That is the reason you may have heard homeopathy, ayurveda, siddha it may have worked well with one doctor where it did not work well with the other doctor. Because we must have to know it is not just about the chemical composition of the drug what works, it is also about the doctor who is as significant as

the medicine. If you will be too much into logic, a more logical person always has to be around you to always put you on track. So, we are producing more intellectual people and ultimately we are reaching a stage now where logic cannot penetrate. The symptomatic way of approach as the only way has to go or else in the coming years all the medical colleges might have to close down because AI (artificial Intelligence) will diagnose and treat you by itself. So it is time, young doctors must focus on how they should be able to look beyond symptoms. It is time, a new dawn for humanity should arise because once something will fail you, you will be challenged. Challenging situations are possibilities not problem. Problem is if nothing new happens to you. First of all, to bring awareness, we need a basic understanding in the level of conveying education. Education is not about supplying information to human minds. The general idea of education is I am here ; I have to achieve there. If such is the nature of education, invariably parents are teaching their children to go out of their mind and achieve things. If our children will be taught from their childhood this way, it will take another cycle to come in terms with solution per se. This is time, we move Education to a more holistic approach not by giving philosophy to a child but by proper technology of how to take this human machine to the highest level, to the peak of evolution so that there will not be any contraction in body and mind of the child so as to perceive life the way it is. The essence of education is to enhance their perception in such a way that a blade of grass is as important as the coconut. It is not less important ; it is different that's all. Talking about health itself, Health is when every cell in your body is bouncing with joy, not just disease-free as such. When we look at health, we are basically talking about the human mechanics which is not just physical in nature. As there is sufficient demand of your physical body, so is there the demand of your mental, emotional and the well-being of your spirit. We cannot ignore one and keep going with the other faculties of this system. The human system is मनोदैहिक . It means things which arise as vibration as simple as a thought get settled down in your body as a manifestation process. Today, a whole lot has been going after the Yoga manifestation, it is in their minds that manifestation is not happening. A thought is a vibration. Vibration attracts vibration. So, what they want is not happening the way they want it because there is too much fuss about everything. Too much informations will confuse the system. Just notice if you eat meat, the system works in a different way, and if you eat plants it works totally in a different way. If you keep this system at minimal jerk, you see there is not much confusion happening in the system and so the immunity and the intelligence shine. Similarly, what we call as body is the play of certain organised informations, what we call as mind is at different level of information playing itself out. Just imagine you took a dip in a tank of adhesive and you are asked to get out and do all kinds of works- you went to your office, meet a friend, went to the restaurant, met new friends and finishing

everything you came back home. Can you imagine what a mess you would be? It is not that you have created mess of your own. It is just that the stronger the adhesive, harder it becomes to peel it. Similarly, if there is no free flow of energy, if there is constraint in the intestine we call it constipation, same way, if that happens in the mind, you become a porcupine. At about everything, you are ready to give reactions making the mental body gross in vibration and when you attract more gross, you become like a stone. So, you have managed to live while you die- this system does not work like that.

Today, Quantum science is saying this human system is a holographic expression continuum of Thought, emotion and action. It has to be three together, to make this system work because of magnetic and gravitational force working in the universe. So, to say if we are focused to bring well-being in the body alone, there will definitely be imbalance in the system. First, humans have to reach a certain level of understanding in their mental consciousness, then if they work it out in actions manifestation will naturally happen. But what will you manifest? If you are given the right to create your own destiny, can you be conscious enough to create it or you will think this is enough, to live sensibly is big job, people do it hardly than to live unconsciously and give premium to the term God- 'God willing' and you do not know when the damn God is willing. People are coming up with different excuses if you tell them to live sensibly. The most cunning or an intellectual person would always say you not me. If you want to live life irresponsibly, in an insensitive way, you can do that, the creation is such magnificent that you are allowed to do whatever you want with your life. Take it as a compliment that you can even forget about the creator. But if you do that the intelligence within you, which is willing to expand in a more inclusive way will play the same game with you, because the laws of nature have to work.

Allo means opposite, homeo means like. Modern science says if allopathy has to work on human body, it has to work opposite of its symptoms as it brings certain relief to the system. But, too much of relief means nothing new can happen there. You will start to snore. So, they came up with Homeo - which follows the law of similars. It means if you are restless, it will make you more restless, until the slots of information burn itself up. But, too much burns can put you off, so there are other systems like ayurveda or Quantum bylaws or Yoga itself which is basically a preventative way, a way of life to lead so that you do not have to deal that way and health can be taken care of consciously. But, to be conscious is itself a big job for people now. They think their work is of higher importance, so they do not have to do it consciously, they want to do everything unconsciously. If you think your job is much important, you must work on yourself first otherwise your job will be sick as you are- ready to freak out at about anything- people haven't known stillness within themselves. They seem to be still when they sleep, at least the

body remains paralyzed, so they want to spend their life sleeping when they are little disturbed. We came here on earth to experience life, not to experience stillness by sleeping. To become still there are other better ways where your system will not demand much sleep, the sleep quota will naturally come down if you work on the intelligence of this system. Sleep means inertia. The ultimate inertia is when you die. Sleep is just a smaller version of it. Sleep is when you fall dead in the bed and you wake up again. Dying is when you would never wake up again. That level of inertia you have created in the system. Does it look sensible talking about health? It's time you work on this system. Time is ticking away, something magnificent must happen before the last moment, you fall dead as death is a passing by. It comes to everyone, it is free, you must know how to enjoy death when it's coming. BECAUSE, once you know that you will die, that it may come anytime, you do not have time for foolish acts, Time to do is Now.

To create a culture of inclusiveness in the workplace and where we live. Individuals becoming more inclusive in the way they act and function is something fundamentally needed in the world today. Highlighting the tragic events that have happened around the world over a period of time, there is the need to move beyond personal identifications and move into a more expansive way of experiencing life. Medicine means an intensive process, it should not be only about Drugs or medications as such. We need dedicated humans to make this happen. Our doctors must know and experience each and every stream of medicine not as exercise but as a life process, so that when different diseases will hit mankind, instead of limiting ourselves with just one way, we can give different approaches to health in a more expansive way in more inclusive and holistic version of it.

Conclusion:

With the history of human evolution, the evolution of medicine is at stack. Instead of giving medical system merely The physical approach, with the development of science and technology, we can delve much deeper into the human mechanics-different aspects to it, may be not at the same time but at least in a whole way. Everything we ever thought of, everything we did, any outside action we perform in facade first occurred fundamentally in the human mind. If such is the basic nature of our actions, what we think & what we do in our mind is of much significance. With the rise of technology we are capable of even showing to you now that 'Mind' is matter. What we cannot see does not exist- this is the crown of ignorance a human can wear at best. If we keep looking at the body for the seed of disease, eventually we may have to go down the line of evolution, and one day you know that there are other faculties to this human system-body is just a consequence of different factors playing from within. Only when the body is not at certain level of ease, we say dis-ease, anyway the mind was suffering since long-body is now

materializing them word by word. Today, modern science tells you beyond any doubt that the whole existence is just energy manifesting in so many different ways. What you call as creation is the same energy from the grossest to the subtlest. As you make it more subtle beyond a certain level of subtleness, you call it divine. Below a certain level of grossness you call it animal. Further below you call it inanimate. When we talk about medical system, we are basically referring to this human system not just the body. As the system has other dimensions to it to create the body, if we do not want to see the subtler dimensions, maybe we are just intrincating different pathways which is not really medical to look at-because medical should be WHOLE. . Why i say this is- a human does have imagination but too many disorganized ideas will intricate THE MIND, what you think as your wildest dream can be a nightmare too. This is the first time on earth, the kind of luxury and comfort we are getting, which we could not think of 100 years back, if we will not look at the system now, then when? If we can remind our self-Man is mortal, maybe we work sooner-the better not for you and me alone but also for the next generations to come. Even if we do not know other dimensions to this system, we know we have the body, we have the mind & we are the play of energy and time, what you call as YOU- your health including the basic three. So, its time we not only look at just the body for the seed of disease we also have to look at the soil-the pertinence of it. Next, we move towards other environmental factors, giving life to the soil. What you call as soil, is the same mud for the food you eat-the food you eat is the body you have become, so certainly if the soil is not nurtured properly, we cannot really talk about genetics of the body, because what you call as My body is just a continuation of breaking of your food into a human.

So, to create this organism, first we need people who are dedicated enough to life itself, because this is one life- not your life vs my life. You do not have such -as my air vs your air. This is a living cosmos as ONE consciousness. Sooner we realise it the sooner we can make a blissful world. So, we are working in the medical centre which mainly works in the promotion of health and prevention of disease (from subtle to gross)-.

Either you can know HEALTH or you know names of DISEASEs-Choice is yours

We must know this, Health is not the absolute thing, it is subjective, depends on many factors, if we are not ready to look into it, there cannot be health as such. This is a continous exchange what we call as human system with the larger system. If this human geometry will only be in sync with the larger geometry can there be health or we will never know health- the completeness within us. We must be ready to sip in more life into us. Instead of running away from life its time you face it. Running away from it will make you fearful to the life process itself, accepting it and seeing what changes to be done will make you wise.