

Research on Water Fasting and it's Crucial Relation to Vigour, Constitution and Human Health

Dr. Partha Pratim Kalita

MD Medicine

Arkad Medical Research Quantum Hospital
AMRF Complex, Gatih Yoga centre, Assam, 781334

Abstract: *Water is the most crucial element on the planet earth. It is the water which is flowing through each and every living being. We are not seeing water as a substance, in fact, as a quality of life to look at. All human emotions are due to this effect of water. Whether blissfulness, ecstasy, anger, agony, misery or you name it, all are fundamentally centring around the effect of water in this human system. Because emotions (energy in motion) are fundamentally memories, water helps them to organize themselves into places with the help of Air element in the system transforming themselves by fire in the system to Akash element or cooling down into earth element.*

1. INTRODUCTION

If the water we consume is having negative ions in it is more significant to flush out the toxins of the body. As we know the water produced in the human system is full of negative ions, which gives water the effect of distillation, can pull out positive ions which are basically the toxins within the body. Distilled H₂O produces a negative ion charge inside the body which is alkalizing. All pathogens and inorganic minerals found in the body have a positive charge. Distilled water, with its negative charge, binds to the positively charged acidic waste and flushes them in the elimination channels of the body.

Because water can pull out toxins, it can make the body toxin-free. Also, it cleans the residual impact of certain memories in the system making the system lighter than it previously was giving it strength and vigour to the system. Following this, naturally, the metabolism of the system comes low, and thus there is an ease in the system. It has been observed that as the metabolism increases the heartbeats increase proportionally. It is said that if you are having heartbeats around 50bpm, you are in sync with the planet. If it goes around 60bpm, you are having little fluctuations of the mind. If it goes around 70-80bpm, you have a disease. If it goes around 90bpm, you are having issues with the system. So, lesser is the metabolism, lesser is the friction happening in the system. Lesser is the friction, less likely the vital force within the system will get

influenced and thus stillness prevails. Without stillness, there can be no vigour in the system. Stillness is a different type of dynamism whereas activity has the dynamism of its own variety.

2. METHODS

Water fasting may just be an idea in the human mind but to really implement that you have to strive. As you know the quality of water is connected with the senses, the law which regulates the mind is itself not physical in nature. If it would have been physical, you could have taken charge of it as you control your physical body. But they are of totally different laws which guard the phenomena of mind and thus of the very energy system. So, water fasting happened to be so significant. Because as you can take charge of the consumption of water and its variability with other foods, the quality of water changes too and in turn the very energy shifts into the neutralisation curve. If you can bring a certain dynamism in the system by selective action and conscious strategy, you can thus take charge of the very energy in the system. There are two different kinds of energy. One is Riddhi; another one is siddhi. The energy which regulates the natural reflexes of the physical system is the riddhi and the one which regulates the inner dimensions of the system which goes deeper, and in fact, beyond the system is Siddhi. Food is necessary if you are into mere survival process, but if you have mastery over certain physical laws, or gone above physical laws, consumption of food literally comes down. But if you talk about water fasting you need to have a different mastery over your physical system, not by forcing it to do but naturally as in the evolution of the system should happen.

3. SIGNIFICANCE

Two definite centres are connected. The tanmatra of the two energy centres are the same. One is in the throat region and the

other is in the sacral region. The type of food you consume influences the very perception as in how the body behaves around certain type of energies. Depending upon the Sattvic, Rajasic and tamasic kinds of food, your body will behave a certain way. If you manage to do water fasting, the energy centre in the heart, which is defined by two intersecting triangles, floating above the stomach region naturally goes up covering the throat region. Thus what you want it manifests itself into your reality because this is the vital function of this centre. Because this is triggered by sense perception of hearing, what you hear, by becoming mindful to it, you can thus materialise in your reality. If you are not mindful what sonic vibration you are putting into the system, you can create a mess in the system because this centre works as a filter to the rest of the system. Basically, it filters out what the system does not

require. Such is the significance of water fasting in the system. Either you act this way or you can directly act on the throat region, which takes striving. So, people who want to work in this region, they are also suggested water fasting. On the whole water fasting has subtlest, subtler and gross significance in the system.

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