

# Exploring Sciences and ways to Approach Human Mechanics as one Happening in a Holistic Manner Bringing the Human System into zero-energy Field 'Shoonya'

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**Abstract**—A whole lot of humanity is moving toward the idea of "Quick & Guaranteed 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 relief in the human mechanics. When we talk about health, 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 We will see as the fast relief -the ultimate way, naturally this system will become restless because the metabolism will keep itself at a 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/friction means unnecessary 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 a proper organisation in the system in one place there may be tumour or carcinomas. Higher will be the respiratory/pulse rate, more conflict We will be in because the intelligence/normal activities 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 our breaths.

## INTRODUCTION:

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 disasters. Eventually, Whether it is chemical, physical addiction, addiction with clothes, with food, all about everything will show up. If We do not know how this system works, We can push this creature to spoil. From creature to become a human, We need a vibrant body, an open mind, a loving heart and an intensity of energy. If the demand is created, and We cannot supply it, We may even kill Herself, thinking away of life itself. Over a period of time, things have changed, people have put their own ideas according to their own perspective.

## SOONYA:

Once, only logic is predominant in the scientific realm, science will be reaped of its own essence. We are forgetting that because there is physics is their 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 to the form. The first form of this existence is 'SOUND' then comes 'LIGHT'. 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 We may have heard homoeopathy, 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 We will be too much into logic, a more logical person always has to be around to put us on track. So, we are producing more intellectual people and ultimately we are reaching a stage now where logic can not infiltrate. 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 us by itself. So it is time, We, doctors must focus on how they should be able to look beyond symptoms. It is time, a new dawn for humanity should ensue because once something will fail Us, We will be challenged. Challenging situations are possibilities, not a problem. Problem is if nothing new happens to us. We do not want people to be miserable, we want them to be blissful at every moment of our living.

### **CONCLUSION:**

What life throws at us should not change fundamentally the state of being we are in. But, if We want to do foolish things with life, if We have not yet realized the significance of us being alive, and want to be trapped in our petty Psychology, only a fool can imagine of that. If We are a fool, and We want to act against this basic intelligence so-called life, it is good that We are miserable. Only when We will be miserable, We will want to get out of it, or else it will soothe us and We will fall asleep there.

### **REFERENCE:**

- [1] <https://www.ayurvedanama.org/foundations-of-ayurvedic-psychology#:~:text=Ayurveda%20traditionally%20covers%20health%20and,a%20foundation%20on%20both%20levels.>
- [2] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3215408/>