

Exploration on the Co-relation to Human Health with Psychology Webbing Ayurveda in Essence to Shoonya

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Abstract: As we talk about the sanskaras, we must know the fact that the study of these sanskaras is the only way to platenly disrupt the existence of the various traits in us. These are the traits which are forming the very thought process and the emotions in humans. If there is no flexibility of mind, there cannot be any flexibility of the body. The body will become rigid and you may see rigidity of the body will come in the form of lactic acid hyper production in the system. More is the acid content in the system which should basically be an alkaline run, more is the tension on cisterna chyli or in fact the whole lymphatic drainage to lose out toxins. As the mind is receiving a blow from outside, so as the body generating chemicals inside. The mind always goes into looping realities, so will the body generate tensions and chemicals producing hyperbolic diseases. The lowest energy frequency of the system is the grossest in the system, which we tenure as the body, which has a definite form and has got its own geometrical contour followed by the mind and emotion respectively. These three has to work in sync so as to maintain a balance in its resonance. As is the food so is the mind; As is the water so is the speech. So, it is must as we keep our body intact with proper foods, so we keep our mind intact with proper Shoonya techniques. The best state to be in is shoonya, that is the state of nishtha.

1. INTRODUCTION

The idea of psychology is to discrete the very own patterns of mind, entangled with. Because when the body metabolism will come low, the vibration or the projection of the system will come low. With it, the propensity of entering too much into patterns of thoughts and emotions is a natural scene. Psychology is about the study of how the mind is creating looping realities around our thoughts and emotions and in turn the body and in fact, on the whole, the entire energy system. If we need to work on Shoonya, Quantum physics, Yoga first we have to come in contact with different fire system in the human body. As we talk about Jathar Agni, it is the fire which is responsible for digestion to happen which is connected with the concerned Vata and Kapha types. Once jathar Agni is well maintained, There comes into the scene of Kama Agni. Then

we can go on with Chitta Agni, Bhuta Agni, Sarvagni, which is the highest of all forms. Without the knowledge of Ayurveda, we can not even talk about Shoonya, Yoga, Siddha, homeo etc and for it to happen, for a person to stand on his own strong and secure foundation, You must have a profound psychological foundation. Without it, there can not be any spirituality because for a spiritual process to happen, you must be balanced within yourself, with your thoughts and emotions.

2. METHODS

Methods working for human well-being has been designed so as to touch each and every aspect of life so that from psychology to bliss Shoonya can work in its essence. The way psychology is working is very rudimentary to look at. To give psychology a spiritual boost so that it helps not only the mental ailments but also helps your own discretion process to get strengthened is what we are working on. Not only the patient, but the doctor should also get inspired talking about the science of psychology. It is not a mere study of the ailments majorly, it is about how the psychic impressions have been stored in the different Nadis in the system. If a doctor himself is susceptible to his own thoughts and emotions, what well-being is he talking about to the patient who is more unwell on a mental basis? As we talk about "Shoonya Brahmastra" (the science of using sounds selectively and consciously), in other Shoonya Research papers, without a strong psychological foundation, you can not even use words consciously. So to use your own thoughts and emotions should have been a profound idea in psychology not just the patient, but also the doctor himself/herself.

E.g By Psychology, we can have a good grab in his mental well-being, using that we can see the ayurvedic classifications of dhatus like Rasa-Rakta-Mamsa-Meda-Asthi-Majja-Shukra. With this, we can even lessen the blood tests we basically do. This diagnosis has been used for a long time back. It is a

preliminary test before we do a blood test. Not only this gives us a whole schema of the system, but also we can see the prognosis of the disease. We can see how and what is the cause of this disease. Because when we do a blood test it is rarely possible to reverse the disease because it has been already manifested into physical but if we can have a proper hold before even a definite sect of disease enters into Rasa, there are further chances of claiming the ownership of the recovery because once the potential energy moulds into a form, it is hard to deform it and create a new hyperbola in the system.

3. SIGNIFICANCE

Psychology in Shoonya has always been a diamer in the human system. In this system, we have three definite forces acting -

1. Thought - the potential energy
2. Emotion - the Magnetic force
3. Action- the Gravitational force

If we know what and how psychology works, We can definitely go for a Quantum Manifestation, any intended hyperbola in the system can be formed and created, the way we want it. At the same time, in Yoga, the discretion method of Jnana yogis or yoginis can be made stronger the way it is been delivered to the public. People must not go this way or that way, we are humans, we can selectively choose what we need for our own well-being. We, humans, have the likelihood to manifest anything we want. Because we do not know the science of Shoonya, Quantum and because psychology had been stigmatised by persons, we do not know how to handle our own thoughts and emotions. This is must if we talk about higher forces to act on our life.

REFERENCE

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