

AYURVEDA AND QUANTUM SCIENCE OF CONSCIOUSNESS FOUNDATIONAL BLOCKS OF QUANTUM INTEGRATIVE WELLNESS

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ABSTRACT

This paper is an earnest attempt to examine the theoretical and philosophical framework of health and wellness based on the ancient health science of Ayurveda and the modern Quantum Science of Healing emerging out of new scientific understanding of how Consciousness works in life events. Sangeeta Nehra is a highly qualified and experienced practitioner of Ayurveda and Anil Sinha has long years of exploring the Quantum Science of Consciousness and Vital Energy Technologies like biofeedback, Radionics and Coherence for developing applications related to human health, wellness and performance. Together they have tried to formulate a cohesive

framework for understanding the commonality and differences of the two systems with the intention of offering a roadmap for developing and deploying a holistic model of healing and wellness in the larger and fast developing arena of Quantum Integrative Healing.

KEYWORDS: Ayurveda, Chaturvimshati, Dhatus, Purusha, Prakriti, Quantum Integrative Healing, Wellness.

INTRODUCTION

In recent times, the modern system of medicine and healthcare has grown and evolved in response to the imperative of tackling the challenges of newer diseases and health problems. On the other hand, we have witnessed a change in the expectations of the patients, healers & doctors and the governing bodies due to the economic and social costs of poor health. Scientists and thinkers across the board have been concerned to create a new paradigm for

healthcare that addresses the gaps and challenges found in the current system of medicine and helps improve the effectiveness of the healthcare system and various lifestyle parameters of wellness.

After a long period of treating the physical health problems as distinct and separate from the mental health issues, there is a growing awareness of a strong interrelation between the two. This is seen to be especially true in the case of chronic health problems that defy a satisfactory containment and reversal, restrict lifestyle in a significant way and put enormous cost on the individual and the society. We hear more and more about the Mind-Body medicine and its efficacy in providing holistic healthcare in a more effective way.

However, the authors feel that for this search for a new and complete paradigm for holistic healthcare, we have to start examining the foundational principles and look at the philosophy and models behind the ancient healthcare system of Ayurveda on one hand and, on the other, at the new and emerging paradigm of the Quantum Science of Consciousness that have been put forward by various modern thinkers and philosophers like Dr. Amit Goswami and others.

We believe that examining these two models, which *prima facie* appear to be similar and compatible in their view of the reality of the human mind-body system and the environment it operates in.

In the following we would strive to examine the philosophy, model of reality, organization and structure of the human life system and the healing approaches of these two systems of healthcare and wellness.

Review of Literature

Ayurveda- A complete system of healthcare with a long historical legacy

The ancient science of Ayurveda provided one of the most robust models for **Integrative Healthcare** that served the humanity well for millenniums till it receded from the human awareness as newer models of medicine and healthcare emerged in the Industrial and post-industrial age of materialism. A fascination with what appeared to be a quick fix and instant way of tackling health issues and providing a magical relief from apparent symptoms by application of synthetic chemical formulations gave rise to a tendency for giving less importance to the underlying root causes of a health problem.

This gave rise in the long run to the emergence of more and more chronic problems that required a lifelong external drug-based life support and slowly eroded the resilience and regenerative capacities of the human body to heal itself and the ability of the mind to coax the body to use its inherent resources effectively to stay in a state of homeostasis.

Let us look at the healthcare model provided by Ayurveda from a holistic perspective. The focus in Ayurveda is on the health of the body and not so much on the disease. As against the modern medical definition of health as *an absence of disease*, Ayurveda defines its two-fold objective as

1. Maintenance of Health in a healthy person
2. Relief from disease in a patient

Ayurveda is a Sanskrit word comprising of two words, namely *Ayus* (Health) and *Vid* (Knowledge). The compilation of Ayurveda texts has been done by ancient rishis (sages) like Charaka, Susruta and some others. Charaka has defined *Ayus* as a unified state of body (*Sarira*), cognitive organs (*Indriya*), mind (*Manas*) and soul (*Atma*). He has also talked about *Ayus* as the continuity of consciousness which is observed as life of a human being. Interestingly Charaka talks about the cognitive organs (*Indriya*) as a distinct entity rather than just as a part of the body (*Sarira*). This shows their special role as the key interface between the human body and the external environment.^[1]

***Sankhya Darshan* or Philosophy underlying the system of Ayurveda**

For understanding the paradigm and inherent logic of the system of Ayurveda, we need to first look at the underlying philosophy that provides a foundational basis for this science of health and wellness. The Indian Vedic thought system has offered a multitude of philosophies or *darshan* to describe the true nature of reality that we experience. Out of these, the most relevant *darshan* or philosophy is known as the *Sankhya Darshan* that provides a complete model of reality leading from the non-physical or subtle realms to the mundane, physical one.

Kapila, one of the legendary maharishis or sages from the Vedic period is considered as the first one who gave the logical arguments to establish the *Sankhya* system of philosophy. Literally meaning a system of “numbers”, the *Sankhya* philosophy gives a system describing a way of proper discrimination and discernment to acquire the right knowledge of things.

Sage Kapila scientifically studied the process of evolution to discover the real cause of the manifest universe. His conclusion was that something can never come out of nothing so there has to be a chain of events of transformation of things to reach the final manifest matter that we perceive. He discovered that *Prakriti*, which is unconscious with potential for creation, is the cause of evolution but it gets activated into creating the physical objects including the human body when it comes into contact with the cosmic intelligence inherent and with *Purusha*, which is the consciousness.

Following is an outline of the key elements of this philosophy and the model of reality as described by it:

Sankhya darshan views anything that changes, decays, decomposes or dies as unreal (*maya*). This doesn't deny the presence of such objects but only emphasizes that such objects are formed and deformed constantly from one set of attributes to another and in that sense they are unreal. However, there is an underlying essence or substratum that never changes, dies or decays and that is the only thing that is real. It is akin to watching clay evolve into a pot, while clay itself evolves from specific combination of atoms, molecules and compounds which in turn have evolved from even smaller particles and so on. While the material involved in the making of that pot evolves from one form to another the previous level still exists. So eventually all the levels of existence are present simultaneously but keep changing their form from one level to another.

The human life system and body too follows the same path of evolution. While we see the physical part of the human body but it also comprises of various subtler levels of realities. All these levels co-exist on their own and also interact with each other all the time. These subtler levels of reality are products of an unmanifest, primordial essence called *Prakriti*. *Sankhya* provides the foundation for the model of human life underlying the system of Ayurveda.

***Chaturvimshati* model of life- Basis of Ayurveda**

Charak Samhita, one of the most well-regarded ancient treatises of Ayurveda, was compiled by Maharishi *Charaka*. It encapsulates the knowledge of the theory and practice of Ayurveda that he received from his lineage of gurus, the foremost being Maharishi Punarvasu Atreya who is said to have revealed this knowledge to his six disciples *Rishis* (*Agnivesh*, *Bhel*, *Jatularan*, *Prashar*, *Harit* and *Ksharpanni*), in a form of a series of questions and answers.^[2]

He described the most suitable model of human life that is amenable to provide a holistic method of healing a person, as the famous *Chaturvimshati* model. This model describes the living human body as evolving out of the interaction and organization of twenty- four distinct components. Hence the name *Chaturvimshati*, that literally means number twenty- four [24].

Table no.1. Quantum World View and Ayurveda Model of *Dhatuj Purush* for Integrative Health Care

[In the following table we try to outline how various aspects of both Ayurveda and Quantum healing map to each other.]

Quantum World View	Sankhya Darshan or Philosophy underlying the system of Ayurveda
CHATUR-VIMSHATI PURUSH [24]	
Consciousness is the ground of all being	Sarvam Khalvidam Brahman
All is one	Tatvam asi
The self -I emerges from this consciousness	Aham brahmasmi [purush and prakriti]
Brahman (Consciousness): Splits into two- [1] Domain of potentiality (subject) [2] Domain of potentiality (object)	[1] Purush (Chetan/ Avayakt) [2] Prakriti - divided in 23 parts- dynamic forms of every being within the consciousness.
Domain of Actuality/Creative Principle	Mahat/Cosmic Intelligence
Subtle World of All Beings	
Re-incarnation cycles/ Self- Identity (downward causation)	Ahamkar (Sattvic, Rajasic, Tamsic)
Bliss Body - Quantum self	Anandmaya Kosha – Atma (Soul)
Supramental Body Body of laws Archetypes/ Intuitions	Vigyanmaya Kosha- Causal Body
Mental Body (mental fields)	Manomaya Kosha – Manas [Mind]
	Five gyanendriya[hearing, touching, seeing, taste, smelling]
	Five karmendriya[speaking, holding, moving, procreating and eliminating]
Vital Body Liturgical fields/morphogenetic fields Organ structure & functionality Chakras	Pranmaya Kosha Panch Tanmatra [shabad, saparsh, rupa, rasa, gandh] Panchmahabhut Five Gross Elements -Earth, Water, Fire, Air and Ether
Physical World of All Being	
Physical Body (Physical manifestation) Manifested matter as a particle and a wave	Annamaya Kosha Tridoshas (Vata, Pitta, Kapha) Saptadhatu (Rasa, Rakta, Mansa, Meda, Asthi, Majja, Sukra)

Ayurveda limits the descriptions of *Purusha* and *Prakriti* as they apply to the context of a human body, the factors affecting its health and the external interventions necessary to heal it in case of a disease and to maintain it in a state of optimal health. It is important to emphasize this since there is also a larger metaphysical view of *Purusha* and *Prakriti* as elaborated in the *Sankhya Darshan* for a larger view of creation and life. As we will show in a later section that the theories involved in the formulation of the *Ayurvedic Sutras*, the infinite *Brahma* or Consciousness can be seen to operate within a bounded region of potentialities where the entire physical life emerges and operates. This is the region of potentialities (*Prakriti*) known as *Mahat*. The entire manifestation of physical creation in which the human life appears to be central happens within this domain of *Mahat*.

The aspect of *Purusha* that arises within this region is named by *Maharishi Charak* as the *Dhatuj Purusha*. The chain of events that follows by the interaction of this *Dhatuj Purusha* with the *Prakriti* gives rise to and sustains the human life with which *Ayurveda* is concerned.

The physical body is created, sustained and then re-cycled & re-incarnated after living for a finite time within a framework of 2 entities as defined by the *Chaturvimshati* model. These 24 entities are as follows:

1. **Purusha**- The eternal/intelligence that gives rise to life and all its facets by combining various potentialities available. In the context of Ayurveda, this *Purusha* is the *Dhatuj Purusha* which will eventually lead to the creation of a human life contained in a body comprising of the *Dhatus*, namely
2. **Prakriti- Mahat** -The set of potentialities available for the *Purusha* to choose from to create life.
3. **Ahankar**- The Self Identity that governs and helps the *Atma* to navigate through a particular life
4. **Manas/Mind**- Formed from Three *Gunas*- *Satvic*, *Rajasic*, *Tamasic*
5. Five **Jnanedriya** or Cognitive Senses- Hearing, Touching, Seeing, Tasting, Smelling
6. Five **Karmendriya** or Active Instruments- Speaking, Holding, Moving, Procreating, Eliminating
7. Five **Tanmatras** or Subtle Elements- *Shabda*, *Sparsh*, *Rupa*, *Rasa*, *Gandha*
8. Five **Mahabhutas** or Gross Elements- Earth, Water, Fire, Air and Space – *Tridoshas* (*Vata*, *Pitta*, *Kapha*)- *Sapt Dhatus*.

Rasa, Rakta, Mansa, Meda, Asthi, Majja and Shukra are the seven dhatus that get produced from the interactions of these twenty-four entities and become the building blocks of the physical body (*Sarira, Deha or Kaya*). It is in this body that the *Tridosha* (Three *Doshas*) principles operate. It is understood that the subtle turns into gross at the level of *panch mahabhutas* combining together to form the seven dhatus. So, the *mahabhutas*, even though referred to as elements, are not actually physical entities but rather like complex blocks of information that interact together to manifest as physical matter. This is the step at which the *Tridosha* get embedded as modifications of the information and thereafter become operational through the physical body.

Ayurveda provides treatment protocols that address the imbalances in these three *Doshas* and through that it addresses the entire finely balanced but complex entity- the Body-Mind system to maintain it in a state of health or to heal it when the balance gets disturbed too much.

There is some confusion over the use of the terms Purusha and Prakriti. *Sankhya Darshan* refers to these in terms of the first occurrence when the one Consciousness (*Brahman*) gets divided into two namely the *Purusha and Prakriti*. This is the first step in the creation of life as we know it. Purusha is the self- aware intelligence that chooses from the infinite possibilities contained in Prakriti for manifesting life.

Ayurveda also refers to Purusha and Prakriti but it is in the limited context of physical life, especially human life. Charak refers to a term called *Dhatuj Purusha*. It is our understanding that this is the aspect of Purusha that gets involved in a specific manifestation of a life involving a physical body comprising of seven *Dhatus* and hence called the *Dhatuj Purusha*. This *Dhatuj Purusha* has access to a limited set of potentialities of Prakriti for creation of physical life.

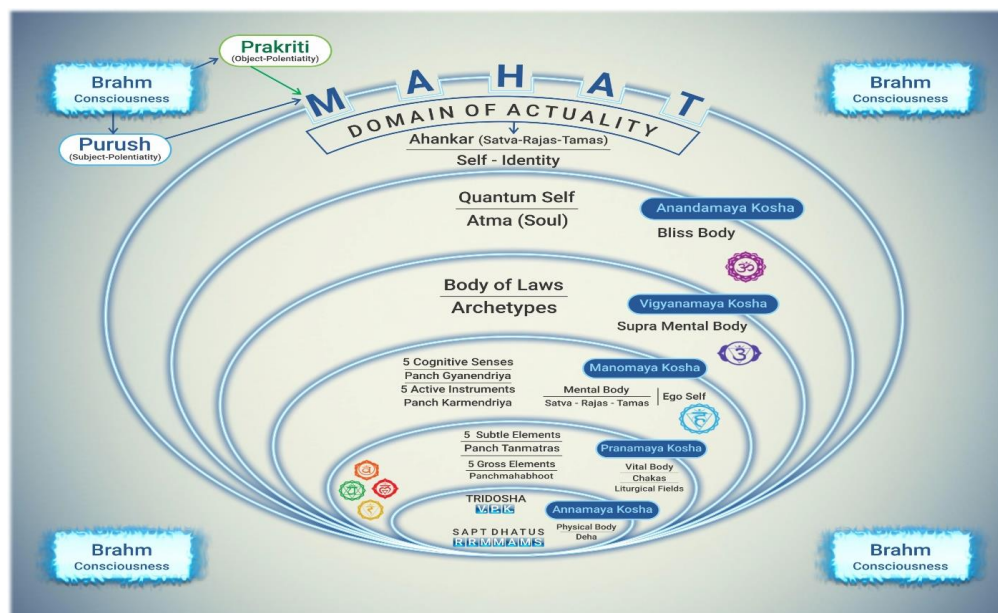
Mahat is the domain of Cosmic Intelligence within which this *Dhatuj Purusha* and *Prakriti* play out their manifestation game (first manifestation to last till completion of physical journey). As apparent from the description in the *Vishnu Purana*, *Mahat* is the domain of Creation in which the three supreme beings, namely Brahma the Creator, Vishnu the Sustainer and Shiva the Destroyer operate. So, the aspects of Purusha and Prakriti that operate within this field of Cosmic Intelligence are like a subset of the larger Purusha and Prakriti that arise from the infinite Consciousness (*Brahman*).

Garg Samhita, compiled by *Garg Muni* who was a contemporary of Lord *Krishna*, also describes the *Brahmanda* or the Universe belonging to the three supreme beings namely *Brahma*, *Vishnu* and *Shiva* as just one of the many similar creations that are seen floating in the divine *Viraja* River. Various ancient treatises like *Padma Purana* etc. have referred to the *Viraja* River as a spiritual concept that separates the manifest world from the unmanifest.

When we understand in totality the *Chaturvimshati* model of Ayurveda described by Maharishi *Charak*, it becomes easier to understand how Ayurveda provides an ability to treat any health-related issue by just focusing on the *Tridosha* and their balance.

The *Tridosha* provide the key points where the tweaking of information can trigger the relevant parts in Body and Mind that can heal a diseased body and nurse it back to health. Once we understand the theoretical aspects of how the *Tridosha* relate to the twenty-four entities of *Chaturvimshati* model, we can choose wisely the interventions required for healing- be it administering of herbs, mental and physical detoxification or attending to the dietary modifications or developing the archetypal values.

The following diagram describes this entire relationship:



Quantum Science of Consciousness- Health & Healing

In the late 19th to early 20th century many great physicists started realizing the limitations and gaps in understanding and explaining the entire range of human life experiences and many observed phenomena in the world of cellular biology on the basis of the established principles

of Newtonian physics which seemed to otherwise work very well in the world of inert matter. On the other hand, a search for the fundamental building block of matter was making many realize the existence of an invisible and subtle world that seemed to greatly influence the visible world and its experiences.

Quantum Physics, a branch of science that evolved in response to these efforts of many scientists came out with many new theories, which they were also able to verify experimentally. The fundamental shift in the scientific thinking that came with the findings of Quantum Physics was the realization that the manifest reality of the world comprised not only of the observed material phenomenon but also of the much larger and powerful invisible forces that were not directly observable but their effects on the material world could be measured with certainty and following a new set of rules that emerged from these new theories.

As this science advanced to find application in not only the world of minute world of electrons but also in the world more gross matter and especially the living organism including the experiences of the human mind and body, it opened an entirely new vista of possibilities and options for dealing with the issues of health and wellness. By around 1980s, there were many scientists and physicists who were able to conduct several significant experiments in applying these new theories to the world of mind-body healing. Dr. Deepak Chopra was the first one who coined the word “Quantum Healing” that became popular all over the world and people started experiment with its tools and ideas to find success in creating meaningful healing outcomes in many cases of chronic health issues.^[3]

One of the pioneers from this world of Quantum Physics who became known for his work in resolving many apparent paradoxes was Dr. Amit Goswami. He took the application of Quantum Physics and its principles deep into the philosophical world of Vedantic mysticism and proposed an entire edifice of a new society and way of living, based on a *Quantum Worldview*, that has the potential of tackling in a holistic and sustainable way, the mounting issues faced by the modern world in practically any area of life- be it health, psychology, economics, politics or what have you. This *Quantum Worldview* is distinct from the currently prevalent *Materialistic worldview* in a fundamental way since it looks at life through the prism of a reality that acknowledges the centrality of the subtle energies-the invisible forces that guide and shape the material cosmos. The basic assertion in his model of reality is that *Consciousness is the ground of all being* and matter is only a manifest but transient entity that

arises due to the Consciousness choosing and collapsing one of the many potentialities that exist in the realm of waves of possibilities.

His seminal book *Quantum Doctor*, argued for a completely new way of looking at the problems of health and wellness that took inspiration from the healing principles enshrined in the ancient Ayurveda (Science of Health) and married it with the new findings of Quantum Physics. This approach provides a theoretical and verifiable basis for understanding how Mind- the quantum part of us, is constantly acting as a malleable and fluid interface between the domain of potentialities and the physical body and all its organs with their various functionalities that exist in the other domain of actualities.^[4]

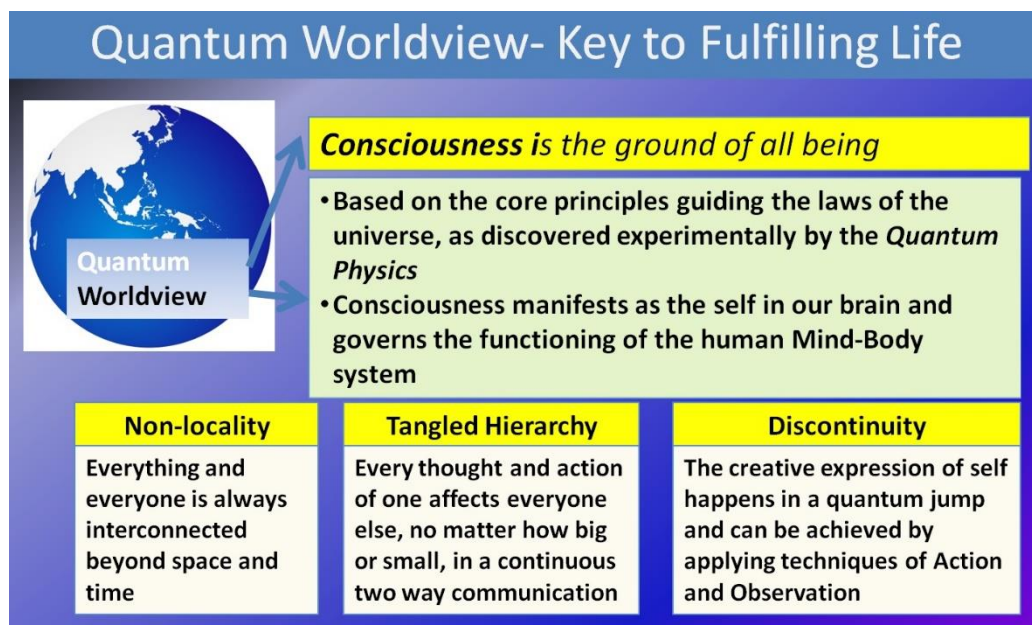
This approach is also compatible with the other similar theories related to life and healing that have been proposed by scientists and physicians like Dr. Deepak Chopra, Dr. Bruce Lipton, Dr. Joe Dispenza and Dr. Rupert Sheldrake.

For the purpose of this study, we have taken the model proposed by Dr. Amit Goswami as a basis since it provides the most complete and well-developed framework for integrating the principles of Ayurveda with the theories emerging from his studies in the field of the Quantum Science of Consciousness.

Model of Life based on Quantum Worldview

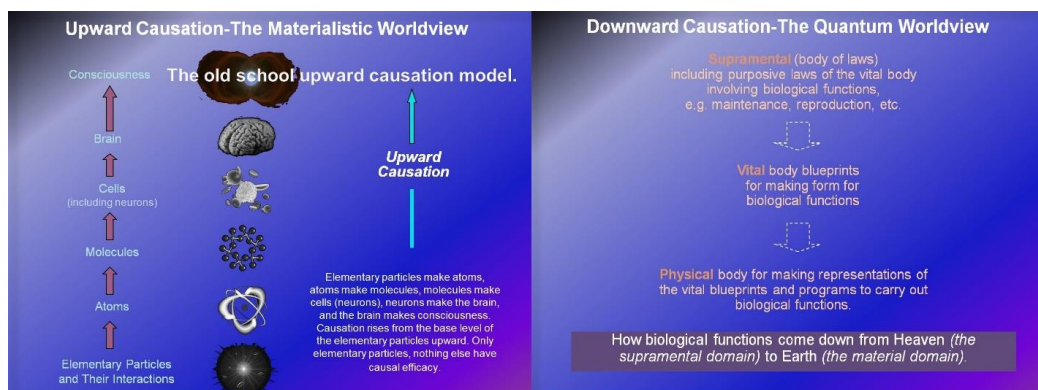
The Quantum Worldview framework that emerges from the established theories of Quantum Physics relies on the following principles that form its foundational pillars:

- 1. Non-locality:** Everything and everyone is always interconnected beyond space and time
- 2. Tangled Hierarchy:** Every thought and action of one affect everyone else through a continuous, two-way communication giving rise to a cyclical rather than a hierarchical relationship
- 3. Discontinuity:** The creative expression of self happens in the way of a quantum leap. This is the point where the consciousness reveals its choice



Consciousness is the ground of all being is the central thought in the Quantum Worldview. It proposes the idea of two domains of realities- the domain of potentiality where everything exists as waves of possibilities and the domain of actuality where the final manifest matter arises when the Consciousness, the observer, chooses from one of the possibilities and collapses it as the collapse of a wave function in the quantum physics.^[5]

The choice that Consciousness makes is not a random event but is based on the idea of a purposive evolution. The Quantum Science of Consciousness proposes a downward causation model of purposive evolution rather than the typical upward causation model that forms the basis of a materialistic worldview. The following diagram depicts these two models to emphasize their different ways of looking at reality.



When we apply this model to the functionality of the human body and the factors responsible for ensuring that the body stays in a state of health, we suddenly are presented with an

entirely new approach to dealing with diseases and their causative factors as well as the curative and palliative options to nurse the body back to health.

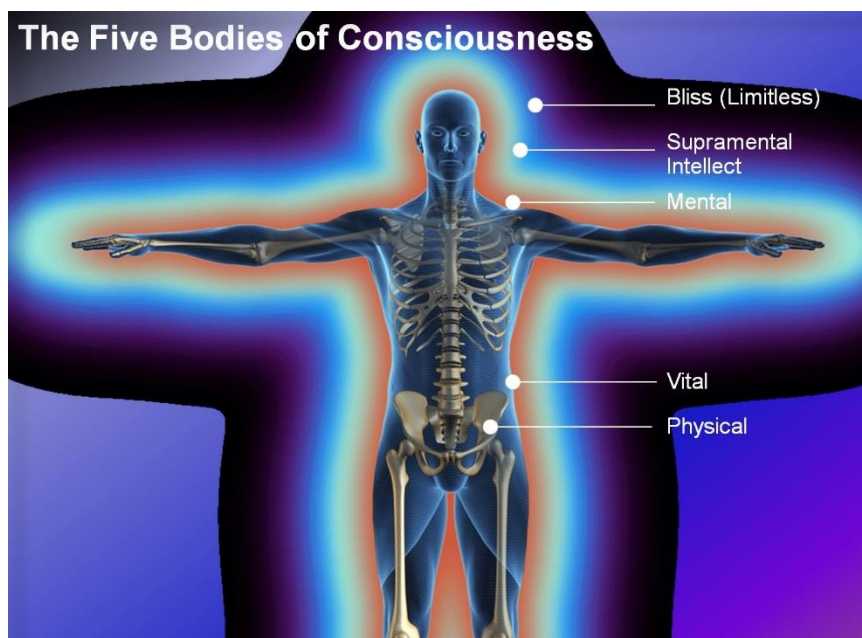
For applying the framework of this worldview to the problems related to health of the human body we look at it not merely as a collection of organs that are interacting with each other and creating various experiences using biochemistry involved as is done in the prevalent models of medicine. Rather we look at the human body as a part of the larger system of a vital body + physical body continuum which is similar to the Yogic philosophy that talks of a model comprising of *Panch Koshas* (Five Bodies) that work with each other in synchrony and synergy to capture all experiences of human body and mind.

Physical Body [*Annamaya*] – Vital Body [*Pranamaya*]

The Physical body is what we routinely experience and which exists and operates in the domain of time and space, its processes being amenable to measurements by instruments and direct observation. The Vital body comprises of what we call the subtle energy and is quantum in nature. This is where the experiences of the mind come from that have the capacity to violate the known principles of space and time. The quantum worldview recognizes that this Vital Body is the one that interfaces between the domains of potentiality and actuality and this is where probably the wave function collapse first takes place as the Consciousness chooses to manifest various material outcomes. This is what enables the mind to create different healing outcomes for the physical body when we learn how to work with it using our unique human gift of creativity.

When we look closer to the Vital Body which is quantum and map it to the yogic model of *Panch Koshas*, we are able to know better the working processes involved that take in to account the transformation of energy into matter through various stages of conditioning of potentialities thereby narrowing down the pool of possibilities from which ultimately the Consciousness would choose the one that it would collapse into actuality.

By the term Vital Body, normally we would mean the *Pranamaya Kosha*, the sheath that is immediately surrounding the *Annamaya Kosha* or the Physical Body. But there are other quantum bodies or sheaths that lie beyond this and contain other subtle energy structures that hold and sustain life.



For instance, the Mental Body or *Manomaya Kosha* would hold the structure that organizes and animates the experiential objects like thoughts, sensory and motor records and the Supramental or *Vigyanmaya Kosha* holds the information regarding intuitions/insights and the archetypal objects of human experience.

In Quantum healing we invoke the process of creativity to mobilize and invigorate the subtle energy structures which then can trigger the required healing processes in the physical body.

Are the models given by Ayurveda and Quantum Science of Healing compatible with each other?

When we look at the two models of healing provided by Ayurveda and Quantum Science of Consciousness, we find them to be completely compatible with each other at the theoretical and philosophical level. They both emphasize the importance and centrality of Mind and Subtle energies in healing and nurturing the human physical body. This understanding is what makes these two approaches to healing unique in terms of their psychological and application aspects. It changes many things for both the healer and the heal and their relationship with each other.

It does not remain a mechanical relationship between a vendor and a client but rather becomes a relationship of love and mutual self-transformation for both. It is reasonable to deduce thus that the theory of Ayurveda based on the *Chaturvimshati* model given by

Maharishi *Charak* is compatible with the healing model given by the Quantum Science of Consciousness.

Though at present there are gaps in this mapping since the *Chaturvimshati* model delves into a greater degree of detail to define entities in what could be considered as a domain of conditioned potentialities where the Quantum Science of Consciousness today is largely silent. The two domains it has experimentally determined as of today are a domain of potentiality and a domain of actuality. An observer/ intelligence collapses potentialities into actualities and thus are born physical events. It does suggest conditioned potentialities to exist but does not define them in a great degree of detail.

It is our humble submission that this is an area that needs to be further explored with appropriate experimental interventions. The *Chaturvimshati* Model of Ayurveda provides some clues to move further in this direction.

Foundational principles for an Integrative Model of Healing and Healthcare

Looking at the compatibility of the Quantum Healing and Ayurvedic Models of human health it can be asserted that a complete and holistic system of healing practice can be founded on the integration of the Ayurveda and Quantum Healing Models of reality as it applies to human body and its health.

While Quantum Science provides a theory based on the parameters of modern science and its experimental verification framework on the other hand Ayurveda and its philosophical foundation of *Sankhya Darshan* provides an ancient and time-tested empirical data of healing many intractable and chronic health situations as well as maintaining a healthy person in a state of peak efficiency.

Many new technologies largely grouped together as Vital Energy Technologies offer new ways of measuring, monitoring and managing the subtle energy parameters. Some notable and relevant ones here are based on Biofeedback, Heart Rate Variability Analysis, Brain-Heart Coherence and Radionics. There is an immense potential for developing many holistic protocols for health wellness management in both contact and non-contact situations using the above.

CONCLUSION

There is a growing consensus around the need for a holistic model of healing and health today, more than ever before, so that an average human being anywhere could access quality and authentic Wellness Services in an efficient and effective manner. This model needs to integrate the best elements of the traditional and time- tested health management systems, Ayurveda being the foremost of them, with the new findings of modern science and what it offers in terms of new found capabilities to theorize, experiment and verify interventions and their outcomes.

Quantum Science has achieved great breakthroughs in providing a more complete understanding of reality and how the subtle aspects interact with and influence the measurable material aspects of anatomy and diseases. Together they offer the best opportunity to create a workable and robust model of health and wellness management for the patient and healer both. It also offers a potential for more cost-effective health administration and reduce the burden on the already over stretched medical care system.

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