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## Five Elements and Bio- plasma in the Universe

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### ***Abstract***

*Human body is born out of nature and is the abode of soul; therefore, only through nature the abode of soul can be maintained completely healthy. This human body is a strange instrument. The human body is a small form of entire universe. The human body is made of five elements i.e. ether (Aakash), Air, Fire, Water and Earth in physics, plasma is defined today as an electrically neutral, highly ionized gas compared of ions, electrons and neutral particles which have been called the forth state of matter of after solids, liquids and gases or bio-plasmic body was what occult western literature refers to aura or the astral body. The present paper highlights the importance of five elements and bio-plasma of universe.*

***Key Words: Air, Water, Fire, Plasma, Bio-Plasma***

### **INTRODUCTION**

The true matrix of human life is the greensward covering mother earth. We have to look at Mother Nature and see what people have been doing for thousands of years. Without green plants we would neither breathe nor eat. On the undersurface of every leaf a million movable lips are engaged in devouring carbon dioxide and expelling oxygen. All together, 25 million square miles of leaf surface are daily engaged in the miracle of photosynthesis oxygen and food for man and best. Aware of the aesthetic vibrations of plants, which are spiritually, satisfying, human being are happiest and most comfortable when living with flora.

In India, Cultural practices of diverse ethnic groups have strong sense of kinship with diversity of life. As a consequence, a wide variety of plants and animals are protected through such cultural traditions. Similarly a number of plants and animals are protected for

their use values. Species specific conservation is achieved through these traditions. Conservation of ecosystems too are being practiced for generations through social tradition like sacred groves. These traditions are fading with the advent of modern trends and alienation of stake-holder communities.

The time has come to critically look at these traditions, some of which are helpful protecting the diversity in the modern context. There are many focused attempts for conservation of biodiversity at the National level as well as cosmic tree plantation [27 x 4 = 108C 27 Na and in each four chain]. As we know tradition of tree worship oriented to protection is observed all over India. Species worshiped vary according to community, region as well as use value as per availability. Because of these traditions the species are protected.

As plants respond to the wavelengths of music, so also are they continually being affected by wavelengths of the electromagnetic spectrum from earth, moon, plants cosmos and from a proliferation of manmade devices; only it remains to be established exactly which are beneficial and which are harmful.

Dr. John Ott, who runs the Environmental Health and Light Research Institute at Sarasota, Florida was struck by Mairan's observation, which he was able to confirm and wondered if this 'unknown energy' could penetrate a massive amount of earth, the only shield known to be able to block-so-called 'cosmic radiation'.

Even fifty years after Mairan's experiments Joseph Priestly known principally as his discoverer of oxygen, wrote in his popular textbook on electricity.

"The earth and all the bodies we are acquainted with, without exception are supposed to contain a certain quantity of an exceedingly elastic and subtile fluid which philosophers have agreed to term electric. The moment anybody becomes possessed of more or less than its natural quantity very remarkable effects arise from it. The body is said to be electrified and is capable of exhibiting appearances which are ascribed to the power of electricity.

That plants, as well as animals and human beings, have fields of fine sheaths of subatomic or protoplasmic energy which permeate the solid physical bodies of molecules and atoms was a centuries old allegation by seers and philosophers. This extra dimension of “aura” depicted in ancient iconography around the bodies of saints, with golden halos around the heads, has been referred to by persons gifted with extrasensory perception since the beginnings of recorded history. By laying film or plate in contact with an object to be photographed and passing through the object an electric current from a high-frequency spark generator which put out 75,000 to 2,00,000 electrical pulses per second the Kirlians had come across a way of photographing this “aura” or something akin to it.

Leaves from plants, sandwiched with film between the electrodes of their device, revealed a phantasmagoria hitherto restricted to clairvoyants, a micro universe of tiny starry points of light. White, blue and even red and yellow flares were pictured surging out of what seemed to be channels in the leaves.

In physics, plasma is defined today as an electrically neutral, highly ionized gas compared of ions, electrons and neutral particles which has been called the “Fourth State of Matter” (after solids, liquids and gases).

In year 1944, the discoverer of “Mitogenetic radiation”, A.G. Gurwitsch, published his book in Moscow entitled the theory of a Biological Field, summing up twenty years of work.

Inside the “bioplasmic body”, said Inyushim, processes have their own labyrinthine motion, different from the energy pattern in the physical body, yet the bioplasmic body is not a chaotic, but a whole unified organism which acts as a unit, is polarized gives off its own electromagnetic fields and is the basis for 'biological fields'. “Bioplasma” body was what occult Western literature refers to 'aura' or the 'astral' body.

Plants which react so certainly, so variously and so promptly to the outer world must says France, have some means of communicating with the outer world, something comparable or superior to our senses. Frances insists that plants are constantly observing and recording events and phenomena of which man trapped in his anthropocentric view of the

world, subjectively revealed to him through his five senses knows nothing.

Whereas plants have been almost universally looked upon senseless automata, they have now been found to be able to distinguish, between sounds inaudible to the human ear and color wavelengths such as infrared and ultraviolet invisible to the human eye; they are especially sensitive to X-rays and to the high frequency of television.

The whole vegetal world lives responsible to the movement of the earth and its satellite moon, to the movement of the other planets of our solar system and one day will be shown to be affected by the stars and other cosmic bodies in the universe. There must be some conscious entity supervising the entire form, some intelligence directing the plant, either from within or from without. The most violent reaction against abuse (as shown or said in film 'Tare Jamin Par' by Adivasi Janjatis) and the most ardent gratitude for favors the Hindu sags referred as “devas”.

Evidence now supports the vision of the “Astrologers (Jyotisee) as “Nakshatra” and its lords. There are twenty seven Nakshatra and every Nakshatra has four “charan” ( $27 \times 4 = 108$ ). This is the basic secret of Hindus and its cosmic connection with Plants. There is a fascinating account of the physical, emotions and spiritual relations between plants and man (human being). Indians Astrologers believes the plants are living, breathing, communicating, creatures, endowed with personality and the attributes of soul. It is only we in our blindness, who have insisted on considering them automata.

The Plants may be ready, willing and able to cooperate with humanity.

Ayurved is timeless. It is guided by principles of Nature. All the systems of medicine in the world have been born from this form of pure Ayurved, whose basic principles are given in the form of verses, though there have been changes according to geographical region, time and circumstances.

Human body is born out of Nature and is the abode of soul. Therefore, only through Nature the abode of soul can be maintained completely healthy. Charak says “one should live in

such a way that he does not fall ill”. One falls ill when he/she breaks the laws of Nature. When one breaks the laws of foreign matter is produced in the body. The cause of all diseases, both physical and mental is the accumulation of foreign matter in the body. And the slowing down of digestive system. All ailments are connected with stomach. Pure Ayurved tells that diseases can be cured by taking the right diet, thought and environment.

This human body is a strange instrument. The human body is a small form of the entire universe. The human body is made of five elements i.e. Ether (Aakash), Air, Fire, Water and Earth.

The supreme soul has all the qualities.

1. Ether has one quality that is sound.
2. Air has two qualities sound and touch.
3. Fire has three qualities sound, touch and form.
4. Water has four qualities sound, touch, form and ras.
5. Earth as five qualities sound, touch, form, ras and smell.

The order in which the five elements were created Ether, Air, Fire, Water and Earth is important to remember. The Vedant philosophy also tells about two forms of “Panchtatva” or five elements one subtle and the other gross. The subtle “Panchtatva” were created before the gross Panchtatva.

The gross elements are formed out of the subtle elements. According to Vedant behind the gross world which we see around as there is subtle world, which we do not see but without which the gross world cannot exist.

Similarly, there is subtle body behind our gross body. It is the subtle body which gives us vital force. The subtle body is made of Ether, Air and Fire. The gross body is made of Water and Earth. The gross body does not have the vital force of its own. This to keep ourselves healthy and happy we should be in contact with all the five elements and God or Supreme soul. Dhanvantri had written “Repetition of God's name is a medicine which removes all diseases. This is the truth I am telling”.



It is clear from the above analysis that our body cannot be maintained merely by taking food. It also needs for its existence the other four elements that are Ether, Air, Fire and Water. The body becomes ill if one or two out of the five elements are not given to the body according to its requirement. Then we may wisely give these elements to the body of the patient and see wonderful results.

God is formless, similarly ether is also formless, but is reality. Ether improves our health mentally, physically and spiritually. The basis of all other four elements is also ether. It is a fact that if ether element was not created we could not exist. Thus, the ether element is also the basis of the universe. Fasting is a powerful means to attain this element.

Even if we eat a little less than needed for complete satisfaction of hunger, we gain this element and achieve peace and bliss.

Ether which exists in the head is part of air which is main medium of “pran” In heart ether brings radiance and it exists in bile which digests food. In stomach ether is part of water. This makes possible all activities of expulsion of foreign matter. In hip ether is part of earth. It is grosser and is the basis of smell. To know the mystery of ether is like knowing the mystery of God. The more we use this great element the more we will be free from all ailments (Mahatma Gandhi). Just as ether is all around us. It is also within us between holes in the skin there is ether.

## **ELEMENTS OF UNIVERSE**

### **1. Air Element**

Air is 'pran' of all the living beings. Air is most essential food for human beings. A person breathes 10 to 18 times in a minute. We inhale about 25 to 30 square inch of air when we breathe in and in one day we inhale 32 to 37 pounds of air. More than one hundred muscles of our body are involved in the process of breathing. Air we consume each day is seven times more than the quantity of food and water we consume. In our lungs about 60 square inches of air is present all the time.



Many gases are present in the air out of them water vapor is in large proportion. Besides this air is composed of four parts of Nitrogen and one part of Oxygen. There is also Carbon Dioxide. There are also other gases in air in small quantities which are produced by chemical reactions and there are dust particles. When we inhale air, the nitrogen part of air is not used by our body. The amount of nitrogen we inhale comes out when we exhale. But oxygen present in air combines with blood in our lungs and purifies it. Blue blood becomes red. The red cells in the blood takes up oxygen when blood passes through lungs and take it to each cell of the body. In the cells oxygen combines with some matters and produces heat. This process is known as oxidation. The food we eat is digested and its various components go to the cells of our body. In the cells oxygen burns them like a candle burns in air and produces light and heat. In pure air ozone is also present in minute quantity. The Vedas (Rigveda) tell about treatment by air. Let air give peace to our hearts. Air flows by us and gives us happiness. It gives us long life.

Walking is an art and the best exercise. When we walk about 200 muscles of our body get light exercise. The heart beat increase from 72 to 82 per minute. The rate of our breathing also increases and we get more oxygen which purifies our blood.

There are five kinds of air in our body (i) Pran (ii) Aapan (iii) Saman (iv) Uyan and (v) Udan. They perform their function properly if they are pure.

The air which circulates all over the body is call Vyan. When fragrant breeze touches or skin, air enters our body through pores and purifies Vyan, which purifies our blood.

The air which expels stool and win is Aapan. When Aapan air in the body becomes impure and they suffer from constipation loss of appetite and indigestion.

Digestion of food and maintenance of body temperature is done by Saman air. In absence of air bath Saman air is polluted and causes many ailments of the body.

The air which maintains vital force in our body is called Pran air. Physical and Mental strength of a person rapidly increases with air bath.

His intellect becomes sharp and he is able to decide about the most difficult questions. The life span of a person also increases by regular air bath.

The task of Udan air is to stop the body from falling and to help in supplying blood to all the small and big organs of the mind and the powers of brain awake from it.

Air is useful outwardly as well as in working in a subtle way. But its inward use one is spiritually uplifted enjoys worldly pleasure and good health. The science of 'swar' is like 'Pranayam' in which subtle use of air element is made. By control over 'swar' we can cure many diseases. The science of 'swar' or control of 'swar' is a branch of yoga. The science of 'swar' is based upon the passage of air through our nostrils. We breathe day and night, but air does not pass equally through both our nostrils. It is seen that we breathe through one nostril for a certain period and then through the other nostril.

When breathing or swar stops through one nostril and starts through the other, it is called 'swarodya'. When we breathe through the left nostril it is known as 'eera' or 'Chandra swar' or 'moon swar' or 'thanda swar' and when we breathe through the right nostril it is known as 'pingla' or 'soorya swar' or 'Sun swar' or 'Gram swar'. When we breathe equally through both nostrils it is known as 'Sushumna nadhhi swar'.

In 'Siva swar shastra' when the left swar is running, it is time when any stable, peaceful and good work is undertaken. When the right swar is running it is time to undertake hard and difficult tasks. When equal swar is running through both nostrils, it is time to do yoga, meditation or thinking.

## **2. Fire Element**

Fire or Sun element is one of the five elements which are behind the creation. While ether and air are not seen as God or Creator is not seen, sun element can be seen. It is the Sun element which fulfils all the remaining four elements – ether, air, water and earth. It is the sun which gives beauty and life in the world. If the body does not have enough Sun/Fire element it becomes lifeless and suffers from many ailments, such as lethargy, gout,

constipation, paralysis, lack of appetite, cold, requirement of too much sleep etc. The urine becomes yellow and the taste of mouth becomes bitter. The person becomes irritable and angry. There is dryness in all parts of his/her body and the person feels thirsty.

The source of light, sun and the solar system. Sun (it is white like mercury, but it has seven colours in it. It is very hot), Moon (It is white like silver. It is cool), Mangal (It is red like copper, it is hot), Buddha (It is green; it is very important), Brihaspati (It is golden; it bestows talent) Shukra (It is dark blue), Rahu – our Earth (It is black; it has power to attract the rays of other planets), Ketu – the shadow of our Earth (it is light blue). All these planets go around the sun and get their colours from it.

On the Earth rays of different colours come from different planets besides the rays from Sun. The planets are moving all the time. Therefore, the mixture of rays from the planets and the rays from the Sun changes and produces different effects on people living on the Earth.

For the analysis of light, if Sun (white light) rays are passed through a prism. They are split in seven colours – Red, Orange, Yellow Green, Blue, Indigo and Violet. There are also some rays which are not seen in the spectrum but which can be recognized by scientific instruments. Above the red rays in the spectrum there are Infra – red rays and below violet rays in the spectrum there are ultraviolet rays. Different colours in the sunlight are associated with elements which make up our body. These are:

### **3. Element Colour** Ether Blue Air Green Water Dark Blue Earth Yellow Sun Red.

In Ayurved the cause of disease is regarded as imbalance of Vat, Pit and Kaf. This principle is very similar to treatment of colours. In harmony with Ayurved – Vata – To remove too much Vat use Green colour, Kapha (Too much cold) use Yellow, orange or Red colour, Pitta (too much heat) use Blue, Violet or Indigo colour.

### **4. Water Element**

Water is the fourth element among the five elements which make our body. Seventy percent of our body is made of water. Our eyes contain 98.7% water, lungs 79%, heart

79.5%, blood 80%, bones 25% and brain 90%. Theory of evolution and great rishis said that life on earth began in water. There are three types of water - Soft water (through rain, in rivers or in shallow wells), Hard water (Deep wells, ground water, it has many minerals dissolved in it) and Medium Hard water (it has some minerals dissolved in it but they are removed when it is boiled).

Water is medicine. Water is enemy of disease. It destroys all diseases. Therefore, it will also cure your disease (Rigved 90/137/6).

## **5. Earth Element**

According to Vedas "Earth is mother, Sky is Father". Tattariya Upnishad says: Ether has been made by Atma, Air by Ether, Fire (Sun) by Air, Water by Fire and Earth by Water. Earth has produced medicinal herbs and cereals and cereals have produced human beings.

Earth is the fifth element. Earth is the Ras or essence of all other elements: Ether, Air, Sun and Water (Chhandogya Upnishad).

## **BIOPLASMA**

Every unit in our body is part of a huge network of bioelectrical currents. In physiological terms, brain and heart work respectively like the generator and the transmitter of the ionic currents in the body. The bioelectric energy resulting from combination of vital force with electrophysiological functions is distributed amongst different parts of the body as per their functional requirements. This electricity in conjunction with the inner strength (consciousness force) of a person produces bio- magnetic like fields of attraction, which manifest as the 'aura' (halo of light) around one's body and charm in one's personality. The bio-electrical fields of a person influence and also get affected by other people's aura, plants, jewelry and other metallic substances, clothes, food, surrounding ambience and inter human interactions. Intense bio-electrical currents also make possible distant communication, hypnosis, healing etc.

The crux of ayurvedic philosophy is cleaning the micro and macro channels of the body. If you keep these channels clean, you can lead a long, health life.

Dr. M.S. Valiathan as told to Mini P. Jthomas (Return to Roots) Western medicine came to India 200 year ago. I looked for something discovered by Indians and used by the world, but found nothing. American physicist and Nobel Laureate William Shockley once remarked that creativity lay only in the Caucasian race. He was heavily criticized. But I began to think that he may have been right though I was not willing to admit it. Then I realized that India's history was not limited to 200 or 250 years. That is how I began reading the classic texts of ayurveda and wrote the Legacy of Charaka (2003), The Legacy of Sushruta (2006) and The Legacy of Vagbhata (2009). Charaka and Sushruta had theories about how the body maintains itself 2,000 years ago. If there is a disease, most of the time the body tends to comes back to good health. Charaka Samhita gives insight into this. Sushruta Samhita refers to instruments, surgical techniques. 14 types of bandages, splints for fractures, repair of the nose and ear removing urinary stones. Their originality in conceptual abstract thinking and invention of techniques and technologies if amazing. When I was a medical student, there were very few ayurvedic colleges. Now, there are 250 ayurvedic colleges withing 25,000 graduates each year. Ayurvedic medicines worth Rs. 7,000 crore. The government is bringing ayurveda into main stream health care.

The US and the UK have come up with departments of complementary or alternative medicine. As national research professor, I have been coordinating six research projects on ayurvedic biology, which apply basic science to ayurveda. They are done jointly by ayurvedic physicians and scientists from 12 intuitions including Kottakkal Arya Vaidy Sata, Kerala Indian institute of Science, Banglore, Tata Memorial Centre Mumbai and Banaras Hindu Universit, Varanasi. Dosha Prakriti is one of the projects, which with the help of molecular biology, analyses molecular markers.

A project which is being done at Poddar Hospitaal, Nair Hospital and Tata Memorial Centre in Mumbai, analyses the effects of panchakarma on metabolism and immune functions. Another project looks at the effect of amalaki rasayana on the speed of DNA repair in humans and rats in Manipal Life Science Centre and JN Technological University,

Hyderabad. Studies are being done on Mercury Bhasma (Rasa sindoor). Allopathy never uses mercury which is considered toxic. Our studies show that it doesn't cause ill effects because mercury undergoes changes in the physical characters while being made into ayurvedic preparations. The study is done at Kottakal and the one on its physical characterization is done at IIT Kharagpur. Most of these projects are nearly complete now.

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