



# Mystery of Energy for Heart

**Dr SHIV DUA MA, D I Hom, HMD (LONDON)**

2617, Sector-16, Faridabad 121002, Phone: 2281764, Mobile: 9871408050

E-mail shiv\_duadr@yahoo.co.in



Dr Gupta, 78 years of age died at 8am yesterday. He was hale and hearty and had attended his clinic the previous day. At 7am he took his breakfast and then felt severe pain in the chest. He was shifted to hospital where he was declared dead due to Angina Pectoris. He did not have any heart problem and was not on allopathic drugs. His yearly check up conducted a month back showed no serious health problem except inguinal hernia and slightly enlarged prostate. He went for regular morning walks and conducted his 'Yoga' religiously. He had no responsibilities and tensions. All his children are settled. How come this sudden fatal heart attack? People say that he died of 'old age' and not of heart disease. The crowd of friends and relatives had gathered at his residence and then some enquired from Gupta's brother, 'When will the 'body' be cremated'? Till the death at eight in the morning, this 'body' was called Dr Gupta. Besides his roaring practice, he was president of a Doctor's Association. Condoling death is a social feeder but replacing the name of the deceased with 'body' appears unsocial but still considered customary. Everyone attending the death of a person is in a hurry and wants to be free from the rites of cremation as soon as possible.

The fact is that no one dies of old age. Actually the old succumb to one of the diseases common in late years of life. Diseases are not necessarily partners of old age life. Old age has no guarantee to essentially possess poor health and the young have no guarantee to possess good health. Our body cells have a finite life span but it does not mean that the body dies because the body cells are old. It is genetic order, diseases and worst effect of environmental pollution that bring in specific diseases. This effect is same upon youth but the young have a capacity to withstand those diseases whereas the old do not have power to stand with it. The vital force (spiritual energy) of the body becomes weaker day-by-

day, month by month and year by year. Each day spent takes away some amount of vital force out of body.

Let us not take this exhaustion of 'vital force' as a cause of death for this doctor. We shall talk from medical point of view. When all the systems like cardiovascular, respiratory, digestive, nervous, circulatory, urinary, endocrine, etc were working, why and how the heart went astray and stopped working? Where was that last 'tick' moment when all other organs stopped supporting heart or heart stopped circulation of blood to other systems? At 7.59 am, he was alright and at 8 am or even within few seconds, Gupta turned into 'body'. What is the mystery of that last sixty-second junction of life and death?

Medical science today knows many things about Anatomy and Physiology of human body but still we have no answer to the time of occurrence of death. Theory of reason is at our disposal but theory of rationalism is lacking. We are hungry to know what we do not know today. We do not know which part of brain makes a person thief, saint, wise or foolish. How are love, hate, jealousy, fear, puzzle, regret, grief, thought, sad, sympathy, happy, horror and other sentimental conditions developed in the mind? We are unable to find exact answer to all this but in future we may point out, 'look, here is this part of brain responsible for stealing, fear or joy, inducing death and birth, including mystery of death.'

We come back to death of Dr Gupta. He died of heart attack. Let us go into its detail. We know its complete functioning, anatomy and physiology and still we do not know which is the source of its energy that runs it and when does this energy exhaust to halt its functioning.

## WHAT IS THE SOURCE OF ENERGY FOR HEART?

From where does the heart get its energy to run for so long? Heart is compared to a muscle-pump that is

constantly sucking and delivering blood. In one minute, it contracts about 70 to 80 times and in life span more than 2.2 billion times. What a miraculous performance that it has energy to pump against the gravitational force and does not feel fatigued. If you know the functioning of a mechanical water pump, please recall that we have two main types of pumps that draw and deliver liquids. First is reciprocatory pump wherein the pistons work in sleeves to make pressure of sucking and delivery through valves. The other is centrifugal pump, which has a rotor/ impeller to create vacuum and draw/deliver water through valves mechanism. In both the pumps, a source of energy is needed to run the pump. It may be a battery, electricity current or a fuel engine.

Here is a possible explanation: In the case of heart, there is no electricity, no engine and no battery. It runs with the energy of an invisible force or central authority. As a matter of fact, every cell of the body is like a workshop the head of which is a central authority. This central authority orders for making certain products to its workers with the help of energy generated in the workshop. This energy is generated to the cells supplied with nutrients a person takes.

Many scientists say that the energy for running of heart is generated from the food and water we take. The food and water is converted into energy through various metabolism processes and it is this energy that runs the heart.

If we take this statement as correct, what happens when we do not take food and water for some days? Does the heart stop running? Well, we may answer ourselves that it is the stored energy gathered from food that is responsible to run the heart even when a person is on continuous fast. According to one school of opinion, energy is stored in mitochondria. Mitochondria are not a place or organ but it occurs in the form of granular rods or filaments in every type of cells and plays a role in production of enzymes present in cytoplasm of many cells. They are composed of phospholipin and glutathione combined with proteins. They provide requisite energy from oxidative processes in the cells. We are alive so long as the body cells are alive.

The second opinion about the secret of energy in the

body is power of soul or 'Atma'. Dr Hahnemann, the founder of homoeopathy has named it as spiritual energy in the form of vital force. The material organism (body) without the vital force is not capable of any sensation, function or preservation. Which of the two schools is right?

### PHILOSOPHY OF VITAL FORCE

If the heart is run by the vital force of the body, let us have its analysis. Dr Hahnemann, the founder of homoeopathic system of medicine, conceived philosophy of vital force but it was his individualistic approach, which lacks scientific rationalism. We have a mind that is always questioning 'what', 'why' and 'how' of the existence of man and soul, of the earth, of the planets and of the human beings. Our ancient 'Upanishads' have this to say, 'at whose behest doth mind light on its perch? At whose command doth life, the first, proceed? At whose behest do men send forth this speech? Why cannot the wind remain still? Why has the human mind no rest? Why and in search of what, does water run out and cannot stop its flow even for a moment?' We have an attitude of mind to make a quest for answers to these questions but find ourselves helpless. There is no proof that the soul is the source of energy for heart to run. We have no method to verify the substances that are non-existing. Life is energy and all energy is living energy. We cannot substantiate all this and need altogether new tools of investigation to find the invisible soul that is stated to run the heart. The theory of vital force as a runner of heart is not acceptable for the present. Homoeopaths see this theory, not as it is, but as they are conditioned to see it, which means the way, they have read in books on homoeopathy. The truthfulness of the theory of vital force is obviously doubtful.

### PHILOSOPHY OF SOUL

If we take soul as the energy to run our heart, we have to explore meaning of soul and for this we refer to the book, 'Krishna, the man and his philosophy,' written by Osho, there is a question put to great philosopher Osho by his followers.

'Is there something like soul in man? Scientists have carried out experiments by placing a dying man in a glass casket. Can you explain about this experiment?'



Osho replies, 'There have been many experiments but none have yielded results because scientists think in terms of matter. If there is something other than matter in man, then with the passing away of life or soul, there should be some reduction of his body weight. But it is imperative that the element that goes out of one's body at death has weight. It can be weightless as well or it can have so little weight that any available instrument cannot measure it at the moment. For example, sunrays have a little weight but there is no way to measure them. If all the sunrays spread over a square mile area are collected together, they will weigh roughly ten grams. But it is so difficult to work it out. Similarly even if our souls have weight, it cannot be measured. Apart from taking the weight of a dead body, the glass casket experiment had yet another objective to achieve. It was thought that the soul of the dying person, if he has one, after leaving the body will break out of sealed casket and thus leave some holes or cracks in the casket. But nothing of the kind happened; like sunshine the soul can pass through a wall of glass without breaking it. If X-ray can pass through a thick wall of bones and steel, why cannot a human soul pass through a glass casket?'

Further on the weight of soul, he says, 'the weight of a thing is relative to many things. And it is just possible that a soul has no weight. For this reason, experiments carried out in Paris and elsewhere were doomed to fail. In my view, the pull of gravitation applies to a thing only in proportion to the density of its matter; the less the density, less the weight. As far as soul is concerned, it is the end part of density, it is all rarity, and therefore the law of gravitation ceases to operate on it. The soul is wholly outside the jurisdiction of this law. And as long as we continue to enquire into the question of soul with the tools of matter, science will go on denying its existence. We need altogether new tools of investigation to discover law of the soul'.

In view of modern science of medicine, we have nine primary systems working in our body; nervous, circulatory, endocrine, digestive, respiratory, excretory, reproductive, skeletal and muscular systems. We can discuss some of them.

Let us take some aspects of the systems turn by turn.

**NERVE CELLS:** The very aspect of changeability of cells and transmission of one's activity to the other makes it unworthy of storing energy to run a heart.

**NERVOUS SYSTEM:** The principal job of the nervous system is connectivity and coordination with organs in respect of various functions of body. This system cannot be storehouse of energy to run the heart.

**SPINAL CORD:** Spinal cord is a link and a messenger and there is no doubt that it cannot be considered a storeroom of energy.

**RESPIRATORY SYSTEM:** We cannot remain without air even for a minute; the possibility of energy stored in this system cannot be ignored. We will discuss this later.

**HEART:** Heart is a vital organ and it has a specific function in the body. Person can live without heart beating or functioning through the artificial life saving machines replacing as heart and hence heart can be ruled out to store energy. Just observe the function of heart. It is the Oxygen that is more important auxiliary support for the heart to survive. Energy is not auxiliary support but a source of support.

**HYPOTHALAMUS:** Hypothalamus cannot be the organ where energy can be a storage point because of its shifting criteria.

**LIVER:** Liver is a production and elimination machine that processes some essential functions and cannot be called energy storage.

**STOMACH:** There is no doubt that all energy is produced here in stomach through input of food and if food is not taken there would not be any energy in the body *normally*. So food is prominent media to create energy. This also means indirectly that stomach by itself has no energy producing capacity to feed the body with. In other words, energy is not stored here.

**THYROID GLAND:** Thyroid gland is producer and supplier of certain hormonal substances to regulate the metabolism of the body and can be called a processor not a manufacturer of any kind of energy.

**SPLEEN:** Spleen plays a major role in eliminating the harmful bacteria and making antibodies-proteins circulating in the blood that bind on to immobilize a foreign protein so that blood cells called phagocytes can destroy it. Spleen can be ruled out to be a storehouse of energy.

### PROBABILITY OF LOCATION OF ENERGY IN THE BODY

Out of all the above organic structures, we have some possibility of existence of energy in the respiratory system, which means lungs. Compare heart with the function of lungs. If there is no air when some one is in a room under fire or under water, the survival is difficult even for some minutes. If there is no oxygen for seconds, the survival is impossible. Heart therefore would induce more lease of life (in terms of moments or seconds) to the body in comparison with lease of life in case of respiration failure. Mortality from heart malfunctions, diseases, and disorders of heart is lesser than the mortality from lack of oxygen.

This means that lungs are the only possible place where energy can be stored.

**LUNGS - A POWERHOUSE:** Lungs have been called as a brilliant execution of a poor design (Anthony Smith). Since lungs have been given an importance in our conclusion, it is better we have a look at lungs and how the lungs work? Supplying the body cells with oxygen and removing the waste products couple two vital systems, the air passages and the lungs of the respiratory system and the arteries and veins of circulatory systems. We come to breathing. Lungs have no muscles and play a passive role in breathing. The windpipe is situated above lungs where the air passes. The windpipe divides at its lower end into two main bronchial tubes, each one going to left, and right lungs. Like an upside-down tree, the tubes called bronchioles are 1/40 of a centimeter in diameter. These are only air passages and the actual work is done by alveoli, the grapelike bunches of minute air sacs.

This mode of regulation of breathing also suggests that its whole of control is monitored by brain. All physical changes, all diseases and all natural urges like excretions, yawning, sneezing have a relation with rate of breathing that is controlled by brains. Here is a vital point to note. The oxygen plays a major role to produce energy in the body. The job of heart, blood vessels, and lungs is primarily concerned with carrying oxygen from the air to the tissues of body, where the energy is produced for the body to stay alive.

On the other hand, the cells of the body use oxygen

to burn up the energy (it is in the form of sugar) in the same way as car burns petrol with oxygen. The waste product of this chemical reaction is naturally carbon dioxide (and water) in the same way as a car does. Does this energy of oxygen run the heart? When the air enters the lungs, it travels to the alveoli (tiny air cells). A man has about 600 million alveoli. The exchange of oxygen and carbon dioxide takes place in alveoli. The exchange of gases between the alveolus and the capillary is governed by the physical principle of gases moving from higher to lower pressure. The hemoglobin in the blood absorbs oxygen and the red blood cells release their load of carbon dioxide back into the alveoli wherefrom the lungs exhale it. Does it mean that air cells or alveoli are more important? The air in the lungs is not within the body until it reaches blood stream and this transfer of air from the lungs to the blood stream takes place in the terminal portions of airways. The fine terminal airways balloon out into a cluster of thin walled air sacs or cells, alveoli. **We can call the tiny air cells (alveoli) as energy to run the heart.**

Without the energy of oxygen, it has no use. Potential of oxygen is felt everywhere in the body. It is all the nerves, all the minute cells and tissues of the body which itself is a proof that all the organs of the body has oxygen-energy. Millions and millions of red blood cells travel around the body carrying oxygen from the lungs to cells, where it is used to release energy from food. Blood travels through a network of blood vessels and arteries, which carry blood from heart to whole body through vessels becoming smaller and smaller until they are microscopic tubes called capillaries. It is the capillaries that supply cells with food and oxygen. So oxygen plays a vital role in whole of body. There are more than 60,000 miles of blood vessels in our body and every second millions of new red blood cells are produced in the marrow of certain bones. All this is with the help of renewal energy of oxygen. When a person gets heart attack, he is put on oxygen. **This substantiates our claim that the source of energy for heart to run is oxygen.**

➤ The soul, as depicted in our religious books is also energy of oxygen that enters our body at the time of birth and leaves our body at the time of death.

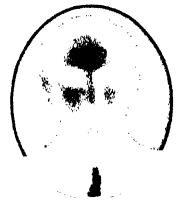
- All derangements and diseases occur due to weaker input, weaker output, and weaker activity of oxygen in the organism. When this oxygen-energy is recouped to a level that is maintained in the body, the health returns..
- Oxygen-energy keeps the body continuously constructing and reconstructing and when this departs from the body due to any cause, we observe that the body turns to destruction.
- Every individual has a different set up of oxygen

energy as conceived from the parents and as adaptive from the environment. Every individual is, therefore, different to react to disorders and diseases. Energy of oxygen differs from person to person.

Mystery of energy for the heart cannot be solved. The Almighty knows what He has created. Only healthy comments of readers will make us richer in this sort of thinking and enrich homoeopathy in its philosophy of vital force.

## Time Management

**ABSTRACT:** *A homoeopathic physician who has to take up the gauntlet of diving into the life of a patient and to dig out the essence of his personality and to find the true portrait of his sickness, through proper interview and subsequent management of a case, must understand the importance of time management. A physician under stress will not be able to elicit the qualitative data which is the foundation of every medical practice. Here are some valuable tips.*



**Dr AJIT KULKARNI MD (HOM)**

Director, Homoeopathic Research Institute

38, Bhavani Peth, Satara, Maharashtra-India. Website: [www.ajitkulkarni.com](http://www.ajitkulkarni.com). Email: [dr\\_ajitkulkarni@rediffmail.com](mailto:dr_ajitkulkarni@rediffmail.com)

### INTRODUCTION

The world is passing through a great change under the dimension of time-space continuum and a modern man-be a student or a professional – has literally to run with the pace with which developments are occurring.

The educational field is the centrality of human civilization and it has undergone a major shift because of technological progress. Search is the urge for the human being and out of this search, information explosion is occurring to the degree of 'scaring' on everyone's part..

It has become essential now to adapt to the changing situations, to the tempo the dynamics of life activities put before us. This produces stress and one who copes up successfully achieves the success. The coping up requires a very meticulous management.

### MANAGEMENT

The word 'management' is a broad, general word.

A simple definition of it will be to plan; to organize properly; to work for success through identifying weak links and setting them right. The management comprises of the following:

1. Management of self
2. Management of family
3. Management of friends
4. Management of competition
5. Management of health
6. Management of study
7. Management of test / examination
8. Management of management

Although the above 8 elements are listed as different, really speaking they constitute one single whole.

### REQUIREMENTS

The following requirements are basic:

1. **THINKING:** Every thought is a power. Try to cultivate positive ideas. There is always a better way of thinking in testing circum-



stances. Most problems are really the absence of ideas. Don't get depressed if you don't get success. Think optimistically. Thinking is hard work.

2. **WILL:** All our life's activities are governed by will. The will gives power to all of our actions. The more will we exert, the more determined we become. Drive and motivation are the twin brothers of will. These three brothers make the family and make the life happy and successful.
3. **RESPONSIBILITY:** We are committed to do a right action when we are responsible! Accepting responsibility is accepting challenge. Try to do every action in an orderly and meticulous way. You should be responsible not only in extraordinary circumstances but also in ordinary situations. Once this becomes a habit, you have not to take the extra efforts to do the work with responsibility.
4. **INTEREST:** Interest charges the will to operate. We must take interest in everything. Interest opens a gateway of knowledge. Interest animates us. It prepares the pathway to sail on our journey of achievement on which we can ride.
1. **KNOWLEDGE:** The only and the greatest power in the world is knowledge. The scientific development, the technological progress and the research in various fields have occurred due to knowledge. Truth is rendered through knowledge only.  
If right from childhood, the importance of knowledge is impressed upon the students, the whole life of students will get knowledge-based. The students will then be constantly motivated from the beginning. Once students understand that they are potential with knowledge, they will develop the required confidence. Remember also that 'the great aim of education is not knowledge but action'.
2. **CONFIDENCE:** Confidence comes neither through the sky nor through the earth. It has to be developed from within. All confidence is acquired

or self-developed through positive thinking which is triggered off by good books and good friends.

Realistic attitude to life, recognizing our capacities and constantly trying to increase the capacities help develop the confidence.

3. **FEEDBACK:** It is said, "A wise man is one who forgets the faults of others, but always remembers his own."  
Every fault is a lesson for a wise man. A wise man becomes a wiser one when he takes the role of a 'learner.' Remember that positive feedback is more important than negative feedback. Remember, "Big achievements can be made only by a man who is content with small beginnings."
4. **HONESTY:** It is the honesty and honesty only that pays off. It reflects the genuineness within you, the human being within you! People around you start looking at you with care, respect and positivity. This boosts your confidence to feel contended!

## TIME MANAGEMENT

Time is not money. It is more than money. Money, once lost, can be regained but time, if lost, can't be regained.

### Some Tips Of Time Management

- Recognize the importance of time.
- Haste is waste.
- Procrastination is the thief of time. It kills development.
- Take few minutes to think of yourself first.
- Set clearly your goals and targets to achieve them in right time.
- Act at right time in right way.

## ADVICE

The human mind is like a parachute. It only works when it is open. Nothing dies faster than a new idea in a closed mind.

Be creative. Life gives you the joy. Be needy, not greedy. Needs can be met, greed never. Be generous and kind. Be assured, then, you can cope up with stress.