

Correlation of Physiological Principles of Ayurveda with Spin Types of Quantum Physics

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Ayurveda is a comprehensive natural healthcare system that has been practiced for more than five thousand years in India. It is strongly prevention-oriented and modern-day research is now confirming its effectiveness in treating chronic disorders. Healthcare providers who learn the fundamentals of Ayurveda and the basic treatment modalities of this holistic system of healthcare will increase their knowledge of medicine and life, and incorporating Ayurveda into their clinical regimen will enhance the treatment of their patients.

Ayurveda means ‘the science of lifespan.’ It is called a natural healthcare system because it is based in the natural laws that govern the functioning of all aspects of life. As such, Ayurveda is a holistic system of healthcare that deals with the whole range of life, from its origin in the deepest level of human consciousness – pure consciousness – to its expressions in mind, body, behavior, and the environment. Ayurveda had an uninterrupted oral tradition of clinical knowledge predating the written texts. There is a theoretical framework that provides valuable insights into psychological and physiological functioning. Ayurveda’s goal is the creation of perfect health for the individual rather than simply the absence of disease. Only

after a comprehensive description of the strategies of prevention do the Ayurvedic texts enter into the realm of modalities for treatment of disease.

In the Vedic texts, the five fundamental categories of subtle frequencies responsible for material creation are called *tanmatras*. These *tanmatras* are seed forms of *Shabda* (sound), *Sparsh* (touch), *Roopa* (seeing boundaries and colors), *Rasa* (taste), and *Gandha* (smell). These lead to the formation of the *panchamahabhutas* – the five ‘great elements.’ The *panchamahabhutas* (five *mahabhutas*) are *Akasha* (space), *Vayu* (air), *Tejas* (fire), *Apas* (water), and *Prithivi* (earth). These relate to the five spin types of quantum physics. In quantum physics spin is an intrinsic property of the two classes of elementary particles, known as bosons and fermions. These differ in spin. Bosons have an integer spin, i.e., 0, 1, etc. Fermions have a half integer spin, i.e., $\frac{1}{2}$, $\frac{3}{2}$, etc. This difference in spin type results in fundamental differences in behavior. Bosons create coherent states, whereas fermions do not. Both are necessary in the structure of the universe, to create uniformity and differences. At an underlying level, bosons and fermions are the basic building blocks of nature. These spin types correlate with the *panchamahabhutas* (see Table 1).

Table 1. The Five Spin Types from Quantum Physics and the Five *Mahabhutas* from Ayurveda

Spin Type	Five <i>Mahabhutas</i>	Correlation
Spin 2 = Graviton (gravity)	<i>Akasha</i> (Space)	Space-time curvature
Spin $3/2$ = Gravitino	<i>Vayu</i> (Air)	A candidate for dark matter
Spin 1 = Force fields (Electromagnetism)	<i>Tejas</i> (Fire)	Responsible for light (photons), heat, and chemical transformations
Spin $1/2$ = Matter fields	<i>Jala</i> (Water)	Elementary fermion particles
Spin 0 = Higgs fields	<i>Prithivi</i> (Earth)	Give particles their mass

The spin 2 graviton is responsible for the concept of space-time curvature. Hence it has a correlation with the Vedic *mahabhuta* of *Akasha* (space). The spin 1 force fields are electromagnetism, responsible for light (photons - the fundamental particles of visible light), heat, and chemical transformations. The *mahabhuta Tejas* (fire), which is related to digestion, is also essential to sight. The Higgs boson, known as the “God particle,” has spin 0. The Higgs boson is responsible for giving particles their mass and corresponds with the *mahabhuta Prithivi* (earth). The interplay of these five fields results in what is known at any observable level, including the human body.

From the five mahabhutas comes another essential

intermingling, leading ultimately toward the Ayurvedic equivalent of the genome. The primary organizing principles of the body, known as *doshas*, are *Vata*, *Pitta*, and *Kapha*. *Vata* is formed from the combination of the space and air *mahabhutas*. *Pitta* is formed from the combination of fire and water. *Kapha* is formed from water and earth. Once again, there is a direct correlation with the field of quantum physics. Dr. Hagelin has correlated the *doshas* (as combinations of the *panchamahabhutas*) with the three superfields (as combinations of the five spin types) (see Table 2). These pulsating, nearly infinite energy fields combine at a profound level of the body, in fact at the DNA level, to create three operating principles in the human body – the three *doshas*.

Table 2. The Three *Doshas* (As Combinations of the Five *Mahabhutas*) and the Three Superfields (As Combinations of the Five Spin Types)

<u><i>Mahabhutas</i> combine to form <i>Doshas</i></u>			<u>Spin Types combine to form Superfields</u>		
<i>Akasha</i> (Space)			Spin 2		
and	→	<i>Vata</i>	and	→	Gravity
<i>Vayu</i> (Air)			Spin $3/2$		
<i>Tejas</i> (Fire)			Spin 1		
and	→	<i>Pitta</i>	and	→	Gauge
<i>Jala</i> (Water)			Spin $1/2$		
<i>Jala</i> (Water)			Spin $1/2$		
and	→	<i>Kapha</i>	and	→	Matter
<i>Prithivi</i> (Earth)			Spin 0		

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The *doshas* are fundamental, irreducible metabolic principles that govern the functioning of the entire body as well as the entire universe. These *doshas* are the connection between the human body and the universe on the material level. Each *dosha* has its own unique qualities. *Vata* represents motion and flow. It is at the basis of the activity of the locomotor system and controls such functions as expansion and contraction of the lungs and heart, and blood circulation. It controls intestinal peristalsis and elimination, activities of the nervous system, the contractile process in muscle, the ionic transport across membranes (such as the sodium pump), cell division, and unwinding of DNA during the process of transcription or replication. *Vata* is of prime importance in all homeostatic mechanisms, and it leads the other two *doshas*, *Pitta* and *Kapha*.

Pitta represents bodily functions concerned with heat and metabolism. It directs all metabolic and catabolic activities, biochemical reactions, and the process of energy exchange. It regulates digestion, functions of the exocrine glands and endocrine hormones, and intracellular metabolic pathways such as glycolysis, the tricarboxylic acid cycle, and the respiratory chain.

Kapha represents structure and cohesion of the organism. It is responsible for biological strength, natural tissue resistance, and proper body structure. Microscopically, it is related to anatomical connections in the cell, such as the intracellular matrix, cell membrane, membranes of organelles, and synapses. On the level of biochemistry, it structures receptors and the various forms of chemical binding.

An individual may have a specific predominance of one or more *doshas* that is naturally correct for him or her. For balance in the physiology, these *doshas* need not be present in equal proportion. However, they need to be functioning in a balanced state of harmony with each other. The human constitution is made up of the combination of consciousness and matter (*Vata*, *Pitta*, and *Kapha*). When the relationship of consciousness and matter is in balance, a state of total balance and perfect health is created. In

Ayurveda, this state of health is known as *Swastha*, which means established in the Self, established in the wholeness of life.

The correlation of Ayurvedic *mahabhutas* and *doshas* with quantum spin types and superfields creates a new understanding of the basic fundamental principles of the whole creation and the human body, and shows the interconnectedness of the creation with the human body. This correlation clearly demonstrates, from the understanding of quantum physics, how the human constitution, environment, diet, seasons, time of the day, etc., are related to human well-being. Ayurveda has always utilized this knowledge of connectedness in managing human well-being. It is the only science of life that proposes and utilizes this deep knowledge. The correlation of Ayurvedic principles with quantum physics is a new way of presenting Ayurveda to Ayurvedic students, non-Ayurvedic healthcare practitioners, and the public, so they more clearly understand the value of Ayurvedic knowledge. It would be beneficial to incorporate this part of quantum physics into the curriculum of Ayurvedic educational institutions. This correlation with modern science also validates Ayurveda as a profound and effective system of healthcare that can be utilized globally.

Further Reading

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2. Sharma H, Clark C. *Ayurvedic Healing*. London: Singing Dragon, 2012.
3. Hagelin JS. Is consciousness the unified field? A field theorist's perspective. *Modern Science and Vedic Science* 1987;1(1):29-87.

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