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# Further developments in the Unimed System (Unimedicine)

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**Abstract:** *This research paper further expounds the Unimed System (Unimedicine) – demonstrating it as a system of alternative medicine deserving place in modern medical science, whose effectiveness has been proven by a number of existing evidences & present scientific understanding. This research paper also introduces & explains “Autonomic Nervous System (ANS) Stabilization” and “Brainwave Synchronization Therapy” as additional treatment options for healing chronic health problems. This research paper also outlines the Mental Health (Psychology & Psychiatry) within Unimedicine and Fetal (pre-natal) programming under Unimedicine.*

## I. INTRODUCTION

This research paper is in continuation to the following paper :

Dr. Nitnem Singh Sodhi, Dr. Pragati Mishra. "The Unimed System (Unimedicine): A Novel System of Modern Medical Science", Volume 9, Issue XII, International Journal for Research in Applied Science and Engineering Technology (IJRASET) Page No: 204-207, ISSN : 2321-9653, [www.ijraset.com](http://www.ijraset.com) (hereafter referred to as the previous research paper)

## II. HOMEOSTASIS

The Unimed System (Unimedicine), like all other systems of medicine, aims to achieve Homeostasis. Homeostasis can be considered synonymous with ‘health’ or the normal state of biological functioning of body – and therefore “disease” or “disorder” can be explained as any deviation from Homeostasis – and the natural indicator of such deviation is what we know as inflammation – inflammation is the body’s natural healing mechanism. It was explained in the previous research paper that all types of medical/health problems (disorders/diseases) are manifested through one single biological mechanism, namely of ‘inflammation’. In this present paper I want to explain further that this inflammation which we are referring to can also be interpreted/considered as a signaling system or a biomarker that body uses to highlight the deviations from homeostasis, for the purpose of automatically restoring homeostasis (self-healing), for which the body is programmed/evolved. Having clarified this, I hereby explain how the different elements as defined in the previous research paper can deviate from homeostasis, or how the deviation from homeostasis manifests as inflammation :

- 1) All the constituents of/within the body (human body as well the bodies of all life forms on earth) can be categorized into the various elements as explained in the previous research paper.
- 2) All these constituents have a “normal function” – referring to their optimal & expected state of functioning within any particular set of environmental condition.
- 3) When all constituents of/within the body are functioning normally/optimally according to the body’s environment, it is the state of Homeostasis/health for that body.
- 4) Any deviation from Homeostasis occurs only when one or more of the constituents of the body is either Hyper-functional (functioning excessively than required) or Hypo-functional (functioning lesser than required)
- 5) Inflammation is therefore either one of these states - either of Hyper-functionality or Hypo-Functionality, of one or more constituent(s) of body

## III. TREATMENTS

### A. Phytochemicals

In the Unimed System (Unimedicine), treatment consists of healing inflammation to achieve homeostasis/health. In the previous research paper, the primary mode of treatment was elaborated of using phytochemicals. In nature, we have ample of phytochemicals which heals inflammation, some generally throughout the body, and some have specific anti-inflammatory actions on particular elements or elemental complexes. “Anti-inflammatory” effect refers to the effect of normalizing or stabilizing any constituent(s) of body or its elements, bringing them to normal/optimal function from Hyper-functionality or Hypo-functionality.

We take up the example of the plant ‘Bacopa Monnieri’ – mentioned in the Sample Materia Medica in previous research paper. Bacopa Monnieri consists of phytochemicals which not only have a mild anti-inflammatory effect throughout the body, but also has a very potent anti-inflammatory effect specifically on the nervous system, i.e. the Ether Element, throughout the body. This makes Bacopa Monnieri the primary treatment of choice for all disorders related to nervous system including psychological disorders. Another example can be taken of the plant ‘Terminalia Arjuna’, also mentioned in the Sample Materia Medica in previous research paper. Terminalia Arjuna consists of phytochemicals which not only have a mild anti-inflammatory effect throughout the body, but also have a very potent anti-inflammatory effect specifically on the cardiovascular system, i.e. the Air Element, throughout the body. This makes Terminalia Arjuna the primary treatment of choice for all disorders related to the cardiovascular system. The last example to discuss here – ‘Tinospora Cordifolia’, also mentioned in the Sample Materia Medica in previous research paper. Tinospora Cordifolia consists of phytochemicals which have significant anti-inflammatory effect throughout the body, with mild additional anti-inflammatory effect specifically for the Fire Element – giving it the specific properties as mentioned in the Materia Medica in previous research paper, specifically towards the immune system.

Plants can be broadly categorized into three divisions under Unimedicine –

- 1) Anti-inflammatory with stabilizing effect – The plants which brings balance to both hyper-activity and hypo-activity in the constituent/body.
- 2) Anti-inflammatory with stimulant effect – plants which brings balance to both hyper-activity and hypo-activity in the constituent/body in initially or in small dosage, and brings stimulant effect, i.e. sympathetic activation of the Autonomic Nervous System with increasing dosages.
- 3) Anti-inflammatory with relaxing effect - plants which brings balance to both hyper-activity and hypo-activity in the constituent/body in initially or in small dosage, and brings relaxing effect, i.e. parasympathetic activation of the Autonomic Nervous System with increasing dosages.

The three examples discussed above in previous paragraph were the examples of the first category of plants - Anti-inflammatory with stabilizing effect.

The examples of the second category of plants, Anti-inflammatory with stimulant effect, are Tobacco(Nicotine), Coffee(Caffeine), Tea(tannins), etc.

The examples of the third category of plants, Anti-inflammatory with relaxing effect, are Valerian(valepotriates), Chamomile(Apigenin), Cannabis(Cannabinoids), etc.

These three divisions of plants are not absolute. A plant can also contain such combination of phytochemicals that it gives stimulant effects in low doses and relaxing effects in high doses, and vice versa. The practitioner has to apply his/her/etc. own intelligence. I will compile and publish the Materia Medica for reference as soon as possible from my end.

### *B. Autonomic Nervous System (ANS) Stabilization*

Having discussed about phytochemicals which are effective in all conditions - acute and chronic, I now expound here a novel treatment methodology to remove inflammation and achieve homeostasis, named “Autonomic Nervous System (ANS) Stabilization”, hereafter referred to as ‘ANS Stabilization’, which is particularly useful in chronic conditions.

To understand how ANS Stabilization works, we need to revise the function of the ANS (Autonomous Nervous System) in medical context. The body is naturally programmed to heal inflammation and achieve homeostasis, and the body does that through the ANS. The ANS is generally known to be sub-divided into two overlapping nervous systems : Sympathetic nervous system and Parasympathetic nervous system, which are also called as the Sympathetic response of ANS and Parasympathetic response of ANS. Whenever the Sympathetic nervous system is stimulated, all the constituents of body are driven towards Hyper-functionality, and whenever the Parasympathetic nervous system is stimulated, all the constituents of body are driven towards Hypo-functionality. It is through the balanced stimulation of Sympathetic and Parasympathetic systems that the ANS maintains homeostasis in body and heals inflammation naturally. The HPA (Hypothalamus-Pituitary-Adrenal) Axis as well as Sympathetic-Adrenal-Medullary (SAM) Axis can also be considered as a part of, or depended on, the ANS, as the Central Nervous System (CNS) works mutually with ANS to trigger release of endocrine hormones and neurotransmitters, some of which are potent natural anti-inflammatories. If the state of ANS is Sympathetic (Hyper-functional), the CNS also functions Hyper-actively and releases endocrine hormones & neurotransmitters accordingly, and if the state of ANS is Parasympathetic (Hypo-functional), The CNS also functions Hypo-actively and releases endocrine hormones & neurotransmitters accordingly.

Having understood these basics, now for the purpose of treatment of chronic conditions, the methodology of ANS Stabilization is as follows :

- 1) Identify whether the chronic inflammation is due to Hyper-functionality or Hypo-functionality.
- 2) Identify the elements and area which are affected by inflammation.
- 3) If the inflammation is due to Hyper-functionality, Parasympathetic Nervous System should be stimulated.
- 4) If the inflammation is due to Hypo-functionality, Sympathetic Nervous System should be stimulated.
- 5) If cases where inflammation is limited to a particular body area only: the sensation of Heat (Thermotherapy) will trigger Parasympathetic response and the sensation of Cold (Cryotherapy) will trigger Sympathetic Response.
- 6) If the inflammation is spread throughout the body, not localized to any particular area: overall ANS should be stimulated, Sympathetic or Parasympathetic as the case requires, using either Brainwave/Neural Synchronization or Neuro-Psychological tools such as Psychotherapy or Hypnotherapy, which are significantly able to trigger Sympathetic and Parasympathetic responses in reaction to emotions perceived by brain.

On the Neuro-Psychological front, we have to understand the neuro-psychological dimension of the ANS. The neuro-psychological function of ANS for which it exists/evolved is to control the internal functioning state of body directly on the basis of perception of surrounding environment by the central nervous system. This is a beautiful functioning which we have to understand - the Central Nervous System perceives the environment, and then using the Autonomic Nervous System, brings internal changes according to its perceived environment, based on its social conditioning. The Central Nervous System includes our thoughts, memories, and perspective of looking at life – our interpretation of reality. The meanings and names we assign to this meaningless existence for the purpose of survival & reproduction, what may be called as intelligence, is co-dependent on the Central Nervous System. Any life form, any animal, without the Central Nervous System, can never be intelligent. Their intelligence is directly proportional to the complexity of their nervous system. The Unibrain Theory and The Unimind Metamodel clearly define the blueprint of mind & brain, confirming that intelligence is only a by-product of the Central Nervous System, especially the brain. Coming to the point of treatment, if we make the patient realize/feel that he/she/etc. is safe, like in the relaxing feeling of being safe at home, the parasympathetic response of ANS activates and everything in body starts relaxing and slowing down, towards Hypo-functioning as described earlier. On the other hand, if we can make the patient realize/feel that he/she/etc. is in danger or in a hostile environment, like in the feeling of stressful fear of any uncertainty, the sympathetic response of the ANS activates and everything starts to pump up and increase, from heartbeat rate to breathing rate to blood pressure to tremors, towards Hyper-functioning as described earlier. In other words, the more comfortable the patient is, more of parasympathetic response happens, and the more stressed the patient is, more of sympathetic response happens.

Lifestyle changes are therefore very effective to bring about more positive interpretation of reality by creating a routine (comfort zone) & reducing uncertainty, thus increasing parasympathetic response to induce natural relaxation. Lifestyle changes are also clinically observed to be very effective for all chronic diseases prevalent today – diabetes, hypertension, thyroid, pcod, depression, etc. which are all commonly caused by chronic stress/sympathetic response of ANS. They are so effective that nowadays it is labelled as a separate sub-field in medicine known as “Lifestyle Medicine”.

The COGNISHEILD technique can also be used to mildly/slowly stabilize the ANS as it normalizes the activity in the Central Nervous System, in turn normalizing the Autonomic Nervous System, leading to Homeostasis.

### C. Brainwave Synchronization Therapy

Brainwave Synchronization, also known as Neural Entrainment, uses the brain’s natural frequency-following-response to rapidly train the brain to operate/function at any desired specific brainwave frequency. There are many methods for brainwave synchronization, namely, isochronic tones, binaural beats etc. The machine/test used for reading brainwaves is known as EEG (Electroencephalography). Follow one basic rule – slower brainwaves are connected with parasympathetic response in the ANS, and faster brainwaves are connected with sympathetic response in the ANS. In more technical terms:

- 1) Delta Brainwaves (0.5 hz to 3 hz) will activate parasympathetic response highly, usually sleep.
- 2) Theta Brainwaves (4 hz to 7 hz) will activate parasympathetic response moderately
- 3) Alpha Brainwaves (7 hz to 12 hz) will bring a state of homeostasis with mild parasympathetic state.
- 4) Low Beta Brainwaves (13 hz to 19 hz) will bring state of homeostasis with mild sympathetic state.
- 5) High Beta Brainwaves (20 hz to 32 hz) will bring state of homeostasis with moderate sympathetic state.

- 6) Gamma Brainwaves (>33 hz) will bring state of homeostasis with a sympathetic state where psychological hyper-functionality (of the Central Nervous System) is more than the physical hyper-functional effects manifesting via Autonomous Nervous System. Psychological alertness is usually observed. With due time, the Autonomous Nervous System adjusts to achieve homeostasis, and only the sympathetic effects on Central Nervous System (mind) remains prominent.

Thus, ANS Stabilization can also be achieved as desired using Brainwave Synchronization Therapy.

#### IV. MENTAL HEALTH (PSYCHIATRY & PSYCHOLOGY)

Under the Unimed System (Unimedicine), all types of psychological & psychiatric disorders cannot be treated only by using phytochemicals – psychotherapy is also needed. The practitioner should first understand the complete framework of mind/psychology from the Unimind Metamodel and the complete neurological architecture of brain from the Unibrain Theory, and then the methodologies of the Unimind Therapy should be applied as psychotherapy. I also recommend teaching COGNISHEILD Technique to patient as a general panacea. The Neuro-Psychology of Learning should also be studied for effective psychotherapy (research paper mentioned in Reference no. 5)

#### V. FETAL (PRE-NATAL) PROGRAMMING

Within the Unimed System (Unimedicine) – Fetal programming is encouraged to reduce the possibility of fetus having inherited diseases. Using the framework/methodology of fetal programming given by me & Dr. Pragati in above mentioned research paper in which we explained the Neuro-Psychology of Learning, we can program a fetus (child in womb) to have more of sympathetic or parasympathetic response of ANS as desired, with effects lasting throughout the lifetime of that child. A lot of moral & ethical considerations are to be contemplated before performing fetal programming, but for the purpose of medical science we hereby affirm the possibility to program the Central Nervous System of a fetus to program it for a default response – Sympathetic and Parasympathetic as may be. An example of practical implementation of fetal programming would be to program a fetus for parasympathetic response in case where there is a high possibility of having an inherited disease that results from sympathetic hyper-activity, such as hypertension, hyperthyroidism, etc.

Again here, the practitioner has to apply his/her/etc. own intelligence.

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