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Sanskrit Scriptures (Ancient Indian History) and Their Scientific Relevance in Modern Science

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Abstract: ***Ancient Indian Science has a plethora of knowledge which include Vedas, Upanishads, Bhagavad Gita, and Puranas but limited online resources available to everyone. to Indian Ancient History preserves the truths of modern science and many justifications of present questions raised in the field of sciences. Most of these scriptures were written in 500-1500 BCE, an era which is believed to have lacked scientific knowledge and reasonings. Many of the Indian transcripts testify data and proofs evident in the Ancient Indian Literature. The Vedas contain intricate details about celestial bodies, their movements, and the concept of time, reflecting an advanced understanding of astronomy. Mathematical concepts, including geometry and algebraic principles, are discernible in texts like the Shulba Sutras. Moreover, Ayurveda, an ancient Indian medical system documented in Sanskrit, provides holistic insights into healthcare, emphasizing a balance of physical, mental, and spiritual well-being. The scriptures also exhibit ecological awareness, prescribing sustainable practices for harmonious coexistence with nature. Sushruta Samhita and other scriptures provide in depth details of utilization of every plant part for cure of diseases. This study encompasses reasonings and specific citing of exact verses of scientific findings found years before modern scientists. Further research will contribute in expansion of knowledge and help delve deeper into Ancient Indian Text.***
Keywords: Rig Veda, Sushruta Samhita, Yajur Veda, Ancient Science, Atharva Veda, scientific evidences

I. INTRODUCTION

Advances in science and technology are the prime reasons for the growth of human civilization. India has been a contributing nation in the field of science and technology since ancient times. Even today, what we address as ‘traditional knowledge’ is actually based on scientific reasoning and proofs. In recent years, there has been amplifying interest in understanding the relationship between the Vedas and modern science. The synthesis of spiritual insights and empirical observations found in texts such as the Vedas, Upanishads, and Puranas provides a rich source for exploring connections between ancient philosophy and cutting-edge scientific concepts. Many have pointed to the evident advanced knowledge contained within the Vedas, including references to astronomy, mathematics, genetics and even atomic theory. This has led to the understanding that the ancient sages who composed the Vedas had a much more advanced understanding of the world and the universe than was previously thought and understood by modern science. The paper systematically examines key themes in ancient Indian scriptures, ranging from cosmology and astronomy to medicine and consciousness, drawing parallels with corresponding principles in modern science. It delves into the remarkable accuracy of certain astronomical observations, suggesting a sophisticated understanding of celestial phenomena that predates conventional scientific discoveries. Moreover, the holistic approach to health and well-being in Ayurveda, as articulated in ancient texts, resonates with contemporary integrative medicine practices, highlighting the enduring wisdom of these ancient teachings.

The discussion extends to the exploration of consciousness and the mind, as articulated in yogic and philosophical texts. The parallels between ancient contemplative practices and modern neuroscience underscore the potential synergies for mental well-being and cognitive enhancement. Furthermore, the paper addresses the ethical and ecological principles embedded in ancient scriptures, offering insights into sustainable living and harmonious coexistence with the environment.

II. DISCUSSION

A. Botany in Vedic Literature

People of ancient India were having adequate knowledge of plants and they used plants for their various day-to-day requirements. Evidence of trade and commerce related to plants and plant parts are available from Sidhu Ghati civilization.

Possible use of various plants in curing various types of human ailments is remarkably present in Rigveda and Atharv Veda. It is noteworthy that western people after experiencing side effects and limitations of synthetic drugs have turned towards herbal treatments. Some botanical terms used in Vedic texts are parallel to those used by modern day plant scientists. This clearly indicates that people of Vedic era were having adequate knowledge of plant and plant life.

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1) Classification and Morphology of Plants

It is clear from Atharv Veda that people of that era were well acquainted with different forms of plant life and they accordingly classified plants into tree, herbs, creeper, bushes etc (VIII-8). There are mention of specific terms for various life forms of plants.

a) Sthambini – Bushy plants (Modern day Shrubs).
b) Eksranga – Plants producing only one branch at a time (monopodial branching).
c) Pratanavati – Plants with creeping habit.
d) Amasumati – Plants with many branches.
e) Kandini – Plants with underground and knotty joints

In Rigveda, names of different parts of plants have been referred which precisely correspond with modern description. Reference of terms like mula (for root), tula (for shoots), kanda (for stem), vatsa (for branches) Pushpa (for flowers), and Phala (For fruits).

A remarkable praiseworthy reference is one where capacity of green plants to trap solar energy and convert them into food is available (Rigveda 11-14 and VIII-43). This explanation is clear indication that people of Vedic era were well aware about the process of Photosynthesis during which green plants convert atmospheric carbon di oxide (CO_2) into carbohydrate there by changing solar energy into chemical bonds. Modern day Botanists started studying about this process quite late i.e. by the end of 19^{th} century.

2) Medicinal Plants in Vedas

Both Rig Veda and Atharv Veda is full of specific description of plants with respect to their possible use for curing various diseases. Some plants along with their use in treatment of respective diseases are described below:

a) Flowers of Rajani is recommended for Jaundice.
b) Kustam and Jangid is suggested as medicine for Leprosy.
c) Suparana, Asuri, Swaroopa and Bhringraj is recommended for treating skin disease.
d) Harinasringa and Guggule is recommended for curing Tuberculosis (T.B.).
e) Madhuca has been recommended for curing snake bite.
f) Ajasrungi, Shikhandi and Guggule are suggested to be used in communicable diseases.

3) Genetics in Ancient Indian Science

Marriage law: According to the ancient Vedic principle one should not marry a sister or girl directly coming in blood relation or Rasgotra i.e. from father's family or mother's parent family. This can be explained on basis of blood groups.

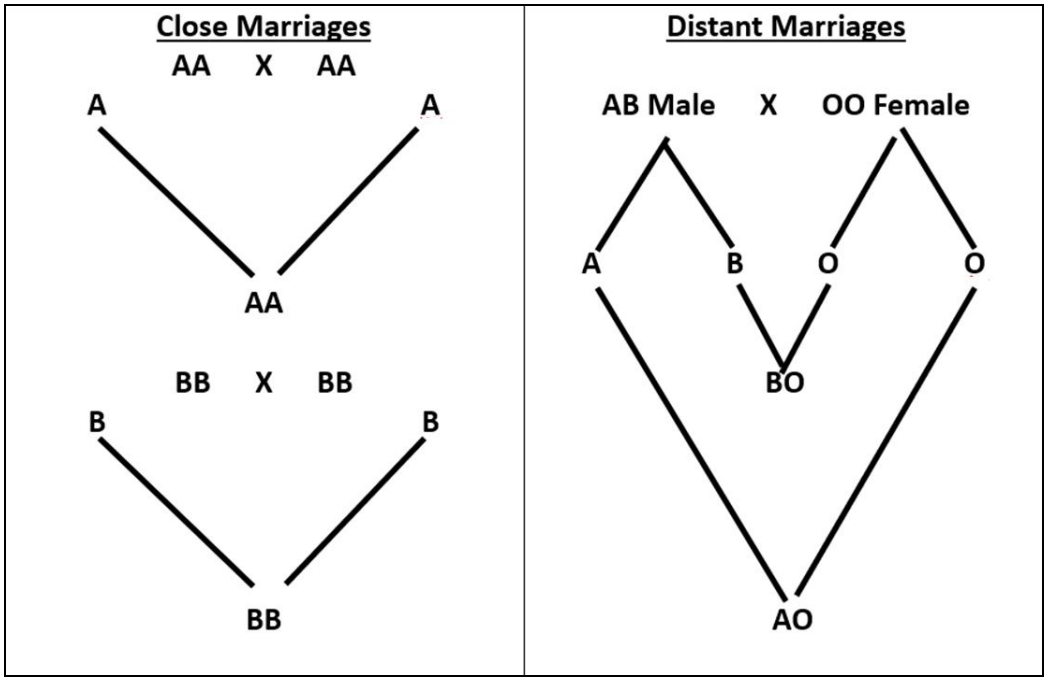


Fig: Marriage to be avoided in close relatives at it can arise genetic diseases.

Ancient people avoid to marry a sister or girl directly coming in blood relation or Rasgotra i.e. from father's family or mother's parent family to avoid various diseases.

The same thing has been said by today's genetic science, if two people with the same chromosome are married, then their children will be born with genetic disorders i.e. mental disability, disability, serious diseases, etc.

No marriage with a girl or boy from the family having diseases. This clearly indicates that they were and are knowing the inheritance of diseases. This proves that the cytoplasm inheritance was known to them.

B. Medicine in Vedic Literature

Charaka is known as the "Father of Ayurveda". He wrote Charak Samhita (treatise on ayurveda) the description of a large number of diseases, causes and their treatment. He described the Fundamentals of Genetics and was the first physician who stated the concepts of digestion, metabolism, and immunity.

Sushruta Samhita written during the 6th century BC is the Oldest Medical & Surgical Encyclopaedia known to Mankind.

The Sushruta Samhita contains 184 chapters with descriptions of 1,120 illnesses, 700 medicinal plants, 64 preparations from mineral sources and 57 preparations based on animal sources.

The book also has vast details on embryology, human anatomy, along with instructions for venesection, the positioning of the patient for each vein, and the protection of vital structures (marma).

Sushruta is regarded as the 'Father of Indian Medicine' and 'Father of Plastic Surgery.'

Rhinoplasty is a technique that is still being used to reconstruct a nose and Sushruta's treatise provides the first-ever documented write about Rhinoplasty. Sushruta said that he used a flap of skin called a pedicle from the forehead to form a new nose.

1) Surgery

Sushruta is known as the 'Father of Surgery'. He was among the first people in history to propose that surgical students should learn about the human body and its organs by dissecting a dead body.

- Sushruta induced anaesthesia using intoxicants like wine and henbane for a successful surgery.
- He specialized in rhinoplasty (plastic surgery) and ophthalmology (cataract ejection). India was the first place where rhinoplasty (developed by Sushruta) was invented and used, and even modern science agrees with this.

2) Anatomy

Sushruta was one of the first to investigate human anatomy. He describes in detail the study of anatomy with the aid of a dead body in the Shusruta Samahita. Sushruta revealed his knowledge of human anatomy through both surface inspection of the human body and human dissection, as he believed that students aspiring to be surgeons should have a good understanding of the structure of the human body. Aside from trauma involving general surgery, Sushruta detailed the treatment of 12 different types of fractures and six different types of dislocations. He discussed the principles of traction, manipulation, apposition, stabilisation, and postoperative physiotherapy. Sushruta also recommended methods for stimulating hair growth and removing unwanted hair.

3) Concept of Cloning, test tube Babies & Surrogate Mothers

The Mahabharata lists a 100 Kauravas, and one daughter, who were born to Gandhari and Dhritarashtra. The epic describes Gandhari as having a prolonged gestation, after which she gave birth to a lump of immovable flesh.

Prolonged gestation is documented in modern medical records, and can be due to a variety of causes. The record for the longest pregnancy is 375 days. It is plausible, however, that Gandhari's "pregnancy" was a case of pseudocyesis.

Gandhari's "fetus" was divided into a hundred pieces. "Each 'Kaurava' was created by splitting the single embryo into 100 parts and growing each part in a separate kund (container). This is identical to the cloning process today.' This narrative is strongly reminiscent of *in vitro* fertilization (IVF), with the multiple pregnancies that commonly occur with it. In Gandhari's case, however, the description mirrors an extra-uterine gestation, a scientific feat that future researchers may be able to achieve.

C. Physics in Vedic Literature

1) Newton's Laws of Motion

Published in a book named "Philosophiae Naturalis Principia Mathematica" on 5th July 1967. But scientist and philosopher Maharishi Kanad (Sage Kanad) had discovered the laws of motion long before Newton in his Sanskrit book "Vaisheshika Sutra".

- First Law of Motion

By Sage Kanada - वेगः निमित्तविशेषात कर्मणो जायते |
Translation: Change of motion is due to impressed force applied. (As per law that an object at rest tends to stay at rest and an object in motion tends to stay in motion with the same speed and in the same direction unless acted upon by an unbalanced force) (600 BC)
By Newton – Every object moves in a straight line unless acted upon by a force. (1600 AD)

- Second Law of Motion

By Sage Kanada - वेगः निमित्तापेक्षात कर्मणो जायते नियतदिक क्रियाप्रबन्धहेतु |
Translation: Change of motion is proportional to the impressed force and is in the direction of the force applied. (600 BC)
By Newton – The acceleration of an object is directly proportional to the net force exerted and inversely proportional to the object's mass. (1600 AD)

- Third Law of Motion

By Sage Kanada - वेगः संयोगविशेषविरोधी |
Translation: Action and reaction are equal and opposite. (600 BC)
By Newton – For every action or force there is an equal and opposite reaction. (1600 AD)

2) Gravitational Force

Rig Veda 8.12.28
य॒दा तें हर्य॒ता हरी॑ वावृ॒धाते॑ दि॒वेदि॑वे ।
आदित्ते॒ विश्वा॒ भुव॑नानि येमिरे ॥
Translation - "O Indra! by putting forth your mighty rays, which possess the qualities of attraction and gravitation-illumination and motion – keep up the entire universe in order through the Power of your attraction."

Rig Veda 1.6.5, Rig Veda 8.12.30
वी॒ळु चि॑दारुज॒त्नुभि॒र्गुहा॑ चिदिन्द्र॒ वह्नि॑भिः।
अवि॑न्द उ॒स्रिया॒ अनु॑॥
य॒दा सूर्य॑मु॒मुं दि॒वि शु॒क्रं ज्योति॒रधा॑रयः ।
आदित्ते॒ विश्वा॒ भुव॑नानि येमिरे ॥
Translation - "O God, you have created this Sun. You have infinite power. You are upholding the sun and other spheres and render them constant by your power of attraction.

Yajur Veda 33.43
आ कृ ष्णे॒नर॑जसा॒ वर्त्त॑मानो नि॒वे॒शय॑न्न॒मृतं॑ मर्त्यं॑ च।
हि॒र॒ण्ययेॅन सवि॒ता रथे॒ना दे॒वो या॑ति॒ भुव॑नानि॒ पश्य॑न् ॥४३ ॥
Translation - "The sun moves around in space in its own orbit taking along with itself the mortal bodies like earth through force of attraction."

Rig Veda 1.35.9
हिर॑ण्यपाणिः सवि॒ता विच॑र्षणिरु॒भे द्यावा॑पृथि॒वी अ॒न्तरी॑यते ।
अपामी॑वां॒ बाध॑ते वेति॒ सूर्य॑मु॒भि कृ ष्णे॒नर॑जसा॒ द्यामृ॑णोति ॥
Translation - "The sun revolves around in space in its own orbit, and firmly holds the earth and other Celestial bodies in such a manner that they do not collide with each other through force of attraction."

Rig Veda 1.164.13
पञ्चा॑रे च॒क्रे प॑रि॒वर्त॑माने॒ तस्मि॒न्ना त॑स्थु॒र्भुव॑नानि॒ विश्वा॑।

तस्य॒ नाक्षꣳस्तप्यते॒ भूरि॑भारः सु॒नादे॒व न शी॑र्यते॒ सना॑भिः ॥
Translation - "Sun moves in its orbit in space which itself is moving. Earth and other bodies move around sun due to the force of attraction, because sun is heavier than them.

Atharva Veda 4.11.1
Translation - "The sun has firmly held the earth and other planets in universe."

3) Formation of Rainbows
Brihat Samhita - chapter 35 (6th century CE) describes formation of rainbow. This was later proposed by Sir Issac Newton approximately after 11 centuries. The verse is as follow.
सूर्यस्य विवधवर्णाः पवनेन विघट्टिताः कराः साभ्रे ।
वियति धनुः संस्थानाः ये दृश्यन्ते तदिन्द्रधनुः ।।
Translation: The multicoloured rays of the Sun, being dispersed in a cloudy sky, are seen in the form of a bow, which is called the rainbow.

4) Calculation of speed of Light
Rig Veda I, 50-4 sloka
"तथा च स्मर्यते योजनानां सहस्रं द्वे द्वे शते द्वे च योजने I
एकेन निमिषार्धेन क्रममाण नमोऽस्तुते॥"
Translation - "With deep respect, I bow to the Sun, who travels 2,202 yojanas in half a nimesha."

a) Sayana, a vedic scholar from the 14th century once said:
1 yojan = 8miles
1 nimesha = 16/75 second
2202 yojans * 8 miles * 75/8 nimesha = 165150 miles per second or 265783.162 kms per second = $3*10^8$ m/s
Note: Here value of 1 yojan is ambiguous and generally taken in range 12km to 15km.

b) That's astonishingly close to the real 'scientifically-proven' 3,00,000 kilometres per second. It's often believed that his source of information was none other than the Vedas.

Science of building Ships and **Airplanes** Swami Dayanand has detailed Mantras regarding in his Vedic commentary and Introduction to Vedas" (1876).
The scientists of IISc deduced that the mechanism of airplane as suggested by Dayanand is feasible. Actually, the first manned plane was built 20 years after death of Swami Dayanand.
The verses are difficult to translate in English here, but readers are advised to review "Introduction to Vedas" by Swami Dayanand or interpretations of following mantras: Rig Veda 1.34.2, 1.34.7, 1.48.8 ,1.116.3, 1.116.4, 10.62.1, 1.116.5, 1.116.6, etc.
Blue Colour of Sky is a clear mentioned in Ancient Indian texts (Markandeya Purana 78.8) which states
"Blue Sky is Nothing but scattered sunlight" and describes the scattering effect of light.

5) Hot Air Balloon
Verse:
वायुबन्धकवस्त्रेणनिबद्धो यानमस्तके उदनःस्वलघुत्वे बिभर्त्याकाशयानकम्
Translation: If hydrogen is contained in an air tight cloth, it will fly in air.as per aerodynamics.

The process of air proofing a balloon bag is described as follows:
Dip a silk bag into the bark of trees which produces milky juice (rubber), dry and dip it in the juice of another tree that produces tannin. Dry it again and coat it first with wax and then with mixture of sugar and lime.

6) *Science of Telegraphy*

Rig Veda 1.119.10

युवं पेदवे पुरुवारमश्विना स्पृधां श्वे तंतरुतारै दुवस्यथः।
शयैरभिद्युं पृतनासु दु ष्टरंचकृत्यमिन्द्रंमिव चर्षणीसहम् ॥

Translation - "With the help of bipolar forces (Asvins), you should employ telegraphic apparatus which is made of good conductor of electricity. It is necessary for effective military operations but should be used with proper caution."

D. Astronomy in Vedic Literature

- Jyotisha Vedanga (500 BC), the earliest source dealing exclusively with astronomy. It contains rules for calculating the exact position of new and full moon amongst the 27 nakshatras.
- Aryabhata explained the true cause of solar and lunar eclipses, stated that the Sun is stationary and the Earth rotates around the Sun. He gave the value of pie (3.1416), and stated that the Earth is spherical in shape in his book i.e. Aryabhata (499 AD).
- Varahamihira stated his book Brihat Samhita (600 AD), that the Moon rotates round the Earth, and the Earth rotates around the Sun.

1) Motion of Earth

Rig Veda 10.22.14

अहस्ता यदपदी वर्धत क्षाः शचींभिर्वेद्यानांम् ।
शुष्णं परिं प्रदक्षिणिद्विश्वायंवे नि शिश्नथः ॥

Translation - "This earth is devoid of legs and hands, yet it moves ahead. All the objects over the earth also move with it. It moves around the sun.

Rig Veda 10.149.1

सविता यन्त्रैः पृथिवीमरम्णादस्कम्भने संविता द्यामदंहत् । अश्वंमिवाधुक्षद्धुनिंमन्तरिक्षमतूर्ते बद्धं संविता संमुद्रम् ॥

Translation - "The sun has tied Earth and other planets through attraction and moves around them itself as if a trainer moves newly trained horses around itself holding their reins."

2) Moon is Illuminated by the Sun

Rig Veda 1.84.15

अत्राह गोरंमन्वत नाम त्वष्टुंरपीच्यंम्।
इत्था चन्द्रमंसो गृहे ॥

Translation - "The moving moon always receives a ray of light from sun"

Rig Veda 10.85.9

सोमों वधूयुरंभवदश्विनांस्तामुभा वरा ।
सूर्यां यत्पत्ये शंसंन्तीं मनंसा सवितादंदात् ॥

Translation - "Moon decided to marry. Day and Night attended its wedding. And sun gifted his daughter "Sun ray" to Moon."

3) The Concept of Eclipse

Rig Veda 5.40.5

यत्त्वां सूर्य स्वंर्भानुस्तमसाविंध्यदासुरः।
अक्षेंत्रविद्यथां मुग्धो भुवंनान्यदीधयुः

Translation - "O Sun! When you are blocked by the one whom you gifted your own light (moon), then earth gets scared by this sudden darkness."

Shape of Earth was discovered way before it is thought to have been found by modern sciences. In (Rig Veda 30.4.5), the verse mentions 'Shape of Earth is like an Oblate Spheroid, and in (Markandeya Purana 54.12), it mentions 'Earth is flattened at the poles.'

4) Distance Between Earth and Sun

Hanuman Chalisa, a devotional hymn dedicated to Lord Hanuman, was written by 16th century poet Tulsidas. It precisely calculates the distance between Earth and Sun.

This is a very well-known fact. Let's see an excerpt from Hanuman Chalisa:

"जुग सहस्त्र जोजन पर भानु.
लील्यो ताहि मधुर फल जानू."

Translation: 'When Hanuman travelled thousands of kilometres to swallow it thinking of it as a fruit'.

The word-to-word translation of the same excerpt reveals the distance travelled by Hanuman.

1 Yuga = 12000 years
1 Sahasra = 1000 years
1 Yojan = 8 miles
Hence, "Yug Sahasra Yojana", the first 3 words mean
12000*1000*8 = 96000000 miles or 153,600,000 kilometres.
Interestingly, the actual distance from earth to sun is 152,000,000 kilometres. There's error of just around 1%. (Actual distance: 150.67 million km)

E. Chemistry in Vedic Literature

Electricity Generation was first initiated by Agastya. The modern battery that we use today, in fact, follows Agastya's principle of electricity. Rishi Agastya findings are documented in the 3,000-year-old text 'Agastya Samhita'

Apparatus used by Sage Agastya to generate electricity included—an earthen pot, a copperplate, copper sulphate, wet saw dust and zinc amalgam.

संस्थाप्य मृण्मये पात्रे ताम्रपत्रं सुसंस्कृतम्।
छादयेच्छिखिग्रीवेन चार्दाभि: काष्ठापांसुभि:॥
दस्तालोष्टो निधात्वय: पारदाच्छादितस्तत:।
संयोगाज्जायते तेजो मित्रावरुणसंज्ञितम्॥

Translation: Insert a copper plate in an earthenware pot and cover it first by copper sulphate and then with moist sawdust. Then put zinc sheet amalgamated by mercury on top of an energy known by the twin's name of mitra-varuna. Current produced will split the water into udanavayu and pranavayu. Combination of such one hundred such vessels would produce a very strong electrical force.

In above verse, varuna is anode and mitra is cathode. Udanavayu is hydrogen, Pranavayu is oxygen, Ghritachi is earthen ceramic beaker, shatakumbh is 100 cells in series to convert chemical energy to electrical energy, Apsara is water tight vessel.

1) Acharya Kanada: The Father of Atomic Theory

Modern science credits the atomic theory to an English physicist and chemist named John Dalton (1766-1844). However, not many people are aware that a theory of atoms was formulated approximately 2500 years before Dalton by an Indian sage and philosopher named Acharya Kanada 600 BC.

It was Kanada who first realized the idea that "anu" (atom) was an indestructible particle of matter. The atom is indivisible because it is a state at which no measurement can be attributed. To determine properties of the atoms he used invariance arguments. He also stated that "anu" (atom) can have two states — absolute rest and a state of motion.

Kaṇāda postulated four different kinds of atoms: two without mass and two with mass. Each substance is supposed to consist of all four kinds of Parmanu (atoms).

Kanada's book, called Vaisheshik Darshan (also called Kannada sutras), captured his atomic theory which states the following:

- Everything can be partitioned
- Subdivision leads to creation of parmanu (atom).
- Parmanu(atom) is indivisible, that is, it cannot be divided further
- Subsection of every particle has an end and cannot be carried infinitely.
- Atom is indestructible which is the foundation for all material existence.

- Parmanu (atom) has a specific property which is same as the class of substance to which it belongs
- It cannot be seen through naked eye
- Parmanu (Atoms) can be combined in different ways to produce chemical changes by heating them or using other measures.
- Parmanu (atom) can have two states —state of absolute rest and state of motion.

F. Mathematics in Vedic Literature

Baudhayana (800 BCE - 740 BCE) - The mathematician, is also known as the 'Father of Geometry'. He is considered one of the first to discover the actual value of 'pi'.

Baudhayana Theorem: This theorem is considered an earlier statement of the Pythagorean theorem. Baudhayana gave the following statement of the Pythagoras theorem:

Diagonal of a square produces doubles the area, and for a rectangle the squares produced by the length and breadth of the rectangle together equal the area produced by the diagonal. He also gave a set of numbers like (3, 4, 5), (5, 12, 13), (8, 15, 17), (7, 24, 25), and (12, 35, 37) which form "Pythagorean triads" — triplets of integers that follow the rule $x^2 + y^2 = z^2$. But no proof was given.

The first book in world history on mathematics "Shulba Sutras" was written by the Great Bodhayan. Shulba Sutras explained some of the great concepts of mathematics, including the formula for the square root of 2.

Knowledge of Geometry is reflected in the Shulba Sutras of 5th century BC. Aryabhata (Surya Siddhanta) formulated the rule for finding out the areas of a triangle which led to the origin of Trigonometry.

1) Aryabhata's deduction of value of PI

In 499 Common Era at the age of 23, The great Indian mathematician Aryabhata worked on the approximation of the value of pi, and concluded that is irrational and its value is approximately 3.1416. While, according to documented history, the irrationality of pi was proved in Europe only in 1761 by Lambert.

First one to find the circumference (perimeter) of earth

- The Greeks claims the credit for this discovery while it was actually Aryabhata, who deduced a formulation proving that the Earth is rotating on an axis.
- Then, by estimating the actual value of pi to be 3.1416, he concluded that the circumference of Earth was approximately 39736 kilometres.

(Actual Circumference as deduced by Scientists = 40075 kilometres).

G. Truths and Reasonings in Vedic Literature

Namaste, the traditional Indian way of greeting has now grabbed the attention of the world as a potentially safe way of greeting people. The benefit of Namaste is there is no physical touching of the other person while greeting. In this manner, any risks of contacting microbes and diseases from the other person we greet are fully avoided.

scientifically, joining both hands ensures joining the tips of all the fingers together; which are denoted to the pressure points of eyes, ears, and mind. Pressing them together is said to activate the pressure points which helps us to remember that person for a long time.

Our body has its own magnetic field, also called the heart's magnetic field. Similarly, the earth also has its own magnetic field, which extends from south to north. If we sleep with our head facing north position, we are letting our magnetic field become asymmetrical in the earth's magnetic field. Hence this can lead to problems related to blood pressure and your heart has to work harder to overcome this disparity of magnetic fields. The second reason is the presence of iron in our body. Asymmetric magnetic fields cause iron to build up in the brain, which can lead to many health problems in body, such as headaches, Alzheimer's disease, Parkinson's disease, and brain degeneration.

During an eclipse, the sun is obstructed by the earth or the moon, so that the wavelengths of blue light and ultraviolet rays do not reach the earth sufficiently. Hence, the level of bacteria in cooked food increases. If we eat the same type of food, it can lead to illness. Therefore, our sages suggested that food should not be eaten or cooked during that time. Benefit of keeping Kush or Darbha grass with food items is, the nanoparticles of which destroy the toxic rays.

H. Scientists influenced by Ancient Indian Scriptures

The German physicist Werner Heisenberg said, "About Indian philosophy, some of the ideas of quantum physics that seemed so crazy suddenly became more meaningful".

The German philosopher Gottfried von Herder said, "The origin of mankind can be traced back to India where the human mind got its first shape of wisdom and virtue."

"After discussions about Indian philosophy, some ideas in Quantum Physics that had seemed so crazy suddenly made much more sense." – W. Heisenberg.

The German philosopher Schopenhauer writes in his commemorative work, "The World as Will and Representation" – "There is no study in the whole world as beneficial and so advanced as the Upanishads. It is the consolation of my life; it will be the consolation of my death."

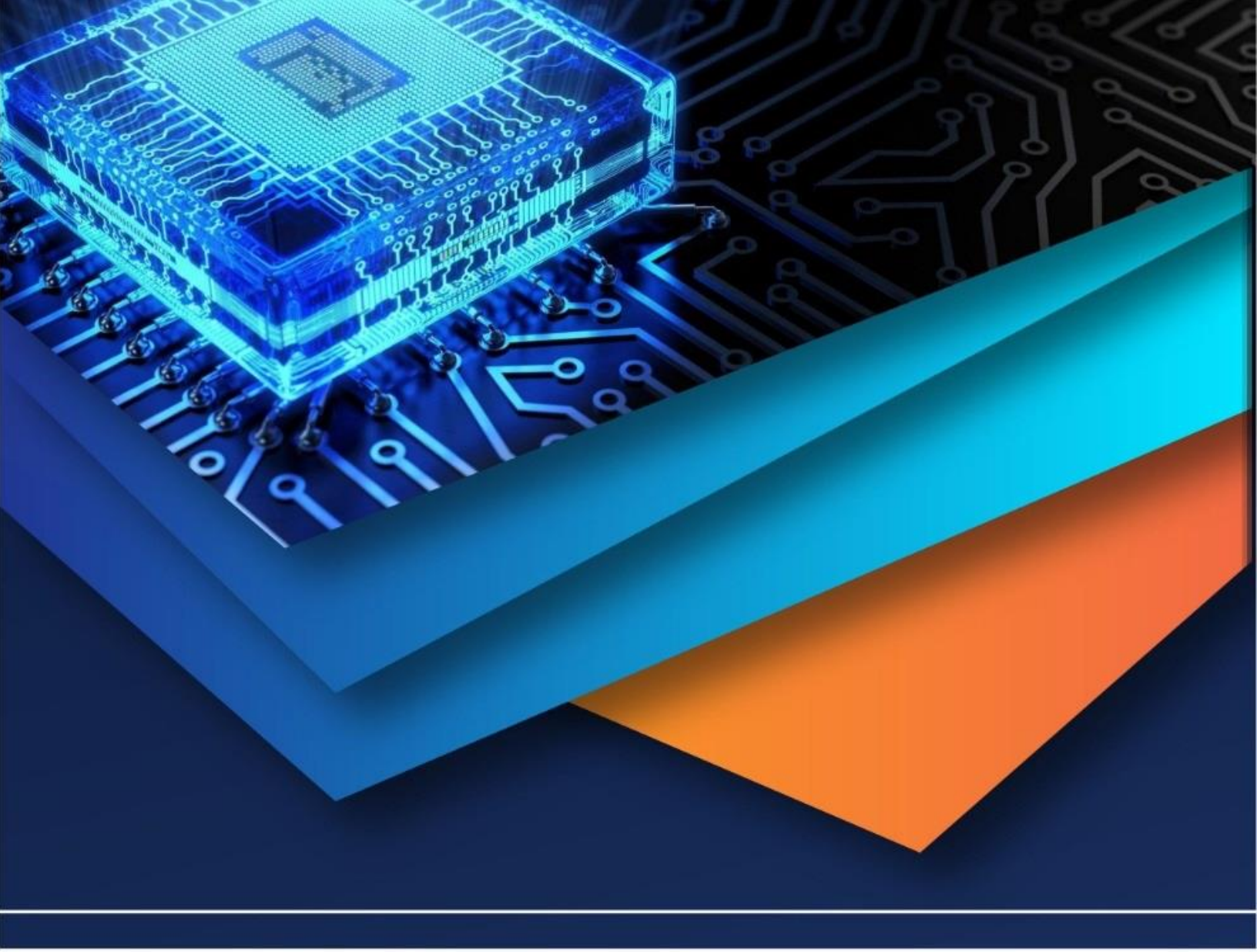
"When I read the Bhagavad-Gita and reflect about how God created this universe, everything else seems so superfluous." – Albert Einstein.

III. ACKNOWLEDGEMENT

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