iJRASET
International Journal For Research in Applied Science and Engineering Technology



INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Volume: 9 **Issue:** XII **Month of publication:** December 2021

DOI: https://doi.org/10.22214/ijraset.2021.39264

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International Journal for Research in Applied Science & Engineering Technology (IJRASET)
ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.429
Volume 9 Issue XII Dec 2021- Available at www.ijraset.com

The Unimed System (Unimedicine) – A Novel System of Modern Medical Science

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Abstract: This research paper introduces a novel system of modern medical science which explains the mechanisms, diagnosis and treatment for all medical/health disorders, named The Unimed System (Unimedicine) by the author.

I. HUMAN BODY AND 5 ELEMENTS

All major ancient civilizations which were present on Earth, including Ayurveda, have stated that everything in the universe is made up of the 5 elements, namely Ether, Air, Fire, Water and Earth. The concept of these 5 elements has been highly misunderstood and misinterpreted due to wrong translations of ancient lexicon.

The original meaning of 'elements' as referred to by the ancient civilizations are the "states of matter". The 5 elements which they referred to are the 5 states of matter : Air referring to the gaseous state of matter, Water referring to the liquid state of matter, Earth referring to the solid state of matter, Ether referring to the subtle states of matter such as light, electricity, magnetism, plasma, etc. and Fire referring to the state of chemical reactions such as the literal fire.

The human body is too made up of these very 5 elements, and for the purpose of developing a new system of medical science - in Unimedicine, we re-defined these 5 basic elements with regards to the human body to be as follows -

1) *Earth Element:* Refers to everything occurring in solid state – such as bones, muscles, tissues, ligaments, etc.
2) *Water Element:* Refers to everything occurring in liquid state – such as blood, urine, cerebrospinal fluid, saliva, etc.
3) *Air Element:* Refers to all the (process of) flows or movements in within the body – such as literal air moving within lungs to oxygen moving into the bloodstream, food moving through mouth to digestive tract to excretion, blood flowing through the veins/arteries/capillaries, urine flowing through kidney to bladder to excretion, etc.
4) *Fire Element:* Refers to all the (process of) chemical (or bio-chemical) reactions within the body – such as digestion of food, release of hormones and neurotransmitters, production of sperm, conversion of sensory inputs into nerve signals within sensory organs, the lymphatic system, etc.
5) *Ether Element:* Refers to the complete nervous system in the body – all nerves and nerve tissues present all across the body, the bio-chemical electricity in the nerves, including the central nervous system and the enteric nervous system.

There are many occurrences within the human body which cannot be purely categorized within the category of a single element – as they possess characteristics of multiples elements combined – therefore the concept of "elemental complexes" are introduced.

An "elemental complex" is a combination of two basic elements. Using only three elemental complexes in addition to the five aforementioned basic elements, all the functions and constituents of the human body can be completely classified.

The three elemental complexes are as follows :

a) *Earth-water Complex:* Refers to everything in viscous state – like phlegm, seminal fluid, stool, fat, etc.
b) *Fire-water Complex:* Refers to all the reactive chemicals and hormones/neurotransmitters in body – gastric juice, blood plasma, all hormones, neurotransmitters, etc.
c) *Air-Ether Complex:* Refers to all the movements within the body, including movement of bioelectricity within nerves. Also refers to the complete nervous system spread all across the body Literally the combination of Air element and Ether element as defined earlier. Reference to neuro-muscular system.

II. CAUSE OF ALL MEDICAL/HEALTH DISORDERS

All types of medical/health problems (disorders/diseases) are categorized into two categories – Acute (short-term) and Chronic (long-term) – and both of them are manifested through one singular biological mechanism, namely of 'inflammation'. A correct understanding of 'inflammation' is needed to proceed – that inflammation is the natural reaction of body towards any situation which is harmful for its survival.

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In all cases of medical/health problems, if inflammation were absent, the body would continue normally as before, without any inherent dis-order being caused, except by pathogens or trauma – for which the body is natural programmed to heal itself. In short, the disorder/disease means the inflammation, and rest the body is healing itself automatically.

Inflammation can also be defined as the body's natural reaction/response against injury(damage) or infection(virus, bacteria, parasites, etc. microorganisms), which can be either internal or external or both. Inflammation can be localized to a tiny specific area within the body, or it can affect complete and multiple organs/areas of the body. Inflammation can happen anywhere in body - in muscles, nerves, tissues, bones, etc.

This "natural response" termed as inflammation is different for different elements, and also different in different cases, depending on multiple factors such as cause, environment and situation.

III. DIAGNOSIS USING UNIMEDICINE

Accurate diagnosis using Unimedicine requires :

1) Locating the area of the body which is affected by inflammation or the location of origin of inflammation within the body. (in some cases, whole body or a major part of body is affected, but the originating point is albeit locatable.)

2) Determining the element(s) or elemental complex(es) of body which are affected by inflammation.

Once these two things are ascertained, the treatment of disorder can be started using the relevant methodologies given further below.

A. Neurological Disorders – caused by Air-Ether Complex

Neurological disorders refer to any inflammation in the neurons / nervous system / neural tissues, within the body – i.e. the Ether element. Owing to the nature of nervous system (ether element) – the effects of such inflammation manifests not only at the source point of inflammation but also in other areas of body to where the affected nerve travels. This movement of symptoms/effects from the source point of inflammation to the other areas of body connected with that inflamed nerve represents the Air element. Thus, all neurological disorders are disorders of Air-Ether complex.

Neurological disorders are the most mis-diagnosed disorders as their symptoms often represents disorders of other nature, thus imaging tests such as CT scan or MRI as often required to confirm diagnosis as well as to locate the originating location of inflammation.

1) Mandatory Criteria For Diagnosing Neurological Disorders

The location/area of body where symptoms are manifesting is all connected by a single traversing nerve – there is one common nerve across the area showing symptoms.

2) Causes of Neurological Disorders

As mentioned above, inflammation can either be caused by injury (damage) or infection.

a) Injury(damage) can be caused either by :

- nerve compression (tumor, disc herniation, etc.) and injury/trauma/accidents resulting in direct or indirect damage to nerves (especially to brain or spinal cord) – includes stroke
- Chronic disorders (diabetes, thyroid dysfunction, multiple sclerosis, parkinsons, vitamin deficiency, psychological stress, etc. including auto-immune disorders) and damage to any organ(s) (due to exposure to toxins and alcoholism or any substance abuse)

b) Infection can be caused by any microorganism, especially bacteria or virus, and few notable examples are meningitis, ventriculitis, encephalitis, meningoencephalitis, myelitis, etc. Bacterial and viral infection that usually majorly affect other parts of body also sometimes affect the nervous system and manifest symptoms – the latest example being COVID-19. Also includes parasites.

B. Gastrointestinal Disorders – Caused by Either Air Element or Fire Element, or Both.

The gastrointestinal system is albeit a very complex and complicated one, and disorders manifesting symptoms in it are caused by inflammation in either the Air element or Fire element, or both.

1) Mandatory Criteria For Diagnosing Gastrointestinal Disorders

Any one or multiple of these 5 issues : excessive gas, nausea/vomiting, constipation or abnormally hard stools, diarrhea or abnormally soft stools, and pain(stomachache).

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2) Causes of Gastrointestinal Disorders

As mentioned above, inflammation can either be caused by injury(damage) or infection.

a) Injury (damage) in gastrointestinal system is caused by chronic disorders (diabetes, vitamin deficiency, psychological stress, etc. including auto-immune disorders) and damage to any organ(s) (due to exposure to toxins and alcoholism or any substance abuse).

b) Infection can be caused by a wide variety of microorganisms, including parasites as well as worms.

Inflammation can be either in Air element or Fire element :

- Air element – referring to the movement of foods and fluids within the gastrointestinal system.
- Fire element – referring to the quantity and speed of release of chemicals or hormones within the gastrointestinal system. Examples include gastric juice, insulin, bile, etc.

In case of Fire element, the source origin of inflammation is the organ which releases such chemicals or hormones.
In case of Air element – the source origin of inflammation are the intestines (either small or big or both.)

C. Diabetes

Diabetes can be defined as the continuous presence of abnormally high level of glucose in blood for extended period of time.
It can be caused by/of either or both of these two forms –

1) Affecting the Fire Element: Caused by inflammation of either liver or pancreas or both (location of origin of inflammation) – wherein insulin or other chemical/hormones are not adequately produced by affected organ(s) leading to diabetes.

2) Affecting the Earth Element: Technically understood as glucose intolerance, where the sugar(glucose) is blood is not optimally absorbed by the body.

IV. TREATMENT USING UNIMEDICINE

Unimedicine is introduced here as a novel system of medical science that primarily emphasizes on treatment of inflammation (with respect to "elements" as mentioned earlier) to treat all medical/health disorders – using 'phytochemicals' along with Allopathic medicines. The inflammation is treated not only symptomatically (via Allopathic Medicines) but the treatment of the cause of origin is also done (via Phytochemicals) – for example, in case of fever caused by a virus, the medicine compound may not only contain allopathic chemicals or phytochemicals which possesses anti-pyretic properties, but also antiviral phytochemicals that ensure the disorder is treated effectively, and also other phytochemicals to assist the body's natural immune and self-healing system to have a synergistic effect.
Unimedicine is termed as a system of modern medical science because it does not depend upon the traditional "experiential" medical systems like Ayurveda, Homeopathy, Unani, Siddha, etc. but it uses those phytochemicals which have been duly studied using modern scientific methods and observations and have been found significantly more effective than placebo – the same benchmark standard on which all allopathic medicines are approved.
The benefits to be enjoyed by Unimedicine is that the phytochemicals working as medicines in this system are already available in market in form of Homeopathic Mother Tinctures and standardized Ayurvedic Herbs/extracts.

V. SAMPLE MATERIA MEDICA of Unimedicine :

1) Plant Name : Terminalia Arjuna

Phytochemical Properties :
Reference 1 : positive inotropic, anti-ischemic, antioxidant, blood pressure lowering, antiplatelet, hypolipidemic, antiatherogenic, and antihypertrophic

2) Plant Name : Tinospora Cordifolia

Phytochemical Properties :
Reference 2 : anti-diabetic, antipyretic, antispasmodic, anti-inflammatory, anti-arthritic, antioxidant, anti-allergic, anti-stress, anti-leprotic, antimalarial, hepato-protective, immuno-modulatory and anti-neoplastic activities.

3) Plant Name : Azadirachta indica

Phytochemical Properties :
Reference 3 : immunomodulatory, anti-inflammatory, antihyperglycaemic, antiulcer, antimalarial, antifungal, antibacterial, antiviral, antioxidant, antimutagenic and anticarcinogenic

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4) Plant Name : Bacopa Monnieri

Phytochemical Properties :

Reference 4 : memory enhancing, tranquillizing, sedative, antidepressant, antioxidant, cognitive, anticancer, antianxiety, adaptogenic, antiepileptic, gastrointestinal effects, endocrine, gastrointestinal, smooth muscle relaxant effects, cardiovascular, analgesic, antipyretic, antidiabetic, antiarthritic, anticancer, antihypertensive, antimicrobial, antilipidemia, anti-inflammatory, neuroprotective, and hepatoprotective

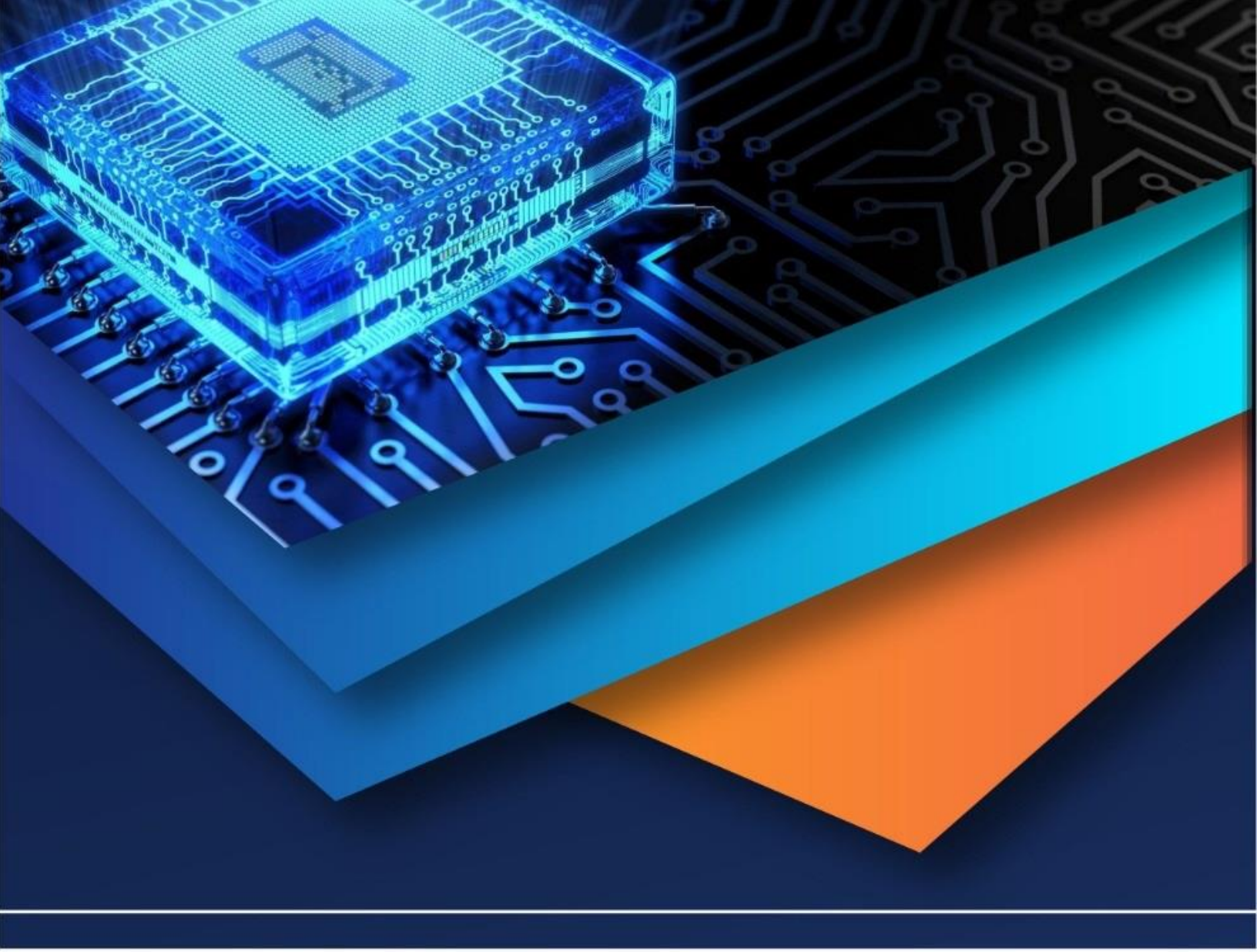
VI. NOTE

The developer of Unimedicine (author) is working on compiling the complete Materia Medica for Unimedicine, which will be published subsequently. The author is also working on subsequently publishing the further technicalities of Unimedicine, such as detailed and intricate interactions of elements/complexes, etc. In this research paper only Neurological disorders, Gastrointestinal disorders and Diabetes are stated, others such as Cardiological disorders, Urological disorders, Gynaecological disorders, Orthopaedic disorders, Hypertension, Cancer, etc. shall be stated in subsequent research papers.

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