



HIHT News

Energy of Consciousness in the Human Personality *by Swami Rama*

Energy Relationships

Those whose awareness is bound to the earthly level frequencies know, as the real person, only the physical body. Others, who refine their self identification by attuning to finer frequencies, know of an undying consciousness. To know this is to know that we are immortal. But before we can reach the point of comprehending the immortality of our universal consciousness, it is essential that we understand the relationships between and among various hierarchical levels of energy. This understanding is not an intellectual process. It is a matter of letting our interior awareness travel along the lines of the diffuse patterns of energy so that we can actually perceive all their modes of power and its operation. The yogi does this. He sends his awareness on this incredible interior journey and returns to chart for others the maps of consciousness. There is no other way to comprehend what consciousness is, what roles it plays in running our personalities.

The yogi finds that the energies (of various levels of subtlety ranging from the low frequency, earthly solid manifestation to the very high frequency, almost undetectable mental waves) all interact with each other in many ways; he finds that the relationship between the denser and finer energies is that of interdependence. The denser ones affect the finer ones in a more immediate way, but the finer ones turn out to be the masters in the long run. Take, for example, our dense body. Its bad posture adversely affects the flow of breath, but when the will in our consciousness decides that the breath be made to flow perfectly, the body has to arrange itself in a posture that will facilitate the flow.

The relationship between the body and prana may be viewed similarly. A bad posture clogs the pathways of prana. But it is the experience of those who practice the subtler varieties of hatha yoga that once the blocks on the prana's pathways have been removed through the practice of postures, the prana itself begins to give little surges into the organs so that the body rights itself inadvertently into correct postures. What is more, many practitioners of kundalini yoga report that as a result of their practices, an involuntary cleansing of internal systems takes place which affects the prana matrix and thereby influences the body.

The relationship between prana and mind energies is no different. An incidence of low prana may befog the mind for the time being. But again, the will of consciousness infuses the mind with a certain illumination, and then prana has no alternative but to obey the mind. Thus, through deep meditation, the mind can be used to intensify the strength of prana.

As we have hinted above, the key to the relationship between the various energies is the will that is inherent in consciousness. Will, however, should not be confused with the much used term, will power, which has become a word that almost connotes violence. Will power is an exertion of the lower mind. Will is simply an inherent quality of consciousness through which consciousness



Swami Rama

directs all its operations. These operations then affect our exterior environment and become our actions. One who cultivates self awareness observes and, through the will, consciously controls all the interior operations of mind, prana, and body.

The higher frequency energies contain within themselves all the power of the lower frequencies, but not vice versa (again, they are hierarchical in nature). By the same token, the mind can measure all the powers of the body and senses, but they in turn cannot measure much of the mind's power. It is for this reason that some modern scientific instruments can measure physiological signs of a certain mental state but are powerless to measure the state itself. In other words, one may measure delta brain waves, but a depth gauge to measure the experience of sleep itself has not as yet been invented.

This leads us to some very interesting observations about the mental state of sleep. The body, of course, shows that one is asleep. The question then arises as to whether the signs seen in the body can tell us everything about the mental state of sleep. The answer, certainly, is "No."

(to be continued)

Reprinted from *Revision, Vol 3, No. 1, Spring 1980*

Third Convocation of SRHU



The 3rd Convocation of Swami Rama Himalayan University (SRHU) was held at Jolly Grant March 16th with the Hon'ble Governor of Uttarakhand Smt. Baby Rani Maurya as the Chief Guest. In the ceremony 618 students were conferred degrees.

Addressing the students in her convocation speech, she said the way Himalayas have embraced everything in its lap the same way Himalayan Institute has also embraced all the good deeds like medical, urban and rural health, skill development, water sanitation and livelihood. She advised the graduating students to use the gained knowledge for the benefit of the society and the nation. She appreciated the good work being done by the University for improving the lives of the rural community of Garhwal and Kumaon. She advised the students to be always thankful to their parents and teachers for it is they who have shaped them to what they are today. She laid emphasis on discipline in life which she said is always the key to success. She further said that in today's day and age, convocation should never be considered as a milestone of culmination of knowledge but should be considered as a stepping stone for further knowledge.

Shri Trivendra Singh Rawat, Hon'ble Chief Minister of Uttarakhand was the Special Guest of Honour, and Dr. Dhan Singh Rawat, Hon'ble Minister of State, Higher Education, Uttarakhand, was the Guest of Honour.

Dr. Vijay Dhasmana, Vice-chancellor SRHU said "With health and education, SRHU is also working in the field of skill development. The University is giving training of various courses to make the youth self-employed. Our priority is to give opportunities to young people who hail from remote areas of Uttarakhand. To provide industry serving skills a Polytechnic College has been started in Toli, Pauri, ancestral village of Swami Rama from the academic session 2018-19. Once the students graduate and become doctors they are also given the opportunity to serve in interior areas of Uttarakhand where there is scarcity of health services.

A total 618 degrees were awarded at the convocation. Of these, 318 from Himalayan Institute of Medical Sciences, 106 from Himalayan School of Management Studies, 63 from Himalayan School of Science and Technology, 129 from Himalayan College of Nursing and 2 were Ph.d.

Foundation Day Celebrated 12-14 March 2019



The 3-Day Foundation Day function of Swami Rama Himalayan University was filled with colorful cultural performances of students.

Chief Guest Cabinet Minister Subodh Uniyal and Dr. Vijay Dhasmana, Vice-Chancellor SRHU jointly inaugurated SRHU Fest-2019 by paying homage to Swami Rama.

38 University students were awarded the Literary and Sports Award, and 90 students were recognized with Academic Awards.

The Fest included cultural performances based on Punjabi, Rajasthani, Gujarati, and Bengali songs and folk dance by the students.

At the closing ceremony, 114 students were awarded their diplomas.

The Ayurvedic Centre Plants in Campus

Tanduliyak (*Amaranthus spinosus*)

This plant is commonly known as chaulai in Hindi and thorny amaranth in English. It belongs to family Amaranthaceae.

It is a plant native to the tropical Americas, but is present on most continents as an introduced species and sometimes a noxious weed. It can be a serious weed of rice cultivation in Asia.

Plant description:

It is an annual herb with sometimes red tinged erect stems, ascending, 30-150 cm long, usually branched. Leaves ovate to rhombic-ovate, elliptic, lanceolate-oblong, or lanceolate, blades 1-12 cm long, 0.89-6 cm wide, smooth, leaf stalk 1-9 cm long. Flowers green, in axillary clusters in the lower part of the plant and in unbranched or branched spikes in the upper part, the



lower clusters entirely without stamens as are the lower flowers of the spikes, the upper flowers in the spikes staminate. Plant is usually densely flowered. Flowers approximately 0.1 cm long, short, bracteate, seeds very small, black, shining. Seeds mature about one month after flowering. They are scattered around the mother plants or distributed by animals feeding on the plants.

Ayurvedic pharmacology: Rasa- Tikta, Kashaya Guna- Laghu, Ruksha Veerya- Sheeta Dosha Karma- Pittakapha Shaamak

Chemical composition: Roots contain alpha-spinasterol, a-spinasterol octanosanoate, saponin of oleanolic acid and saponins of a-spinasterol. Petroleum ether extract of whole plant contains n-alkanes, free alcohols, sterols, and fatty acids. Leaves and stems contain hentriacontane and alpha-spinasterol.

Therapeutically useful parts: Whole plant, roots and leaf

Therapeutic uses: Whole plant poultice applied to swollen inflamed lymph nodes, on abscesses to hasten suppuration and to treat whitlow. Decoction of leaves is used for mouth-wash for mouth ulcers and toothache. Root decoction is used in gonorrhoea and colics. Leaf decoction is used as enema, in stomach troubles and piles. Leaf-infusion is diuretic. Pollen-extract is used in allergic asthma and allergic rhinitis. It is a very potent drug for the treatment of leucorrhoea and menorrhagia. Decoction of leaves and roots is given to the children as laxative.

*Dr. Pratibha Mamgain,
Department of Ayurvedic Medicine*

The Theory of the Chronic Miasms of Homeopathy

continued from previous issue

Constitution: A traditional way of defining the chronic miasms is as constitutional weaknesses or predispositions that may or may not make their presence known. As the basic energy that underlies the phenomenal world exists in two forms, latent and active, so the miasms can remain in dormancy or be actively expressing.

In his treatise on the chronic miasms Allen has described predisposition: "A predisposition is a bad habit formed in a life force that has been under the promptings of some subversive force for years of miasmatic action, and the changes that are common to its subversion. Thus the subtle patterns that are in the unconscious and conscious mind determine the underlying patterns of the basic energy fields of the individual."

Dhawale's interpretation of Hahnemann's definition of miasm is: "The term miasm was employed by him to indicate a defect in constitution that interfered with the processes of recovery and cure." Furthermore, Edward Whitmont defines constitution as: "The inherent tendency to respond automatically along qualitatively predetermined individual, characteristic patterns. Constitutional differences are different response patterns to identical situations."

Susceptibility: The miasms attack and derange the central life force, thus making the organism susceptible to many other agents to develop functional and structural changes in individual tissues or organs. Stuart Close has defined susceptibility as the general quality of capability of the living organism to receive impressions, the power to react to stimuli. "By means of this power the organism offers resistance to everything that tends to injure or destroy its integrity or disturb its normal functioning. Resistance is manifested by sufferings, pain, fever, inflammation, changed secretions."

Robert Virchow revolutionized mid-nineteenth century pathology with his theory of cellular pathology. Virchow was reluctant to accept the new bacteriology that emphasized external infecting agents as primary causative factors of disease. His belief was that disease resulted from disturbance of the normal physiological processes of the cell. He therefore maintained that it was the constitution of the host, or in other words intrinsic factors that played the dominant role in the manifestation of disease.

Charles Creighton, a British pathologist in the late nineteenth century refused altogether to acknowledge that bacteria were the cause of disease and only went so far as to admit they were sometimes concomitants of it. In his opinion, those diseases that did not arise from conditions in the external environment, resulted from a persistent physiological disturbance that somehow developed autonomy as a disease.

Allen's query to Virchow was: "... what disturbed the cell; how do cells become deceased when often, there is no external apparent cause; why do cells form tumors and abnormal growths; what is that power that is behind the cell change and disturbance?" That potentiality that is behind the cell is the thing that Virchow did not see. We can call that potentiality behind the cell prana, and the potentiality that disturbs prana we can call miasms.

*Dr. Barbara Bova, HOD, Dept. of Homeopathy
to be continued.*

International Women's Day

On March 8th, 2019, RDI joined in worldwide celebration of International Women's Day. This day is celebrated globally with varied emotions. Marked as a day to spread messages for social reform earlier, the trends now are towards celebrating the spirit of womanhood. A lot goes into ensuring the happiness and wellbeing of a woman and her family. She has a crucial role to play in ensuring the overall quality of life of her family unit that would ultimately lead to a healthy and educated society. RDI has directly impacted the life of 40,000 women through its various projects; especially of healthcare and water sanitation.

It is in recognition of this need for quality of life, good health and role of women that RDI invited over 100 frontline health-workers, the ASHAs (Accredited Social Health Activists) across Dehradun and Haridwar. These health workers are available at every village level catering to a fixed size population and are part of various committees within including Village Health Sanitation Nutrition Committee (VHSNC). So the celebrations revolved around issues of health in general and women's health in particular. The guest speakers' profile included Dr. Uma Bhardwaj Dean-Research, SRHU, Dr. Saroj Naithani, Additional Director, Ministry of Health & Family Welfare, Uttarakhand and Ms. Ashna Sookha, Chairperson, Pooja Kajal Foundation Netherlands. These guests spoke on recognition of women and their role in society, gender equality and lauded the enormous work being done by these health workers in their villages. The collective impacts of the efforts of ASHAs have begun to show in the improvement of health indicators, increase in knowledge level and safe health and sanitation practices.

Addressing the issues on maternal health, non-communicable diseases subject experts were invited from Swami Rama Himalayan University (SRHU). Technical sessions included information on prolapse of uterus, a significant yet often untreated health challenge among women, palliative care and neglected tropical diseases. During the program a pocket-friendly size IEC kit was



also launched by the dignitaries. The kit comprises of two booklets regarding general information on maternal health issues and cancer and its care, along with a bead game to understand menstruation.

HIHT News is the in-house news bulletin of the Himalayan Institute Hospital Trust, Dehradun, India, a nonprofit organization founded in 1989 by H.H. Swami Rama of the Himalayas. Readers are requested to write to the Editor expressing their views about the bulletin. Printed and published by Dr. Vijay Dhasmana for and on behalf of the Himalayan Institute Hospital Trust at New Art Press, Dehradun-248001, Uttarakhand (India). Editor: Dr. Vijay Dhasmana, phone: 0135-2471133, pb@hihtindia.org
The views expressed in the signed articles do not necessarily reflect the official views of the Trust. Sign up on our website to receive the HIHT News via e-mail.

© 2019 Himalayan Institute Hospital Trust.
All rights reserved. www.hihtindia.org
RNI-UTT/BIL/2003/11409
HIHT is the promoting society of Swami Rama Himalayan University.



PRINTED MATTER

If undelivered please return to: Himalayan Institute Hospital Trust, Swami Ram Nagar, P.O. Jolly Grant, Dehradun 248016, Uttarakhand, India.