ABSTRACT:

**Background:** Pulse diagnosis is the basic and ancient tool in Ayurveda to determine every little change taking place in the body at physical, physiological and psychological level. The thoughts, mindset and physiological actions of the body of every person emit a different type of electric current in the body which affects the flow of blood. This blood flows in a particular rhythm creating vibrations in the arteries and veins, which is felt by keeping three fingers on the prominent or superficial artery in the body, mainly at the radial artery.

It is the same way that the changes are monitored by performing ECG (Electro Cardiography) of heart and EEG (Electro Encephalography) of the brain, but the pulse is felt by an Ayurvedist and he can demonstrate it to the patient. Depending upon the tissues and vital organs affected in any disease the rhythm of flow of blood gets disturbed, disturbing the graph of pulse.

These Radiations intervene our Aura and the internal systems and affect our body like a slow poison.

**Aims and objectives:** The study was aimed at to observe the changes in the body, as now a day everyone is under the influence of electromagnetic radiations directly or indirectly. We were experiencing a particular and similar change in the rhythm of pulse of patients who come to us. When we analysed, the thought of a similar environmental influence came into mind as I have seen lot of patients all across universe in last 4 to 5 years and the change was evident everywhere, as whole the universe is exposed to radiations generated due to electronic gadgets, So we gave it a practical form by combining it with visible pathological and physiological changes through scanning and blood tests.

**Conclusion:** From all the studies we get to know that the radiations increase Fire and Air element in body causing hyperactivity and hyperacidity in body. So we need to keep our self balanced, so that we can keep ourselves healthy as it is impossible to avoid these radiations in day to day life and PIOUS OIL protects one person on multi dimensional level, by creating a healthy Aura around us and by keeping every element water, fire, and earth balanced with the properties of its oils.

**Key words:** Electromagnetic radiations, Electromagnetic pollution, Vata dosha (combination of air and space element) and Pitta dosha (fire element), Kapha Dosha (water and earth element) and Pulse diagnosis.

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INTRODUCTION:

Now a day’s, whole the universe and environment are polluted with electrical pollution along with other pollutions. **Electrical and Electromagnetic Pollution** is due to frequencies which are oscillating slower than visible light waves and we are surrounded by them 24x7. Tiny electrical currents exist in the human body due to the chemical reactions that occur as part of the normal bodily functions e.g. palpitation of heart, breathing and working of neurons, which create electrical currents in the body and brain. These currents are monitored by ECG (Electro Cardio Graphy) of heart and EEG (Electro Encephalo Graphy) of the brain.

The energy carried by electromagnetic radiation is absorbed in to the living tissues and that is converted into kinetic energy of the particles. This energy absorbed by the tissues of the living body causes an increase in its temperature that is the aggravating factor for Pitta (FIRE ELEMENT) in body, and oscillations induce little electric currents in body that is Vata aggravation (AIR AND SPACE ELEMENT), by interfering with electrical currents which exist in our body due to normal physiological functioning of body. I am providing the full detail of physiological changes in body which take place due to effect of these radiations, as we analyze the changes occurring in body by the Pulse Diagnosis in Ayurveda.

INTRODUCTION TO POLLUTION:

Exposure to electromagnetic fields is not a new phenomenon, but EMF toxins were not much prevalent before but surely they were recognized. Like the monsoon bring months of lightning, which gave the people anxiety, depression and irregular menstrual cycles.

“But the toxin is extremely prevalent today in low doses due to computers, cell phones and all electrical devices,” says Dr. Doug Beech.

![Fig. 1: Showing Sources of electromagnetic frequencies](image)

Natural (including sun rays and cosmic radiation) and artificial sources computers, cell phones, power lines, X-rays and all electromagnetic devices emit ionizing radiation and non-ionizing radiation.

During the 20th century, environmental exposure to man-made electromagnetic fields has been steadily increasing as a result of growing electricity demand, ever-advancing technologies. Changes in social behavior have created more and more artificial sources. Everyone is exposed to a complex mix of weak electric and magnetic fields, both at home and at work. We are under influence of the radiations from domestic appliances, industrial equipments, telecommunications, and broadcasting services. For most people, it is impossible to go even a day without coming
into contact with electronic devices such as laptops, tablets and cell phones for communicating with friends and family, school and even for business. The persons who do not use these gadgets are also under the influence of radiations as these are present all around us. Once you know all of the adverse effects this type of radiation can have on your health, you start to pay more attention. Many studies have revealed a link between the use of these types of technological devices and various forms of illness, including tumors and infertility.

With continuous exposure to radiations our aura\(^2\) gets influenced by these radiations, they affect us by intermingling into our aura and start penetrating into the living tissues and interfering with tiny electrical currents which already exist in the human body due to the chemical reactions that occur as part of the normal bodily functions, e.g. Palpitation of Heart and working of Neurons create electrical currents in the body.

I have treated so many patients with various problems and the basic reason turned out to be the exposure to radiations. So from my study on the patients, I have seen a particular change in body pulse due to exposure to these radiations. I have created the data explaining the mode of action of these radiations on the physiological functioning of the body, also how they affect our body like a slow poison.

**MATERIALS AND METHODS:**

The patients were examined by the pulse analysis and physically examination. The blood tests and scanning of patients was done who were having pathological problems. Maintained every record of change in pulse and in body and from all the records we have come to the conclusions, I am writing about. I am attaching the summary of the patients, if needed we can forward every detail of the patients.

(*Table showing the summary is on next page*).

**ELECTRO MAGNETIC RADIATIONS AFFECTING THE ENVIRONMENT AND EVENTUALLY HUMAN BODY**

Electromagnetic frequencies and Electromagnetic Radiations emit heat waves (FIRE ELEMENT OR AGNI TATVA) working as aggravating factor for PITTA dosha in environment and consequently human bodies, and oscillations or movements of electric currents and radiations emitted aggravate VATA Dosha (AIR AND SKY ELEMENT/ VAYU AND AKASH TATVA) responsible for movements in the body and aggravation causes Hyperactivity and dryness in body.

This aggravation disrupts the elemental balance of the environment by interfering with the dampness (water element of nature (JAL TATVA/ WATER & EARTH) subsiding KAPHA dosha of environment, as the moisture of the environment is absorbed by these radiations. The KAPHA dosha which is responsible for bonding in relations as well as lubrication and protection of internal organs of the body gets depleted in the environment and environment absorbs water from bodies and other sources of water creating dryness in the bodies and in the environment. That is why so much emphasis is given on drinking liquids and water.
After Treatment Report

Again ultrasound was done on 23.3.2017 which showed clear ovaries.

Pathological Finding

Scanning on 31.1.2017 which revealed few small schmorl’s nodes and large ovarian cyst (7.5 x 6 cm).

Her scanning revealed multiple cysts in both the ovaries. Progestrone – 1.86 Androstenedione A-4 - 4.62 ng/ml FSH - 6.75

Her scanning revealed CYST of 52x 42 mm in diameter in uterus.

I prescribed PIOUS OIL to be applied and with that given BRAHMI capsules which help in maintaining the hormones and stress levels.

PIOUS OIL to be applied and with that given SHATAVER capsules

Again ultrasound was done on 25.4.2017 which showed clear ovaries and normal menstrual cycle.

Again ultrasound was done on 17.6.2017 which showed clear ovaries and normal menstrual cycles.

TABLE 1: SHOWING THE SUMMARY OF PATIENTS TREATED WITH PIOUS OIL

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Name of Patient</th>
<th>Age</th>
<th>Profession &amp; Visit Date</th>
<th>Chief Complaints</th>
<th>Tridosha in Pulse</th>
<th>Biological Elements Disturbed</th>
<th>Chakra Disturbed</th>
<th>Pathological Finding</th>
<th>Treatment</th>
<th>After Treatment Report</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Nazneet Kaur</td>
<td>18 yrs.</td>
<td>Student Under influence of radiations Jan. 2017</td>
<td>Back pain and pain in lower abdominal area with disturbed menstrual cycle.</td>
<td>Has lean body, hyperactivity of brain leaded to Vata aggravation &amp; disturbed hormones.</td>
<td>Rasa and rakta caused improper menstrual cycle.</td>
<td>All chakra, mainly third eye chakra, wrong sitting postures in sacral chakra</td>
<td>Scanning on 31.1.2017 which revealed few small schmorl’s nodes and large ovarian cyst (7.5 x 6 cm).</td>
<td>PIOUS OIL</td>
<td>Again ultrasound was done on 23.3.2017 which showed clear ovaries.</td>
</tr>
<tr>
<td>2.</td>
<td>Ms. MATISHA</td>
<td>22 yrs.</td>
<td>Student Jan. 2017</td>
<td>Having hairy growth at face and symptoms of disturbed menstrual cycles due to poly cystic ovarian syndrome.</td>
<td>She was having overactive brain and lethargic body, vat prakope and kapha prakope</td>
<td>Rasa and rakta infected with ojus</td>
<td>All chakra, mainly third eye n throat chakra, with sacral chakra</td>
<td>Her scanning revealed multiple cysts in both the ovaries. Progestrone – 1.86 Androstenedione A-4 - 4.62 ng/ml FSH - 6.75</td>
<td>PIOUS OIL</td>
<td>Again ultrasound was done on 25.4.2017 which showed clear ovaries and normal menstrual cycle.</td>
</tr>
<tr>
<td>3.</td>
<td>MS. POONAM</td>
<td>28 yrs.</td>
<td>Govt. job, March 2017</td>
<td>Patient came to me with complaint of having heavy menstrual bleeding.</td>
<td>She was having stressful brain, vata and pitta prakope</td>
<td>Rasa and rakta</td>
<td>Sacral and third eye chakra</td>
<td>Her scanning revealed CYST of 52x 42 mm in diameter in uterus.</td>
<td>I prescribed PIOUS OIL to be applied and with that given BRAHMI capsules which help in maintaining the hormones and stress levels.</td>
<td>Again ultrasound was done on 17.6.2017 which showed clear ovaries and normal menstrual cycles.</td>
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After Treatment Report

Again ultrasound was done on 21 Aug 2016 which showed clear uterus.

Again EEG was performed on 21st November 2014, which was NORMAL AWAKE EEG.

Again EEG was performed on 21st May 2018, which was NORMAL AWAKE EEG.

I prescribed PIOUS OIL to be applied and with that SHANKHPUSHPI capsules for managing stress and PURE SHILAJIT for dissolving the fibroid in the uterus.

I prescribed PIOUS OIL to be applied and with that given BRAHMI capsules for managing stress.

Profession & Visit Date

15 June 2016

25 October 2014

17 May 2018

Name of Patient

Mrs. Ravita

Ms. ANUKRITI

Mr. MAST RAM

Age

38 yrs.

16 yrs.

32 yrs.

 chief complaints

Patient came to me with complaint of having excessive menstrual cycles.

She was disturbed emotionally, sleeping late at night and rising late in morning was a routine.

Patient came to me with EEG REPORT Of him and MRI of his brain. He had undergone an episode of unconsciousness.

Pathological Finding

Scanning revealed fibroid in uterus having size 20.8 x 25.1 mm.

Her EEG Record showed ABNORMAL INTERICTAL RECORD OF SYMPTOMATIC COMPLEX PARTIAL SEIZURE OF TEMPORAL ORIGIN.

Her EEG Record Dated 15th showed ABNORMAL EEG suggestive of Generalized seizure. MRI was normal, physiological functioning was disturbed only.

Tridosha in Pulse

Disharmony in body and mind leaded to disturbed hormonal secretions. Vata and pitta prakope

Vata prakope, hyper-activity of brain

I felt his pulse and it was so exhausted. The brain was exhausted. vata prakope

Biological Elements Disturbed

Rasa, rakt and mansa

Sacral and third eye, throat chakra

Disturbed

Sacral and third eye, throat chakra

Third eye

All 7 and ojus

Treatment

I prescribed PIOUS OIL to be applied and with that SHANKHPUSHPI capsules for managing stress and PURE SHILAJIT for dissolving the fibroid in the uterus.

I prescribed PIOUS OIL to be applied

I prescribed PIOUS OIL to be applied and with that given BRAHMI capsules for managing stress.

After Treatment Report

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<tr>
<td>4.</td>
<td>Mrs. Ravita</td>
<td>38 yrs.</td>
<td>Tele caller 15 June 2016</td>
<td>Patient came to me with complaint of having excessive menstrual cycles.</td>
<td>Disharmony in body and mind leaded to disturbed hormonal secretions. Vata and pitta prakope</td>
<td>Rasa, rakt and mansa</td>
<td>Scanning revealed fibroid in uterus having size 20.8 x 25.1 mm.</td>
<td>I prescribed PIOUS OIL to be applied and with that SHANKHPUSHPI capsules for managing stress and PURE SHILAJIT for dissolving the fibroid in the uterus.</td>
<td>Again ultrasound was done on 21 August 2016 which showed clear uterus.</td>
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<td>5.</td>
<td>Ms. ANUKRITI</td>
<td>16 yrs.</td>
<td>Student 25 October 2014</td>
<td>She was disturbed emotionally, sleeping late at night and rising late in morning was a routine</td>
<td>Vata prakope, hyper-activity of brain</td>
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<td>I felt his pulse and it was so exhausted. The brain was exhausted. vata prakope</td>
<td></td>
<td></td>
<td>I prescribed PIOUS OIL to be applied and with that given BRAHMI capsules for managing stress.</td>
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</table>
The fire and air element thus disturbs the whole environment from where they pass creating more dryness, thus disturbing SPACE element or our environment.

Now a day, we see people are being self centered and always busy in texting and reading, even in the get together. We see everyone is busy with their gadget. That is dryness or lack of bonding in the relations also (KAPHA DOSHA VITATED). Here the ecological system itself is disturbed so everything related will get disturbed automatically.

Lot of messages, videos etc. are being viral to create awareness about bonding in relations, but of no use as the basics are disturbed, so until or unless we start from the ABC nothing is going to work. New born children are also getting affected with exposures; they are affected during pregnancy and after delivery.

EARTH ELEMENT also gets disturbed by earthing of electricity wires, which is done in earth, disturbing the frequency of earth. Effects of EMR on some physicochemical properties like pH, moisture, organic matter, phosphate contents of soil are negative.

We have disturbed the frequency of the earth to the extent that it has to drain energy from the human beings, causing cancer, miscarriages, infertility issues and other metabolic and auto-immune disorders.

PULSE IN AYURVEDA³

VATA, PITTA, KAPHA⁴ are the three basic Energies (THREE PILLERS) of Ayurveda. They are responsible for every action in our body. In Ayurveda the rhythm of the pulse is the basic criteria for investigating patients. From pulse we get to know about physical and mental status of the person. The thoughts, mindset and physiological actions of the body of every person emit a different type of electric current in the body which affects the flow of blood. This blood flows in a particular rhythm creating vibrations in the arteries and veins, which is felt by keeping three fingers on the prominent or superficial artery in the body, mainly at the radial artery.

![Fig. 2: Showing Three Doshas of Human Body related to five elements of universe](image)

Depending upon the tissues and vital organs affected in any disease, rhythm of blood flow gets disturbed, disturbing the graph of pulse.

The PULSE gets affected by every little change in our behavior or in the temperament and also due to the change in the environment. The body is also affected with the aura of the place we are living in and aura and energy of people surrounding us, as these things directly affect our thoughts and the reflexes of the brain, causing changes in the body and consequently the blood flow in the body, which is the vital force for living.

THE MOVEMENTS OF DOSHA (TRIDOSHA): Vata, Pita, Kapha in body get affected aggravating one dosha or subsiding
other in the body and the treatment is done according to that, as balancing three dosha (Vitiations) is the main process of treatment in Ayurveda.

**EFFECT OF EM RADIATIONS ON BODY AND SUBSEQUENTLY PULSE ...**

In my practice, I have noticed a particular change in the pattern of Rhythm of the pulse, not in any particular part of India but people of almost every country I have visited in all these years. Every patient having any problem is more or less affected with these radiations, although the intensity of changes varies depending upon many factors like:

- Physical and mental status of a person
- His resistance (immunity) against diseases
- How much time that person uses the gadgets
- What type of gadgets he is using
- Field of exposure to radiations
- Type of radiations the person is exposed
- People working in sectors where they are directly into exposure or they are indirectly/directly under exposure
- Means of exposure, Like tele-callers under noise pollutions their brain show a different type of change People on computers showing different type of changes, eyes getting more affected
- Organs affected or exposed show different type of changes.

All the sense organs (karmendriyas) are the sites which get affected with radiations:

- Mouth (jihvaa)
- Pores of the skin (loma)
- Hands

The EMR being a vibrational toxin affects the channels for life energy. EMF toxins create a direct and immediate effect because they are vibrations and can therefore directly interfere with the vibrational channels.

The hands which carry the mobile phones or laptops are the other source of migrating electromagnetic radiational vibrations into body. The vibrations affect or intervene with the normal pulsating pulse of the body thus affecting every organ of the body being influenced with them.
Eyes are the main part being involved and affected as we see every gadget with eyes, the rays enter through eyes and affect the third eye chakra directly affecting the pineal gland and the limbic system of the brain thus hindering with every action of the brain.

Brain being the headmaster and controlling every activity of the body, consequently every organ of the body gets affected. The organs and systems related to specific part of the brain are affected by EMFs and EMR. The human brain has its own electric field due to the functioning of neurons, it is the site which gets affected directly by the interference of radiations and interaction causes damage to cells and molecules. Low or high frequency electric fields influence the human body just as they influence any other material made up of charged particles. When electric fields act on conductive materials, they influence the distribution of electric charges at their surface. They cause current to flow through the body to the ground. Electric shocks to brain are the example to intricate the functioning of brain, so that the nerves starts working and any type of blockage due to any blood clot gets cleared off.

Over activation of brain creates more wear tear of the brain and its related soft organs and eventually body (the parts of body being governed by different parts of brain, hormones which regulate the body being secreted by brain). The fire related to the brain (medhya agni) and the eyes (alochaka pitta) gets aggravated as the nature of radiations is paittika and vatic, causing injury or burning of tissues (kapha dosha subsided) most of them being soft (shrinking due to vata).

**Lack of exercise and physical moments of the body also leads to poor metabolism of the body, disturbing dosha in body.**

Our body is made up of 70 % water and 30 % solid matter. As we know, water gets affected with any little change or vibrations or radiations; same way our body gets disturbed by every little change in its surroundings.

**So in aggregation** these all factors contribute to DOSHA DUSHTI (AGGRAVATION OF DOSHAS) that is Vata (due to vata nature of radiations, that is movements) and pitta (heat generated by radiations), which in turn, can disturb the physical channels and create imbalances in the physiology of entire cellular network. The disturbed vibrations mainly affect the brain affecting the Prana vata and Sadhak pitta.

In layman language Vata and Pitta can dry and shrink kapha which is responsible for the bonding in every part of our body. It is the mucosal membrane which is protecting the whole alimentary canal. It is the pleural lining of lungs, pericardium of heart, meninges of brain and myelin sheath of basic structure that is neuron in our body. We can say GOD has protected every soft organ with a layer of mucosa, which represents KAPHA DOSHA in body. Both Vata and Pitta when aggravated damage this shielding of organs, which is also the case here.

Two dosha, Vata and Pitta get aggravated due to the factors discussed above and one
Kapha Dosha gets subsided and they affect the whole body.  

**VATTA DOSHA** *(AIR AND ETHER ELEMENT):*

Life (Prana) flows into the physical body through the air we breathe which carries oxygen (also called PRAN VAYU), the water we drink and the nutrition in food we ingest.

PRAN VATA is located in the brain, head, throat, heart and respiratory organs. When the Vata is disturbed in these organs, all the functions of these organs related to this Vata get disturbed like inhalation, perception of things through senses and taking care of mind.

BODHAKA KAPHA help us in perception of taste, lubricating and moistening of food as it is located in the tongue, mouth and throat. Subsiding of kapha slows down the process of swallowing.

KLEDAKA KAPHA helps in moistening and liquefying of the food in the initial stages of digestion at the upper part of the stomach.

SAMANA VATA takes care of peristaltic movement of the digestive system being located in the stomach and small intestines. Disturbance of SAMANA VATA disturbs proper digestion in stomach and small intestine. Disturbed PITTA DOSHA (FIRE ELEMENT) disturbs metabolism. With disturbed PACHAKA PITTA (HYPERACIDITY) digestion of food gets disturbed, that is the food being broken down into nutrients and waste. It has same place as of PRAN VAYU that is located in the lower stomach and small intestine.

ALOCHAKA PITTA gets vitiated creating eye problems as location of it is eyes. Disturbed SADHAKA PITTA (HYPERTENSION) being located in heart causes disturbed emotions such as contentment, memory, intelligence and thoughts.

Due to **RANJAK PITTA** formation of red blood cells and further tissues is disturbed as it is located in the liver, gallbladder and spleen. Pitta (agni) nature of the vibrations disturb the digestive in various areas of the body including: cellular system, stomach (jathar agni), liver (bhumagnis), metabolism (dhatu agni), chest area (sadhaka agni), skin (bharjaka agni). Normally the energy derived from the rasa (nutrients from food) is transformed into ojus and flows in body nourishing the sense organs, the openings of the sense organs.

**PITTA:** gradually involves all dhatu 7 elements of body i.e. RASA, RAKTA, MAANS, MEDA, ASTHI, MAJJA, SHUKER and eventually OJUS, which is the IMMUNITY OF BODY. Over activated Pitta (TEJAS) is unable to produce ojus (vigor or “fluid of life”) as RASA gets over exhausted due to heat (KHAR PAAK). The defects or impurities in ojus leads to manifestation of the problem in the area which is most affected (Sthan Sanshreya).

If care is not taken further aggravation of VATA is there causing more vibrations in body leading to hyperactivity of cells and aggravation of dryness in body.

APANA VATA being vitiated disturbs all downward impulses urination, menstruation, sexual discharges and elimination of waste products, the navel and the anus are the areas of functioning of APANA VATA. Lack of proper functioning of APANA VATA causes diminished sexual desires and causes constipation. It leads
to accumulation of AAM DOSHA (WASTE PRODUCTS).

The Waste material which remain in intestine; start fermenting there and causing the formation of gas (methane in some cases which is one of the leading factors of cancer in colon).

As upward movement is the character of gas or air, so the gas start upward movement, pressurizing diaphragm and other organs resting on it, causing other physical ailments along with physiological changes in body like Coughing, Breathlessness, Hypertension and pain in the body and joints, due to stiffness in the body as Sleshaka Kapha also gets subsided along with aggravation of vata which is for lubrication of all joints. Avalambhaka Kapha lubricates the heart and lungs and provides strength to the back, chest and heart.

Central Nervous System gets affected due to increased Vata. Brain lacks proper nutrition needed and oxygen levels and thus inhibiting its functions of the release of healthy hormones and hindering actions associated with the Nervous System.

As neurons are the basic units getting affected with all the vibrations, Vata or Dryness keeps on increasing, causing drying and shrinking of muscles. Tarpaka Kapha is responsible for nourishment of sense and motor organs being located in the head, sinuses and cerebrospinal fluid. It governs calmness, happiness and stability. The persons who are affected with all these problems or are in constant exposure of radiations lacks calmness, happiness and stability; they become hyperactive and are always in hurry and anxiety, which keep on increasing day by days as all the soft tissues and muscles of the brain start shrinking (being age related phenomenon but prepones due to lack of Tarpak Kapha)

Neurons are the primary source of transferring information from one cell to another, so the synapses (synaptic clefts) are the loci where all transformational activity in the physiology takes place.

EMF/EMR vibrations enter these transformational gaps, creating the disturbance in the flow of current or passing of information from one neuron to another; then leading to the adjoining is the spinal cord (Susuhmna nadi) through which these corrupt energies enter the full physical body. Through the spinal cord Prana is delivered to all the body’s organs and systems. If NEURONS get affected the functioning of whole body gets affected. Further, with loss of ojus in body NEURONS GET DAMAGED (mylein sheath got cracked and problems occur at synaptic plate) and the electrical impulses get disturbed causing neuropathy ailments. Due to subsiding of Kapha Dosha in body there is shrinkage or atrophy of
muscular tissues, blood vessels and the nerves. If the precautions not taken care at this stage, there will be worsening of all the systems.

In Ayurveda, the diseases are mainly divided into two categories depending upon the origin of Disease or Vitation of Dosha:

a. **AMASHYA SAMUTH** (due to problems from disturbed digestions... stomach is the place)

b. **PAKWASHYA SAMUTH** (due to problems from disturbed assimilation of food.. intestines are the site)

There are mainly 80 diseases due to Vata Doshas, 40 types of diseases due to Pitta Doshas and only 20 diseases are due to Kapha Doshas. As the radiations aggravate both Vata and Pitta in the body, so we can very well imagine the consequences.

**PROGNOSIS OF AFFECTS OF ELECTROMAGNETIC RADIATIONS**

In Ayurveda steps of samprapti can be summarized in the following steps:

- **Nidanas** (Causative factors /reasons)
  1. Characteristic of electromagnetic radiations
  2. Foods and everything adulterated (mithya ahaar)
  3. Routine upset (mithya vihar)

- **Dosha dushti**
  Disturbed metabolism (Aggravation of doshas)

- **Vatta dosha** (air element of body)
  Pran Vayu & Saman Vayu disturbed & Pitta Dosha (fire element of body)

- **Pachak pitta**, alochak pitta & sadhak pitta affected (Due to vata: vibrations in body increases lead to hyperactivity of cells and consequently every body part)

- **Pitta Dosha** (fire element of body)
  Pachak pitta, alochak pitta & sadhak pitta affected (Due to Pitta: heat in body increases which leads to hypertension/ hyperacidity)

- **Vata cause dryness & pitta causes burning in body**

- Disturbed assimilation of food burning of nutritional substances
  And diminution of kapha dosha

- Pitta: gradually involves all dhatus (7 elements of body rasa, rakta, maans, meda, asthi, majja, shuker)
  And Ultimately OJUS i.e. lack of immunity

- **Vata : Hyperactivity of cells**
  Increased wear and tear of cells
  Leads to dhatu shaithilya (Loosening of body tissues) & Immunity loss
  Leads to Sroto Avrodh (Obstruction in channels)

- More aggravation of vatta dosha (Increased dryness in body > Disturbed metabolism > Fermentation in intestines > Pressure on diaphragm > Pressure on vital organs > Decreased blood and oxygen supply to body and brain)
Leads to various types of Neurological disorders
(As brain lacks proper nutrition needed and oxygen levels)
Inhibiting its functions of the release of healthy hormones &
Hindering actions associated with the nervous system.

Due to subsiding of kapha dosha
Shrinkage of muscular tissues and blood vessels and nerves
Neurons get damaged
(Mylein sheath got cracked and problems occur at synaptic plate)
So the electrical impulses get disturbed
Causing neuropathy ailments

NIDHANA PARIVARJANAM
Symptoms not taken care of and no precautions are taken, leads to
Further increase in problems occurs
Chronic ailments take place
Neuropathy disorders and leading to other Auto immune disorders.

We should start taking care as soon as we become aware of the consequences of these radiations as these are the irreversible changes

HOW TO PREVENT:
We have discussed how the body is getting affected with the affects of the radiations, so for preventive measures, we have to keep our body hydrated to reduces heat and lubricated to keep it nourished so that dryness don’t get aggravated.

According to CHANAKYA NITI:
We should be pro-active in finding out the solutions before the trouble arises. It is not advisable to start digging the well when the house has caught fire.

Working on the ancient traditions of working to solve the problems even before the problem occurs, that is we should not wait for the consequences, as we know that problems are sure to rise with time, so should work on giving the solutions.

Keeping it in mind I have worked to give solutions for it, that is nothing to eat but just oil that has to be applied.

HOW WE CAN TAKE CARE OF OURSELVES:
We have to adapt a holistic ROUTINE that includes proper diet and PRANAYAAMA, which can pacify the brain and relax it, so that hyperactivity of the brain is reduced which is due to Vata Dosha (VIBRATIONAL NATURE OF RADIATIONS). Second, is to control the aggression of the body, which is due to the PITTA DOSHA (HEAT OF RADIATIONS).

Drink plenty of water daily and keep your body hydrated (as water element get depleted with radiations)
We have to calm down the brain and pacify the vata dosha. Put 2-2 drops of Almond oil in both nostrils in winter and Goghrita in summers, as it lubricates the sinuses pacifying vata at ENT (EAR, NOSE, & THROAT) and CNS (CENTRAL NERVOUS SYSTEMS).

Have VATA and PITTA SHAMAK Dravya in diet.
Keep cotton swabs dipped in rose water or cucumber pieces on eyes for some time. As we cannot stop working on the gadgets, so we need something which can create a shield so that our brain is protected in some way from the radiations. The PIOUS OIL is the solution.

PIOUS OIL is made up of medicines which protect our body at various levels. It purifies AURA and keep aligned all the chakra and consequently aligning every organ related to that chakra. The channels are accessed through points on the body called CHAKRA of the body. We have seven main chakras corresponding to every organ of the body. PIOUS OIL keeps every chakra healthy and aligned. It helps to pacify the organs which mainly get disturbed with the vibrations (STHAN SANSHAREYA).

Therapeutically using the PIOUS OIL AT THIRD EYE CHAKRA creates a shield around chakra, protecting the pineal and limbic system of the brain, which is the centre for controlling every activity of the body. It helps by improving oxygenation to tissues.

PIOUS OIL: BEING MADE FROM PURE ESSENTIAL OILS OF BRAIN TONIC AND THE PACIFYING HERBS, IT HELPS THE BODY AT VARIOUS LEVELS.

PIOUS OIL is the oil which lubricates our body channels by its ingredients Khas, Coriander and Rose Mary keep heat pacified. When we apply them on various chakras it cools the system related to that chakra, like applying at Third Eye Chakra it keep the internal soft organs of the brain pacified and cool.

**COMPOSITION OF PIOUS OIL:**
- Lavender Tail (Lavandula angustifolis)
- Khas Khas Tail (Vetiveria sizanioides)
- Rose Merry Oil (Rosmarinus offcinalis)
- Saidhavandi Tail (Ayurveda Sar sangreh)
- Vacha Oil (Acorus calamus)
- Jatamanai Oil (Nardostachya jatamanai)

Jatamansi and Vach are brain tonics to keep brain healthy and stat the ageing process. Lavender relaxes the channels and Saindhavadi Oil help to protect the persons from every negativity of universe and to keep the aura of every person healthy and happy as happy mood repel every negativity and release happy hormones.

Application on Belly Button (being the main place of Vata ) pacifies Vata Dosha, taking care of absorption of food and elimination of waste properly, stopping the fermentation of waste materials and hence Vata aggravation.

One can apply on all seven chakra to keep oneself healthy and keep all chakra aligned and organs related to every chakra healthy. It acts by balancing and re-energizing chakras, creating a revitalized and rejuvenating effect on mind and body.

It helps in keeping aura positive and protected from every negativity, as it creates a shield around body.

When used daily it maintains the positive energy in soul and its surrounding for a prolonged life.

**INHALING THE AROMATIC FUMES OF THE OIL PROTECTS THE SOFT ORGANS OF CENTRAL NERVOUS SYSTEM**
It helps in promoting the release of healthy hormones and keeps your mind pacified, it has been used in Anxiety, Insomnia, Hypertension, Obsessive compulsive disorders as with help of it mind can take care of its endocrine system and boost metabolic systems and treating pathology.

Nerves relay signals by transmitting electric impulses. Most biochemical reactions from digestion to brain activities go along with the rearrangement of charged particles. The heart and brain are electrically active. The oil controls the hyperactivity of the brain. Treated lot of Patients with different aetiology by just pacifying with PIOUS OIL.

It keeps the basic unit of every activity THE NEURON healthy, happy and nourished, prevents the breaking of myelin sheath.

My main aim is to create awareness so that we can save more and more people from the affects of EMR....

If we start using PIOUS OIL therapeutically, it makes you strong, fresh, light and positive.

CONCLUSION:

Everyone is surrounded by electrical and electromagnetic pollution now a day. It is caused due to frequencies which are oscillating slower than visible light waves and we are surrounded by them 24x7. Tiny electrical currents exist in the human body due to the chemical reactions that occur as part of the normal bodily functions e.g. palpitation of heart, breathing and working of neurons, which create electrical currents in the body and brain. The energy carried by electromagnetic radiation is absorbed in to the living tissues and that is converted into kinetic energy of the particles. This is the full elaborated study, how this energy get absorbed by the tissues of the living body and causes an increase in its temperature that is the aggravating factor for Pitta (FIRE ELEMENT) in body, and oscillations induce little electric currents in body that is Vata aggravation (AIR AND SPACE ELEMENT), interfering with electrical currents which exist in our body due to normal physiological functioning of body and consequently lead to various pathological conditions in the body. From all the studies we get to know that the radiations increase Fire and Air element in body causing hyperactivity and hyperacidity in body. So we need to keep our self balanced, so that we can keep ourselves healthy as it is impossible to avoid these radiations in day to day life and PIOUS OIL protects one person on multi dimentional level, by creating a healthy Aura around us and by keeping every element water, fire, and earth balanced with the properties of its oils.
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