

HANDLING HEALTH CRISIS AND CLIMATE CHANGE CRISIS

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1. Introduction

When a problem or crisis is encountered, people are prompted and tended to look for some solution. So, let us start with two major crises viz., Health Crisis and Climate Change Crisis:

Having experienced the advantages of Isaac Newton Era Science of Machine Concept and that of Albert Einstein Era Science of Systems View (Quantum Concept, Holism, Unified Field), the modern science seems to be saturated, as new inventions & discoveries for 'adaptation' are not forthcoming, and scientists & scientific institutions seem to be engaged in mitigation activities (producing and distributing products/ service packages as remedies). Human kind, other creatures and the earth & universe itself are facing "Health Crisis" and "Climate Change crisis" pointing to extinction of human race with few other species.

As we progress through the scientific age, we cannot ignore further advancement of science & technology. We are required to ensure sustainable "Total Quality Health" of living beings, non-living objects and the earth & universe as a whole. Therefore, the third and forth stages/ phases of modern science has to be aimed at protecting species & the universe from these crises. The next phases of modern science need to prescribe measures to overcome these crises.

My studies show that organic farming will ensure & maintain health (fertility, pollution levels, Ph value, etc.) of farm lands and the external environment while true nature cure will ensure & maintain the health of organisms/ creatures. Therefore, in the article published in Volume 6, Issue 5, September-October 2024 of IJFMR (International Journal for Multidisciplinary Research – A Multidisciplinary Bimonthly Scholarly International Research Journal with E-ISSN: 2582-2160 • Impact Factor: 9.24) I had claimed "Nature Cure + Organic Farming as the 3rd phase of western modern science and "Nonviolence" as its 4th phase.

The basic approach of the first two phases of modern science is exploration & exploitation. But we have options for 'exploration & exploitation' or 'conservation & preservation'; competition or co-operation; commotion or tranquility, confusion or composure; war or peace, violence or nonviolence; we can have 'globalization or localization'. If our choices & preferences have the potential of depleting (or damaging) natural resources, we are committing violence, leading to many crises.

Diseases are experienced in the form of (uneasy) symptoms and are considered as our enemy. To combat and expel them worships, medicines, drugless therapies, pressure, heat, light, diet therapy, herbal therapy, so on and so forth, all sorts of REMEDIES are applied. Lot of efforts, time and money were/are spent on handling/ managing diseases, but alas! Patients never get/got the cure; we never get/got 'health'. In addition to the diseases affecting the human beings and other living beings, there are issues related to social evils, criminal tendencies/acts, natural calamities, global warming, climate change and those related to the earth/ universe itself. It is now an established/ accepted fact that social evils, criminal tendencies, acts of violence, etc. are directly related to our education, food & lifestyle.

2. Health Crisis

World Health Organization (WHO), expecting to overcome the medical tyranny and sufferings of the people, at its USSR conference in 1978 made a declaration that "everybody in the world would be made healthy by 2000 AD". After that a revolution started in the medical world to achieve this target. Vaccinations, antibiotics, nutritious foods, hospitals, testing facilities, specialist/super specialist doctors/practitioners with many staff, equipments & other paraphernalia were created. The campaign was mainly spearheaded by the modern medicine (Allopathy).

Many other well-known and little-known treatment systems also took the opportunity to "fight and combat the disease". Needless to say, all the 250 odd treatment systems available for human beings (the only specie on earth known to be in need of that many varieties of treatments), tried to make the hay while the WHO sun shined. However, despite the joint and several efforts of the 250 odd treatment systems, human kind has reached the "AIDS Era" and is facing the "Health Crisis". And after 1997, WHO miserably started counting "how many AIDS patients would be in the world by 2000 AD".

Meanwhile, WHO also knows and confirms that (i) chronic and degenerative diseases (especially non-communicable diseases) are increasing; (ii) diseases which were declared eradicated may comeback in the same or different form; (iii) antibiotic resistance would be the main concern for the next few years. Even after twenty-four years of 2000 AD, WHO and other agencies are not in a position to give any specific target and action plan programme for next few years. In short, despite the joint and several efforts of around 250 odd treatment systems, not only the WHO's target could not be achieved, but the agencies/experts are not in a position to give new target and action plan programmes. Thus, agencies and popular treatment systems are all in dilemma, which situation is known as "Health Crisis".

3. Climate Change Crisis

Scientific Age human activities for exploring & exploiting the secrets and treasures of 'witch earth/universe' are said to be the major cause of human induced climate change. Anthropogenic hazards can be grouped into societal hazards (criminality, civil disorder, terrorism, war, industrial hazards, engineering hazards, power outage, fire), hazards caused by transportation and environmental hazards.

Human activities and their effects on the climate and environment cause unprecedented animal and plant extinctions, cause loss in biodiversity and endanger animal and plant life on earth. Losses of species, communities and habitats are comparatively well researched, documented and publicized.

The major uneasy symptoms envisaged/experienced due to 'climate change (global warming) crisis are: increased (air) pollution, ozone depletion, warming of earth, raising temperatures, heat effects (waves), melting of polar ice, weather disasters, raising sea levels {resulting into (costal) flooding, displacements of population, loss of livelihood/infrastructure}, inconsistent and variable precipitation patterns (compromising fresh water availability and decreased staple food production), emergence of many new (human) diseases (respiratory disorders like asthma, allergy; skin cancers, cataracts; heat strokes, cardiovascular disorders; vector-borne diseases like dengue, malaria, yellow fever; water borne diseases, famine and malnutrition) psycho-social stress & related health issues.

Considering all such symptoms "climate change" is a universal crisis. However, it may be noted that climate change is not a new phenomenon for earth and the earth is now facing the sixth such crisis.

Thus "health crisis" and "climate change crisis" are the reality – disease affecting everything organic in character. This means that there is radically something wrong with the approach. There is a need to replace the ingress of the remedies produced as per principles of physics & chemistry on biological units (organic objects).

Scientific Age: The era after 16th century is known as 'the scientific age', which has two parts, viz. part-1: 16th century to early 20th century – Isaac Newton era with machine concept and Cartesian view; and part-2: from 20th century onwards - Albert Einstein era with relativity theory, 'systems view' (quantum/ unified field theory/ holistic approach) and "monistic view".

Various concepts, inventions and discoveries made in the scientific age influenced all the branches of science, including biology and medical science and also provided considerable support for advancement of materialistic prosperity, considered to be essential for human welfare.

In this Albert Einstein Era of Holistic Science, it has been proved that visible objects are supported and maintained by three primary energies, viz. gravitation, chemical affinity and vital energy. The principles/ laws of gravitation is explained/studied under the science branch of physics; that of chemical affinity under chemistry while that of vital energy (bio-energy (nerve energy) is under biology.

The objects are "bundles of energy" produced by (1) intelligence that directs the (2) work of force, operating upon (3) matter. Based on this it can be concluded that (1) under the direction of the Super-intelligence (God, etc.), (2) The Vital Force (primary energy) acting upon the (3) organic matter produces the 'LIFE'.

4. Western Modern Science Has Reached the Indian Spirituality Standards

It can be seen that western modern science has reached the Indian spirituality standards which means, by following scientific philosophy & principles, it is possible to achieve not only 'materialistic prosperity' but, happy & contented life also culminating in high planes of spirituality & salvation.

The matter (objects – bundles of energy) in the universe is observed in four distinct forms of 'solids', liquids, gases and plasma. According to systems view these objects are integrated in perfection. An ordinary observer can, depending on the awakened state of consciousness in them, see these objects in four distinct states as under:

Sr. No.	State	Nature of Integration (general)
1	Material State	All inanimate objects seen in the universe.
2	Life State	Material State + Life (a peculiar phenomena) = Trees & Plants
3	Conscious State	Material State + Life + Consciousness (another peculiar phenomena) about the surrounding environment = all animate objects, except human being.
4	Self-conscious State	Above three states + special sense (another peculiar phenomena) = only human beings.

These states can be considered somewhat equal to annamaya kosha, pranamaya kosha, manomaya kosha and vijñanamaya kosha respectively of yogic philosophy. From state 1 to 4, the development as well as the complexity of structure & functioning get increased, thus, positing human beings at a very peculiar and complex position with most complex physical, physiological & psychological structure & activities making him a miniature universe. Scientifically human being is a complete biological unit, simultaneously being sub-unit of the largest unit universe which is at anandamaya kosha. For obvious reasons in human beings the functioning/ processes, wear & tear are also more and proportionately the self-maintenance & self-repair mechanism also is more precise & accurate.

Health Science versus Medical Science

It is unfortunate that many extraordinarily excellent scientific theories, knowledge and practices highly advantageous for public in general and patients (health seekers) in particular are always concealed from public. They are not adequately included in the formal education syllabus and never get required attention of media.

Conventionally, diseases are considered to be our enemy. And to expel them, since time immemorial, people have been employing various remedies (medicines or drugless treatment methods) for treatment. There are a number of treatment systems (around 250 odd) to apply on human beings only. Few of them only are classified as “scientific” and others do not qualify to be classified so. It may be appreciated that at no point of time in the human history, it has been proved that medical treatment systems can effectively handle disease conditions – both for preventive & curative purpose.

Owing to the “Health Crisis” there is an ever increasing demand for health related services all over the world, especially in the largest populous nation India. The common men as also well-to-do people need it. Since the system of universe and its sub-systems are ‘organic in character’, the science of biology is to be advanced by researches, inventions & discoveries.

Patients & health seekers (customers) are being wooed by the so-called scientific treatment systems, conventional treatment systems, drugless systems, complementary & alternative systems, olden systems, but commercialization of these systems have resulted in misguiding, confusing & exploiting them. The package offers of various treatment systems are bound to be infested with fickleness, because they are systems with remedy and thus, are efforts to super-impose applications developed on the principles & theories of physics & chemistry on a ‘biological unit’.

Attaining real knowledge and breaking open the vicious circle of conventional treatment approaches, one should take the reins of health maintenance/management in one’s own hands. Every individual creature (including microbes & vectors) has the right (and are duty-bound also) to adopt such a lifestyle system at least for implementing Sustainable Total Quality Health Management (TQHM) in one’s own life.

Life & Environment: Every creature takes birth (germinates) (or every object gets created / produced) only when suitable environmental condition is present and continue to lead uninterrupted healthy life till such environmental condition is adequately available. The microorganisms also require suitable environmental conditions to sprout and mutate and they also have the right to live here. Existence of living beings and all other objects is based on symbiosis.

Human beings also invariably require (and must interact with) a suitable environmental condition wherein following are present: (i) air, (ii) water, (iii) nutritious food (oral food and also inputs through other sensory organs) and (iv) sunshine (sunlight, temperature & open body contact with surrounding environment). He must (v) perform locomotion (body movement or any other type of structured exercise), (vi) take adequate rest/sleep, (vii) maintain mental equilibrium and also (viii) keep away from devitalizing agents (like alcohol, stimulants, poisons, accident prone jobs/ activities, etc.). In such a suitable environment only ‘normal life’ is possible; lest ‘tardy life processes’ would be performed, mainly due to ‘impaired health’, leading to death/ destruction.

To have calm and quiet, peaceful life, one can earnestly and sincerely try for getting the suitable environmental conditions, because that is “NOT the road to hospital/treatment”. Impartially providing such environmental conditions and imparting (may enforcing) such information & education to the subjects should be the prime responsibility of the rulers and agencies.

But medical men and so-called health workers/agencies create much more unwanted commotion, confusion and fear, which compel patients to undergo very many medical laboratory tests & medications, treatments, etc. According to various scholars and experts, in this (medically) superstitious world, where horrified people as also doctors and other professionals/ experts are trying to hunt and eliminate the ‘(AIDS) germs’, grate the DNA/genes, drug & poison the patients, and remove organ and body parts in the name of surgery one need to get the suitable environmental conditions for sustainable TQHM.

And that is the sustainable method for handling impaired health - for overcoming problems of ‘Climate Change’ & ‘Health Crisis’. It may be mentioned that various scientific research works and theories and viewpoints accrued there from cannot be ignored by any (treatment) system and the (treatment) system suitable for 21st century must be properly based on such philosophy.

“Reversal of the heart diseases programme” developed by Dr. Dean Ornish and popularized by Dr. Hegde etc. through a world-wide collaborative network (with universal healing effects), Autophagy of Yoshinori Ohsumi, Organic Farming Methods of Masnobu Fukuvoka, Subash Palekar, etc. can be taken as examples of methods aiming at sustainable TQHM of the universe.

It is very tough to live in this world without bias – bias towards evolutionist, religionist or some other groups with commercial vested interests. Our education system is also biased; the leaders &/or scientists are biased in their works and expect the people to believe & follow them. Teaching something and not teaching some other thing is equal to carrying us on wrong path. Therefore, whatever is being taught becomes biased and superstitious. We must get the freedom to know which is right, which is wrong.

Patients need ‘education’, NOT ‘medication’; partial education makes people superstitious. People should understand and appreciate in general that ‘medical science’ is not ‘health science’; and cleanliness does not mean antiseptic sterility

Everybody should gain basic education on ‘health science’ and follow suitable lifestyle for maintaining one’s own body internally and externally clean Generally animals, birds and other creatures do this obeying to the ‘commandments’ of God/ nature, while human beings, using his self-consciousness, manipulate everything, highly distancing himself from his supportive surrounding environmental conditions.

Gandhiji desired that the people of India should get freedom from medical dependency also by adopting a suitable treatment system and life-style. For that there is a need to take an unbiased view point and stream line the treatment system based on the scientific facts and theories evolved till now.

Having learnt about the German (European) nature cure system, while leading the Indian freedom movement, Gandhiji was, side by side, conceptualizing and establishing such a system to be put in place (after achieving political independence) for ‘medical independence’ of the large Indian population.

“Gandhian Principles” are embedded in an appropriate combination of non-violence, truthfulness, simplicity, self-reliance, compassion, sacrifice, selfless service and cooperation. These are considered most relevant and essential now. As Gandhiji is the champion of ‘Non-violence’, etc. he would assess each & every action/aspect from these angles.

5. The Great First Cause and the Great Principle of Life

Clear/proven details (scientific explanations) about the creation of the world/ universe are not available. Since there cannot be an effect without cause as an assumption (hypothesis) the ‘Great First Cause’, might have created the earth/ universe, the forms of primary energy, etc. Visible existence of living & non-living objects are effect(s) of cause (s) which manifests the unfolding & development of invisible principles to visible effects.

Production/creation processes in each and every department of the visible existence must correspond to the processes of production in all its other departments; lest the rhythm of the universe would get upset/ disturbed upon which self-initiated actions to set it right would be done in the form of phenomena.

(Visible) Existence has three distinct departments: Mechanical, Chemical and Vital.

The Law of Production: The objects (living & non-living) are created by: (1) ‘intelligence’ that directs the work of (2) ‘force’ operating upon (3) ‘matter’. The intelligence (power/energy) of the architect is one thing; the

force (power/energy) of craftsmen is another and the material used (bundles of energy) for construction (of objects) is another. Being organic in character the largest system/ unit 'universe' has its own methods to 'heal' itself (on its own) – These Units have self renovating ability (ability for self-repair, self-maintenance and also self renovation).

Dr. Isaac Jennings (1788-1874) a qualified Doctor of modern medicine (Allopathy) for more than twenty years was concerned about health of human beings & other creatures. While the "systems view" science of Albert Einstein was evolving, Dr. Jennings researched on the behaviors of living beings in normal and abnormal environmental conditions and explained scientifically the methods adopted by living beings to sustain & preserve life at any cost. All 'life processes' in a body (organic object) using primary source of biological (nerve/vital) energy are directed towards this. This law of self-preservation is the primary and controlling expression of life, and is normally not sub-ordinate to other laws. This law is called: "The Great Principle of Life", which, like a magnetic needle, is always for the protection of life. Accomplishment of the Great Principle of Life is done through various sub-principles. These are: (i) Law of Action, (ii) Law of Power, (iii) Law of Distribution, (iv) Law of Dual Effect, (v) Law of Limitation, (vi) Law of Economy, (vi) Law of Vital Accommodation, (vii) Law of Stimulation and (viii) Law of Rest, Sleep and Repose... All these are 'life processes' performed by the living body (organic objects) on its own, invoking its inherent peculiar ability/ characteristics of 'responding to stimuli'. Therefore, the need for any type of remedies (inorganic objects - medicines, drugless treatment applications, etc.,) is not sustainable for health recovery and health maintenance of an organic (biological) unit. These are not part of medical education/colleges of any stream.

These principles/concepts relevant and applicable to all living beings are valid for other objects/ units organic in character including earth, other celestial bodies and the universe itself.

Everything inside and outside of our body are of most importance. 'Medical science' employs remedies (medicines and/or drugless treatment applications) mainly to enable mitigation (symptomatic management methods), whereas living beings (organic objects) perform 'life processes according to principles of biology/ health science. Remedies are efforts to super-impose articles created and applied as per principles of physics or chemistry on biological units which cannot be sustainable.

Based on the observations and concepts and the GPL, Dr. Isaac Jennings developed a treatment method which is named Orthopathy (Natural Hygiene). This method got perfected by contributions of Graham, Trall, Tilden, Dewy, MacFaden, etc. and blossomed into (became) a complete system by the final touches made by Dr. Herbert M. Shelton. Orthopathy is the one treatment system which radically dismisses the requirement of remedies and is, perhaps the only one system, which fully believes and bases itself on the difference between animate & inanimate objects.

Natural Hygiene with well explained and highly scientific philosophy, theory of cause, theory of effect and practical application methods, is the only one system which offers to undertake this noble task of "health science education".

Management by Objective: In accordance with the modern professional management concepts, setting clear and legitimate objective for health standards/ levels ('ill-health level', "average health" level, 'normal health' level, super normal health level and supra-normal health level as the case may be) in life and making sincere & dedicated efforts to achieve it will create sense of responsibility and give direction to one's activities.

In this regard, slogans/concepts like: (i) Total Quality Health Management; (ii) Arise Awake & Stop Not, till TQHM is Achieved; (iii) Wealth Without Health is Worthless; (iv) Sustainable TQHM with Complete customer Satisfaction/ Delight is our Moto. etc. can be very much appealing. It is possible to popularize concepts like: (i) TQHM; (ii) SWOT analysis of (nature cure) treatment systems; (iii) management principles & process quality management in health science; (vi) science & technology and logical reasoning; (vii) new horizons for health science; (viii) nonviolence and Gandhian philosophy in treatment systems; etc. and (ix) levels of health and setting health objective.

6. Conclusion

(1) Under this premises, the true and real Nature Cure system of Treatment offers the best choice for health management/maintenance of creatures and other objects organic in character.

Making a unique & peculiar approach to Nature Cure (Treatment) system (i) would bring forth the paradigm shift advantageously opening up new routes for research, education & practice for philosophers, practitioners, students and all its associates; (ii) this is a march forward along the systems view (holistic) science (iii) With well founded scientific basis and co-relating & synchronizing it with professional management principles, nature cure system itself can recover its scientificity (which of late, started getting diverted (waylaid) to Naturopathy, CAM, Herbalism, SPA Culture, etc. (iv) For Government of India (AYUSH Ministry, etc.), this

would provide best opportunity to re-introduce (reposition) the nature cure system; (iv) Yoga & Ayurveda, etc. could reintroduce their quickly diminishing concepts about staple dietary food & yogic diet lifestyle. This would also provide optimum advantage to patients, health seekers & general people (particularly to citizens of the largest populous nation, India) for: (i) removing the fear of disease from their minds, (ii) guiding them to come out of the vicious circle of life-long suppressive treatments/ medicine/ surgery and associated tyranny (iii) enabling them to achieve and maintain lifelong 'normal health' (sustainable TQHM). This would also set the human mind 'free of greed' leading to higher planes of spirituality and ultimate salvation.

(2) It can, thus be claimed that Natural Hygiene appropriately amalgamated with real Organic Farming is the third phase/ stage of modern western science. And we shall reach the 4th phase/ stage of it which shall be non-violence in its true spirit.

About the Author



Shankaran Manipuzha is a recognized figure in the field of natural hygiene and nature cure, particularly within the context of integrating these principles with modern business practices. He is the President and Chief Consultant of the Natural Hygiene Association in Vadodara. He also holds other positions, such as being a member of the Gujarat Chapter of INO, a Founder Member & Faculty of INHS, and a Zonal Secretary (West) and Advisory Board Member of AINCF. Sankaran Manipuzha is known for his work in promoting natural hygiene and nature cure systems. He is recognized for his unique approach that combines nature cure with modern professional and business principles, creating a new benchmark in the field. His writings and work emphasize the concept of "Total Quality Health Management". He has affiliations with various organizations, including the Natural Hygiene Association, Gujarat Chapter of INO, INHS, and AINCF.

