

VITAL FORCE
IS
OXYGEN

An Enlightening Research on Vital Force



Dr. Amarsinha D. Nikam

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Preface

The vital force is an interesting concept of utmost importance in Homeopathic science. But, the theoretical rather an unscientific explanation of vital force was very confusing for homeopathic students and doctors.

The subject of vital force (vital energy) is a scientific and an important document of Homeopathy which was put forth by Master Hahnemann. But, it has been transformed into an unperceivable, an unexplainable, and an unscientific philosophy which has made homeopathic science a target for criticism in the medical world by other pathies.

Since, I was enrolled in first year in homeopathic college, I was eager to understand this interesting subject of vital force. But I was not being guided enthusiastically on this subject.

My father was a homeopathic consultant. I had seen the tremendous recovery and results. Since my childhood I had developed full faith on this science as I had been born and brought up with homeopathy. It compelled me to become a follower of this wonderful science. The keen interest for understanding the science kept me enthusiastic and my efforts helped me to perceive the concepts without any guidance.

After completing my college curriculum I continued with my study and practice. A continuous reading of Dr Hahnemann's philosophy and following his methods and principles of prescription gave me good results. This enhanced my knowledge and confidence in our pathy.

As I started practising, I came up with good results and witnessed amazing recoveries of patients. This success was giving me happiness. But, I wasn't satisfied with it, for me these results were of no use until they had a scientific explanation. This allowed other people to criticize me, call me a fluke and even a non-homeopathic method prescriber. This criticism made me aware of the truth and with acceptance I continued my journey.

I had done enormous readings of the books of Philosophies of our pioneers Dr Hahnemann, Dr Kent's, Dr H.A. Roberts and Dr Stuart Close and many more.

This brought me to a conclusion that '*Yes, our homeopathic philosophy has a solid scientific foundation!*

Today, nearly after three decades of my practice, I have established an 80 bedded homeopathic hospital which only works on a standard homeopathic prescription of 30 potency. Also, I have delivered many seminars through which I have put forth my classical and scientific way of homeopathic practice and understanding of homeopathic philosophy by different angles.

For the first time, I introduced this concept of vital force in 2005 at Singapore. The concept was greatly appreciated and the crowd was eager to know the subject in deep. This also inspired me to write a book on this concept.

To write a book was a very difficult task, I required a proper data to put forth my thoughts. This took me four

years of hard & heart work to complete each matter in a scientific manner.

My only aim is to establish Homeopathy as a firm science; so that no one can ever criticize or underestimate it. To fulfill this purpose erasing the wrong concepts and inculcate the basic scientific concepts on the mind of newly emerging generation of Homeopaths is a necessity. It will strengthen their faith and dedication to the pathy.

This will result in wide spread of the pathy from richest to the commonest and to all corners of this world.

This book is a humble attempt made by me for better understanding and development of our pathy.

This is my request to the readers, take help of this book to make their concepts clearer regarding vital force and erase all the doubts in their mind; as in my previous books - 'The manifestation of Miasm' and 'Thermal Materia Medica'.

Dr Amarsinha D. Nikam

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For the first time, I explored my deeper understanding of 'Vital Force' and shared my thoughts in the year 2005, at Singapore Seminar.

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My special thanks to Dr Vijay Satav, (M.D. Pathology), Chinchwad, Pune, who gave me valuable information about Pathology for this book.

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Special thanks to my close friend and colleague Dr Arun Jadhav, Principal, Bharati Vidyapeeth Homeopathic Medical College, Pune.

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My staff members who are tirelessly working day-night for my hospital in maintaining the rigors and serving my patients promptly to make this organization a unique picture of human service.

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How Symptoms Manifest in Human Body?

When the body is in equilibrium, the functions and the sensations in the body and mind are in normally active and balanced state. This is the state where the human being feels contentment. The body feels at ease, weightless, trouble-free along with complete physical, mental, & social harmony.

Usually, if any changes occur in the body or its function, it is perceived by the patient. **Symptoms** represent subjective experience of the disease, which is narrated by the patient in their complaints or history of present illness.

The various aspects of general symptom analysis includes mode of onset, progress (gradual or sudden), duration and precipitating factors, characteristics, location, radiation, severity, timing aggravation [<] & amelioration [>] factors.

These symptoms are expressed by various kinds of abnormal sensations. **Sensation** means a feeling or awareness of the conditions within the body resulting from the stimulation of sensory receptors.

The word '**disease**' is produced by mixture of two words

i.e. dis + ease. The man, who is not at ease, is in disease. The concept of disease and illness differs in that disease is usually measurable whereas illness is highly individual and personal. Thus, a person may have a serious but symptom free disease i.e. hypertension, diabetes mellitus and even myocardial infarction.

As from the homeopathic point of view, when we are treating the sick i.e. the unwell-being of the person, the homeopathic physician must consider the physical generals and characteristic symptoms along with mental symptoms (i.e. patient as a whole).

Usually the symptoms and the abnormal sensations indicate that there is some dysfunction in the human body. Whenever there is less oxygen supply, at that time the cells start their abnormal behavior and at the same time changes occur in aerobic metabolism. The indication of this abnormal behavior of the cell is received by the different receptors and they give information through the nerves to the brain. So the lack of oxygen is most probably responsible for all kinds of symptoms.

Whenever the body is in well being state, each and every cell receives appropriate amount of oxygen via the respiratory system. Lack of oxygen leads to cell injury which depends on the duration of hypoxia and every physician make an effort to find out the cause for the oxygen lack in human body.

Disease occurs due to lack of ease in the cellular metabolic process. Multiple biochemical disturbances occur in metabolic pathway leading to various diseases; for example - atherosclerosis, diabetes mellitus, hyperlipidemia etc. for which again disturbance in oxygen energy or vital

force is responsible. The symptoms, abnormal sensations, and dysfunction in the body occur due to inappropriate oxygen supply. Example, pain occurs whenever any tissues are being damaged, and it causes the individual to react to remove the pain stimulus. Even such simple activities as sitting for a long time on the ischia can cause tissue destruction because of lack of blood flow to the skin where it is compressed by the weight of the body. When skin becomes painful as a result of the ischaemia, the person normally shifts body weight subconsciously.

When blood flow to a tissue is blocked, (ischaemia) the tissue often becomes very painful within a few minutes. The greater the rate of metabolism of the tissue, the more rapidly the pain appears. One of the suggested causes of pain during ischaemia is accumulation of large amounts of lactic acid in the tissues formed as a consequence of anaerobic metabolism. Probably, other chemical agents, such as bradykinin and proteolytic enzymes, are formed in the tissues because of cell damage and these stimulate the pain nerve endings.

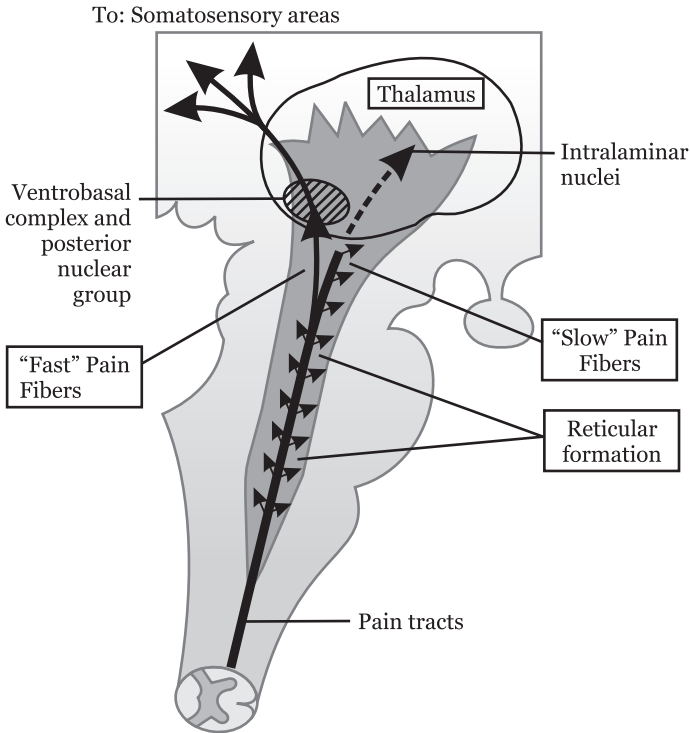


Fig. 9.1: Transmission of pain signals into the brain stem, thalamus, and cerebral cortex by way of the fast pricking pain pathway and the slow burning pain pathway

The physiology behind the pain is ischemic condition of the affected tissue which releases the pain stimulation through the receptor to the neuron and message is sent through hypothalamus and cerebral cortex. It indicates alarming situation to the body and the central nervous system takes appropriate decision according to pain stimulation. Here, again it is important indication that pain is a manifestation of lack of oxygen (vital force) to the body.

Relation of Oxygen to Disease State

FREE RADICALS-MEDIATED CELL INJURY

CAUSES OF CELL INJURY

- Hypoxia and ischaemia
 - Reversible cell injury
 - Irreversible cell injury
- The most important cause of vital energy derangement: hypoxia
 - Types of hypoxia
 - Local effects of hypoxia
 - Effect of hypoxia on synaptic transmission
 - The relation of vital force with hypoxia
 - Effects of foetal hypoxia
- Physical & chemical injuries
 - Physical injuries
 - Chemical injuries
- Microbial agents
 - Bacteria
 - Viruses
 - Fungi
 - Parasites
- Immunologic agents
- Nutritional derangements
- Genetic factors
- Psychological factor

Relation of Oxygen to Disease State

In health, all expressions of vital force may be expressed by perfect functioning of all parts of the body and by a sense of general well-being.

In disease, this expression is vastly changed. There is a sense of discomfort. The mental expressions are vastly altered according to the degree of disturbance. The signs and symptoms appear and all because of the disturbed vital functions, either from external impressions having a depressing effect, and the consequent reaction of the vital force or from some hidden miasm coming into its full expression in its impression on the vital force. Thus, disease is a disturbed vital process.

Because of the impacts of these external impressions and the miasms, each and every cell of our body undergoes severe stress. This stressful situation affects the functioning of whole body and its microcellular organelles. Every disease is born through this process.

Most of the disease states begin with cell injury and consequent loss of cellular function. Cell injury is defined as

a variety of stress a cell encounters as a result of changes in its internal and external environment.

In this chapter, I would like to specify the relation between the disturbed oxygen energy (vital energy) and disease process at the cellular level (cell organelle especially mitochondria).

Cells need an adequate and constant supply of oxygen. Without this, they cannot generate enough amount of energy to maintain the metabolism and mechanisms (example, ion pumps) that move some of the essential substances across the cell membrane.

Initially lack of oxygen affects the cellular function temporarily but with time irreversible damage is done and revitalization is impossible. Absence of vital force for just few minutes in the body creates a great hazard in each and every cell of living organism and obviously the result will be hypoxia, instant cell injury, and death. The cell cannot survive without this vital energy i.e. oxygen.

Free radicals-mediated cell injury

Within every cell there are small micro organelle called mitochondria. It is a power house of every cell which reduces oxygen by the transfer of electrons to create energy in the form of ATP and also produces a byproduct of water. This process goes without any hitch at least 90 to 98 percent. Generation of oxygen radicals begins within mitochondrial inner membrane when cytochrome oxidase catalyses the four electron reduction of oxygen (O_2) to water (H_2O). Intermediate between reactions of oxygen to water, three partially reduced species of oxygen are generated depending upon the number of electrons transferred. These are:

1. Superoxide oxygen (O_2^-): one electron
2. Hydrogen peroxide (H_2O_2): two electrons
3. Hydroxyl radical (OH \cdot): three electrons

Free radicals are electrically charged molecules that have an unpaired electron. Such molecules are unstable and highly reactive. When an oxygen free radical takes an electron from one molecule, that molecule becomes unstable and borrows an electron from another molecule, which, in turn, becomes unstable. These chain reactions lead to cellular damage and death. Among the molecules attacked by oxygen free radicals are proteins (such as enzymes), neurotransmitters, nucleic acid, and phospholipids of plasma membranes.

These free radicals are responsible for most of the life threatening diseases in our life. Whichever part of body receives the most free radicals damage, are the first to wear out and this results in degenerative diseases. If this process is developed in eyes, it causes macular degeneration or cataract and glaucoma type of diseases. In a blood vessel atherosclerosis develops which is responsible for infarction, in joints it leads to arthritis, in brain it causes Alzheimer's or Parkinson's disease, and in kidneys or liver the physiological function of that organ undergo damage and pathology develops.

When oxygen molecules maintain their strength there is energy and life, but the breakdown of oxygen create hazards in the life through the free radicals and this is called **oxidative stress**. This oxidative stress is underlying cause of almost all degenerative diseases. The aging process itself is an oxidative stress that is caused due to free radicals. The free radicals set off a chain reaction leading to potentially