

Role of Medicine and Meditation in Microvitopathy

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Abstract

Microvita are the smallest living entities, the concept which was first propounded by Shrii P. R. Sarkar in 1986. The science of Microvitology has categorized the microvita depending on their subtlety and field of activity. Positive microvita are conducive for human psycho-spiritual progress while negative microvita are detrimental for physico-psychic health. All the viral diseases are in fact negative microvita diseases affecting both physical (Microvitopathy) and psychic structures (Microvitopsychopathy) and the world has faced many epidemics of such diseases. According to Microvitherapeutics, negative microvita could be destroyed only by increasing the number of positive microvita. For this purpose, sentient diet and environment, adopting moral cardinal principles along with regular practice of psycho-spiritual meditation are mandatory pre-requisites. In this context, the science of microvita should be thoroughly explored in physical and mental laboratories to combat with such negative microvita diseases.

Keywords: Microvita; Microvitherapeutics; Virus; COVID-19

Microvita - The Smallest Living Entity

The term 'Microvita' (plural: microvita) was first coined by Shrii P. R. Sarkar who has given the theory of microvita in 1986 [1]. The microvita is the minutest living entity, the smallest living unit smaller than atom. It is subtler than electron on physical level and subtler than ectoplasm (mind stuff) on psychic level, but they are neither electron nor ectoplasm. They are in fact a silver line between matter and mind [2]. These microvita have basic characteristics like other psycho-beings, such as existing, multiplying and dying. Their movement is characteristically throughout the entire cosmos without any inter-planetary or inter-spacial hindrances. They move through inferences. As microvita is the smallest living entity, it does occupy space. They may occupy ethereal, psychic or supra-psychic space depending on their degree of subtlety [2].

Categorization of Microvita Depending on Functional Activity

Microvita have been categorized as positive, negative and neutral microvita.

Positive Microvita

Structurally, positive microvita is pro-ectoplasmic, that is more ectoplasmic than matter and start affecting first the mental field and then filter down towards physical matter. They move freely in the physical and psychic world but cannot cross the threshold of spiritual world and therefore, cannot enter the spiritual sphere. It is not possible to spread these microvita by natural means. However, they can be spread by specially created waves. They can restore physical and mental health after the illness that has been caused by negative microvita [3].

Negative Microvitum

In contrast, negative microvitum is pro-materialistic, has more matter than mind. They start functioning first in the matter; and then move towards the mind. They move in the range of physicality and touch the arena of the psychic world but cannot cross the threshold of psychic world [4].

Most of the viral diseases such as AIDS, SARS, Swine Flu, Chickenguniya, Bird Flu, Hepatitis are the diseases caused by negative microvita and not by virus as thought of. The science of microvita (Microvitology) has put the microvitum as the smallest living entity and many are smaller than the viruses. It should also be stressed that virus is a vague term derived from a Latin word meaning venom (not life); while microvitum (*micro*-small, *vita*- living) means the smallest living entity. The microvitum, is therefore, more appropriate for the so called virus [1, 5]. Positive and negative microvita maintain a state of balance in the expressed world where the sum total of the 'positive microvita' equals the sum total of 'negative microvita'. When the concentration of negative microvita exceeds the positive microvita, the world faces diseases and degeneration. Neutral microvita maintains the status quo of an object [6].

Human beings remain amenable to the influence of both positive and negative microvita. Positive microvita characteristically influence the glands and sub-glands in the body stimulating the hormone secretion and stimulate the nobler higher propensities conducive for further physico-psycho-spiritual upliftment. Negative microvita by influencing the basal propensities set the path of degeneration, retard the process of growth of physico-psychic elevation [6].

Degree of Subtlety

It is also possible to categorize microvita on the basis of degree of subtlety and that determine their field of activity.

Crude

Crude variety of microvita act in physical (etheral) space and are instrumental in emanating life throughout the cosmos. Negative microvita which are responsible for the disease and are of crude variety can be seen through highly developed electron microscope and can be experimented in the physical laboratory. All the prevalent viral diseases can be viewed as negative microvita diseases or negative microvitopathy.

Subtler

Subtler variety of microvita occupy the psychic space and disorders caused by them can be labelled under Microvitopsychopathy. Psychic affection by negative microvita is responsible for disorders like psychic urge to accumulate more and more wealth, exploitation tendencies, desire to earn name, fame and material gain, dogmatic crudification of mind, dualism, confusion etc [7, 8].

Subtlest

Subtlest variety of microvita occupy the supra-psychic space. As mentioned earlier, cruder form of microvita can be studied at physical level under the highly advanced electron microscope; while the subtler forms of microvita fall beyond the direct physical perception but perceived indirectly through their functional expression. The subtlest variety of microvita fall beyond the scope of direct or indirect perception but can be studied by a highly developed conceptual mind as the object of 'conception' [6] (Table 1).

Table 1: Categorization of Microvita

| Subtlety | Space | Perception | Functional activity (Positive/Negative) | Research tools |
|----------|---------------|-------------------------------|---|---|
| Crude | Physical | Physical | Negative and/or Positive | Physical |
| Subtler | Psychic | Through functional expression | Positive | Psychic |
| Subtlest | Supra-psychic | Reflection of conception | Positive | Highly evolved spiritually oriented conceptual mind |

We are living in the emerging world of diseases or disorders caused by negative microvita. The world has witnessed the rising incidence of microvita diseases (so called viral diseases) in last decade. Swine Flu, Bird Flu, Ebola, Zika, SARS, MERS etc. are examples of epidemics of negative microvita diseases. The emergence of negative microvita diseases is still an enigma in the scientific field. Influenza was not there before First World War. It was the attraction of decaying bodies of dead soldiers that attracted negative microvita from other stars resulted in influenza outbreaks [1, 4]. Influenza is an example of negative microvita disease which has a natural course duration of four days and not affected by any medicine [4].

Recently, we have witnessed the pandemic of COVID-19 which has caused millions of death all over the globe. All sorts of therapy have been tried without any definite, conclusive result. This explains the nature of negative microvita and not the virus. Looking to these characteristics, the Microvitalogists have re-named the COVID-19 as CONEMID-19 [9].

According to microvitalogy, the only possible way to wipe off all these negative microvita is by increasing the strength of positive microvita. Even extremes of temperature (boiling-freezing) does not destroy them because microvita undergo contraction and hibernation at freezing temperature and expansion and hibernation at boiling temperature. They only die a natural death after completing their life span [1].

Medicine and Microvitopathy

It is relevant to think about that when negative microvita cannot be killed or destroyed by physical parameters like temperature, pressure etc. then what is the role of medicine for the management of these microvitopathic conditions? Is it only for the symptomatic management? As stated earlier, medicines help in elevating the symptoms of the disease which disturb the person's physico-psychic status. The body aches and pain, headache, fever, malaise etc. are partly reduced by the medicines without any effect on the cause of the disease. So medicines help in symptomatic relief [1, 10]. But it is not proper to state that medicine cures a disease. The cure can only be achieved by removing the causative agent and that is only possible by the help of positive microvita. Only by increasing the concentration of positive microvita in this situation of negative microvitopathy the premature or unnatural death of negative microvita is possible [7].

The concept of therapy (Microvita-therapy) that is to kill the negative microvita by positive microvita or killing microvita by microvita has gained strength by the discovery of giant virus Mamavirus by La Scola and associates in 2008 [11]. This virus falls ill if infected by another virus (virus infecting virus) It has led to the newer concept of virophage. The phenomenon is interesting. It was observed that when the mamavirus infects an amoeba (*Acanthamoeba polyphagia*); it uses its genetic machinery to build a viral factory to produce new virions. Infection of this giant mamavirus by another small virus – Sputnik which hijack its machinery resulting in decrease and deformed mamavirus particles making the virus less infective. Side by side, Sputnik causes 13% reduction of amoebic cell lysis [12]. The mission of such virophage is not to do any harm to the host but harm the virus infecting the host. Virophages, in fact benefit the host directly by inhibiting the giant viruses and indirectly by causing giant viruses to evolve towards weaker phenotypes [13, 14].

It is indeed an example of how viruses (positive microvita) are killing viruses (negative microvita).

Meditation and Microvitopathy

Meditation is the mysticism – a journey from limitedness to limitlessness. The process of spiritual cult- the most prevalent *Ashtanga yoga*, the eight fold practice starting from *Yama* and *Niyama* (moral cardinal principles) and spiritual chanting (*Kiirtan*) ends in deep psycho-spiritual meditation (*Dhyana*). The initial steps are for the preparation of body and mind for the perfect meditation or perfect *Dhyana* which attracts more and more positive microvita. Therefore, *Dhyana* – deep meditation is the best remedy for negative microvita diseases. The propounder of the theory of microvita- Shrii P.R.Sarkar has clearly given guidelines in this direction [1].

The outcome of negative microvita diseases will depend on the stage of the time the disease occurred and the status of spiritual practitioner. For example, if a person contracts a negative microvita disease before he learns meditation and then start practicing meditation very precisely, the disease will not spread anymore and remain contained. On the other hand, a person contracts a negative microvita disease after learning meditation and starts practicing it in a perfect way, it is possible to cure the disease completely [1,10].

The point of importance is that this sincere effort of practicing *Dhyana* should be learned from a right person, perfect person or a person with developed spiritual thinking. Because, for different types of diseases, one has to follow different food restrictions and the practice of *Dhyana* should also be at specific time. There are scientific evidences suggesting that meditation alters hormones, inflammatory markers, immune system and stress related phenomena which may be helpful as an adjuvant in viral diseases [15-18]. Microvita act at the level of subatomic structure and therefore, they have been designated as Universal subassembly structures and helpful in activating physico-psycho-spiritual status [19].

Microvitotherapeutics for Microvitopathy

Negative Microvita diseases could be cured by removing out the negative microvita from the body and infusing positive microvita which are possible implications of future Microvita therapy. In this context, the patient who is receiving the therapy must be pure in body and mind through sentient diet, strict follower of moral cardinal principles and perfect practitioner of meditation specially '*Dhyana*'. The meaning of *Dhyana* hereby is incessant flow of mind towards Supreme goal. If a person, does *Dhyana* on *Sahasrara Cakra* (pineal gland) of *Varabhaya Mudra* (a special posture), he can imbibe more positive microvita for rapid cure of negative microvita diseases. In Microvita therapy, it will also be possible by a highly developed spiritual and sentient personality to infuse positive microvita from outside to the person suffering from negative microvita disease. The working motto of such type of therapy is based on 'He treats, He cures' without the feelings of doership [20]. To explore the dynamic field of Microvitotherapeutics, intensive research is required in physical as well as psycho-spiritual spheres which may be the beginning of a new era for cure of negative microvita diseases. It is predicted by Shrii Sarkar that in future many newer negative microvita diseases are about to occur on this planet Earth and the remedy will only be based on applications of Microvitotherapeutics [1, 20].

Conclusion

Microvitopathy or diseases caused by negative microvita is becoming more common nowadays and will rise in the coming future. The rational way to effectively control negative microvita diseases in person and in masses is to adopt the means to raise the concentration of positive microvita. For that purpose, the role of moral cardinal principles, yogic postures, good thinking, good company, sentient food, spiritual chanting and above all meditation are the best means which are becoming evident day by day through scientific studies.

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Conflict of Interest

None

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