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Contents:

1. Editorial

“The Great Exceptions” – A Revolutionary new theory of biological evolution by Shrii P.R. Sarkar

18-19

2. Integrated Medicine – The Need of the Hour

S. K. Verma, Urvansh Mehta, Vartika Jain

20-27

3. Physiology, Biopsychology and Microvitology of Fasting

S.K. Verma, Disha Sahi, Vartika Jain

28-36

4. Secretarial desk

Vartika Jain

37-38

5. About Microvita and SMRIM

39

6. Instructions to authors

40

Editorial

"The Great Exceptions" – A Revolutionary new theory of biological evolution by Shrii P.R. Sarkar

Introduction

The world is an ocean of waves and their movements are rhythmic (systaltic), not linear. Whatever has been projected must be retracted. It must return to the base. There are laws in the scientific field *e.g.*, Newton's law of gravitation, Darwin's law of evolution. Law of Relativity etc. but all these laws are with exceptions, rather exceptions make laws.

Likewise, in every sphere of this world or universe, in all the motions and in all existence, one can find an exception to the rule. This concept of exception can also be applied to origin of species, to the evaluation of languages, to the religious reformers and many others.

Shrii P. R. Sarkar, the great intellectual of the century, the spiritual master and founder of microvita theory, has given a discourse on 9th January, 1979 on the subject "The Great Exceptions"¹. and the following paper is based on this as well as the comments given by Richard Gauthier².

Human evolution

Let us take an example of human evolution. "Since the days of Australopithecine – a new kind of creature slowly evolved; proto ape or ape man. At a certain stage in evolution; one of this creatures became an exception to the norms of community resulting in some evolving into chimpanzees, some into orangutans, some into gorillas, and some into human beings." These all creatures are tailless. These diverging evolutionary branches occurred due to an exception somewhere along the path of evolution¹

Evolution in Fishes

Similarly, taking the evolutionary pattern among the various fishes, it is a fact that they have evolved from the Coelacanth. Now if all the fishes have evolved from the Coelacanth – the original ancestor; all should have the same appearances, but this did not happen. It is due to many exceptions along the path of evolution, that different fishes emerged. If there would have been no exceptions, then all the fishes, all the primates (chimpanzees and gorillas) would have been the same type as of their ancestors¹.

Cause of exceptions

The above exceptions were not accidental; in fact there is nothing like accident in the universe. There are all incidents. These exceptions were not accidental but pre-planned in order to bring about certain changes in the process of evolution for the betterment. The occurrence of exceptions led to different evolutionary lines branching off the main established one. Had there been no exceptions, there would have been no major evolutionary changes.

Pre-planned exceptions

Shrii Sarkar has stressed that the exceptions were not accidental but were pre-planned. Now the question arises who has planned and how? If one thinks seriously, one can find that *Shrii Sarkar* is proposing a 'revolutionary new theory of biological evolution' based on pre-planned by the Cosmic mind. These pre-planned exceptions create new biological species different from earlier ones.

Sarkar has also given the new science of Biopsychology which is a unified concept of Biology, Psychology and Cosmology. In Biopsychology, he also described the evolutionary process in a different but similar way. “It proposes that evolution is also affected by collective will. A change, collectively called by a species and approved by the collective controlling faculty (Cosmic mind), brings about the metamorphosis in physical structure and consequently in its longings. Evolution takes a step ahead and consciousness evolved further”.³ Now here also *Shrii Sarkar* stresses that the approval must be by the collective controlling faculty.

It is because of the approval by collective controlling faculty that humans have acquired a most complex mind and a body with an intricate biological system, essential for adaptation and further evolution. It is the novelty in the new science of Biopsychology that explains that as humans we all are similar, as persons we are all different – standing at different point in the evolutionary march and hence our diversion and differences both in body and mind³.

This new approach is clearly different from the standard Neo-Darwinian evolution, which is not pre-planned but based on random mutations and natural selection. It is reasonable to think that these ‘exceptions’ are due to the actions of microvita, pre-planned by Cosmic mind². Microvita are originally emanated from the Cosmic mind. They are cosmic seeds of creation and that can change one species into another at Cosmic will⁴. It is not an exaggeration that the concept and popularization of microvita propounded by *Shrii P.R. Sarkar* at this juncture is also exceptional for the future development of Neo-humanistic environment at the fast pace.

These exceptions not only involved the evolution of animal species but also the languages, the birth of Buddhism and *Gaudiya Vaishnavism*. Those people who are society’s exceptions are extraordinary people. Missionary life was also started on this planet by such people. *Mada’lsa’* was exceptionally intelligent and spiritually elated mother, who trained her first two children to become or adopt renunciated life to serve the society. This was probably the first example in human history and the start of era of whole time workers (WTs). *Mada’lsa’* was in fact a great exception to the normally prevailing mother’s attitude in the society. She was extraordinary (exceptionally) beautiful and married to *Chitrasen* – the king of Kashi on the promise that she will educate the children herself without any interference. When the king saw that his two children left the family life and became *sanya’si*, he did not allow the third child to be trained by her. This led the breach in the pact and she left the palace and probably committed suicide.⁵

These exceptional people are sometimes seen as a bunch of lunatics by others¹. The fact is that these so-called lunatics; the exceptionally extraordinary people will do something new and constructive for society. It is the Cosmic Will that has created such large number of exceptional people because they (*Sadvipras*) are the need of the time.

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– Dr. S. K. Verma

Integrated Medicine – The Need of the Hour

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Abstract

Attempts have been made to integrate various systems of medicine half-heartedly. System supremacy and dogmatic thinking have hampered the advantages of proper composing of therapy. The newer outlook in this regard will be drug selection from the treasure of Ayurveda, purification by allopathic system, administration in homeopathic doses, prepared in the positive microvita rich environment and incorporating vital energy from naturopathy / yogapathy will be the best way to incorporate or integrate all medical systems for the physico-psycho-spiritual well being of suffering humanity.

Keywords: Microvitopathy, Yogapathy, Biopsychology, Vital energy

Introduction

The present world has been flooded with different types of treatment modalities such as allopathy, homeopathy, naturopathy, osteopathy, magnatotherapy, microvito-therapy etc. These all pathies have different concepts or philosophies and claim successful outcomes of variable degree. Combination or integration as composite therapy for the benefit of patient seems to be farfetched goal. Even it is difficult to imagine such an effort.

Shrii P.R.Sarkar, the great thinker, philosopher and spiritualist has thrown some light on this aspect of integration way back in 1958 when he gave the concept of *YaogikCikitsa`* in his book “*YaogikCikitsao` Dravya Guna*”¹. In that book, he primarily stressed on this aspect of integration even in preface that “The object of the art of healing is to cure a patient, both physically and mentally. So the main question is not to uphold any particular school of medical science; rather the key task is the welfare of the patient”².

It is well known that the diseased body organs can be restored to normal by administration of medicines, they can also be healed, more safely and perfectly, with the help of *Yogik A`sans*

and *Mudra's*, *Pra`na`ya`m*, with dietary alterations and herbal application. Therefore, incorporating or integrating all the methods will be the best medical system³. Sarkar's neohumanistic thoughts reflect in his statement that why do human beings not get the benefit of all the prevalent therapies discovered by different scientists in different countries at different time³.

The main hindrance in the concept of integration is the prevalence of dogma in the field of medicine. People are blind folded. Everyone boasts about his pathy as the best; be it Allopathy, Homeopathy, A`yurveda, Naturopathy and so on. Specialist of one pathy will criticize the other and reject it as unscientific, ineffective, harmful etc. forgetting that the basic need is to promote the total wellbeing of the patient by integrated and balanced development in the field of physical, mental and spiritual spheres.

Allopathy

The term Allopathy comes from the Greek word "*allos*" meaning "opposite" and "*pathos*" meaning "to suffer". It was introduced by the German physician Samuel Hahneman in 1810⁴. It is a system of treatment where disease is treated with the drugs having effect opposite to the symptoms. For example, bacteria are treated by antibiotics, fungi by antifungal molecules, virus by antiviral drugs, hypertension by antihypertensive medicines etc. The main theme is to go opposite of the problem. Practitioners of Allopathy follow the approach of counteracting or suppressing the symptoms of a disease and not the ultimate cause.

Allopathy, also known as modern medicine, biomedicine, conventional medicine, western medicine was thought to operate on Hippocrates's theory of "The Four Humors". The theory states that there are four humors, namely blood, phlegm, black bile and yellow bile and maintaining the balance of these four is essential for good health. A shift in the balance of the four humors along with four bodily conditions (hot, cold, wet, and dry) is the root cause of all the diseases⁵.

Whatever may be the initial theory or philosophy; Allopathy can now be precisely defined as a system of medical practice that emphasizes diagnosing and treating disease and the use of conventional, evidence-based therapeutic measures such as drugs or surgery⁶.

Homoeopathy

A system of therapeutics which was popular in 19th century and based on the principle that “like cures like”, ‘*similia similibuscurantur*’, and the law of the smallest dose was introduced in 1796 by the German physician Christian Friedrich Samuel Hahneman⁷.

The word homeopathy means ‘similar suffering’ - the therapeutics based upon the “law of similar”. When high doses of pharmacologically induced substances are given to healthy persons, they can develop certain symptoms. Homeopathy works on the basis that when the same substances are diluted, they help in treating similar symptoms arising from different causes.

Homeopathic medicines are not known for attacking germs, but rather boosting the immune system to fight the cause of the disease. Apart from this immune boosting, Homeopathy and Homeopathic medicines can boost the psychological, emotional and physical well being of the patient, which is an essential part of the treatment⁵.

Homoeopathy v/s Allopathy

One major difference between Allopathy and Homeopathy is the way treatment works. Allopathy uses drugs and sometimes surgery to treat ailments, while Homeopathy works on improving the body’s immune system and to stimulate body’s healing power to treat the disease with no place of surgery.

Homeopathy is considered to be the opposite of Allopathy, because homeopathy operates on the belief that ‘what caused the problem in the first place is also the solution for treatment’, and uses minimal doses in diluted form, unlike Allopathy.

As far as adverse effects are concerned, Homeopathic medicines are heavily diluted so hardly any severe effects are caused, while Allopathic medicines can have several and serious side effects.

Although Allopathy and Homeopathy have different approaches of treatment, these have a huge impact on the betterment of social health. Both types of medicines are essential in curing different ailments and boosting medicinal advancement in the world.

Homeopathic phenomenon in Allopathy

On careful observation, homeopathic phenomenon can be seen in allopathic drugs. One of the best known examples is the pro-arrhythmic effect of anti-arrhythmic drugs. Drugs that are described as anti-arrhythmic drugs may actually aggravate arrhythmia in several

ways and these are termed pro-arrhythmic effects. The most common type of proarrhythmia is a paradoxical increase in the frequency of episodes of the target arrhythmia. This phenomenon is common to antiarrhythmic drugs when these are used to treat arrhythmia based on a re-entrant mechanism. Few examples of antiarrhythmic drugs having proarrhythmia are Flecainide, Quinidine, Disopyramide, Amiodaron, Sotalol etc⁸. Similar examples are also noted. Now, is it not the same as in Homeopathy, that is, substances or drugs produce symptoms / events for which these are prescribed?

Naturopathy

The term “Naturopathy” originates from “*natura*” (Latin root for birth) and “*pathos*” (the Greek root for suffering) to suggest “natural healing”. Naturopathy claims the ancient Greek ‘Father of medicine’ – ‘Hippocrates’, as the first advocate of Naturopathic medicine. The term naturopathy was coined in 1895 by John Scheel and was popularized by Benedict Lust, who is considered as Father of modern-day naturopathy / Father of U.S. Naturopathy⁹.

Naturopathy is the science of diagnosis, treatment and cure of diseases using natural therapies including dietetics, herbal medicine, homeopathy, fasting, exercise, life-style counseling, detoxification and chelation, clinical nutrition, hydrotherapy, naturopathic manipulation, spiritual healing, environmental assessment, health promotion and disease prevention¹⁰.

The fundamental of Naturopathy is based on the goodness of exercise, sunlight, fresh water, stress management, healthy diet etc. Naturopathy always advocates the importance of own health, minimizing symptoms of illness, balancing the entire human mechanism and supporting body's own ability to heal. According to the manifesto of the British Naturopathic Association, “Naturopathy is a system of treatment which lays emphasis on the existence of the vital curative force within the body¹⁰”.

Microvitopathy and Microvito-therapeutics

Microvitology – the science dealing with microvita is not very old¹¹. The concept came on the eve of 31st December, 1986, when Shrii P.R.Sarkar gave his first discourse on this subject. It is a very vast and mysterious scientific concept which needs extensive research¹².

There are diseases specific to negative microvita (Microvitopathy)^{13,14}. The recent epidemics (MERS,SARS) and pandemic (COVID-19) are some of the examples for which the term negative microvita disease (NEMID) has been coined^{15,16}.

The treatment of these negative microvita diseases is possible only by applying microvito-therapeutics. Integration of microvito-therapeutics will further expand the arena of treatment because not a single drug is effective against negative microvita diseases. Only treatment with positive microvita (Microvito-therapeutics) can devour the negative microvita and cure the patient from the adverse effects of the mysterious entity¹⁴.

Yogatherapy / Yogapathy

Yogatherapy or Yogapathy has been linked to a type of therapy that primarily focuses on the integration of mind and body to enhance physico-psychic well being. It does involve techniques such as yoga postures, breathing exercises, meditation, relaxation techniques etc.

It has been reported beneficial in the treatment of mental conditions such as alcohol dependence, anxiety disorders, attention deficit hyperactive disorder, depression, insomnia, phobias, stress, schizophrenia etc.^{17,18}.

As far as effectiveness is concerned, yoga-therapy does not have much empirical evidence due to limited randomized control studies as compared to other established forms of therapies.

Integration: Why & How?

All pathies are unique with variable efficacy and added advantages and disadvantages. What is the need of the hour is to judiciously integrate or supplement these pathies for the benefit of the patients. In real integration, the point of supremacy of particular pathy is not important but the core of the theme is that the patient should be benefited.

Naturopathy, as discussed above, will involve the body's self healing mechanism and therefore, will take time to be effective. Homeopathy, if properly and ethically practiced will strike on the cause of the problem and will cure the ailment. Allopathy, as the term states, will act against the symptom but not the root cause. However, surgery is an important modality to treat the odd situation, not handled with medicine alone. Moreover, surgery is life saving during emergency situations.

Recently, Ghista has given a new concept of yogapathy as psychosomatic, preventive and curative medicine to be employed along with the allopathic medicine as a true holistic

integrated medicine for the healing of human ailments¹⁹. Ghista has not only given the concept but has gone beyond. He described its physiology and biopsychology. How does mind connect with the Cakras (Psychic plexuses) and the psychic plexuses with the endocrine glands and through hormone influencing neuro-psychic symptoms; thereby influencing and balancing both mental and physical health and establishing the psycho-physical well being²⁰.

The beauty of the concept is that it is not only related to body and mind but the spirit as well; especially, when meditation is properly inculcated. Finally, based on this, a new format of a holistic medical system can be developed by integrating yogapathy and allopathy medical systems.

Integration – Newer outlook

Looking to the basic concept behind Allopathy and Homeopathy, it is not possible to integrate these two pathies because the two systems are just opposite poles, destined not to meet. Naturopathy can be employed as supplement to the existing Allopathic therapy, and that has already been accepted in the form of life style modification. Yogatherapy, now has been intended to integrate with Allopathy. As Yogapathy itself in true sense, is a broad area to work upon. It includes yogic postures (*A'sanas* and *Mudra's*), psychic plexuses, endocrine glands and their hormonal secretions, breathing control (*Pra'na'ya'm*), meditation (psycho-spiritual practice), diet and spirituality. Integration of Yogapathy with Allopathy will really broaden the area of therapeutic intervention¹³(Fig. 1).

Let us take integration of various pathies or medical systems in another way. We know that Ayurveda has rich source of plant material, which has been described in the literature and practically proved to be beneficial in many human diseases. Allopathy has all modern investigative facilities for chemical analysis and isolation of active ingredients, going up to the molecular and genetic levels. Therefore, the integration should start from searching of new plant material, effective in different diseases from Ayurveda, analyzing and isolating the active ingredients utilizing the available advance techniques of Allopathy. All these should be done under environment of positive microvita. Then, drug could be administered in homeopathic doses (formulations) to avoid any adverse actions. The health of individuals will be further boosted by promoting physico-psycho-spiritual balance by Yogatherapy and incorporating vital energy from Naturopathy. We hope that this will be the real integration of pathies for the all round betterment of suffering humanity in coming future.

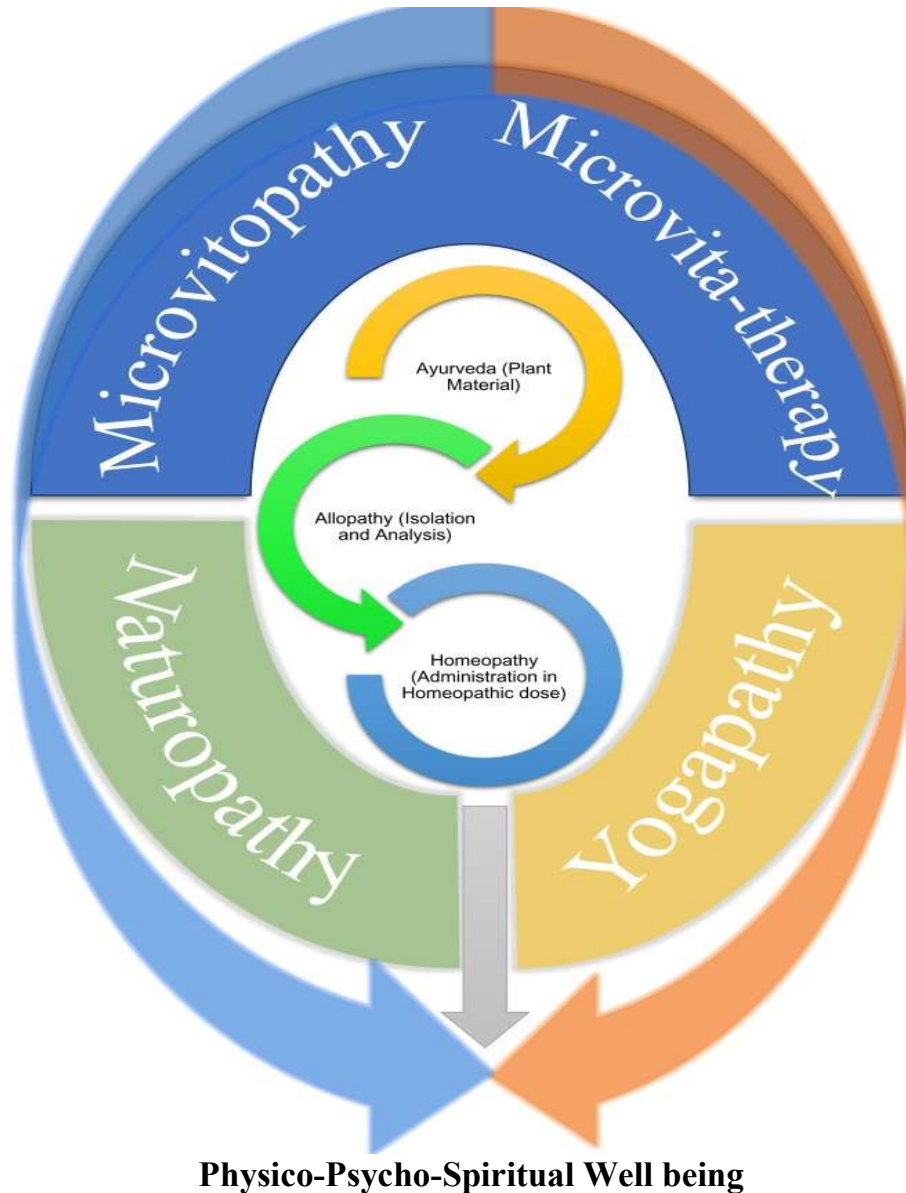


Fig. 1: Integration of Medical systems for treatment

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Physiology, Biopsychology and Microvitology of Fasting

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Abstract

Fasting (*Upva'sa*), the physical means of avoiding the daily consumption of calories through food and drink, leads towards improvement in psychology – the perfect example of biopsychology. The microvita further elevates the mind toward the pure spirituality. This is in true sense the underlying flow of events from physicality to physico-psychic and then to psycho-spiritual and ultimately pure spiritual. If *Upva'sa* is performed in true sense, the mind is surely going to expand to meet its final desideratum – the *Parama Purus'a*.

Keywords: Moon, Autophagy, Microvita, Hormones, Glycogenolysis

Introduction

Fasting has been practiced in many cultures and religions. It may be for fulfillment of mundane wishes or as a penance to please the Gods. It was started basically to improve physical health, to get mental peace and progress. It can be seen in Jains, Muslims, Christians, Parsis, in different forms and pattern. *Jains* are famous for doing long fasting of days to months only with boiled water or without water. *Paryushan* is the most prominent festival for doing fast in *Jains*, lasting eight days in *Swetambar Jain* and ten days in *Digamber Jain* tradition during the monsoon. Muslims observed fasting during day time but take all foods in the night in the month of Ramadan each year. Eastern Orthodox Christians fast during specified fasting season of the year, which include not only the better-known Great Lent, but also fasts on every Wednesday and Friday (except on special holidays). Great Lent constitutes forty days fasting with praying. Here the fasting usually means not more than a light breakfast, one full meal and one half meal on the forty days of Lent¹. Fast on Wednesday is in remembrance of the betrayal of Christ by Judas on Spy Wednesday, and Friday, in mourning of the crucifixion of Jesus on Good Friday². During these days abstinence from meat, lactinia and alcohol is observed³. Hinduism has advocated fasting on particular days of moon cycles throughout the year as well as on some special occasions. Whatever maybe pattern of fasting but its role in purification of body, mind and spirit was mostly religiously considered but not scientifically based.

Body as a biological machine

We consider body as a biological machine, working ceaselessly days and nights throughout the life. Heart never stops, lungs are constantly supplying oxygen, kidneys all the time ready to clean the waste, liver the metabolic factory is ready in all situations to provide energy material and brain the master of Orchestra of all endocrine glands, controlling every

organ and gland for their proper and appropriate response. What a beautiful organization of human structure created by nature and thought by Cosmic Mind.

It is beyond doubt that the best of man-made machine needs to be turned off intermittently for service and maintenance in order to keep its performance to an optimal level. Considering body as a machine cannot be turn off for servicing but its workload can be minimized to maximize its performance and that is the physical aspect of observing intermittent fasting.

Physiology of fasting

During fasting, the body does not receive the daily diet and drinks, in that situation the alternative routes of metabolism come into play and their effect is clearly observed during fasting hours.

Physical and biochemical effects

Carbohydrates

These are instant source of energy. Whenever the body demands energy, it comes into play. Glucose breaks down to water + CO₂ + energy and this energy requirement is immediately fulfilled. Normally in non fasting days, this unused glucose is stored in liver and muscle as glycogen. The store of glycogen is of course small. On demand of body at short notice, the glycogen is broken down to glucose and glucose supplies energy. This is the phenomena of Glycogenolysis. (Fig. 1)

During fasting, glycogen provides energy for normal functioning of the body at a slower pace.

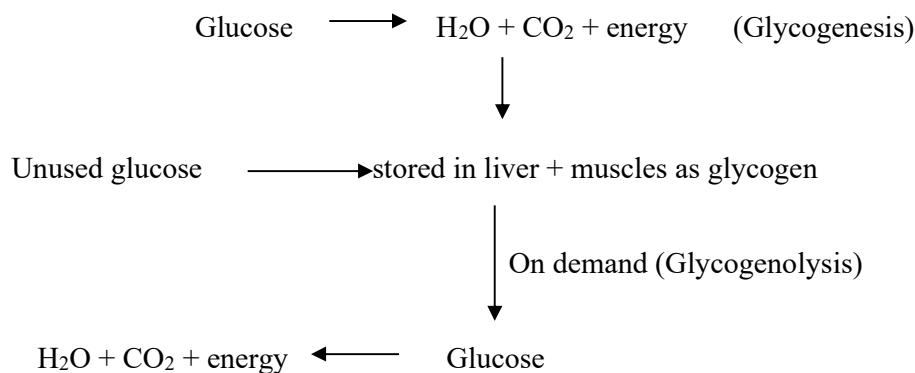


Fig. 1

Fats and Proteins

Fats and proteins have larger stores in muscles and subcutaneous tissue but when required for energy production, they have to be converted into glucose by a process of neo-glucogenesis (Fig. 2). This process of neo-glucogenesis is slower than carbohydrate metabolism and therefore, this slows down the whole body machine. This gives the feeling of tiredness and lethargy during fasting.

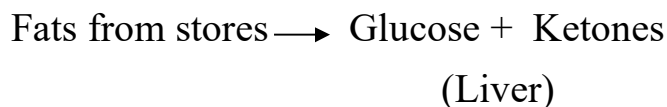


Fig. 2: Neoglucogenesis

Ketones are toxic above a certain level and must not be deposited but excreted from the body as soon as possible by lungs and Kidneys. The presence of ketones in the breath and urine produces smell of ketones (fruity) on fasting days.

Ketones

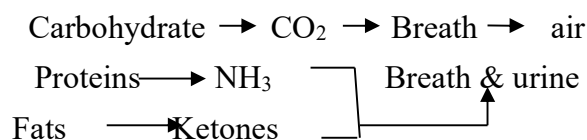
During fasting state, the glucose is not ingested for energy, most tissue use a part of these ketones for energy during fasting. The new glucose formed from the fats and proteins (neo-glucogenesis) is spared for the brain because the brain primarily depends on glucose. In late stages of fasting, when supply of new glucose fails to meet the demand, the brain starts using the ketones for energy. This slows down the thinking process and endurance which is felt during later part of fasting.

Red blood cells (RBCs)

Red blood cells contain large amount of glucose but that is not available directly. This glucose has to be converted to lactate and then back to glucose. Accumulation of lactate and blood makes it acidic and that makes muscle tender and stiff on fasting days.

Metabolic wastes

During fasting, breakdown of carbohydrates, proteins and fats produce CO_2 , NH_3 and Ketones respectively. These are partially recycled and rest are excreted in urine and breath.



Residue of NH_3 and ketones are present in the tongue which becomes white and coated. In order to avoid the bad effect, extra attention should be paid to oral hygiene on fasting days. Frequent rinsing, brushing and tongue scrapping are recommended.

Hormones

Hormones influence every aspect of the body function as well as physico-psychic function of the human beings. Hormones, from different endocrine glands are under the control of hypothalamic-pineal- pituitary axis. Pineal is in fact the master of Orchestra of the all the endocrine glands. Hormones not only control the physical development but also control the psychic propensities of human mind. They control digestion to metabolism, heartbeat to brain function, drinking to urination, etc. Much of the lymph is drained into those endocrine glands and brain.

On fasting days all these functions of endocrine glands are turn down and the need for hormone is reduced. Fasting will bring insulin level down as the body will produce less insulin after a fast. In spite of bringing the insulin level down the body will become insulin sensitive. This point should be considered especially when breaking the fasting because eating after a fast is differently metabolized. The effect of one day fasting on growth hormone levels over a period of 24 hours is enormous as shown in scientific studies.

Autophagy

The term is derived from ancient Greek for self eating (*auto*-self, *phagy*- eating). It is a vital process in which the body's cells 'clean out' any unnecessary or damaged components. It may be possible to induce this phenomenon, but their maybe associated risks. Researches have linked autophagy to several positive health effects and believe that a person might be able to induce autophagy by fasting⁴.

Autophagy has important effects that occur both within the cell and outside the cell. Within the cell, it decreases oxidative stress, increases genomic stability which aids in the cancer prevention, increases bio-energetic metabolism and increases the elimination of waste. Outside the cell, autophagy decreases the inflammatory response, increases neuro-endocrine homeostasis, increases surveillance of cancer by the immune system and increases the elimination of aging cells. The positive aspect of autophagy is that it minimizes the risk of disease (cancer) and promotes the ability to age and ultimately help to increase in the life span⁵.

Process of autophagy

Based on the concept of autophagy and its induction by starvation (fasting), Yoshinori Ohsumi, received Nobel Prize in physiology and medicine in 2016. He quotes, "Life is an equilibrium state between synthesis and degradation of proteins". "Starvation induces high level of autophagy". This allows un-needed proteins to be degraded and amino acids recycled for the synthesis of proteins that are essential for survival^{6,7}.

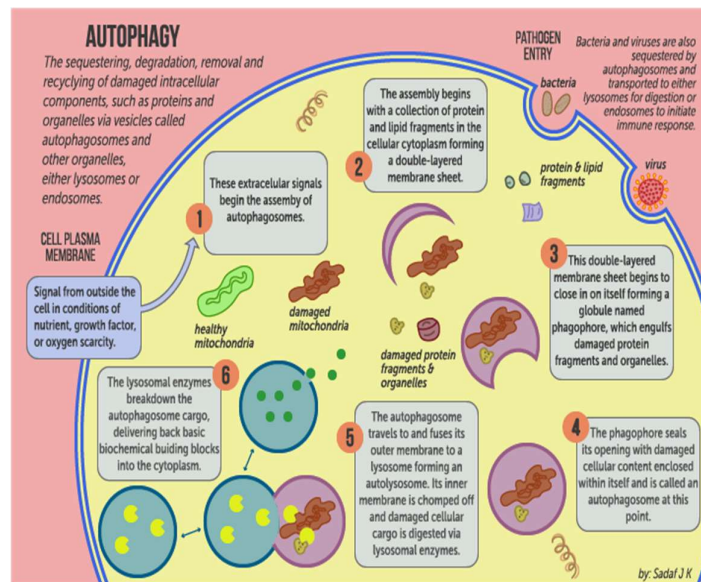


Fig. 3: The process of autophagy

Health benefits of fasting-scientific evidences

Alternate-day fasting has been shown to improve cardiovascular and metabolic biomarkers in people who are overweight, obese or have metabolic syndrome^{8,9}. In a review published in 2021, it was found that moderate alternate-day fasting for two to six months was associated with reduction of body weight, body mass index (BMI) and cardiovascular risk factors in overweight or obese persons¹⁰. Another systematic review and meta-analysis of randomized, controlled trials has shown a significant reduction in weight and BMI along with a notable difference in total cholesterol, LDL-cholesterol, triglycerides, fat mass, lean mass, systolic and diastolic blood pressure¹¹. Interestingly, literature review has also shown that fasting improves alertness, mood and feeling of well-being, possibly improving the

symptoms of depression and boosting cognitive performance¹². Fasting for 37.5 hrs. can increase basal human growth hormone (HGH) concentration by as much as ten times. HGH plays a role in growth, metabolism, weight loss and muscle strength¹³. A very important health benefit of fasting was found when eighteen studies were reviewed in 2022. It was found that intermittent fasting could significantly reduce level of C-reactive protein (CRP) which hallmarks inflammation. Inflammation has been involved in the development of chronic conditions such as heart disease, cancer and rheumatoid arthritis¹³.

Human body

Human body is the three-fourth water and therefore, it acts like ocean which is under the effect of gravitation pull by moon. The body water is ocean of solvent with numerous dissolved ions. Body cell composition of electrolytes (Na⁺, K⁺) is more or less same as of sea water, signifying that human cell still maintain the same milieu even after evolution from sea creatures. The numerous ions that are dissolved make it excellent conductor of electromagnetic currents.

Photo-radiation and electromagnetic currents

We live in a web of photo- radiation and electromagnetic currents that are not constant. They vary with cosmic events that result in climatic and seasonal changes; affecting the body and mind. For example, Seasonal Affective Disorder (SAD) is a depressive illness in winter because of lack of sunlight. Similarly, episodes of mania are common on the first day of new moon and full moon days. Various bio-rhythm follow a cycle of 20-40 days.

The cosmic events alter the electromagnetic fields that we live in and influence the ocean of water that we carry within. Such cosmic events can be conveniently computed to the position of the moon in relation to the earth. But, that does not mean that the moon is the cause of the electromagnetic changes. It rather, means the association of events¹⁴.

Moon's effect on life on earth

There had been lot of controversial statement regarding the moon's effect on life on the earth. In 16th century, Kepler made an important statement that "moon controls the tides of the ocean". But unfortunately, Galileo discarded it labeling it as "rubbish and astrological nonsense". It was Newton who precisely explained the effects of the moon on tides.

Later on effect of moon on body chemistry and human behaviour was studied extensively and linked the moon with human emotions and health, serenity and criminality and biological rhythms.

The moon possibly alters the body Chemistry by causing gravitational changes that are sensed by the pineal gland and translated into human physiology by altering hormonal balance (Fig. 4).

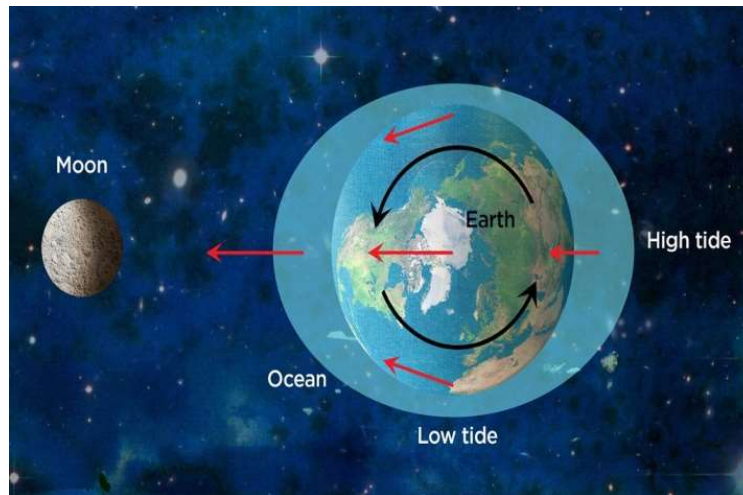


Fig. 4: Effect of Moon's gravitation on Earth

Four days in a lunar month

The new moon and 11th day after the new moon, the full moon and 11th day after the full moon; these four days, *Ama`vasya`*, *Purnima`* and *Eka`dashi`* are the four days in every lunar month that are critical.

Electromagnetic field and photo-radiation waves have most adverse effects on human physiology. There are observations reported that pregnancy conceived on these days may result in high incidence of congenital malformations in the newborn.

If the metabolism is turned down and the water content of the body is minimized on these particular days, the alterations in the electromagnetic field will have minimum effects on the body and mind. Therefore, this is the rational/ scientific reason behind selecting these four days as fasting days in Oriental philosophy.

Fast

1. The days described are *Ama`vasya`*, *Purnima`* and *Eka`dashi`*
2. Time - from sunrise to next sunrise
3. Ideally - no food, no liquid including water (those who are elderly, having disease should not do without water)
4. Time saved is devoted to meditation, *kiirtan* and *sva`dhya`ya*.
5. Food and water saved should be served to animals and plants.

Breaking the fast

Initially, after sunrise, the fast should be broken with salted lemon water in copious amount. The science behind this is water flushes out the waste, salt forms sodium citrate with citric acid of lemon juice which is alkaline in nature, neutralizes acid wastes of fasting state.

After 1 hour, light diet high in carbohydrate but low in fats and proteins could be taken, like ripped Banana, Khichdi, curd/ yoghurt

This will help the body to build up its glycogen store quickly.

After 3 to 4 hours, normal diet should be taken.

Fasting/ *Upva'sa*

Upva'sa (Up – Near; *Va'sa* – to stay with)

It means to remain in the proximity of *ParamaPurus'a* (Infinite Entity) which requires channelizing the mundane need of the body. It is of course not very easy. The cosmic events on fasting days render us vulnerable and exposed to their negative effects. They drag the mind down to the things of this world and make the communion with the transcendental entity extremely difficult. Fasting secures us from many of these effects. It is in fact, one of the most effective means of taming the protozoic and metazoic minds of the cells.

Many *yogis* (spiritual aspirants) through ages have emphasized that fasting reduces the propensity of physical lust and passion by taming the physical mind. It has maximum effect on lower three *cakras* and their respective propensities.

Bio-Psychology

This new science of biopsychology deals with the interaction between the mental propensities, hormones and nerve cells, and their effects on human behavior and vice versa. It is in fact a unified concept of biology, psychology and cosmology (Fig. 5). A perfect psychology can be expressed through a perfect biological structure. Such a structure is found in the human species after evolution.

The mental propensities in fact are the hormonal expressions of various *cakras*. The lower *cakras*, *mula'dha'ra* and *sva'dhista'n* are essentially related to static propensities and drag the mind towards the worldly affairs.

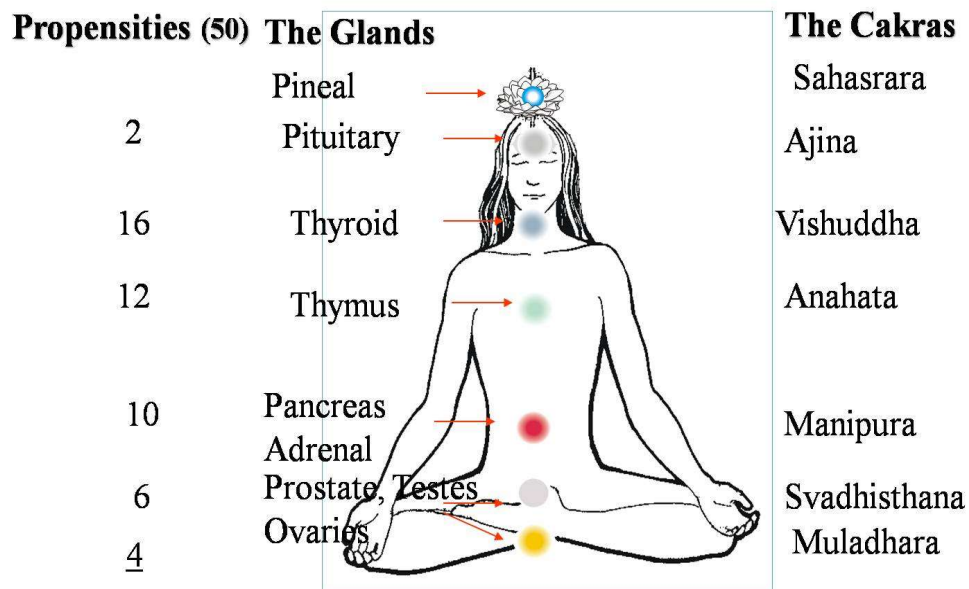


Fig. 5: Propensities, endocrine glands and Cakras in Human body

During fasting, hormonal secretions in these glands are dampened down and the effect is more pronounced on propensities of lower *cakras*. Once the mind is freed from static propensities, it can be easily lifted to higher levels by *bhajan*, *kiirtan* and meditation and *sva'dhya'ya*. This is in real sense sitting near Him – the exact meaning of *Upva'sa* – the perfect biopsychological approach.

Microvita

Microvita are the smallest living entities, that exist in all the atmospheric variables and basically indestructible. They move through galaxies, stars, nebulae, planets and throughout Universe. They affect humans, animals, plants and matter. They move through different media, inferences and thought waves¹⁵.

Microvita are the agents, ‘intelligent organizers of energy’ of physical, psychic and spiritual evolution, they are the agents but not the original controller. They are created by Cosmic mind, which itself is an evolutionary product of pure consciousness. Microvita are mysterious emanations; (not the creation of human beings or Superman) of the Cosmic entity – the mysterious emanations of the Cosmic factor¹⁵.

Moon shines in the reflected light from the sun of our solar system and possibly from the planets and celestial bodies in other solar systems. The reflected light and radiation are media of transportation of microvita from planet to planet. When microvita reach the earth, they affect all animate and inanimate structures. If human body is in fasting state and mind is absorbed in the thoughts of Infinite Entity (*ParamaPurus`a*), they imbibe positive microvita otherwise negative microvita will enter and affect it adversely (Fig. 6).

Microvita affect the different glands and subglands of *Cakras* (Psychic plexii). Negative microvita primarily influence lower *cakras* while positive microvita preferentially affect higher *cakras* but not above the *ajina cakra*.

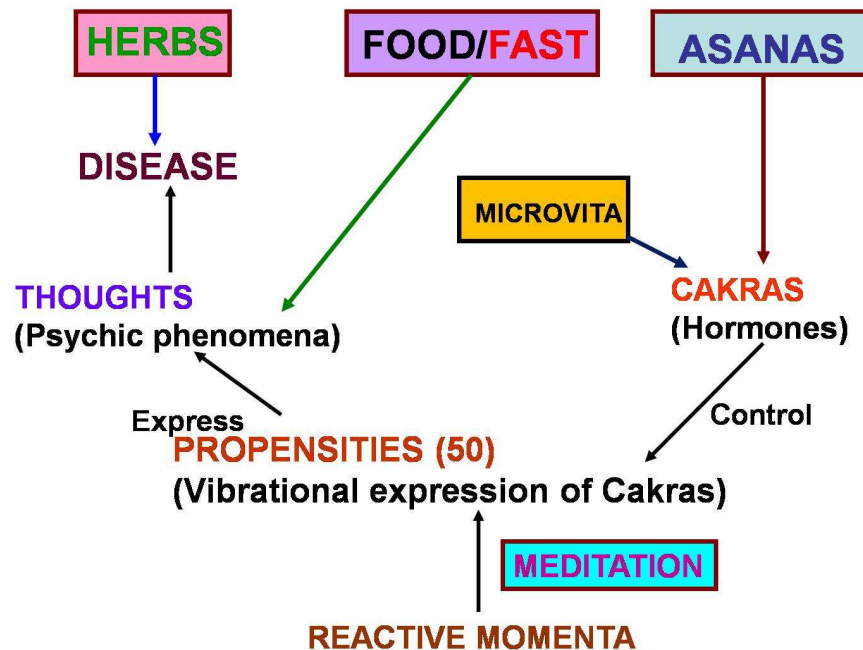


Fig. 6: Correlation of Fasting, Asanas, Microvita and Meditation on Human Psyche

Positive microvita can be attracted, their density can be increased and that is possible in true sense of *Upva`sa*. Good company (*Satsaunga*), good books (*Sva`dhya`ya*), good songs (*Prabha`tSamgiita*, devotional songs), devotional chanting (*Kiirtan*) and collective meditation (*Dharma cakra*) attract positive microvita and the environment really microvitized with positivity and that lead human psychology a step ahead towards spirituality.

Conclusion

Human beings are not only physical beings but have panoramic psychic expansion and spiritual ideology. Their all round development requires a multi-faceted approach of encompassing physical, psychic and spiritual arena. Regular intermittent fasting on the days and ways prescribed will definitely heighten the physico-psycho-spiritual well being and help in achieving the goal of human life.

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Secretarial Desk

“Best Bioscience Research paper of the Year”

Awarded to Dr. Verma

Udaipur 14 September 2023. Dr. S. K. Verma who is working as Professor Emeritus in Pacific Medical College & Hospitals (PMCH), Udaipur has been awarded with 'Best Bioscience Research paper of the Year' by Time 2 Leap Awards for one of his published research papers for the year 2022-2023. This award was presented to him for his research paper titled "Evaluation of the First and Second Dose Efficacy of Indigenous Covishield Vaccine against COVID-19 on Healthcare Workers in India."



Chairman of PMCH, Shrii Rahul Agrawal said that the award has been given to Dr Verma on the basis of his innovative and specific research work published in *Pacific Journal of Medical and Health Sciences*. His research results are significant in view of the practical utility and that is why selected for the prestigious award. He mentioned that the 'Time to Leap National Award' recognizes the originality, uniqueness, and practicality of research work, considering its usefulness in human life. The award was given by Shri Narayan Rane, Union Minister of Micro, Small, and Medium Enterprises (MSME), Govt. of India in a recently held function in Mumbai.

Indexing in ASCI-Database

Editors are pleased to inform the authors and readers of *Bulletin on Microvita Research and Integrated Medicine* (ISSN 2321-2349) that the Journal has been accepted for indexation in the prestigious **Asian Science Citation Index (ASCI) -Database** on 24th August, 2023.

The ASCI-Database is widely recognized as a leading platform for scholarly research, and the inclusion of the "*Bulletin on Microvita Research and Integrated Medicine*" underscores its academic significance and contribution to its respective field. The recognition gained from this indexation will undoubtedly amplify the visibility and impact of the research published within this journal. We thank all the authors who have contributed to achieve this stage and welcome original scholarly articles from the researchers worldwide for the upcoming issues within the scope of the journal.

“International Life Time Achievement Award for Research” to Dr. Verma

Dr.S.K.Verma,President of the Society for Microvita Research and Integrated Medicine, Udaipur, working as Professor Emeritus, Department of Medicine, Pacific Medical College, Udaipur, Rajasthan has been honored with “International Life Time Achievement Award – for Research (Dr.N.C.Jain Award)” for his thirty-five years of excellent research work. The award was given in the 11th International ScienceCongress - 2023 organized by



the International Science Community Association atPacific University, Udaipur on Friday, 08 December 2023. Professor Emeritus Dr. S.K. Verma, was honored with Life Time Achievement Award-for Research under which he was given a citation and a check of Rs. 5,000. More than 125 research papers of Dr. Verma have been published in international and national

journals which have been cited more than 3200 times.

On this occasion, as the keynote speaker, he addressed the International Science Congress with a concise lecture on the topic, ‘Comprehensive treatment of global epidemic heart disease’. He explained in simple language the prevention



and treatment of heart disease in an integrated manner from the perspective of yogic medicine, modern allopathic medicine, bio-psychology, herbal medicine and microvita science.

What is Microvita ?

Microvita:

Micro- Small, *Vita-* Living

Definition:

Entities or objects which come within the realm of both physicality and psychic expressions, which are smaller or subtler than atoms, electrons or protons; and in the psychic realm, may be subtler than ectoplasm or its extra-psychic coverage; endoplasm have been termed as “Microvita” (Singular- *Microvita*) by Shrii P. R. Sarkar.

Physicality: The position of microvita is just between ectoplasm and electron, but they are neither ectoplasm nor electron.

Categories:

A) Based on density or subtlety -

First: Coming within the scope of a highly developed microscope.

Second: Not coming within the scope of a perception but coming within the scope of perception as a result of their expression or actional vibration.

Third: Not coming within the scope of common perception but coming within the scope of a special type of perception which is actually the reflection of conception within the periphery of perception.

B) Based on nature -

1. Positive 2. Negative 3. Neutral/Ordinary

Movement:

- Move throughout the entire universe.
- Move unbarred, without caring for the atmospheric conditions.
- Move through a medium or media sound, form, figure, smell, tactuality or ideas.

Root cause of life:

Microvita create minds and bodies and also destroy minds and physical bodies. The root cause of life is not the unicellular protozoa or unit protoplasmic cell, but this unit microvita.

Aims and Objectives of SMRIM

1. To propagate the knowledge and science of microvita by psycho-spiritual practice in individual and collective life.
2. To increase moral values, to generate scientific thinking, to remove dogma with the spread of knowledge of microvita at School, College and University levels.
3. To initiate and inspire about research on Yogic, Vaedic, Naturopathic, Ayurvedic and Homoeopathic schools of medicine.
4. To incorporate faculty of Physics, Chemistry, Botany and Medicine for research on microvita and integrated medicine; including research on medicinal plants and Homoeopathic medicine.
5. To organize free medical camps in villages and cities involving specialists of different system of medicine.
6. To publish result of the research in national and international journals and interact with other people working in the field in and out of the country.
7. To make judicious use of different systems of medicine and microvita for the treatment of diabetes, hypertension, heart diseases, cancer and diseases of modern era.
8. To establish laboratory and research centers for relentless research on microvita and integrated medicine for the welfare of entire humanity.

Who can join?

Any person interested in serving humanity through research on Microvita and Integrated medicine and abides rules and regulations of the society can become the member of the society.

**Life Membership fee: Rs. 2000/-
(Rupees Two thousand only for Once)**

Bulletin on Microvita Research and Integrated Medicine started in March, 2009 is an official peer reviewed Journal of Society for Microvita Research and Integrated Medicine (SMRIM), Udaipur, Rajasthan, India. It publishes three issues in a year having original research, reviews, short notes, case studies, Letter to editor in the field of microvita and integrated medicine. Book reviews are published after approval by Editor. The Journal does not levy any Article Processing Charges or Article Submission Charges. Previous issues are available online at : www.microvitamedresearch.com

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It should be short & informative (14 pt), to be typed in only first letter of the first word capital; also, after colon or hyphen, first letter of the first word capital. Latin names are to be given in italics.

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Methodology should include location of survey area, the source and nature of material, experimental design and the techniques employed.

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