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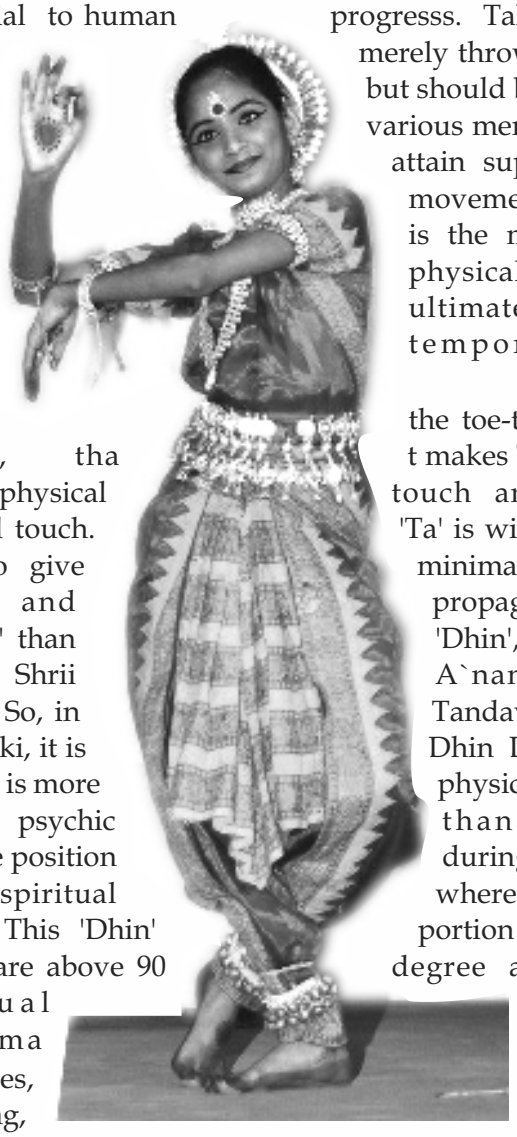
Editorial

Dance-

THE PROGRESSIVE MOVEMENT

Tantra- the practical science, the practical aspect of spirituality, has taught everything beneficial to human progresss. Take the example of dance; it is not merely throwing hands and legs here and there, but should be rhythmic with the expression of various mental faculties and the mental pose to attain supreme desideratum. Dance is the movement of approaching Param Purusha. It is the movement from the very crude physicality to the serene mentality and ultimately to the supra- spatial, supra- temporal, and supra- personal entity.



In dance, the toe-tip is 'Dhin' and the head portion is 'Ta', tha t makes Ta' Ta' Dhin Ta`. 'Ta' portion means the physical touch and 'Dhin' portion means the spiritual touch. 'Ta' is with maximal strength while 'Dhin' is to give minimal pressure. Ta`ndava dance, invented and propagated by Lord Shiva, has used more 'Ta' than 'Dhin', while in Kaushiki, invented by Shrii Shrii A`nanadamurtii ji has dominantly 'Dhin'. So, in Tandava it is Ta', Ta' Dhin Ta' while in Kaushiki, it is Dhin Dhin, Dhin Ta` Ta`. Therefore, Tandava is more physical than psychic and Kaushiki is more psychic than physical. Lalit marmika dance, the position during kiirtan, on the other hand, is psycho-spiritual where 'Dhin' portion (the toe top) is used. This 'Dhin' portion means the spiritual touch. The hands are above 90 degree angle representing psycho-spiritual approach, on the mercy of Parama Purusha. These dances, in fact are for physical well being, psychic elevation and spiritual attainment. These are movements from imperfection to perfection. The movement towards Param Purusha, in true sense, the actual progress and development.

"....actual progress cannot be in the realm of physicality or in the psychic world. Actual progress is where proximity to Parama Purusha is increasing, going closer to Parama Purusha. This is Progress".

-- Shrii Shrii A`nandamurtii

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About mind -Its substance, evolution and home (PART 2)

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"All living beings, not just animals,
but plants and microorganisms, perceive.
To survive, an organic being must perceive
- it must seek, or at least recognize, food
and avoid environmental danger."
Lynn Margulis (1938-2011)

"We all agree that you theory is crazy.
The question, which divides us, is
whether it is crazy enough
to make a chance of being correct."
Niels Bohr (1885-1962)

6 Intelligence, mind and denominations of microvita

6.1 Atoms

About 380,000 years after the Big Bang, at a moment that is called recombination, the temperature had gone down to 3,000K. Protons, neutrons (baryons) and electrons (leptons) united or were united by something, and photons could move freely into space. The end of *recombination era* was the beginning of *matter era*. The first atoms which then arose, were hydrogen, helium, beryllium and lithium. At this temperature not all microvita hibernated, neutral microvita woke up to an active state. This could mean that they 'came on board' of the first atom without any action from their side; it could also mean that they actively organized the unification of protons and electrons.

Five aggregation states exist: Plasma, Gaseous, Liquid, Solid and Bose-Einstein aggregate. The atmospheric boiling point is the temperature at which the vapor pressure of a substance is equal to the atmospheric pressure. It is the temperature at which a liquid passes into a gas. Plasma is the state in which all electrons are stripped off their nucleus. In the cosmos this only happens at temperatures much higher than the transition from liquid to gaseous. If microvita already hibernate at the various occurring boiling points, they will surely not be active at the temperatures that occur during the plasmic state of the universe during the first 300,000 years. Microvita will undergo contraction and hibernation at freezing temperature and expansion and hibernation at boiling temperature.

Compared to a human lifetime, these 380,000 years may seem very long, but on a cosmic scale it is only a short period. If the universe would be 24 hours old, rather than 13,8 billion years, those 380,000 years would mean no more than two seconds. Before this relatively short period, all microvita were only connected with energy and consciousness on a nonlocal scale. In principle all forms have two layers, crude, physical and a subtle, psychic layer. Subatomic particles have incomplete, crude and a dormant subtle layer. Because of the presence of microvita, atoms have a complete crude layer, but a subtle layer also remains only potential. Under equal conditions of temperature and pressure, all natural elements, from Carbon till Iron and Uranium, were and still are being born from relatively small, big and super big stars.

Because of these neutral microvita atoms are the first basic elements with a complete, crude layer, that includes kinetic energy, subatomic particles and neutral microvita. However, their subtle layer remained and remains dormant. No crude and subtle denominations of microvita are involved.

With the presence of neutral microvita, atoms have become adhesive to crude, negative microvita; but even crude microvita are not enough for the presence of even a simple mind. The minimum requirement for a simple, incomplete mind is the presence of molecules of subtle, negative microvita. On the other hand, the absence of such microvita in atoms and compounds does not mean the absence of observational capacity, intelligence and the skill to adjust.

The inclusion of neutral microvita in atoms was a very first step in the evolution towards conscious beings, with fully developed memory of past actions (Done-I or Citta), a feeling of identity, or ego (Doer-I or Ahamtattva), a conscious recognition of that identity (Existential I-feeling or Mahattattva) and ultimately individual consciousness (Jiivatman). Details of these subjects are well known in the various schools of Indian philosophy, so there is little need to discuss them in this essay. The English names seem to have a relation with the before mentioned Knower-I and Doing-I, but by now it will be clear that these Knower-I and Doer-I are emissaries of new ideas of a completely new approach to mind and matter.

The universe is a huge collection of both non-intelligent, unconscious, subatomic particles and atoms, as well as intelligent organisms that have the potential to be fully conscious. Surrounded by a desert of entropy, intelligence and consciousness have found their home and expression in oases of syntropy. For the full expression of its substratum, consciousness, the universe is showing the gradual path of evolution. The components of the first and so-called nonliving stage of evolution are the non-intelligent, unconscious elementary particles of physics. Human beings form the end of the second and living stage. The beginning and end of this path have been analyzed before and are relatively clear, but where can the turning point, the intermediate stage, between the inanimate and the animate, be found?

As indicated before, atoms contain neutral microvita. The substratum of microvita is consciousness. A substratum has qualities. Intelligence can only be a quality of consciousness, in the same way that a carpet has qualities like softness and specific weight or milk is white and liquid. Because of the presence of neutral microvita, atoms can be said to possess intelligence, although they don't have any form of mind. It may be very little intelligence, but it is present and available. If it is present and available, it cannot remain unused. One example: as soon as temperature of a group of atoms reaches about 50nK(50 nano degrees Kelvin: 5.10^-8K), it enters into a state of matter, called Bose-Einstein condensate. In this ground state they lose their individual identity, yet they retain some 'memory' about their previous state for an unexpected long time.No neurons, no microtubules, even no mind is included, but microvita are.

6.2 Diatoms and molecules

Next step on the ladder is reserved for molecules. This step can mean a small up to a very big increase in complexity, because many different forms and sizes of molecules exist. To name a few: six monoatomic elements -like Helium and Radon-, seven diatomic elements -like H2, O2 or B2- compounds, macromolecules, like monomers, dimers -like DNA- and polymers, catalyzers and enzymes or net-works of molecules. Molecules, even diatomic elements, have at least two layers.

The first, most basic, layer of diatoms and compounds contains the neutral microvita of their atoms. The second layer is an overall coordinating agent, composed of crude, negative microvita. These microvita are the first components of a rudimental, be it incomplete mind.

Microvita do not deny, but investigate the characteristics of the chemical unit with which they are connected. The activities of the involved microvita have a specific direction that runs parallel to the composition of the compound they are part of. This means that the microvita in the overall layer are of one and the same denomination. One and the same child can play with a ball, and next moment does something else: dance or lie down on the floor to sleep. In a similar way microvita of the same denomination can have a different focus, resulting in a different outcome. The focus of these microvita is the conservation of their 'diatoms'. At the same time they remain open to formations of increased complexity in e.g. H2O, (water) H2SO4 (sulfuric acid), NH3 (ammonia), OHCbl (hydroxocobalamin, which is organic vitamin B12) and C63H89CoN14O14P (cyanocobalamin, which is synthetic vitamin B12).

Water molecules are slightly more complex than its hydrogen and oxygen atoms. In water, but also in macromolecules, molecules also occur in specific groups. In macromolecules, these groups show a wide variety of compounds; in water the present molecules are mainly H2O. In, what Rustum Roy (1924-2010) called 'structured water', clusters up to several hundreds of water molecules can be observed. They remain stable from half a second, to several weeks. Whether these clusters can be influenced by natural or human events, in a way that they are beneficial for physical, psychic and psycho-spiritual health, is under heavy debate and ongoing research.

In these molecules, the presence of microvita does not differ from the previously mentioned diatoms. But, if the clusters in structured water do have a positive effect on its quality, further research could show that they not only contain neutral and crude negative, but also subtle negative microvita. Even the possible presence of positive microvita should not be ruled out in advance.

6.3 Macromolecules

6.3.1 Synthetic macromolecules

Intelligence is not restricted to groups of single atoms and groups of molecules; it has also been observed in single polymer molecules. In 2013, Nanosystems Institute Munich, demonstrated a direct response of a single synthetic copolymer, composed of two or more monomers, to a change in its direct environment. When the pH-level of the solution that the molecule was in, was changed from low to high, the molecule dehydrated and shrunk. After lowering the pH-level of the solution, the molecule unfolded again.

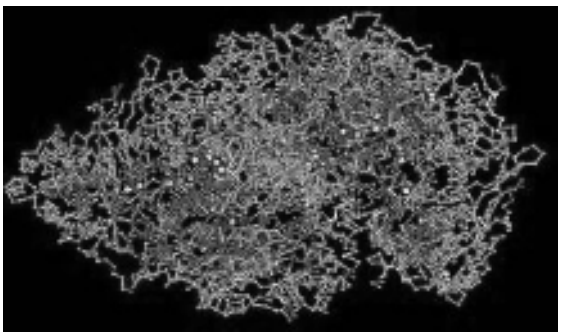
Macromolecules are very large molecules of at least 1000 atoms. Two kinds of polymers exist, synthetic and biopolymers. Bakelite, PVC, PU, PTFE, PET, EPS and XPS are synthetic polymers while DNA, RNA, tubulin, proteins and rubber are biopolomers. Synthetic polymers are composed of two or more molecules that are held together by covalent bonding. Synthetic polypropene is a simple repetition of the monomers HCH and HCCH3. It is a macromolecule, composed of two monomers, each with a decentralized controlling group of crude, negative microvita. When a specific form of polypropylene is cut into smaller forms, the new pieces have the same consistency as the original form. Nothing is gained and nothing is lost. The conclusion can only be that no overall controlling master, no mind in even rudimentary form exists.

In synthetic macromolecules atoms contain neutral microvita, the monomers contain crude, negative microvita at the molecular level. Most likely no fully developed, overall controlling master, no overall mind, that coordinates the various monomers, exists. It is not impossible though, that a mind in rudimentary form and composed of similar microvita as at the level of the monomers, exists.

6.3.2 Biological macromolecules and microvita

Biological macromolecules exist in two categories: biopolymers and nonpolymeric molecules. Biopolymers are produced by living organisms and are divided into three sub categories, nucleic acids -RNA and DNA-, proteins and carbohydrates. Two nonpolymeric molecules exist, lipids and macrocycles. Lipids are polar macromolecules with hydrophilic head and hydrophobic tails. Biopolymers have a primary structure that concerns the involved atoms and their sequence in the monomers, as well as the sequence of the monomers themselves. Their secondary structure concerns the three-dimensional forms of the segments, while the tertiary structure is defined by the spatial location of their atoms in close connection with their first structure. The very delicate build-up of biomolecules is in striking contrast to the much simpler and spatial, amorphous order of synthetic polymers.

Figure 1. Illustration of a polypeptide macromolecule (protein)



In macromolecules the present atoms contain neutral microvita and the higher level monomers contains crude, negative microvita. At least one overall controlling master with subtle negative microvita exists. The present sub-units in the primary, secondary and tertiary structures will have incomplete minds of crude negative microvita or a mixture of crude and subtle negative microvita. At least the highest level is a heterogeneous composition of subtle, negative microvita with different interests, but even this composition cannot be called a complete mind, because it lacks positive microvita.

6.4 Viruses, cells and microvita

Smart molecules, catalyzers, enzymes and prions are definitely worth to be analyzed, but this will not be done in this article. The previous thoughts are only intended as a first glimpse into the rich nature of atoms and molecules. More detailed and deeper analysis, as well as empiric research, will be needed to develop a more concrete and complete understanding of microvita and how to attract and apply them in the various scientific disciplines.

Prior to devoting a few words on the concept of virus, a first look at biological cells may be helpful. Recognition and analysis of the mamavirus and its satellite virophage sputnik in 2008, have changed the way of looking at viruses because, after these mamaviruses (900 protein coding genes) are infected, they fall ill. Something that is alive can fall ill, but a virus? What does this 'sickness' mean? Sputniks, (21 coding genes), enter a mamavirus to replicate their own genome. After such infection the production of viruses by the mamavirus itself is reduced, moreover, the produced viruses are often deformed and less effective. In the same way as viruses exploit bacteria for their replication, sputniks exploit mamaviruses for their replication. Another characteristic of mamaviruses is that, just like bacteria, they are able to repair their DNA. If mamaviruses are considered to be alive, the boundary between living and non-living has shifted.

Whether cells are alive or not is not an issue, they are accepted as biological organisms. Whatever Descartes concluded, they are living organisms, have a body and consequently also a mind. How complex is a simple cell? It is actually very complex. The number of atoms included is approximately 10^14, which is about 100,000 times our world population. The number of protein molecules is 8.10^9, which is close to our present world population of 7.10^9 people. Although we cannot say that the world population does not really function as one organism, its inhabitants are also not randomly spread and organized. A cell is extremely dynamic and its composition of more or less autonomous elements, all with a specific function and identity, functions like a biological machine. Is it thinkable that such efficiency can ever be achieved without a very alert, intelligent and creative organization? There can be no question of randomness, lack of cooperation and coordination or even anarchism.

A eukaryotic cell is a dynamic open system with its own metabolism. It is born in a mitosis procedure that is initiated by a preceding cell and it dies a programmed cell death, apoptosis. All ingredients for its replication are present inside itself. Under ideal circumstances mitosis occurs every 30 minutes, but in vivo it may take much longer. Reprogramming may take from 14 days (epidermic cells), to one year (liver cells) or even 16 years (intestinal cells), while cells from the visual cortex do not regenerate at all. To support its own dynamism, a cell takes in nutrients and, after they have fulfilled their specific function, expels them as waste. In the course of evolution, many different cooperating organs and organelles have been developed until they formed one organism, in a process called endosymbiosis. Still little is known about the division and inheritance of organelles or the way cooperate inside and with the cell they are in. What causes the cycles of the mitosis of organelles to run parallel to those of their cells? If hormones in the neighborhood of the cell start the cell cycle, what triggers this intervention? One organelle is the centrosome, an organelle that is composed of two centrioles. It plays an important role during the process of mitosis. Centrioles are made up of microtubules. Is it coincidence that the structure of cell DNA, during its replication and of tubulins, the ingredients of microtubules, is helical?

Some observations need to be noted down here. The most basic elements of cells are its atoms, which in turn are components of molecules and macromolecules. A next higher level is the level of the various organelles. Like cells, organelles have their own identity, are intelligent and capable of cooperation. The highest level of the organization is the cell as a holon, which means its is also a part of an even more complex organization.

As far as microvita are concerned, organelles contain the same denominations of microvita as atoms, molecules and macromolecules. Additionally they have an overall mind that is composed of subtle negative microvita that are directed at the various occurring functions and positive microvita, that enable them for external cooperation. This means that organelles have a complete mind. Because of the majority of negative microvita, this mind may not be completely balanced, but at least all ingredients are present.

Essentially the microvita in a cell do not differ from those in an organelle. The coordinating function of a cell is both internally and externally much more complex, so there is a much bigger need for a wider vision that is characteristic for positive microvita. The overall mind of a cell is composed of balanced quantities of positive and negative microvita and can rightfully be called a complete mind. A complete overall mind is a heterogeneous composition of molecules and clusters of positive and subtle, negative microvita. Microvita of a specific denomination (e.g. d1.1 - subtle, negative or d2 - positive microvita) and a specific inclination of action (e.g. i1.1 - increase beyond individual need or i 1.2 - sharing beyond individually need) are mind-atoms -*cittanu* in sanskrit: -. Homogeneous collections [e.g. $\sum$ n(d-1.1 + i1.2)] or heterogeneous collections [e.g. $\sum$ n1(d-1.1 + i1.1)+n2(d-1.1 + i1.1)+n3(d-1.1 + i1.1)] or $\sum$ n1(d-1.1 + i1.1)+n2(d-2 + i1.2)] can be called mind-molecules. Here n, n1, etc. stands for the various numbers of the microvita included.

d-1.1 stands for subtle negative microvita
d-1.2 could stand for subtle positive microvita
d-2 stands for positive microvita
i1-1.1 stands for a specific matter-directed inclination
i1-1.2 stands for a specific consciousness-directed inclination

Mind-molecules in turn can combine into mind-clusters or into mind-cells. The examples given are not the result of an in depth study into a classification of basic categories of inclinations.They are only given as an example of category. Such a study is essential. Diseases in the very complex mind-body system of human beings may be caused by imbalances of simple, basic principles, but also by complex combinations or even by the consequences of past lives.

The debate whether viruses are living, or non-living, finds reflection in two articles where Jain[8] leaves both possibilities open, while Dahiya[9] prefers to call them living and, as I showed before, recent developments seem to be consistent with her preference.

Whether they are living or non-living, viruses attack and do so very efficient. “If a simple phage virus is added to a culture of 10 billion *E.coli* bacteria within two hours there are 10 trillion viruses and only 10 million *E.coli* remaining. 99.9% *E.coli* have been killed”. Viruses attack whatever they recognize as fit for their replication. Virophage sputniks attack mamaviruses. Cells have some kind of intelligence; do viruses have intelligence? Viruses know where and when to attack, they know how to enter a cell, have the creative skill to enter, rapidly mutate, adjust quickly to changed barriers and once inside, proviruses know whether to act immediately or to wait and if so, for how long. “A study showed that the herpes virus imitates a signaling molecule for DNA repair and thus is able to destroy the cells' defense”. Somehow viruses understand many complex situations. They cannot be denied intellect.

If not only competition, but also cooperation is an essential characteristic of the universe, the question can be asked: how well do viruses cooperate? Viruses kill and that is what they are mostly known by, and with reason. “Every day viruses kill half of all bacteria of the oceans, which creates considerable organic material that floats to the bottom of the oceans (one billion ton of carbon each day”. “On the other hand, the cells of the placenta make a protein called syncytin, which is critical to the function of the fetus getting nutrients form its mother. This gene, which allows the placenta to exist, came from a virus[10]”

Research by the University of Exeter reveals a glimpse of the real nature of viruses. “The work also shed light on why organisms cooperate with each other. The virus would only cooperate with viruses which were related to it. When it infected alone it would clone itself within the cell, and would cooperate with those new viruses. In this context, cooperation meant killing the host relatively slowly so that the virus could replicate more. But when it interacted with other viruses which were not related, it killed the cell faster, allowing it to out-replicate and dominate the other viruses.”

Viruses don't die; they can only be destroyed. They don't have a dynamic open system and are a static structure; yet some-like mamavirus- are able to repair their DNA. They clearly do have intelligence, but are not able to self replicate. They are predators and kill cells, bacteria and amoebae; but also virophages, like the Sputnik, Mavirus and Organic Lake viruses, exist.

Viruses are aggregates composed of atoms, molecules and macromolecules, which is why neutral and crude negative microvita are included. Their overall mind is an incomplete and simple mind, consisting of solely subtle, negative microvita. Viruses are a collection of neutral, as well as crude and subtle, negative microvita. Their mind is efficient, but at the same time simple. This explains why "A specific virus can infect a specific few types of cells in a specific few organisms only[11].

Viruses enter a cell and use it to replicate, but the editorial article of the previous BoMRIM issue hints at a strong statement: "When a microvitum has been awakened and enters a cell, a virus adapts to the environment of the cell. You get a virus when a microvitum has entered a cell and developed"[12]. Empirical research has shown that each virus has a specific biological form and in the above text I indicated that viruses have an incomplete overall mind, which is composed of negative microvita. When both texts are compared some questions arise like What is the essence of viruses? Is it their atoms and molecules; their lower minds and their overall mind or only their managing overall mind?" It cannot be denied: viruses do enter in physical form and multiply. In this process their form and all included minds are copied many times. If there is no reason to assume that the quote is a fantasy, and I see no reason to assume this, it becomes clear that two processes exist. One is the process of copying by existing viruses, as mentioned in this essay, but what causes new forms of viruses? One explanation is that a another intelligent mind, in this case composed of heterogeneous, subtle negative microvita, connects to a cell, screens it and catalyzes a new form of virus that suits to the environment of the cell. Another explanation is that one subtle, negative microvitum with all appropriate negative inclinations enters a cell and acts as a catalyzing agent in the production of a new form of virus. Whether this analysis is correct or not, it certainly contains intriguing challenges for additional consideration.

While analyzing the characteristics of viruses and negative microvita, the article of Rathore[13] has confirmed the importance to increase our knowledge about the mechanisms of virus related malignancies. If, after laboratory research, also explicit knowledge about negative microvita has been gathered, it may become clear if and how they are involved in diseases like cancer. Cancer cells reproduce uncontrollably, do not communicate with other cells, lose their adhesive molecules, are unspecific and proliferate rapidly and excessively, moreover they lose the ability to follow programmed cell death[14].It would be difficult to deny a striking similarity between cancer cells and both crude and subtle negative microvita. When stem cells are compared with cancer cells it appears that stem cells are also undifferentiated and in essence also divide unlimited, but they do communicate with other cells and in a number of tissues even act as a regenerative medicine. Here it would be difficult to deny a striking similarity between stem cells and positive microvita.

7 Conclusion

Descartes determined the existence of body and mind, but how could he separate them without doing research? He even did not leave the possibility for a connection open. How acceptable can such a biased supposition be? If 'mind' has a life long connection with an also internally dynamic and extremely complex body, what is the meaning of that connection? Of course, the concept 'mind' can be denied, but that is not what Descartes did. For many his conclusion of no cooperation feels like liberation, others will see it as withdrawing on well known territory and look in a different direction to find a meaningful consistency.

Descartes assumed that all forms were composed of little balls, granules, and these granules ad infinitum of continuously smaller granules. In the times after him much more has become known about the existence of forms, forces, mechanisms and organisms. We know that human bodies, and with them all biological organisms, are complex compositions of atoms and cells. Biological organisms, whether they are amoebae or human beings, have followed the path of evolution. Evolution shows a development from simple to complex, which means that both body and mind have developed along the same course.

At present, the ontologically basic element of nature is understood to be consciousness or energy. If both are understood to be cooperating and seeking expression, rather than domination, new questions arise and new answers evolve. Particles with fully expressed energy, elementary particles, are complemented by particles with expressed consciousness, microvita. Energy is a blind force; so only consciousness can be the substratum with qualities like observational capacity, intelligence, creativity and joy. All forms, except subatomic particles, are a composition of particles, energy and microvita. Since microvita are local forms of consciousness there is no need to assume that consciousness emerges from microtubules. Consciousness is the substratum of all biological forms and mind. All subatomic particles are local forms of energy and are entangled with nonlocal, ubiquitous consciousness. All microvita are moving, local forms of consciousness and are entangled with nonlocal, ubiquitous consciousness.

The presence of intelligence, memory, creativity and joy means the presence of microvita and their expressed consciousness. While elementary particles are compositions of energy, all atoms, molecules, viruses, cells and organisms are organizations of hierarchic holons, with some form of mind. Depending on their hierarchic level these minds may be dormant, rudimentary, incomplete, simple and yet complete or fully developed.

While synthetic molecules only have an incomplete mind that is composed of neutral and crude negative microvita, biological macromolecules contain subtle negative microvita in their overall mind. Mind, and with it intelligence, does not depend on the existence of neurons and viruses have sub-minds of crude, negative microvita around their molecules and one overall mind that is composed of only subtle, negative microvita. Complete overall minds, composed of subtle negative and positive microvita, are the controlling master of all biological forms, to begin with organelles and cells. Life means the inclusion of subatomic particles, kinetic energy, neutral microvita, lower minds that are composed of crude and subtle negative microvita, and an overall mind composed of both subtle negative and positive microvita. How intelligent viruses may be, they don't contain positive microvita and for that reason cannot be called 'living'.

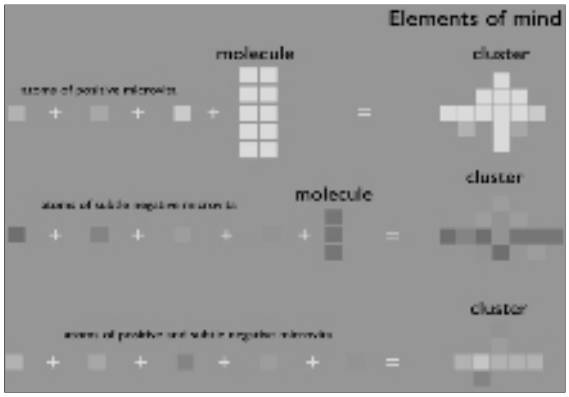


Figure 2.1
Atoms of mind form molecules of mind.
Molecules of mind form clusters or cells of mind.
Clusters of mind form superclusters of mind.

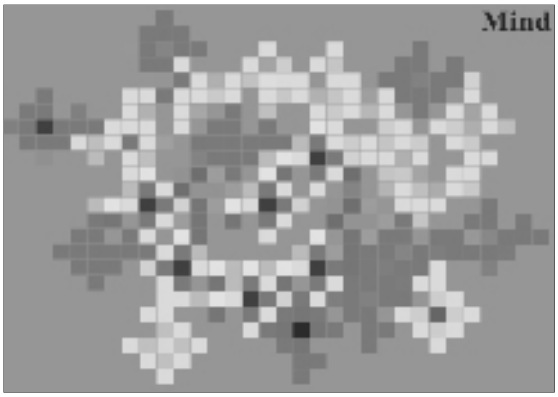
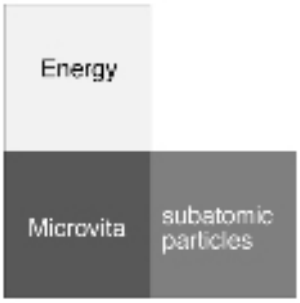


Figure 2.2
Heterogeneous clusters and superclusters of mind, with all their specific inclinations or vrttis, form a complete mind with unique characteristics.

Notes and references



Picture 3.1
Structure of a crude (material)

Picture 3.2
Structure of a subtle layer (mind)

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3. Picture 3 is composed of two sketches of fully developed crude and subtle layers. Not all material and biological units have full-grown layers and no denominations of microvita have been included in the above scheme. It does suggest that the substrata of matter and mind may not be equal, but the structures of both have much in common. It also is a hint that, as the formula e=mc^2 suggests, mass and energy have a strong connection, but matter is something that has form and, in principle, can be perceived by the senses (only with the help of photons, though). That both microvita and mind are components of a subtle layer needs explanation. A complete mind is a mind that is composed of an overall mind and a number of less complex and cruder minds, that ultimately rest on the neutral microvita in atoms, with their composition of subatomic particles and kinetic energy.
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नृत्य से सम्पूर्ण स्वास्थ्य

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भारतीय संस्कृति में नृत्य का अपना ही महत्व है। खुशी के अवसर पर और मन्दिरों में देवताओं को रिझाने के लिए नृत्य किए जाते हैं। भक्तगण जब भाव विह्ल हो जाते हैं तो नाचने लगते हैं। जैसे जीवन के हर क्षेत्र में नृत्य की ताल है, वैसे ही विश्व ब्रह्माण्ड का हर अणु, परमाणु और माइक्रोवाइटा एक लय के साथ नाभी केन्द्र के आकर्षण से बन्धा नाच रहा है। इसमें भी सूक्ष्म गति है परम पुरुष से मिलने का उत्साह है और यही परमपुरुष की लीला है।

नृत्य का इतिहास शिव काल का इतिहास है। इससे पूर्व सामाजिक जीवन में कुछ भी विधिवत नियम न थे। नृत्य में ताल नहीं था, संगीत में लय नहीं थी; मनुष्य का बौद्धिक विकास नहीं था और सुस्पष्ट सामाजिक चेतना भी विकसित नहीं हुई थी। एसे ही मानव इतिहास के सबसे संक्षुब्ध युग में, आज से करीब 7 हजार वर्ष पूर्व हिमालय के उत्तर अचल में एक महान ऐतिहासिक व्यक्तित्व का आविर्भाव हुआ था। वे थे शिव, सदाशिव। जो सभी का मंगल करते हैं, केवल मनुष्य ही नही वरन् जीव–जन्तु, पेड़–पौधे, पशु–पक्षी तथा धरती के हर धूल कण आदि सबका मंगल करना ही जिनकी अस्तित्विक व्रत है, वही सदाशिव हैं। सदाशिव ने संयुक्त समाज का विकास किया, सर्वात्मक जीवन वाद का प्रवर्तन किया। उन्हीं ने एक–एक कर नृत्य विद्या, संगीत विद्या, चिकित्सा शास्त्र, सामुदिक शास्त्र एवं लोक शिक्षा में विभिन्न उपायों के सम्बन्ध में निर्देश देना शुरु किया। इसी के फलस्वरुप वे समाज में नटराज, नादतनु, मृत्युंजय, वैद्यनाथ इत्यादि नामों से पूजे जाने लगे। यह कहना अतिश्योक्ति नहीं होगी कि यदि किसी को राष्ट्र पिता या विश्व पिता कहलाने का हक है तो वह केवल शिव को ही है, जिन्होंने सामाजिक चेतना का आर्विभाव किया, विभिन्न विद्याओं का आविष्कार किया और जगत के हर प्राणी के शारीरिक, मानसिक, आध्यात्मिक तथा जागतिक उत्थान का विधान दिया।

सदाशिव ने मानव के समस्त रुप में उन्नति का चिन्तन कर ताण्डव नृत्य की उद्भावना की। तत्पश्चात उनकी सहधर्मिणी पार्वती ने ललित नृत्य दिया जो मूलतः आध्यात्मिक हैं। शिव द्वारा प्रवर्तित ताण्डव के ता' एवं ललित के ल' से ताल का उद्भव हुआ जो गीत, वाद्य एवं नृत्य के अविच्छेद अंग है। नृत्य की इसी श्रृंखला में मर्मज्ञ संगीतज्ञ तथा महान विदुषी श्री श्री आनन्दमूर्ति जी ने कौषिकी नृत्य का प्रतिपादन किया। कौषिकी, नृत्य की अपेक्षा औषधि अधिक है। यह 22 व्याधियों की औषधि हैं। एक तरह से यह त्रेलोक्य चिन्तामणी है। ताण्डव नृत्य भी सम्पूर्ण शरीर का व्यायाम है जिसमें मस्तिष्क तन्तु भी सम्मिलित हैं।

बहुप्रचलित, भारतीय नृत्यों में पैर का एक भाग 'ता' दूसरा 'धिम्' और तीसरा 'धिन' का प्रतिनिधित्व करता है। कौशिकी नृत्य में तीनों का कुछ हद तक व्यवहार हुआ हैं। ताण्डव में 'ता' भाग का 'धिन' की अपेक्षा अधिक व्यवहार है।

वास्तव में नृत्य क्या हैं ? नृत्य है नाचते हुए आगे बढ़ना। छन्द गतिमयता ही जीवन है। स्थिरता, जड़ता आदि जीवन धर्म के विरोधी हैं। इसी कारण सब प्रकार की बाधाओं की उपेक्षा कर, हंसते हुए, खेलते हुए जीवन मंच पर गति एवं छन्द की झंकार से गति को प्रगति के पर्याय में लेकर पूर्णता प्राप्त करना ही नृत्य हैं। नृत्य जीवन के आनन्द का प्रतीक है। हर्ष, उल्लास, गति, तेज एवं आशावाद की प्रमुख भाषा है। यही है नृत्य।

सर्वात्मक कल्याणकारी नृत्य–ताण्डव

ताण्डव नृत्य भारत के बहु–प्रचलित नृत्यों में अनन्यतम है। सात हजार वर्ष पूर्व सदाशिव ने इस नृत्य का उदभव एवं प्रचलन किया था, तभी से शिव के अनुगामी एवं साधारण मनुष्यगण इस नृत्य का अनुशीलन करते आ रहे हैं। जो तंत्राश्रयी साधना का अनुशीलन करते हैं, वे अवश्य ही इस नृत्य का अभ्यास करते हैं। किसी–किसी राज्य की सैन्यवाहिनी से भी इस नृत्य का अनुशीलन करवाया जाता था। इसका मूल कारण है कि आध्यात्मिक और मानसिक सुफल के अतिरिक्त इसका अन्य श्रेष्ठ गुण है कि यह मनुष्य के भय को दूर कर साहस का संचार करता है, जो युद्ध क्षेत्र में सबसे अधिक प्रयोजनीय है।

ताण्डव शब्द का व्युत्पत्तिगत अर्थ

संस्कृत शब्द तण्डू के साथ अल् प्रत्यय को युक्त करके ताण्डव शब्द का निर्माण होता है। ताण्डव का अर्थ है कूदना। यह कूदने की क्रिया लम्फन न होकर उल्लम्फन है (उल + लम्फन = उल्लम्फन, ऊपर की ओर कूदना)। चावल को तान्डुल भी कहा जाता है क्योंकि जब धान से चावल निकाला जाता हैं तो वह कूदता हैं। इस नृत्य में छन्द एवं ताल के साथ कूदना जीवन और मृत्य पर विजय पाने का प्रतीक है। जीवन में गति लाना, सजीव होना, पौरुष जगाना इसकी विशषता है। तामसिकता से ऊपर राजसिकता में प्रतिष्ठित होना ही ताण्डव नृत्य का अन्तर्तिहित भाव है। यही इसका व्युत्पत्तिगत अर्थ है।

नृत्य के अनुशंगिक कुछ बातें

ताण्डव नृत्य एक प्रतीकी नृत्य है। हर नृत्य में उसके अन्तर्निहित भाव के अनुरुप बाह्य पोशाक आदि का निर्देश रहता है। जैसे कलि, कत्थक, मणिपुरी, भांगड़ा और पश्चिम बंगाल के 'छौ' नृत्य में हैं। इसी तरह ताण्डव नृत्य में पोशाक का भी एक अलग विधान है। प्रत्येक रंग का अपने दायरे में एक विशिष्ठ अर्थ रहता है जो मनुष्य के मनोभाव पर असर डालता हैं। जैसे लाल रंग खतरे का, पीला रंग मृत्यु का, केसरीया रंग बलिदान का, हरा रंग ज्ञान का, सफेद रंग सत्य का, काला रंग शोक का और गेरुआ रंग त्याग का प्रतीक है। ताण्डव नृत्य करते समय शिवकाल में मृग चर्म का व्यवहार होता था। मृग का अर्थ केवल हरिण नहीं वरन् किसी भी वन्य प्राणी को मृग कहा जाता है। सदाशिव स्वयं व्याघ्र चर्म का व्यवहार करते थे जो उस समय के अनुकूल था। उसका अर्थ था पशु वृत्तियों का दमन कर देव वृत्तियों में प्रतिष्ठित होना। आज के युग में इस नृत्य के समय लाल रंग की पोशाक पहनने का विधान है। लाल रंग रजो गुण का प्रतीक है अतः इस पोशाक का अर्थ है रजो गुण में प्रतिष्ठित होकर तामासिकता के विरुद्ध संग्राम।

इस नृत्य के दूसरे नियमों के अनुसार नृत्य अभ्यासकारी के दाहिने हाथ में खंजर अथवा त्रिशूल रहेगा, जो जीवन संग्राम का द्योतक है। बायें हाथ में समय के अनुरुप नरकपाल, मशाल, सर्प अथवा डमरु रखना होता हैं। उपर्युक्त प्रत्येक वस्तु मनुष्य के मृत्यु या ध्वंस की बात का स्मरण करा देती है। इसी कारण बायें हाथ में मृत्यु या ध्वंसात्मक शक्ति के विरोध में दाहिने हाथ में शक्ति के प्रतीक को धारण कर ताण्डव नृत्य किया जाता हैं।

वर्तमान युग में ताण्डव

आज के समय में उचित ढ़ंग से लंगोट पहन कर या तो लाल वस्त्र धारण कर अथवा लाल लंगोट पहन कर दायें हाथ में खंजर व बायें हाथ में नर कपाल लेकर इस प्रतीकात्मक नृत्य को किया जा सकता हैं। इन सभी के नहीं होने की दशा में भी केवल लंगोट पहन कर उसी भाव से नृत्य करने से उसका पूरा लाभ मिल सकता है। प्रातः व सांयकाल में खाली पेट पांच मिनिट इसका अभ्यास करने से इससे होने वाले सभी लाभ शीघ्र ही मिल जाते हैं।

सर्वात्मक कल्याणकारी ताण्डव नृत्य की उपव्याख्या कर कई विद्वानों ने जनसाधारण को विभ्रान्त किया है। इसके विषय में पूर्णतः अज्ञ लोगों ने इसे पैशाचिक नाच की संज्ञा दी हैं। लेकिन वास्तव में इस नृत्य के अनुशीलन से जितना व्यक्तिगत व समष्ठिगत लाभ हो सकता है वह वर्णानातीत हैं। नटराज की ताण्डव करते हुए नृत्यमय भंगिमा को विश्व के हर कोने में देखा जा सकता है, क्योंकि इस नृत्य में आध्यात्मिक, मानसिक व शारीरिक विकास की सुन्दर अभिव्यक्ति निहित है।

ताण्डव नृत्य के लाभ

1. ताण्डव नृत्य से समस्त ग्रन्थि समूह जागृत हो उठते है, जिससे शरीर में स्फूर्ति रहती है तथा प्राण शक्ति में वृद्धि होती है।
2. शरीर में शुक्र अधिक मात्रा में रहता है, फलस्वरुप त्वचा की चमक बढती है तथा दीर्घकाल तक मानव यौवन लाभ करता है।
3. मनुष्य का सुप्त पौरुष जागता है तथा नपुंसकता दूर होती है।
4. केवल मात्र इसी नृत्य से मस्तिष्क का भी व्यायाम होता है। इससे समस्त स्नायुपुंज में रक्त प्रवाह ठीक रहता है व स्मरण शक्ति बढती है।
5. हृदय व फेफड़ों को बल मिलता है तथा वह सुचारु रुप से कार्य करते हैं।
6. पाचन शक्ति में वृद्धि होती है तथा पेट की विभिन्न बीमारियाँ दूर होती हैं।
7. इस नृत्य से आयु बढती है तथा बुढ़ापे की गति कम होती हैं।
8. मन मजबूत होता है तथा आध्यात्मोन्मुखी हो जाता है।
9. शारीरिक व्याधियों से मुक्त हो, मन में वीरोचित भाव उत्पन्न होता है और वह मृत्यु और भय पर विजय पाता है।

ताण्डव नृत्य का विज्ञान

हमारे शरीर में अनेक शुक्रवाही ग्रन्थियाँ है, तथा विभिन्न रसवाही ग्रन्थियाँ भी हैं, जिनके हार्मोन निकल कर शरीर में संचारित होते हैं। ताण्डव नृत्य करने से जो हार्मोन क्षारित होते हैं, उनसे मनुष्य में अधिक पौरुष तथा साहस की जागृती होती है। क्योकि इस नृत्य से पौरुष का जगरण होता है, इसलिए यह नारियों के लिए निषिद्ध है। इस नृत्य से पिनियल तथा पिट्यूटरी ग्लैण्ड पर असर पडता है, फलस्वरुप उनसे अधिक रस का स्त्राव होता है तथा स्मरण शक्ति में वृद्धि एवं स्नायु कोष में दृढ़ता आती है। केवल मात्र ताण्डव नृत्य को छोडकर मस्तिष्क का कोई व्यायाम नहीं है। अतः मस्तिष्क के इस एक मात्र व्यायाम को अवश्य ही करना चाहिए। आधुनिक युग के वैज्ञानिक इसके रहस्यमय गुणों के अध्ययन में रत हैं। समय दूर नहीं जब चिकित्सक इसे एक नियमित व्यायाम की तरह सभी को इसे करने की सलाह देंगे ताकि, हर व्यक्ति स्वस्थ्य रह सके, मन से मजबूत एवं निडर रह सके और आध्यात्म के पथ पर द्रुत गति से बढ़ सके।

ताण्डव नृत्य की विधि

1. नृत्य के प्रारम्भ में व्यक्ति अपने पंजों पर खडा होता है तथा दोनों भुजाएँ शरीर के दोनों ओर फैली रहती है।
2. दूसरी अवस्था में इस तरह ऊपर उछला जाता है कि दोनों पांव पीछे लगे तथा जब जमीन पर आए तो दोनों पंजो पर बैठे। हाथों की स्थिति वही रहती है जो पहले थी।
3. तीसरी अवस्था में फिर ऊपर उछलें तथा दोनों घुटने छाती से लगने चाहिये। इस तरह कूद कर सीधे खड़े हो जाएँ।
4. चौथी अवस्था में बाएँ पावं पर खड़े रह कर उछलें तथा दाहीने पांव को धुमाकर बाई ओर ले जाएँ।
5. पांचवी अवस्था में भी चौथी की तरह ही करें लेकिन दूसरे पांव पर। इस तरह ता ता धिन ता की लय पर नृत्य करते जाएँ।
6. छठी अवस्था में रुक कर खड़े होना होता हैं।
7. अन्तिम अवस्था में कूद कर पंजों के बल बैठ कर फिर खड़े हो जाना चाहिये।

यह नृत्य कहीं भी खुली हवा में उचित लंगोट का व्यवहार कर, शरीर के सामर्थ्य अनुसार जितना समय चाहें कर सकते हैं। स्वस्थ व्यक्ति 60 साल तक इसे आसानी से कर सकता है। नृत्य की सामाप्ति के पश्चात कुछ देर वैसे ही टहलना चाहिये। चाहें तो सिक्त मर्दन ऊपर से नीचे तक, कर सकते हैं। दूसरे व्यायाम की भांति इस नृत्य के तुरन्त बाद न तो पानी पीना चाहिये और न ही कुछ खाना। स्मरण रहे कि खाने के तुरन्त बाद ताण्डव नहीं करना चाहिये। हृदय रोगियों के लिय यह निषिद्ध है।

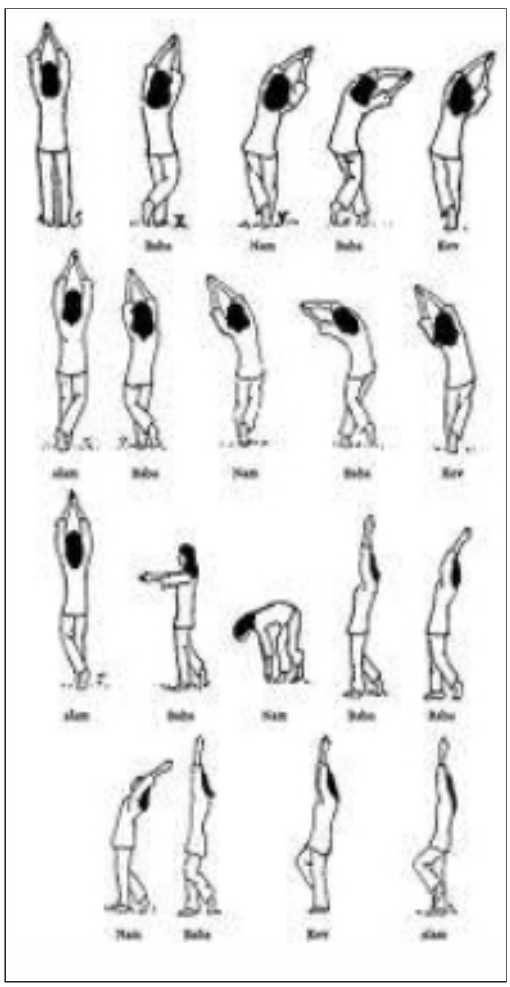
ताण्डव नृत्य के प्रकार

ताण्डव नृत्य कई प्रकार के होते हैं। जैसे शिव ताण्डव, विष्णु ताण्डव, रुद्र ताण्डव, आनन्द ताण्डव, कृष्ण ताण्डव, ब्रह्म ताण्डव आदि। मुख्य रुप से ताण्डव तीन है – ब्रह्म ताण्डव जिसमें घुटना मणिपुर चक्र (नाभि) तक उठाना पडता है। विष्णु ताण्डव में घुटना छाती के मध्य तक ले जाया जाता है और रुद्र ताण्डव में घुटना विशुद्ध चक्र (गले) तक जाता है। चाहे जो भी हो ताण्डव नृत्य का उद्‌भव एक अभूतपूर्व आविष्कार है। मनुष्य ने अतीत में कभी सोचा भी न था तथा भविष्य में भी मनुष्य जिसका विकल्प खोज नहीं पायेगा। यह नृत्य छन्द, मुद्रा एवं ग्रन्थि समूहों के साथ संगति स्थापित करता है। इसीलिये यह शरीर के लिए कल्याणकारी है, मन के लिए उत्कर्ष साधन है तथा आत्मा के लिए भी उन्नति विधायक हैं।

त्रैलोक्य चिन्तामणि–कौषिकी नृत्य

सदाशिव ने ताण्डव नृत्य देकर समस्त मानव जाति का कल्याण किया, वैसे ही पार्वती ने ललित नृत्य दिया। उसी श्रृखंला में महान योगी गुरु श्री श्री आनन्दमूर्ति जी ने 6 सितम्बर, 1978 में कौषिकी नृत्य का प्रतिपादन किया। कौषिकी नृत्य प्रधानतः महिलाओं के लिए है परन्तु पुरुष भी चाहे तो कर सकते है, उन्हें भी लाभ ही होगा।

कौषिकी नृत्य सही अर्थों में महिलाओं के लिए त्रैलोक्य चिन्तामणि है। यह 22 व्याधियों की औषधि है। महिलाएँ ताण्डव नहीं कर सकती क्योंकि वह उनके शरीर रचना पर बुरा प्रभाव डालता है। साथ ही शरीर विज्ञान इस नृत्य को औरतों को करने की अनुमति नहीं देता है। अतः ताण्डव नृत्य के स्थान पर महिलाओं के लिए कौषिकी नृत्य है। इसमें ताण्डव के सभी अच्छे प्रभाव सम्मिलित है परन्तु महिला शरीर पर पडने वाले हानिकारक प्रभाव नहीं है। इस नृत्य को कौषिकी कहने के पीछे एक महत्वपूर्ण कारण है। इससे मन के सभी कोषों पर प्रभाव पडता है तथा सभी कोष बन्धन मुक्त हो जाते है। कौषिकी सर्वदैहिक नृत्य है इसे नमोमुद्रा भी कहा जाता है। इस नृत्य में 16 'धिन' तथा 2 'ता' होते है। कौषिकी वास्तव में एक शारिरीक–मानसिक–आध्यात्मिक नृत्य है तथा नृत्य की अपेक्षा औषधी अधिक है।



कौषिकी नृत्य की विधि

1. जुड़े हुए हाथों को सर के ऊपर उठाना।
2. पहले दाहिनी बाजू 30 से 40 डिग्री तक, तीन 'धिन' का ताल पर झुकना होता है तथा दो 'धिन' की ताल में पुनः पहले वाली स्थिती में आना होता है।
3. इसी तरह बांई ओर भी इस क्रिया को इसी ताल के साथ सम्पन्न करना होता है।

4. आगे झुक कर हाथों से जमीन छू कर पुनः उसी अवस्था में आना होता है। इसमें तीन 'धिन' का प्रयोग होता है।
5. तीन 'धिन' में पीछे झुक कर पुनः यथास्थिति में आना होता है।
6. अन्त में दो 'ता' सहित एक चक्र की समाप्ति होती है।

विभिन्न मुद्राओं का अर्थ

प्रथम अवस्था यह दर्शाती है कि अब मैं परमपुरुष से सम्बन्ध जोडने का प्रयास कर रहा हूँ। दाहिनी ओर झुकने का अर्थ हुआ मैं जानता हूँ तुम्हे मनाने की सही विधी। बांई ओर की मुद्रा का अर्थ हुआ मैं जानता हूँ कैसे तुम्हारी आंकाक्षाए पूरी की जाये। आगे झुकने में सभी कुछ उसी को समर्पित है। पीछे की ओर झुकने की मुद्रा बताती है कि मैं सभी संघर्ष झेलने को तैयार हूँ। अन्तिम दो 'ता' का अर्थ हुआ हे ईश्वर! मैं तुम्हारी लय को दोहराता हूँ।

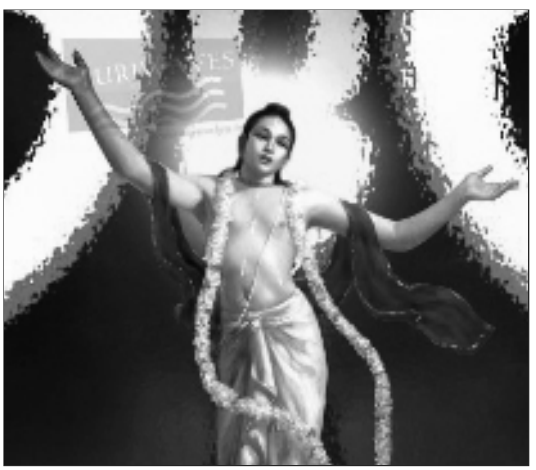
कौषिकी नृत्य इस तरह अपने स्वास्थ्य के अनुरुप जितना समय चाहे कर सकते है। मात्र 5 मिनट सुबह–शाम तो इसे अवश्य ही करना चाहिए। ठीक से अभ्यास करने के एक सप्ताह के बाद ही शरीर में परिवर्तन नज़र आने लगते हैं। कौषिकी नृत्य विश्व की समस्त महिलाओं के लिए रामबाण है। गर्भवती महिलाएं आठ माह तक कौषिकी नृत्य कर सकती है। छः माह तक तो इसे आसनी से किया जा सकता है। मासिक काल की अवधि में भी यह नृत्य किया जा सकता है, जब कि दूसरे आसन इस समय निषिद्ध है।

कौषिकी से लाभ

1. पहले ही कहा जा चुका है कि यह महिलाओं में प्रचलित 22 व्याधियों की औषधि है। इससे पेट की तकलीफ, स्नायुओं की दुर्बलता, गुर्दे, गुदा, पित्ताशय आदि के रोगों में लाभ पहुँचता है।
2. इस नृत्य से सभी ग्रन्थियों तथा स्नायु तन्तुओं पर विशेष लाभकारी असर होता है। कहना न होगा की मस्तिष्क से पैर की अंगुली तक इसका प्रभाव है।
3. इससे महिलाओं का प्रसवकाल आसान बन जाता है।
4. कमर के आस पास एकत्रित चर्बी को कम कर मोटापा कम करती हैं।
5. मेरुदण्ड को लचीला बनाकर विभिन्न पीठ की व्याधियों में लाभ पहुँचाती है।

इस नृत्य का प्रभाव विभिन्न ग्रन्थि समूहों के माध्यम से सम्पूर्ण शरीर पर पड़ता है, अतः शरीर स्वस्थ्य एवं दीर्घायु रहता है।

ललित मार्मिक नृत्य



ललित मार्मिक नृत्य मानसाध्यात्मिक नृत्य है। इस नृत्य में हाथों तथा पावों की स्थिति मानसिक तथा आध्यात्मिक भावनाओं का प्रतीकात्मक अभिप्रकाश हैं। इसमें हाथों को 90डिग्री से अधिक के कोण पर रखा जाता है तथा पावों के अंगुठे के अग्रभाग को लय के साथ एक के बाद एक जमीन पर स्पर्श कराया जाता है। इस स्पर्श में अधिक दबाव नहीं होता है मात्र स्पर्श ही है। नृत्य में उपर्युक्त 'ता' और 'धिन' में 'ता' भौतिक स्पर्श और 'धिन' आध्यात्मिक स्पर्श कहलाता है। ललित मार्मिक में 'धिन' का ही प्रयोग होता है।

इस नृत्य में दानों हाथों की स्थिति 90डिग्री से अधिक के कोण पर होती है। जब हाथ नीचे तथा पार्श्व में रहते है तो यह प्राकृतिक भौतिक स्थिति होती है; सामान्य अवस्था में हाथ इसी तरह रहते हैं। परन्तु जब हाथ 90डिग्री के कोण पर रहते हैं तब इस अवस्था को रखने के लिए मानसिक शक्ति की आवश्यकता होती है। जब मन में इच्छा होती है तभी यह स्थिति संभव है अन्यथा नहीं। कीर्तन करते हुए ललित मार्मिक नृत्य की स्थिति में हाथ 90डिग्री से अधिक के कोण पर रहते हैं और यह स्थिति मानसिक नहीं मानसाध्यात्मिक है अर्थात अब हाथों की स्थिति मानसिक शक्ति से नहीं वरन परमपुरूष की कृपा पर निर्भर है। इस नृत्य द्वारा मन मानसिक स्थल से उठकर आध्यात्मिक जगत की ओर बढ़ता है; यही है इस ललित मार्मिक नृत्य का गूढ रहस्य जो कीर्तन करते समय प्रयुक्त होता है।

उपसंहार

कहना न होगा कि इन नृत्यों द्वारा शारीरिक स्वास्थ्य, मानसिक उत्थान तथा आध्यात्मिक प्रगति संभव है। इन नृत्यों के माध्यम से मनुष्य अपूर्णता से पूर्णता की ओर अग्रसर होता है, परमपुरूष के निकट पहुँचता है। सही अर्थों में यही है मानव का विकास, मानव की उन्नति।

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A SYNOPSIS OF SOME NAME CHANGES IN PLANTS OF RAJASTHAN, INDIA

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The paper deals with changes in botanical names of 70 common plants of Rajasthan which may prove to be useful for all those who want to use correct scientific names of plants and do not have access to scattered taxonomic literature. In this paper, common name of the plants, their correct botanical names and old synonyms are given.

Introduction

Biological entities (including plants) are written in Latin for universality and stability. Though aiming at stability, name changes do occur in the botanical names to improve morphological or anatomical descriptions and taxonomic opinions or conclusions. Certain plants of Rajasthan have also undergone name changes. These new names have still not incorporated in recent floras and many workers who do not have easy access to botanical or taxonomic journals, present incorrect names in their works. The purpose of present publication is to bring together present and old names for those plants which are commonly occurring in Rajasthan. Earlier compilation of name changes of Indian plants has been done from time to time[1-7] which has been proved very useful to plant taxonomists. But a compiled list of name changes of plant occurring in the Rajasthan has not been made yet. Hence the present paper is written to compile and publish the changes in names of plants occurring in Rajasthan, India with the help of recent literature[7-9].

Taxonomic enumeration

Correct names of total 70 common plants of Rajasthan have been presented in Table 1 along with their common names.

Table 1: Name changes in some common plants of Rajasthan, India

S. No.	Old Name	New Name	Local name
1.	*Acmella paniculata* (Wall ex DC.)	*Spilanthes paniculata* Wall ex DC.	-
2.	*Adhatoda vasica* Nees	*Justicia adhatoda* L.	*Adusa, Amaranthu*
3.	*Adiantum lunulatum* Burm.f.	*Adiantum phiippense* L.	*Hansraj, Aadishe, Adashisi*
4.	*Amaranthus gangeticus* L.	*Amaranthus tricolor* L.	-
5.	*Andropogon olivieri* Boiss	*Cymbopogon jwarancusa* subsp. *olivieri* (Boiss) S. Soernarko	-
6.	*Anthocephalus cadamba* (Roxb.) Miq	*Neolamarckia cadamba* (Roxb.) Bosser	-
7.	*Argyreia speciosa* Sweet	*Argyreia nervosa* (Burm. F.) Bojer	*Samandar-bel*
8.	*Aristolochia bracteata* Retz.	*Aristolochia bracteolata* Lam.	*Kadhu, Kalipad*
9.	*Balanites roxburghii* Planch	*Balanites aegyptiaca* (L.) Delile	*Hingul, Hingota, Hingora, Hingot*
10.	*Balsamodendron roxburghii* Stocks	*Commiphora wightii* (Arn.) Bhandari	*Guggal*
11.	*Bassia latifolia* Roxb. *Bassia longifolia* Koenig	*Madhuca longifolia* (Koenig) Macbr.	-
12.	*Bignonia colais* Buch.-Ham. ex Dillwyn	*Stereospermum colais* (Dillwyn) Mabb.	*Pad, Padal*
13.	*Bombax malabaricum* DC. *Salmalia malabaricum* (DC.) Schott & Endl.	*Bombax ceiba* L.	*Semal, Hemlo, Heembal, Sanwal*
14.	*Bryophyllum calycinum* Salisb.	*Kalanchoe pinnata* (Lam.) Pers.	*Patharchata*
15.	*Butea frondosa* Koenig ex Roxb. *Erythrina monosperma* Lam.	*Butea monosperma* (Lam.)Taub.	*Dhak, Palas, Chhola, Khankhera, Kesu, Kesuda, Khankhro, Khakra*

16.	*Caesalpinia bonducella* Flem. *Caesalpinia crista* L.	*Caesalpinia bonduc* (L.) Roxb.	*Kantkaranj, Katha*
17.	*Cajanus indicus* Spr.	*Cajanus cajan* (L.) Millsp.	-
18.	*Carum copticum* (L.) Cl	*Trachyspermum ammi* (L.) Sprague	*Ajwain*
19.	*Cascabela thevetia* (L.) Lipp.	*Thevetia peruviana* (Pers.) K. Schum. *T. neriifolia*	-
20	*Cassia senna* L. *Cassia angustifolia* Vahl.	*Senna alexandrina* Mill.	*Bhui-khakhosa, Hindi-sena, Sonamukhi*
21.	*Vinca rosea* L. *Lochnera rosea* (L.) Reichb.	*Catharanthus roseus* (L.) G. Don	*Sadabahar*
22.	*Celosia cristata* L.	*Celosia argentea* L.forma *cristata* (L.) Sch.	*Surli, Garkha*
23.	*Centratherum anthelminticum* (L.) Kuntze	*Vernonia anthelmintica* Willd.	-
24.	*Cleome gynandra* L.	*Gynandriopsis pentaphylla* (L.)DC.	*Karelia, Safed-bagra*
25.	*Cocculus cordifolius* (Willd.) DC.	*Tinospora cordifolia* (Thunb.) Miers	*Giloy, Neem-giloi*
26.	*Colocynthis vulgaris* Schrader	*Citrullus lanatus* (Thunb.) Matsumara & Nakai	*Matira, Tarbooj*
27.	*Conocarpus latifolia* Roxb. ex DC.	*Anogeissus latifolia* (Roxb. ex DC.) Wall. ex Guill. & Perr.	*Dhokada, Dhavada*
28.	*Cotyledon laciniata* L.	*Kalanchoe laciniata* (L.) DC.	-
29.	*Curcuma domestica* Val.	*Curcuma longa* L.	*Haldi, Haldu, Halad*
30.	*Eclipta alba* (L.) Hassk	*Eclipta prostrata* (L.)L	*Bringraj*
31.	*Emblica officinalis* Gaertn.	*Phyllanthus emblica* L.	*Aamla, Awala*
32.	*Enicostema littorale* Bl.	*Enicostema hyssopifolium* (Willd.) I. Verdoon	*Naame, Naama, Kadava, Nahli*
33.	*Eugenia caryophyllata* Thunb.	*Syzygium aromaticum* (L.) Merr. & Perry	*Long*
34.	*Faba vulgaris* Moench	*Vicia faba* L.	-
35.	*Ficus glomerata* Roxb.	*Ficus racemosa* L.	*Gular, Umar, Umbio, Kusumati*
36.	*Fumaria parviflora* auct. Non Lam.	*Fumaria indica* (Hausskn.) Pugsley	-
37.	*Herpestis monniera* (L.) Kunth	*Bacopa monnieri* (L.) Pennell	*Brahmi, Baam*
38.	*Hibiscus abelmoschus* L.	*Abelmoschus moschatus* (L.) Medik.	*Jungli-bhindi*
39.	*Holarrhena pubescens* Wall.ex Don	*Holarrhena antidysenterica* Wall.	*Kadi, Kodaya, Hadadiyo, Kadwa*
40.	*Hygrophila spinosa* T. Ander.	*Hygrophila auriculata* (Schum.) Heine	*Oont-katela, kulakhara*
41.	*Indigofera articulata* sensu Cooke	*Indigofera caerulea* Roxb. var. *occidentalis* Gillet & Ali	*Neel*
42.	*Ipomoea hederacea* auct. non Jacq.	*Ipomoea nil* (L.) Roth	*Gheta, Kala-danoh, Mirchai, Nil-kalmi*

43.	*Ipomoea turpethum* (L.) R. Br.	*Operculina turpethum* (L.) Silva Manso	-
44.	*Kyllingia triceps* Rottb.	*Cyperus triceps* (Rottb.) Endl.	-
45.	*Leea sambucina* Willd.	*Leea indica* (Burm.f.) Merr.	*Hastikand*
46.	*Limnophila gratioloides* R.Br.	*Limnophila indica* (L.) Druce	*Thario*
47.	*Maerua arenaria* Forssk.	*Maerua oblongifolia* (Forssk.) A. Rich	-
48.	*Martynia diandra* Glox.	*Martynia annua* L.	*Billi, Bichhu-butti, Bichhu-ankadi*
49.	*Mentha spicata* L. var. *longifolia* T.Tacik ex Towpasz	*Mentha longifolia* (L.) Hudson	*Pudina*
50.	*Merremia emarginata* (Burm.f.) Hallier	*Merremia gangetica* (L.) Cuf.	*Popli*
51.	*Mucuna prurita* L.	*Mucuna pruriens* (L.) DC.	*Kamach, Konch*
52.	*Ocimum canum Sims*	*Ocimum americanaum* L.	*Tulsi, Ban-tulsi, Jangli-tulsi*
53.	*Phyllanthus nanus* Hook.f.	*Phyllanthus amaraus* Schum. & Th.	*Bhui-amla*
54.	*Pogostemon patchouli* auct. non sensu Hook. f.	*Pogostemon heyneanus* Benth.	-
55.	*Pongamia glabra* Vent.	*Pongamia pinnata* (L.) Pierre	*Karanj, Kavja, Safed-chitrak*
56.	*Putranjiva roxburghii* Wall.	*Drypetes roxburghii* (Wall.) Hurus	*Putranjiva, Jiaputa, Putjia*
57.	*Salvia aegyptiaca* L. var. *pumila* (Benth.) Hk. F.	*Salvia santolineaefolia* Boiss.	*Hingot*
58.	*Saponaria vacaria* L.	*Vacaria pyramidata* Medik. var. *pyramidata*	-
59.	*Sarcostemma brevistigma* Wt.& Arn.	*Sarcostemma acidum* (Roxb.) Voigt	-
60.	*Sesbania aegyptiaca* (Poir.) Pers.	*Sesbania sesban* (L.) Merr.	-
61.	*Sida carpinifolia* auct. non sensu Masters	*Sida acuta* Burm.f.	-
62.	*Solanum xanthocarpum* Schrad & Wendl.	*Solanum surattense* Burm f.	*Dolra, Dolri, Kanta*
63.	*Trianthema monogyna* L.	*Trianthema portulacastrum* L.	*Bawra, Satto, Hato, Dhedo-santo*
64.	*Tribulus terrestris* auct.non L.	*Tribulus lanuginosus* L.	
65.	*Vanda roxburghii* R.Br.	*Vanda tessellata* (Roxb.) Don	*Va-Hankal, Akashvel, Hawai*
66.	*Verbascum coromandelianaum* (Vahl) Kuntze	*Verbascum chinense* (L.) Sant.	*Sanslo*
67.	*Vitis latifolia* Roxb.	*Ampelocissus latifolia* Planch.	*Pani-bel, Musal, Bechuti, Nandanvela, Panivela*
68.	*Vitis quadrangularis* Wall.	*Cissus quadrangula* L.	*Hadjore*
69.	*Wrightia tomentosa* Roem. & Sch.	*Wrightia arborea* (Dennst.) Mabb.	*Khirna, Khanna*
70.	*Ziziphus sativa* Gaertn. *Ziziphus vulgaris* Lam.	*Ziziphus jujuba* Mill.	*Bor*

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BOOK-POST

To,

From :

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Articles are invited for 2015 issues of BOMRIM on the following themes

* Intelligence in organic life

* Recent discoveries of Intelligence in biological organisms

-Editors

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- Microvitum) by Shri 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 i.e. 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 microvitum.

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.
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