

# B O M R I M

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# Food, Cells, Mind and Microvita

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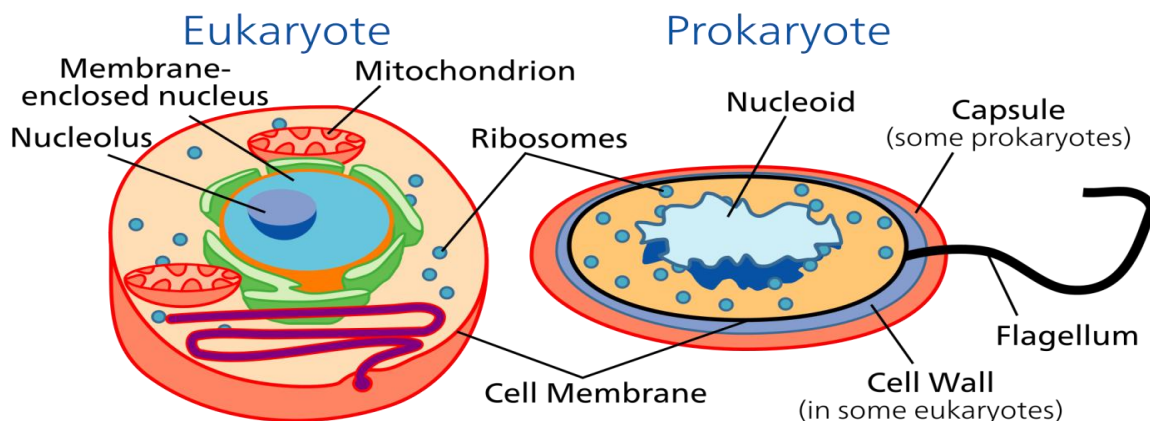
## Abstract

Cells are living being with a mind and as a result of transformation life after life; they have reached to the stage of becoming part of human body. Ultimately through further gradual evolution, each cell's mind will develop into a human mind. The human mind is a collective form of unit mind plus minds of all cells and therefore, changes in the cellular mind will also affect the unit mind. Food and mind are closely related to each other. A sentient diet produces a sentient cellular environment while static diet will produce staticity in the body and mind. Sentient body composition will be benefitted by positive microvita and the static body environment will be degraded by negative microvita. Therefore, proper consideration and selection of food is of prime importance for the psycho-spiritual advancement of human beings.

**Keywords:** Metazoa, Protozoa, Macrocosm, Sentient, Microvitopsychopathy, Pabula

## Cell evolution

Human body is at the zenith of its evolution and bio-psychologically it is on move to further advancement. The body is composed of innumerable protozoic and metazoic cells which are the two forms of eukaryotic cells. These eukaryotic cells are a stage advanced of prokaryotic cells, possess organelles like mitochondria, nucleus, endoplasmic reticulum etc. which are absent in prokaryotic cells<sup>1</sup>. That is how the evolution progresses step by step. A sperm cell is a eukaryotic cell. Protozoa is unicellular eukaryotes while Metazoan is a group having the body composed of cells differentiated into tissue and organs. In view of the metazoic differentiation into tissues and organs, entire human structure can be considered as the metazoic cell. It is not an exaggeration to label the human body as the most complex multi-cellular metazoic structure<sup>2</sup>.



### Mind at cellular level

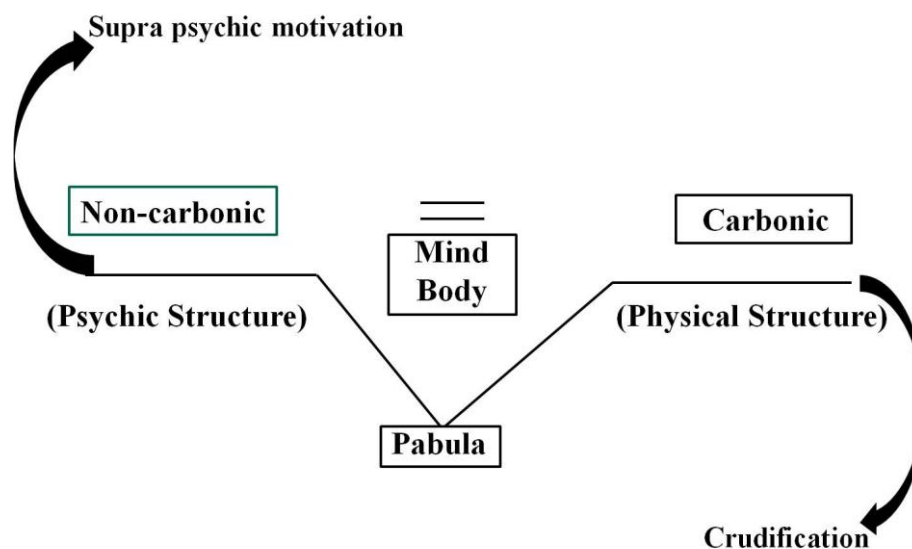
Each protozoic and metazoic cell has its individual mind. The minds of these cells are different from human mind. Moreover, the minds of metazoic cells are more developed than minds of protozoic cells. Human mind is a collective mind composed of unit microcosm plus the collection of all the minds of protozoic and metazoic cells. Like Macrocosmic mind, the unit mind is inseparably related to each of its composite entities individually and to a collective way also. The minds of the cells too have certain relationship with unit mind<sup>2</sup>.

Cellular growth depends on the light, air, water and the food. They live on an average of 21 days and die to be replaced by new cells. The nature of food and drink has its definite effect upon the cells and as the cells or the minds of the cells are related to the unit mind, consequently also influences the human mind<sup>3</sup>.

All protoplasmic structures are formed from the carbon atoms and each carbon atom is produced by billions of microvita which are the creators of all kinds of atoms. Each structure of carbonic origin (animate or inanimate) has a mind and wherever there is mind, it must require pabula of both carbonic and non-carbonic nature.

Pabula of carbonic nature help in maintaining and nourishing the physical structure and pabula of non-carbonic nature help in strengthening the psychic structure. In psychic sphere, psychic pabulum of carbonic nature pushes the psychic movement towards the crude, while psychic pabulum of non-carbonic nature leads the psychic movement towards subtlety and helps in spiritual and supra-psychic motivation (Fig. 1).

Intake of more and more defective carbonic pabula (static) hinders one's psycho-spiritual progress and therefore there should be happy adjustment and balanced blending between carbonic and non-carbonic pabula in the human mind and body. That further guards a spiritual aspirant in selecting food<sup>4</sup>.



**Fig. 1: Carbonic and Non-carbonic Pabula**

## Categorization of food

Spiritual science and Yoga psychology has categorized the food depending on its intrinsic nature – its ultimate effect on body and mind. Sentient (*Sa`tvika*) food produces sentient cells in the body and conducive to physical and mental well being. It includes grains, pulses, fruits, milk and milk products. Mutative (*Ra`jsika*) food is good for the body but may or may not be good for the mind but certainly not harmful to the mind. For example: Tea, Coffee, Chocolate, carbonated drinks, red pepper etc. are the examples. Static (*Ta`msika*) food is most harmful for the mind and may or may not be good for the body. Onion, Garlic, Mushrooms, Alcohol, Stale and rotten food, Meat, fish, Eggs etc. are the static food prohibited for spiritual aspirants<sup>5</sup>. Food should be so selected that it will help in physical sustenance, mental development and spiritual advancement.

## Food and mind

It is, undoubtedly important for a person practicing spiritual meditation to be extremely cautious regarding the selection of the food. It is not like that “I will just do my meditation and eat any food proper or improper, sentient (*sa`tvika*) or static (*ta`msika*) whatever is available”. It will never do the good. The science behind such food and mind interaction is that if a person consumes static (*ta`msika*) food regularly, like habitually voracious meat eater of different animals; after a certain period, static metazoic cells will grow and they will exercise a static influence on the person’s mind. This will result in invariable degeneration of the mind –distracting away from the path of spirituality or dragging to the path of physicality<sup>3</sup>.

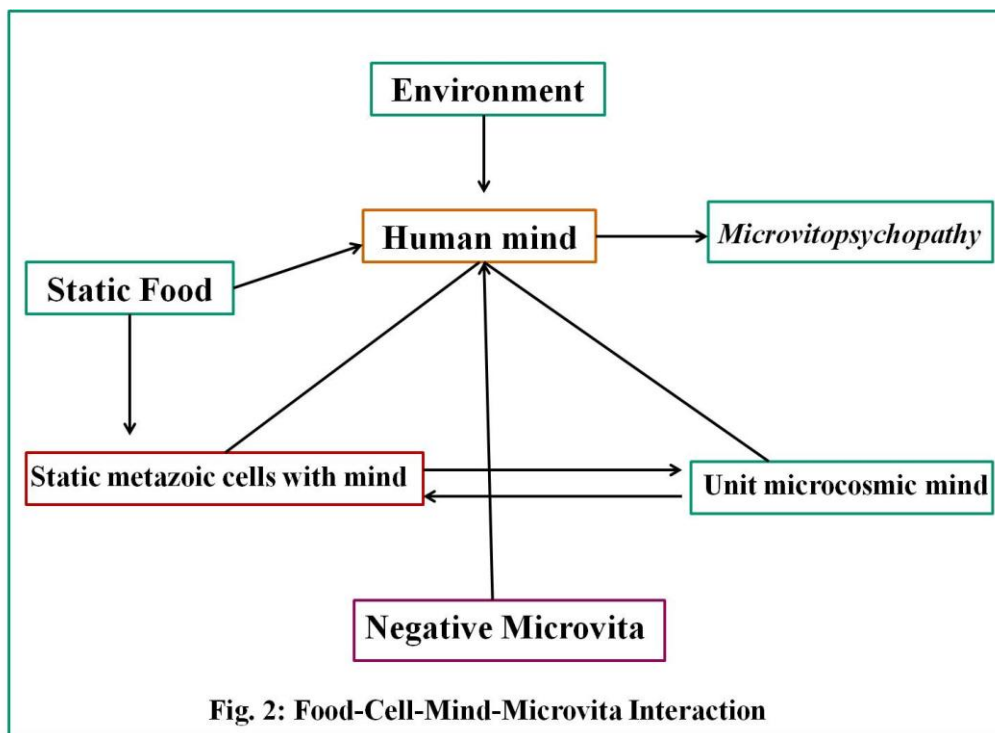
On the contrary, if a person or spiritual aspirant, consumes sentient (*sa`tvika*) food regularly, it will result in the birth of sentient cells which will induce a love for spiritual practice. Not only this, it will help in attaining psychic equilibrium and equipoise; ultimately leading to immense spiritual elevation and progression<sup>3</sup>.

The point at this juncture is that it is not simply the type of food but the way it was procured and prepared, who prepared; under what conditions it was prepared and finally how it was consumed. These are factors affecting the mind of a person who is consuming such food. The science behind food and mind is very intricately described by Yoga Psychology<sup>3</sup>. Modern scientific concepts are mainly based on the nutrition components of food but not for its psycho-spiritual aspects. Scientists, with the availability of all the intricate advanced scientific methods should analyze the biochemical changes going on in the cellular structure and function induced by sentient and static food. Few experiments have shown that certain foods directly influence the working of the brain by affecting the brain’s chemical neurotransmitters<sup>5</sup>.

## Microvita – The psychic energy particle

Microvita are the ‘smallest living entities’, ‘the subtlest psychic particles’ or the ‘intelligent carriers of energy’ that constitute the ultimate building blocks of the Universe. Based on division or subtlety – they may be crude, subtle and subtlest; while based on the nature – they may be positive (friendly), negative (inimical) or neutral (ordinary). They travel throughout

the Universe, across the planets and galaxies. They carry ideas, ideals and diseases (negative). They operate in the physical and psychic domain. Positive microvita can be attracted by a positive and sentient environment while static food, wrongful thoughts and actions are responsible for the influence of negative microvita<sup>4</sup>.



### Similia attracts Similia

Generally, there is attraction between opposite charges in the field of magnetism. Say for example, positive attracts negative, North Pole attracts South Pole. But, in the field of microvitalogy<sup>6</sup>, this does not happen. Here Similia attracts Similia, that is, positive microvita attract positive microvita and negative microvita are drawn towards negative counterpart. It can also be said in other words that the positive and negative microvita repel each other.

If the patient's cellular structure is predominantly static because of consumption of static food for long time; then the staticity will attract negative microvita or in other way, negative microvita favor the negative environment of static cells. A change in character of the metazoic cell will affect mind of the individual cell which collectively alter the thinking process of the individual because each cell with its mind is connected individually and collectively with unit (Microcosmic) mind. Therefore, it is a good working proposition that those eating static food regularly, will invariably attract more negative microvita because of their negative thinking. The negative environment prevailing around will further enhance the inflow of negative microvita and they may be landing ultimately in the grip of microvitopsychopathy<sup>7</sup> (Fig.2).

Likewise, the sentient people eat sentient food, thinking sentiently, living in sentient environment will attract or draw more positive microvita. Therefore, those persons who regularly consume sentient food – their environment (cellular/neuronal) favors attraction of positive microvita – that positivity will devour excessive negative microvita if present or negative microvita will be repelled by that positive environment and will leave and that will establish equilibrium<sup>4</sup>. This is the way how a linkage exists among the diet, mind and microvita.

### **Unnatural life style and negative microvita**

Consumption of static food will make the intrinsic body cell composition more static; with that the metazoic cells with the property of staticity will affect individually and collectively, the thinking process of unit mind, which in turn gets degraded or degenerated. It starts thinking irrationally, self-centered, individualistic benefits under the influence of lower propensities activated by negative microvita. This thinking behavior of human mind, under the influence of static cells, is prone to attract negative microvita through negative thinking and through negative environment (brothel, pornography, bars and company of such minded people).

If the number of such people or population increases –that will further attract negative microvita from this planet or from far-away distant planet. In that situation, it may take the shape of epidemic or pandemic. Influenza is one such example where dead, rotten bodies of soldiers of First World War attracted the negative microvita from other planet and resulted in the pandemic of Influenza with death of millions of people. In future, the primary cause behind such disasters will be long standing unnatural behavior or living style of the human beings on this planet, conducive for the attack of negative microvita. Treatment in that situation should be directed towards food, environment and mind to increase the concentration of positive microvita that will handle the negative microvita and its effect on mind – microvitopsychothy. There is no other possible treatment<sup>4,8</sup>.

### **Conclusion**

Food is very important component to affect cellular structure of the body individually and collectively leading to influence on unit mind which may be attacked by negative microvita leading to degeneration or favorably motivated towards spirituality by the effect of positive microvita depending on the nature of food consumed. It is rightly said that the nature of grain (food) affects the brain (mind).

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# Science Archives

Archival materials in any discipline of knowledge are of great importance in history of evolution of that discipline as also in writing biographical accounts of at least achievers in those disciplines. CSIR-NISCAIR maintains a unit STAR (Science and Technology Archival Resources) and CSIR-NBRI at Lucknow has a unit in its library for botanical archives. History of science is one of the important sections in INSA at Delhi and at least one University at Pondicherry has Department of history of science. Senior scientists can seriously consider putting in safe custody of their own and their institutions material of archival importance in existing archival units or in some other suitable manner.

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# Non-vegetarianism – A dogmatic instinct

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## Abstract

Throughout the human history, most of the priests, saints and sages adopted and advocated vegetarianism. It was only during the last Ice Age, when the normal vegetarian diet was unavailable; people started eating flesh for their survival. Unfortunately, this custom continued, may be because of necessity, habit, conditioning, lack of knowledge or dogmatic instinct imposed upon them. The present paper highlights dogmatic instinct the least discussed aspect of eating meat behavior.

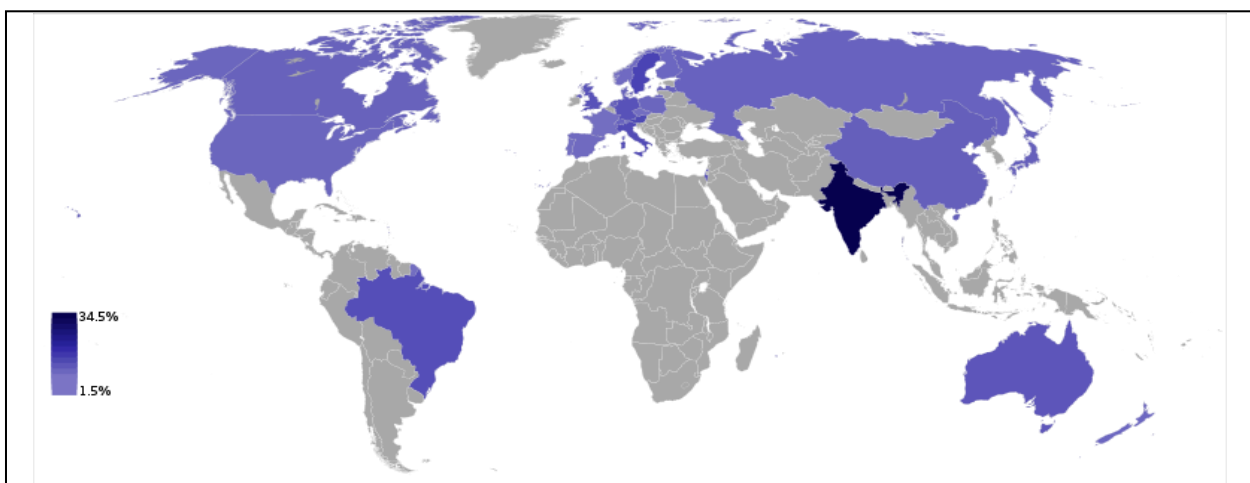
**Keywords:** Vegetarian diet, Ice Age, Instinct, Dogma, Meat

## Introduction

From the beginning of the recorded history of human civilization, vegetarian diet was regarded as the natural diet of human beings. The early Greeks, Egyptians and Hebrews described human beings as fruit eaters. Many Greek sages including Plato, Socrates and Pythagoras were strong advocates of the vegetarian diet. Buddha and the Taoist saints and sages were vegetarians and so also the early Christians and Jews.

## Vegetarianism – The healthy way of life

Scientifically, the diet of any animal corresponds to its physiological structure. In that way, human anatomy, physiology, bodily functions and digestive system are not at all favorable for eating meat. In that case, the human body- structurally and functionally, is completely different from carnivorous animals<sup>1</sup>.



A color coded map indicating vegetarianism as a percentage of World population (Source: Wikipedia)

\*Corresponding author

## Diet, Disease and longevity

There are clear-cut evidences that the population living largely only on meat have to suffer its consequences in terms of diseases and longevity. The Eskimos, living solely on meat and fat age rapidly with an average life span of 27.5 years. The Kirgese (Nomadic eastern Russian tribe) that live predominantly on meet rarely pass the age of 40 years. On the contrary, non-meat cultures, Hunzes of Pakistan, the Otomi tribe of Mexico and native people of the American Southwest, have documented the radiant health, stamina and longevity. It is not uncommon for such tribes to have healthy and active individuals of 110 years or more. World health statistics consistently show that the nations which consume the most meat have the highest incidence of heart disease, cancer and arthritis<sup>1</sup>.

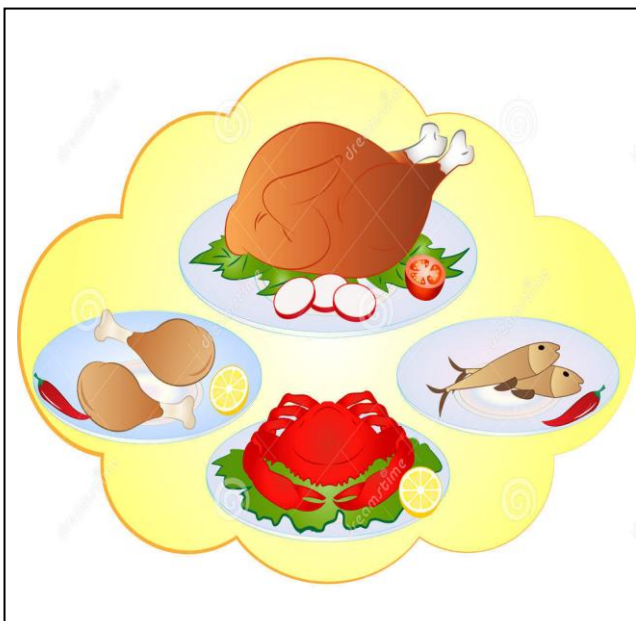
## Beginning of eating flesh

Scientists after much study and research have concluded that the early ancestors were vegetarians who ate no meat except during the periods of extreme crisis. It was only during the last Ice Age, when their normal vegetarian diet (fruits, nuts and vegetables) was unavailable because of prevailing conditions that they had to start eating flesh for their survival.

Unfortunately, the custom of eating meat continued after the Ice Age, either by necessity (Eskimos and tribes living in the far north) or due to habit, conditioning, lack of proper knowledge and guidance or dogmatic instinct imposed upon them.

## Meat- The unhealthiest static food

Scientific studies have proved that meat is not the natural or the healthiest diet for human beings. In the field of spirituality and according to Yoga psychology, this comes in the category of static food – food that most harmful for the mind and may or may not be good for the body<sup>2</sup>. We can survive on it but it prematurely wears out the human body, creates many diseases and degenerate the mind. It is not at all advisable for the human begins under normal conditions, and certainly not for the spiritual aspirants. Eating fish is also not good. Fishes are



quarrel mongers. They eat each other, they feel jealous towards one another, and also they have the tendency to wander around aimlessly in an undisciplined, disorderly manner. Because of those negative qualities of fish; since ages there has been the feeling even amongst the general public that fish eaters get contaminated by these defects<sup>3</sup>.

In spite of knowing that eating meat is not physiological and psychological; it is against the nature, it has many bodily harmful effects and mentally staticity – still the large population of most of the

countries of the world (80-90%) is inclined towards non-vegetarianism. It may be taste, status, habituation, commercialization and dogmatic thinking. The present paper will discuss the most untouched and un-discussed aspect of eating meat because of social dogma or human instinct modified by dogma.

### **Instinct**

Instinct, in a literary sense, is the way people or animals naturally react or behave without having to think or learn about it. In other words, instincts drive all the behaviors. As per Yoga psychology, instinct is defined as ‘When the psychic flow emanates from the feeling of unit corporality and moves along the maze of human corporal relationship and again comes back to its starting point, then that certain psychic flow is known as ‘Instinct’<sup>4</sup>.

In every living being, there are instincts. Whenever there is any mind, developed or undeveloped or even mind in dormant condition – will have instinct. The standard of the instinct of course varies. This instinct in certain cases is something in born; but in other cases, it may be increased through culture, association, study, education and also through spiritual practice.

In certain undeveloped creatures, instinct means only inborn instincts. Most of these are non-mammals (snakes and fishes). They even eat up their own eggs; because they have no love and affection for their progeny. Love and affection for their children is more prominent in mammals which are more developed than non-mammals<sup>4</sup>.

### **Instinct → dogma**

Instinct is of two kinds –ordinary instinct and inborn instinct. Even in developed creatures, there are inborn instincts and other instincts acquired through study, association, culture and spiritual sa`dhana`. But sometimes instinct is imposed on human beings, on human mind, as something which must be followed, must be obeyed. In that condition, the imposed item and the mind flow, mind moves, developing its instinct. The mind cannot move forward, no functional expansion but the movement limited within the periphery of that imposed idea. That imposed idea is called ‘dogma’<sup>4</sup>. The mind has developed its instinct because of imposed idea. This can be called dogmatic instinct or dogmatized instinct. Meat eating or non-vegetarianism may be a kind of such dogmatized instinct.

### **Eating meat – Dogmatic instinct**

As discussed above, non-vegetarianism can be thought of a type of dogmatic instinct. The following examples will further elaborate the concept.

Let us assume you are educated people, intellectual masses, moving on the path of human glory and have developed fraternity for all animals. But the scripture say ‘O human beings, those animals are your food. You should kill them. You should eat them.’ With this wrong, scripture knowledge, the progress in the realm of spirituality – in the phase of development is choked. You will start killing and eating them because scripture says and your mind has been dogmatized by this imposed instinct<sup>4</sup>.

Some scriptures say which is of course quite appropriate, 'Have mercy on all living beings'; 'Just as your life is extremely dear to you, similarly the lives of others are equally dear to them.' When this idea draws on one's mind, one realizes 'why should I kill an innocent creature just for the sake the gratification of my palate'. He becomes a virtuous person; not killing animals, not eating flesh, taking sentient vegetarian diet and progressing to the goal of human life. His mind is well settled with the merciful thoughts regarding all animals and that lead to expansion of his mental arena.

On one black day, one may suddenly discover a different kind of scriptural injunction – "Oh yes, you may sacrifice animals in a particular way and the sacrificed animal will attain salvation". This is the most defective and highly poisonous injection to the human mind. People start following the scriptural injunction helplessly. They are knowing and realizing in their heart of hearts that the entire thing is irrational. That irrelevant idea, infused by scripture impedes the progress of the mind. This is what is called 'dogma'. Such types of dogmas arise from a defective philosophy or a scripture, or a prevailing idea in a community<sup>4</sup>.

This is a burning example of how the developed instinct of universal love is crushed down to the restricted sentimental dogmatic instinct leading to killing of innocent creatures. It will cause two harmful effects. One is killing of animals – irrevocable mistake, and second by eating that flesh will result in psychic degeneration, blocking completely the path of psycho-spiritual development, Universal humanism will die and demonic empire will grow up.

Another misconception imparted in the minds of people that if someone sacrifices a particular animal for the particular deity; he/she will be pleased and fulfill one's desire. This is again degraded instinct in the mind resulting in animal sacrifice and then accepting meat of that animal as offerings (Prasad). Common sense and logic say that no God or Goddesses would demand the killing of a living animal for the sake of their happiness. They, in true sense, are happy when all living beings are growing and progressing towards their destination.

Chinese are very fond of eating a variety of insects, reptiles and animals (ants, cockroaches, lizards, snakes, scorpions, dogs etc.). Their eating pattern does not look like a normal human behavior. There must also be some metamorphosis or transmutation in human instinct culturally or imposed.

## Conclusion

Vegetarianism is a natural and healthy way of living. Eating meat is most unnatural and non-physiological as per the body constitution, it was started because of prevailing conditions during the last Ice Age but then it continued because of many reasons. Dogmatic instinct imposed in their minds is one of the reasons that many communities continuing eating meat in spite of freely available vegetarian diet.

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## **Microvitocytology – Difference of sex in protoplasm of metazoic cells**

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The human body is the most complex multi-cellular metazoic structure. There are sex differences even at the level of metazoic cells. As per the microvitology, the male structure differs from the female structure in the following ways:

1. The number of microvita in male structure is more than in the female structure. The sex difference is due to the number of microvita.
2. Not only the number, but also the varieties of microvita in the male and female structure differ.
3. The male body can tolerate the application of positive microvita or negative microvita after the formation of semen state (13-15 years in hot countries and little later in cold countries). As soon as semen has formed the number of microvita is also increased in the male body.
4. A female body or male child (semen formation not yet started) cannot tolerate the application of positive or negative microvita.

In spite of differences in microvita at the level of metazoic cells in both the genders as well as in male child before and after semen formation; females and children can also enjoy divine bliss if they satisfy *Param Purus`a*. After all, everyone and everything depends on Him. Human beings of this planet are fortunate enough to receive the collective microvita for the first time in history. This was only being done to elevate the psycho-spiritual standard of general mass. Human beings are in fact blessed by Him.

(Source: Sarkar PR. 2012. *Microvita in a nutshell*. Fourth Ed. AMPS, Kolkata.)

# Secretarial Desk

## SMRIM - ACTIVITIES

### Workshop on Organic Farming by SMRIM, Udaipur

Society for Microvita Research and Integrated Medicine (SMRIM), Udaipur organized a one day workshop on Organic Farming at Saleda, Near Bhinder on Sunday, 6<sup>th</sup> January, 2019. Organizer and Society Secretary Dr. Vartika Jain told that workshop was inaugurated by garlanding the picture of Shrii P.R. Sarkar, founder of Microvita theory and concept of Ideal Farming by the guests Mrs. Sarita and Mr. Frank Barbar who came from Germany. Society member Lalit Prajapat welcomed all the guests by garlands and introduced to the farmers that Barbar couple is doing organic farming at Germany since last 20 years and from last one month doing awareness campaigns at various places of India among the farmers.

Keynote speaker Mrs. Sarita told the farmers at Saleda, that Organic Farming is the solution of many problems of today's world as it is purely chemical free. She gave the example of Punjab and told that this agriculture rich state is in bad situation today due to use of chemical fertilizers and lots of people are suffering there from deadly cancer disease. She stated that chemical free food is good for developing a sentient mind and environment and overall good for higher spiritual development. She showed the pictures of vegetables and crops grown in organic manner at Germany and motivated farmers to adopt the technology.

Shri Frank told that soil loses its natural fertility due to chemicals and does not give good yields. Due to heavy loss of crops, farmers are doing suicide. He told that farmers have to make co-operative societies to get proper results of their hard labor. Couple also gave answers to various queries raised by farmers.

Secretary Dr. Vartika told that industries of chemical fertilizers are getting huge subsidy but there is very less interest in development of Biofertilizers and Bioinsecticides. Awareness should be made at large scale to avoid food with chemicals and then only deadly diseases like cancer, diabetes, hypertension etc. will be reduced.

In the end, Society felicitated the guests with their official Bulletin on Microvita Research and Integrated Medicine and Shrii I.S. Rathore gave thanks to guests and all the participants. More than 30 farmers from Bhinder, Kanore, Khetakhera, Kunthwas and Rajsamand participated in the workshop.



# SEMAL CONSERVATION MISSION

*Talk on Biodiversity conservation and conservation techniques of endangered wild trees with special reference to Semal conservation*

An awareness talk on biodiversity conservation through practical model of a Medicinal tree- Semal was given by Dr Vartika Jain, Secretary, Society for Microvita Research and Integrated Medicine (SMRIM), and Assistant Professor, Dept. of Botany, Govt. Meera Girls' College, Udaipur to Volunteers of a special National Social Service Scheme (NSS) camp at Rajasthan College of Agriculture, Udaipur, Rajasthan on Saturday, 23<sup>rd</sup> February, 2019.

She told that all kinds of life present on the planet are part of Biodiversity and every living species has its own importance and loss of a single species can cause harm to entire ecosystem. Dr. Vartika discussed conservation techniques for endangered wild trees and gave a practical example of conservation of Silk Cotton tree in Udaipur city popularly also known as Semal. She further explained its multifarious importance in spiritual, ecological, socio-cultural, medicinal and commercial spheres and demonstrated that presence of a single species is important for entire ecosystem.

She discussed that trend of considering Semal tree as a mythological character 'Prahlaad' has caused severe loss of this tree species every year during Holika-dahan in Mewar region and without any sincere re-plantation efforts, its population is declining rapidly. She emphasized on both in-situ and ex-situ conservation techniques of biodiversity preservation and students were motivated to create awareness among masses, doing plantation as well as adoption of eco-friendly alternatives such as Iron-pole for Holika-dahan. In the end, NSS program in-charge Dr. S.C. Meena gave thanks to Dr Vartika for her motivational talk on biodiversity conservation through a practical model.

Dr. Vartika further continued the Semal conservation mission by creating awareness among scientific fraternity by delivering an invited lecture in “National Conference on Recent Trends in Environmental Sustainability and Green Practices (RTESGP-2019)” at Govt. College, Bundi and discussed the topic “*Biodiversity Conservation: A case study on Bombax ceiba* L. (Red Silk Cotton Tree)”.



### *Iron-pole Holika-dahan*

In continuation of Semal conservation mission, eco-friendly Iron-pole Holika dahan was celebrated at various places of Udaipur city, Bhinder and Kanore on 21<sup>st</sup> March, 2019.

SMRIM is successfully celebrating eco-friendly Holika-dahan without using any wood since 2011. This neo-humanist approach to save Silk Cotton tree is being implemented at Patkar Colony, Chitrakoot Nagar, Panchwati, Ram Singh ji ki Baari, Udaipur along with few places at Bhinder and Kanore. In this method, cost-effective and durable iron poles are wrapped with dry grass and hay material and burnt as a symbol of Holika-the mythological character. This is being implemented with the help of dedicated team members of SMRIM, 15 Inder Singh Rathore, Anju, Taponistha, Rahul, Girdhari lal Soni, Om Vyas, Dinesh Sharma, Kailash Choudhary, Mod Singh, Jagdish Soni, Satyanarayan, Gopal Soni, Lalit Prajapat and many other non-members. These environment saviors are working hard for successful celebration of this neo-humanistic event so that Semal trees could be saved on every Holika-dahan. Massive plantation of Semal saplings in and around various places of Udaipur city has another part of this mission.



--Dr. Vartika Jain (Secretary, SMRIM)

*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. It publishes three issues in a year having original research, reviews, short notes, case studies in the field of microvita and integrated medicine in both hard and soft copies. 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](http://www.microvitamedresearch.com)

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#### Title

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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#### Addresses of Authors

Addresses of the affiliating institution (s) along with e-mail address (10 pt) should be given.

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Each manuscript should be divided into the following main headings (typed in bold, first letters capital, on the left hand side of the page; 12 pt): Abstract, Introduction, Methodology, Results, Discussion, Acknowledgement, References.

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A brief and precise literature review with objectives of the research undertaken and essential background could be given.

#### Methodology

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Results should contain data, which are essential for drawing main conclusion from the study. Wherever needed, the data should be statistically analyzed. Same data should not be presented in both table and figure form.

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#### Acknowledgement

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References should be cited in the text by the consecutive **numbers** of their occurrence; the numbers are to be shown as superscript at the end of the statement related to that particular reference, e.g. Microvita are mysterious emanations from Supreme Consciousness<sup>1</sup>.

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#### Research Papers

1. Verma SK. 2016. Microvitopathy. *Bull. Microvita Res. Integr. Med.* 8(1-3):3.

#### Books

1. Sarkar PR. 1987. *Microvita in a Nutshell*. p.56. AMPS Publ., Tiljala, Kolkata.
2. Jain V. & Jain SK. 2016. *Compendium of Indian Folk Medicine and Ethnobotany (1991-2015)*, pp. 1-542. Deep Publ., New Delhi.
3. Jain V. 2017. Chapter 5.1: A glimpse of culture-based man-plant relationships in Indian folk life. In: *Methods and Approaches in Ethnobotany (Concepts, Practices and Prospects)* (Ed. Jain SK and Jain V), pp. 151-157. Deep Publ., New Delhi.

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