

## A QUANTUM PHYSICS APPROACH ON CONCEPT OF “PANCHAMAHABHUTA & TRIDOSHA”

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### ABSTRACT

Through explorations and observations of the behavior of particles at the subatomic level, quantum science challenges the conventional prospect of the physical world as a solid and stable material body. The new understanding of the universe as a stable pattern, within which energy moves, has brought transforms in the global view. The universe came to be understood as a dynamic network of interconnected energy patterns. Ayurveda, which has its roots in Vedas, has incorporated this perception of interconnectedness into its understanding of health and disease. Ayurveda has integrated and implemented this concept through theories like *Tridosha*. The *Panchamahabhutas* and *Tridosha* are concepts derived from nature to explain human beings. The correlation of *Mahabhutas* and *Doshas* with quantum spin types and super fields creates a new understanding of the fundamental principles of the whole creation and the human body. This correlation with western modern science validates Ayurveda as a profound and effective system of healthcare that can be utilized globally.

**Keywords:** Quantum, *Panchamahabhuta*, *Tridosha*, *Tanmatras*

### INTRODUCTION

Science provides the foundations upon which our perceptive of reality is based. The western medical system is based upon a materialistic model incorporating Darwinist theories of evolution, Newtonian physics, chemistry, and physical anatomy and physiology. However, through explorations and observations of the behavior of particles at the subatomic level, quantum science has evolved, challenging the conventional sight of the physical world as a solid and stable material body. Quantum physics brought radical changes in

the fundamental ideas about the nature of physical realism. The universe came to be understood as a dynamic network of interconnected energy patterns. Although at a macro-level, the organization and behavior of the atomic world are stable giving the world an appearance of a solid form, the energies within this seemingly solid realm are not only moving but are also interconnected. The new perception of the universe as a stable pattern, within which energy moves, has brought about a change in the global view. This quantum worldview is entirely consistent with the Vedic concept of “innate unity” and mutual interrelation-

ship of everything in the universe. Ayurveda, which has its roots in vedas, has incorporated this perception of interconnectedness into its understanding of health and disease. It considers human body as an indivisible whole with a network of interrelated functions, mind and consciousness wherein a disturbance in one part will have repercussions in other parts as well. Disease is seen as a perturbation in this network.

### Review of Literature

Human being is not a separate creature dissociated from the universe but is like an open system. i.e. there is exchange / interaction with not only the environment but also the universe. Caraka says the individual exists as a continuum with the entire universe – **"The whole universe is the expansion of one's consciousness"**. Caraka calls the microcosmic consciousness as "*Viśvarūpa*", meaning prototype of the universe and establishes the relationship between the individual and universe by saying **"All the manifest objects in the universe are present in the individual and all that is present in the individual manifests in the universe as well"**. In this state, the external universe is no longer considered external, the internal no longer internal and everything is seen as an undivided whole. Ayurveda recognizes that the health of an individual is dependent and entangled with that of the environment and recommend a harmonious relationship between the two. Conservation of such a harmony is essential to the health of a living organism, be it human, animal or plant. The central core idea of ayurveda is that everything within and without the human body is interrelated and their balance denotes health or ill health. The whole existence is like a network, where a change in one part is likely to perturb the entire system. Ayurveda has integrated and implemented this concept through *Panchamahabhutas* and theories like *Tridosha*. The *Panchamahabhutas* and *Tridosha* are concepts derived from nature to explain human beings. In Ayurveda the five fundamental categories of subtle frequencies responsible for material creation are called *tanmatras*. These *tanmatras* are seed forms of *Shabda* (sound), *Sparsh* (touch), *Roopa* (seeing boundaries and colors), *Rasa* (taste), and *Gandha* (smell). These lead to the formation of the *Panchama-*

*habhutas* – the five 'great elements'. The *Panchamahabhutas* are *Akasha* (space), *Vayu* (air), *Tejas* (fire), *Apas* (water), and *Prithivi* (earth). All substances in the universe are derived from a combination of the five gross elements and the predominance of any one of them in a particular substance determines its character. The five elements in their absolute state are not found in nature, *Panchabhautika* matter only is available. The three doshas are associated with the *Panchabhautika sarira* from the time of its birth as a fertilized ovum till death, they are also to be considered as derived from the five elements with definitive predominance of one or two elements in them. The *doshas* are fundamental, irreducible metabolic principles that govern the functioning of the entire body as well as the entire universe. These doshas are the connection between the human body and the universe on the material level. Each *dosha* has its own unique qualities. *Vata* represents motion and flow. It is at the basis of the activity of the locomotor system and controls such functions as expansion and contraction of the lungs and heart, and blood circulation. It controls intestinal peristalsis and elimination, activities of the nervous system, the contractile process in muscle, the ionic transport across membranes (such as the sodium pump), cell division, and unwinding of DNA during the process of transcription or replication. *Vata* is of prime importance in all homeostatic mechanisms, and it leads the other two doshas, *Pitta* and *Kapha*. *Pitta* represents bodily functions concerned with heat and metabolism. It directs all metabolic and catabolic activities, biochemical reactions, and the process of energy exchange. It regulates digestion, functions of the exocrine glands and endocrine hormones, and intracellular metabolic pathways such as glycolysis, the tricarboxylic acid cycle, and the respiratory chain. *Kapha* represents structure and cohesion of the organism. It is responsible for biological strength, natural tissue resistance, and proper body structure. Microscopically, it is related to anatomical connections in the cell, such as the intracellular matrix, cell membrane, membranes of organelles, and synapses. On the level of biochemistry, it structures receptors and the various forms of chemical binding. In quantum phys-

ics spin is an intrinsic property of the two classes of elementary particles, known as bosons and fermions. In particle physics, an elementary particle or fundamental particle is a subatomic particle with no sub structure, thus not composed of other particles. Particles currently thought to be elementary include the fundamental fermions (quarks, leptons, anti-quarks, and antileptons), which generally are "matter particles" and fundamental bosons (gauge bosons and the Higgs boson), which generally are "force particles" ("antimatter particles"), that mediate interactions among fermions. A particle containing two or more elementary particles is a Composite particle. Boson and fermions differ in spin. Spin is the total angular momentum, or intrinsic angular momentum, of a body. The spins of elementary particles are analogous to the spins of macroscopic bodies. In fact, the spin of a planet is the sum of the spins and the orbital angular momenta of all its elementary particles. Spin of particle means the no. of rotation of that particle to get it back in same place. Bosons have an integer spin, i.e., 0, 1, etc. Fermions have a half integer spin, i.e., 1/2, 3/2, etc. The difference in spin type results in fundamental differences in behavior of particle. Bosons create coherent states, whereas fermions do not. Both are necessary in the structure of the universe, to create uniformity and differences. At an underlying level, bosons and fermions are the basic building blocks of

nature. These spin types correlate with the *Panchamahabhutas*. The spin 2 Graviton is responsible for the concept of space time curvature. Hence it has a correlation with the Vedic *mahabhuta* of *Akasha* (space). The graviton is a hypothetical elementary spin-2 particle proposed to mediate gravitation. The conventional graviton is massless. The Gravitino is the gauge fermions super symmetric partner of the graviton. It has been suggested as a candidate for dark matter. It is fermions of spin 3/2. Gravitino is the fermion mediating supergravity interactions. It is correlated with Vedic *vayu Mahabhutas*. The spin 1 force fields are electromagnetism, responsible for light, heat, and chemical transformations. The *Mahabhuta Tejas* (fire), which is related to digestion, sight is correlated with force field of electromagnetism. Elementary particles with spin 1/2 are fermions, which mean that no two of them can be in the same state in the same place and the same time. All known fermions, the particles that constitute ordinary matter, have a spin of 1/2. This is correlated with Vedic *Jala Mahabhuta*. Higgs boson, known as the "God particle," has spin 0. The Higgs boson is responsible for giving particles their mass and corresponds with the *Mahabhuta Prithivi* (Earth). The interplay of these five fields results in what is known at any observable level, including the human body.

**Table 1:** Correlation between Spin type & *Panchamahabhuta*

Spin type	Correlation	<i>Panchamahabhuta</i>
Spin 0 = Higgs field	Give particle their mass	<i>Prithvi mahabhuta</i>
Spin 1/2= Matter field	Elementary fermion particle	<i>Jala mahabhuta</i>
Spin 1 = Force field electromagnetism	Responsible for light (photon), heat, and chemical transformation	<i>Tejas mahabhuta</i>
Spin 3/2= Gravitino	A candidate for dark matter	<i>Vayu mahabhuta</i>
Spin 2= Graviton (gravity)	Space time curvature	<i>Akasha mahabhuta</i>

From the five *Mahabhutas* comes another essential combination, leading ultimately toward the Ayurvedic correspondent of the Genome. The primary organizing principles of the body, known as *doshas*, are *Vata*, *Pitta*, and *Kapha*. *Vata* is formed from the combination of the space and air *mahabhutas*. *Pitta* is formed from the combination of fire and water. *Kapha* is

formed from water and earth. Once again, there is a direct correlation with the field of quantum physics. It can be correlated the *doshas* (as combinations of the *panchamahabhutas*) with the three super fields (as combinations of the five spin types). These pulsating, nearly infinite energy Fields combine at a profound level of the body, in fact at the DNA level, to create

three operating principles in the human body – the three doshas.

**Table 2:** Correlation between *Mahabhuta*, *Dosha*, Spin type & Super field

<i>Mahabhuta</i>	<i>Dosha</i>	Spin type	Superfield
<i>Akasha</i> (Space) and <i>Vayu</i> (air)	<i>Vata</i>	Spin 2 and spin 3/2	Gravity
<i>Tejas</i> (fire) and <i>Jala</i> (water)	<i>Pitta</i>	Spin 1 and spin 1/2	Gauze
<i>Jala</i> (water) and <i>Prithvi</i> (earth)	<i>Kapha</i>	Spin ½ and spin 0	Matter

## DISCUSSION

In physics, the five quantum mechanical spin types represent specific stable vibrational states of the field, which in super symmetric unified field theories pair together to form gravity, gauze and matter super fields. In Ayurveda the *Panchamahabhutas* represent the five elementary categories of matter and energy, which pair up to form the three *doshas Vata, Pitta, Kapha*. These three *doshas* represent the fundamental dynamics of intelligence inherent in structures of matter. There exists a close correspondence between vibrational states represented by the five *mahabhutas* and the five quantum mechanical spin types of unified quantum field theory. These five spin types are specific vibrational states of quantum field. They constitute the five fundamental categories of quantum fields, which give force fields and particles their unique characteristics. The *Akasha mahabhuta* bears similarities to the spin 2 graviton, which is responsible for space time curvature and the force of gravity. The spin 3/2 gravitino, is like *vayu mahabhuta* which constitute a link between space and other elements. The spin 1 force fields are parallel to the *teja mahabhuta* which is responsible for chemical transformation. The spin ½ and spin 0 matter fields correspond respectively to the *Jala* and the *Prithvi mahabhuta*. In the same way the subtle element combine to form *Vata, Pitta* and *Kapha*, within the super symmetric theory there is a pairing of the five quantum mechanical spin types in to three types of super fields, the gravity super field, the gauze super field and the matter super fields respectively.

## CONCLUSION

The correlation of Ayurvedic *mahabhutas* and *doshas* with quantum spin types and super fields creates a

new understanding of the basic fundamental principles of the whole creation and the human body and shows the interconnectedness of the creation with the human body. This correlation clearly demonstrates, from the understanding of quantum physics, how the human constitution, environment, diet, seasons, time of the day, etc., are related to human well-being. Ayurveda has always utilized this knowledge of connectedness in managing human well-being. It is the only science of life that proposes and utilizes this deep knowledge. The correlation of Ayurvedic principles with quantum physics is a new way of presenting Ayurveda to Ayurvedic students, non- Ayurvedic healthcare practitioners, and the public, so they more clearly understand the value of Ayurvedic knowledge. It would be beneficial to incorporate this part of quantum physics into the curriculum of Ayurvedic educational institutions. This correlation with modern science also validates Ayurveda as a profound and effective system of healthcare that can be utilized globally.

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