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## Quantum Gerontology Application of Quantum Integrative Medicine, Quantum Yoga and Aurveda

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**Abstract:** What can we do to help elderly care now that we have theory to guide us—quantum science in addition to evidence-based science? Quantum science’s answer is: plenty. In effect, we are reformulating gerontology—elderly care—into a quantum gerontology.

**Keywords:** *health, gerontology, integrative medicine, aging, quantum, Alzheimer, ayurveda, yoga, education*

## INTRODUCTION

In the modern time Alzheimer's disease and other chronic conditions have become the good friends of the old people, replacing wisdom.

The rate of Alzheimer death has increased by an astounding 146% between 2000 to 2018. This should be a severe warning to humanity: because people don't process meaning much anymore, the repertoire of memory is not needed much either; and more. Today's people are individualistic and defensive of their territory in their emotional relationships; this produces immune system inflammation that in its turn contribute to the plaque on memory neurons consisting of Amyloid beta protein deposits. This increasingly puts the memories out of the reach of conscious recall and eventually leads to dementia that we call Alzheimer's disease.

In this way, instead of growing older and wiser, people grow older and demented.

What a way to end life and what is the reason people are doing it causing a huge burden on the society? The answer is again the same one: lack of good science of health and a system of health education that teaches people how to live.

The million-dollar question is: What will make people grow older and wiser? Lacking that, at least what is it that will guarantee the elderly quality of life and death with dignity? Obviously, unless there is a continuity of the quality of life as we age, what is longevity for?

In fact, the two outcomes—quality of life and longevity—are related. There is now conclusive evidence that living a purposive life leads to increased longevity. In our youth we follow at least some purpose; life is mainly spent in the service of lower needs but the professions allow people to entertain a modicum of archetypes in their lives—abundance (business people), power (politicians, leaders in general), truth (most scientists, maybe even some media persons), justice (a few in the law profession), wholeness (healers, a few educators), etc. Unfortunately, the purpose of life then gets almost entirely tied up with one's professional life; so when people retire, purpose and archetypes disappear from life.

Quality of life, purpose, meaning, these are not in the purview of materialist science. Fortunately, even allopathic healers are not strict adherents of scientific materialism; they resort to the idea of evidence-based medicine to try out if meaning,

purpose, love, spirituality, this kind of nonmechanical stuff help the quality of life in elderlies under the guise of holistic medicine. These studies are generally all positive so much so that some effort is being made—positive psychology is an example—to include, implicitly of course, the nonphysical in elderly care on large scale. This is good news.

In affluent countries, in some professions, retirement is no longer compulsory. This is also good news for the elderly.

But overall the materialist approach alone is grossly inadequate for health care of the elderly. Let's look at it at some detail.

Materialist approach to gerontology consists of sorting out the different contributions of three discernible factors:

- 1) the entropy problem—some amount of disorder enters people's lives due to their lifestyle;
- 2) and then there is illness, chronic or caused by accidents, bacteria and virus, especially the latter; and
- 3) deterioration through normal aging.

The materialist treatment is of course allopathy—drugs mainly, plus a holistic approach to correct some of the life style disorder causing emotional stress such as loneliness.

According to the American Holistic Health Association, "holistic health is an approach to life that emphasizes the connection of the mind, body and spirit, with the goal of having everything functioning at its very best so you achieve maximum well-being. A key component to a holistic approach is taking responsibility for your well-being and making everyday choices that put you in charge of your health."

It sounds good but the catch is without an understanding of the nonmaterial nature of the mind and the spirit, and without accounting for vital feelings, the holistic medicine developed is inadequate as well.

## QUANTUM GERONTOLOGY

What can we do to help elderly care now that we have theory to guide us—quantum science in addition to evidence-based science? Quantum science's answer is: plenty. In effect, we are reformulating gerontology—elderly care—into a quantum gerontology.<sup>1</sup>

An article published in the Journal of Gerontology by Swiss researchers claim that motivation is the key to healthy aging. Indeed the difficulty with lifestyle change from unhealthy and sedentary to a healthy and active one is motivation. It is easy to talk about simple maintenance exercises; many of these practices such as yoga and meditation have been around in some form or other for a long time. However, motivation is what keeps people from using the available knowledge. And yes! let credit be given; some of the recent awareness about this knowledge has been uncovered under the holism paradigm.

There is already an awareness as well in the humanistic-transpersonal-depth psychology models that human development is shaped by two psychological drives:

- 1) hylotropy—a term used by psychiatrist Stan Grof to signify the drive toward ego-individuality and separateness; and
- 2) holotropy—a drive toward wholeness, toward the quantum self but not for spiritual salvation or self-realization but for integration of all conflicts into a realization of the archetype of wholeness.

A study of human development shows that for most people, the call of hylotropy dominates.

However, according to the quantum science of consciousness, there are two periods of exception that the Tibetans of ancient time called bardos or passageways for new exploration. One of these occurs at puberty and lasts through the teen years. The second one occurs at mid-life between age forty and sixty and is called the mid-life transition. Because of the awakening of the drive toward holotropy, those people who do so awaken has extra motivation to make lifestyle changes. Quantum gerontology works best with this explicit awakening.

The tasks of quantum gerontology are then threefold:

- 1) To help people to grow old and wise starting with the mid-life transition through a protracted program that involves the embodiment of the archetypes via quantum science of manifestation and creativity<sup>3</sup> at both mental and vital level; in other words, by engaging people in what we call quantum yoga of soul-making. Some of these people at their mid-life will contract chronic disease anyway because of past lifestyle abuse. And this will generate added motivation for a healthy lifestyle at the aftermath of allopathic recovery.

- 2) To help people who recognize the call of holotropy and choose not to go through a mid-life transition and instead revert back to the same-old with a reframing of their past and emphasize the positive. These people usually have their chronic disease later especially after the age of 60 and will need therapeutic and medical care of some sort rest of their lives;
- 3) To help people who do not fall in either of the two above categories; that is, people who do not wake up to holotropy at mid-life and let themselves deteriorate to what we call an “elderly problem” that needs care-giving in a nursing home or similar environment. Here the challenge is: Can we improve on the existing very poor treatment of this batch of elderly which is by far the most common under the worldview-polarized materialist value-confused culture they live in?

The last category of people is where holistic principles are being applied right now with some success and is a major opportunity for quantum entrepreneurship as well. (This subject is beyond the scope of this article and will be treated in a future book.)

The first category, people who are ready for soul-making are the primary interest of the quantum approach to life and living.

In this article, we will concentrate on the second group of people. We will discuss the aging issue, questions of longevity and outline a quantum integrative health strategy for people in the second category above.

In what way are the health practices different for older people than discussed earlier under preventive medicine? Biological evolution gives us a set of universal physiological functions that we are born with that includes the mechanisms that dictates longevity and aging. The belief that dominates the biological community is that human physiology is permanent; we cannot change the physiological functions of organs. Therefore, the effect of aging, for example cell death, on the organs is bound to cause deterioration of organ functions.

Aging, as conventional researchers have argued, involves the “normal” reduction of the functions of the organs at the various chakras. Since in quantum science the physiology is not fixed; if the chakra can be opened, the organs at a chakra can behave in a

more quantum coherent way, and this reduces or may even eliminate the deterioration.

In this way for people who let the opportunity for a transition in response to the call of holotropy pass, we suggest the following recourse to achieve a continuing quality of life and death with dignity:

- 1) To develop a belief system overhaul beginning with a thorough understanding of the meaning and purpose of life and death, in particular, the idea of reincarnation.
- 2) To develop a new perspective of aging, especially the conviction that quality of life is more important than quantity. This consists of examining how aging leads to reduced ability to get the juice of life from the existing physiology, and how an effort to opt for better physiology is worth it.
- 3) To engage practices toward a better physiology. This results in general in the development of positive emotional brain<sup>5</sup> circuits. This is the key to quality of life via the elimination of emotional stress and accentuation of a positive psychological bend.

Item one - look at death as a passageway to the next life—as Tibetan researchers discovered centuries ago—eliminates a major component of fear and aversion to risk-taking that comes with aging, namely the fear of death. An understanding of reincarnation also gives you the important new perspective: when you die, your material possessions don't go with you; what accompanies you is your karma—character traits and habit patterns of karma, your learned propensities. When you realize this your later life becomes a preparation for the next and this gives you motivation to develop new habits to make healthy software, the re-entry to a life of meaning and purpose--archetypes.

Some karmauppance will happen no doubt including severe chronic disease such as cancer and heart disease, or arthritis. But one thing you can be certain: you do not have to fear Alzheimer's and the like. Death with dignity is assured.

## THEORY OF AGING

There are numerous theories addressing aging, but they generally fall into two main categories—aging as a programmed state and aging resulting from an accumulation of damage.

The programmed death is part of the software of every living cell. The researcher Leonard Hayflick discovered what is now called Hayflick effect. A cell can only divide some fifty times or so. With each division of the cell, the cell cap called telomere shortens; after 50 or so divisions, it disappears entirely, and the cell dies. This genetic software also suggests on the average human life span should extend no more than 100 years or so.

Some aging researchers emphasize that aging is more a deterioration of survival programs of physiology rather than a programmed part of individual cell-development. On the face of it, if the software is complex as it is for higher animals, the software is going to be distributed over many individual cells; if a cell crucial to a part of the complex software dies, the function will be compromised. Additionally, there will be cellular environmental factors: accumulation of oxidant, disruption of regulatory pathways from hypothalamus and pituitary to other glands crucial for organ functioning, etc.

There are of course repair mechanisms—regeneration. There are stem cells and the liturgical potentiality should be available to freshly program some of them to repair the lost complexity.

But the issue is more complex than that. Stem cells also die; they too are subject to Hayflick effect. Besides, according to quantum science, there is that question of will to live that activate the body wisdom. It is a fact that as we get old, our injuries take longer to heal. It could be partly due to an overall reduction of the zing to survive.

It is safe to conclude that this buildup of software damage amplified by the decreased capacity to repair mechanism is affected by programmed senescence—the Hayflick effect. So, the complex interplay of environment and genetic predisposition may result in aging.

In other words, programmed cell death and aging as a result of cellular damage are not mutually exclusive and both together address the why and how of aging.

The remedy of quantum integral medicine should now be obvious. We employ quantum yoga techniques of software maintenance along with techniques of quantum healing<sup>7</sup> (to activate the repair mechanism) in addition to the nutrition programs of Ayurveda and naturopathy—herbs and food supplements.

For more adventurous people, there is also souls-making and the possibility of advanced physiology.

Below we examine some details of individual organ function deterioration and try to evaluate the efficacy of a QIM health management program for all the important organ groups.

### **ORGAN FUNCTION DETERIORATION WITH AGING**

According to gerontologist G. E. Taffet, “general aging changes in the body are related to loss of complexity in physiologic function such as cardiac, neurologic, and stress response.” With cell death, when there are fewer quantum potentialities to maintain homeostasis are available, a phenomenon called homeo-stenosis takes place. Stenosis is a generic medical word used to denote the narrowing of a passage way.

Body mechanisms such as the Circadian rhythm of maintenance of body temperature, the accumulation of the stress cortisol in plasma, and secretion of melatonin by the pineal gland and sleep, are affected due to general lack of situational creativity—vital vayu. This lack of vital creativity for making minor adjustments of the software is responsible for a general inflexibility of the system to effect minor changes in response to the need of the moment. Lack of vital creativity of vayu leads to the accumulation of the dosha of vata at the physical level so much so that in Indian culture, it is still customary for people to refer to old age health problems generally as “I have vata”.

So, aging cannot be corrected by automatic situational adjustments, that is the whole point. Body’s so-called wisdom, the conditioned spectrum of potentialities that vayu works with is no longer doing the job, and tejas—fundamental creativity needs to be invoked.

Conventionalists prescribe physical exercise and mental agility<sup>2</sup>. Recent data is showing that doing these things in groups (thus bringing nonlocality in action) works even better, but even that is not enough. You need to add Quantum Ayurvedic and yogic remedies.

Even traditional Ayurveda makes one very important point here: the overall homeo-stenosis that we call part of aging is also due to an accumulation of toxins--ama in Sanskrit—due to kapha dosha. The cleaning of the toxin accumulation is achieved by pancha karma—a five-fold cleaning ritual discussed

earlier. To this when you add a combination of Ayurvedic herbs and vital exercises – quantum style, you got it.

We call vital exercises in the quantum style quantum yoga. How is it different? In ordinary yoga, there are two prevalent styles—fast yoga and slow yoga. Fast yoga is hardly any more than physical stretching exercise—do-do-do. Slow yoga, on the other hand, when we pay attention to vital movements, is an attempt to make yoga asana practice into a do-be-do-be-do style of vital exercise, but let’s face it; do still dominates. If on the other hand, we do yoga stretching like animals do, that is, maintain a posture over some time, it is the vital equivalent of be-be-be. Doing these two styles in tandem produces the do-be-do-be-do process in perfection for creativity. Of course, this results in an occasional quantum leap of vital energy, a mini kundalini awakening that can restore body’s healing wisdom back.

How this restores the system is as follows: as the system quantum jumps to higher functioning, the organs function at an elevated level. Some of the organs get needed rest while others function in more of a quantum coherent mode. In that mode, new creative potentialities can be actualized to program a stem cell for the regeneration of the missing part of the complex physiology.

If we have to practice quantum yoga for the all the physical systems going wrong simultaneously, the practice would be foreboding. Fortunately, except for a few geriatric syndromes such as chronic fatigue and multiple sclerosis our physiology deteriorates system by system depending on your particular lifestyle.

We need to discuss some of the lifestyle deterioration of the organs of the navel and the heart chakra—the gastro-intestinal and cardio-vascular and immune systems respectively.

For the cardiovascular system let’s talk about one thing though--the hardening of artery walls and stiffening of the veins. Lethargic vitality (kapha dosha) leads to ama accumulation everywhere when inertia generally prevails. Timely action of vayu keeps the problem at bay. At old age, excess vata becomes the order of the day, vayu is inoperable, and due to the accumulated ama—molecules of inflammation and cholesterol--arteries harden and veins stiffen, and the result is hypertension.

High blood pressure is such a dangerous condition to carry in old age (because it increases the chance of heart attack and stroke) that we prescribe not only



Ayurvedic remedies (herbs), naturopathic remedy (food and natural supplements), quantum yoga exercises but also allopathic remedies—blood pressure medicine.

### AGING AND THE ELIMINATION SYSTEM

Let's take up some of the aging changes of the elimination system mainly due to changes in smooth muscle activity and body's absorption of nutrients from the food intake:

- 1) A decrease in the production of saliva
- 2) Desynchronization of contraction and relaxation of smooth muscle movement affecting sphincter control, making swallowing less effective
- 3) Altered metabolism of proteins and absorption of nutrients
- 4) Prolonged transit time for feces movement
- 5) Atrophy of gastrointestinal mucosa, the ama
- 6) Decreased strength of colonic muscles
- 7) Decrease in liver as well as pancreas size

Item 1 leads to loss of appetite. According to Ayurveda this is due to an imbalance of the various tastes: we need to satisfy all our six tastes: sweet; sour, salty, and bitter; pungent and astringent. The Ayurvedic remedy is rasayana—healing through balancing our diet to include all our 6 tastes. This involves consciously correcting the preference you have developed because of dosha aggravation.

Since, generally speaking, with aggravated vata and kapha, we prefer sweet, sour, salty, and bitter, we need those mini quantum leaps of tejas, and the astringent and pungent tastes promote tejas, that is precisely what Rasayana prescribes as part of the remedy.

Items 2-6 all contribute to constipation. Here again panchakarma helps as does food with adequate fiber. When this is not enough, ayurvedic herbs are more effective than traditional allopathic laxatives. This is all temporary cure, however.

To make lasting remedy, we have to recourse to quantum yoga—vital and mental creativity in this case because the negative emotion of fear enters the picture in a major way.

Transforming fear into courage is basic to all application of quantum yoga for the quality control of old age. Here the mental component is the wrong belief system; we already have addressed that.

Item 7 is a navel chakra general concern and requires quantum yoga exercises for the navel chakra and fundamental creativity for the regeneration using stem cells.

### AGING OF THE NAVEL CHAKRA ORGANS: THE ISSUE OF METABOLISM AND VISCERAL FAT AT OLD AGE

There has been wide-spread belief that metabolism decreases progressively at old age and many old-age problems such as obesity and Type II diabetes happen mainly due to this cause. This belief needs to radically change; the good news is that it is changing. Recent clinical data has established that metabolism of people drastically changes at the age of 15 months (from a very high rate to about half that rate) and then at age 60 when it starts to decrease progressively. In between, age 20-60, the metabolic rate remains roughly constant, the exact amount varies from person to person. In other words, there is a lot of heterogeneity for the metabolic rate, a fact highly supporting the Ayurvedic dosha theory of heterogeneity.

But what is important to note here is this. The (physical) energy spent toward metabolism for people who do regular exercise goes to muscle building whereas for sedentary people, the energy goes to do-do-do maintenance activities and guess what, to emotional stress response, immune inflammation, and visceral fat. It is the latter that leads to navel chakra organ disfunction. In case you need reminder, visceral fat is abdominal fat that accumulates in the abdominal cavity producing "beer belly". It happens mainly in men. This is to be contrasted with all other fat such as subcutaneous fat or women's fat in thighs, hips and buttocks.

Some visceral fat acts as an extra emergency reservoir of physical energy. Excessive visceral fat, however, via covering the navel organs such as liver, stomach, and pancreas and the space in between organs messes up their activity, producing malfunction.

One way the malfunction works is what is called the metabolic syndrome—insulin resistance, losing the cell's sensitivity to insulin. The muscle cells surrounding the pancreas in normal situation gobs up insulin which enable absorption of sugar,

especially glucose from the blood stream. Under insulin resistance, these cells do not absorb the sugar in the blood stream and thus produce the high blood sugar symptomatic of type II diabetes.

How does quantum yoga in the middle age help prevent all this: visceral fat and metabolic syndrome? Unbalanced ojas—inertia—is allowing the accumulation of excess abdominal fat. Yoga activates vital creativity—vayu—and keeps the systems in balance. Most importantly, quantum yoga by activating tejas as necessary can elevate the physiology by reprogramming stem cells with normal sensitivity to insulin and absorbing the excess sugar from the blood stream.

If the metabolic rate remains the same as we go through the adult and middle age, why do most sedentary people start beer belly and weight gain (obesity) in their middle age that remains a problem ever after, if not properly addressed? The consensus is developing that obesity must be due to minor causes like genetic predisposition, and hormonal changes as well as major factors like stressful lifestyle and eating habits—eating what, how, and when. Most of these people under consideration, especially under emotional stress eat processed fast food in a hurry, and not when they are hungry but when they are stressed.

### AGING OF THE HEART CHAKRA ORGANS

As for aging effect on heart chakra organs, the phenomenon of thymic involution—reduction of the size of the thymus gland—needs to be considered. Thymic involution may affect our ability to suspend thymus activity later in life, making the quantum leap required for love more difficult to achieve. From a quantum science standpoint, this is one issue that everyone should address before age sixty when thymus involution seriously sets in.

In other words, if you continue the iron man syndrome to your old age, you will be more vulnerable to immune system disorder including autoimmune response and much of quantum science will have lost potency for you.

In the same vein, another old age effect is the reduction of red bone marrow which are the stem cells for both red blood cells and white blood cells. This is also bad news because fundamental creativity<sup>4</sup> at the heart chakra may require stem cells for regeneration.

### Aging Changes of the Glandular System including the Endocrine System: creativity at the mid-brain Chakra

The effects of aging on glands produce some atrophy and decrease the secretion of hormones. Change in hormonal action may be the most apparent change in aging. These changes in function are most spectacular in insulin production and glucose level maintenance (malfunction here is responsible for type II diabetes).

Feces excretion is major for preventing accumulation of vata aggravation and similarly the excretion of urine gets rid of excess pitta—gastric ama. Both these functions are affected by the changes in adrenal gland—the origin of stress hormones.

Let's dwell on the pancreas which controls insulin production to maintain blood glucose level. The relationship of pancreas and stomach (plus liver plus gall bladder) has a similarity to the relationship of the thymus and heart except it is reversed. When we fast giving the stomach rest, the pancreas become more quantum and coherent in its rhythm and insulin production likewise is better regulated. This prevents both hyper and hypo glycemia, a major cause of type II diabetes.

Sweating—the product of sweat glands—is one of the ways excess kapha accumulations are eliminated from the body. So here is another red flag to watch at old age.

The thyroid gland controls the metabolic rate of the body. Aging often produces hypothyroidism. Thyroid health depends on iodine and is easy to maintain.

The pituitary gland is the master gland and in its turn is controlled by the hypothalamus.

The hypothalamus is a mid-brain gland that is notable for the love hormone oxytocin that it produces but its main function is to maintain homeostasis of the body which it does mainly by controlling the pituitary gland.

The hypothalamus is the key here. Quantum science suggests a novel way to gain conscious control over the entire glandular system including the endocrine glands.

We talked about the brain take-overs of the body chakras before. How does it do it? In quantum science brain can only give potentiality for consciousness to choose from. To produce any software, we need conscious awareness—a self-

identity--to collapse experience and make memory. Since the brain take-over begins with mammals with the development of the mid-brain, we must postulate that mammals have a mid-brain chakra and self-identity associated with it which is active in the first year of babyhood and becomes unconscious with the gradual development of the cortical self after the first year of babyhood. This is how we lost conscious control of the functions of the mid-brain, the administration of negative emotional and pleasure circuits.

How do we regain control? The idea of using vital creativity and kundalini awakening suggests itself. Can we do this? There is evidence in the spiritual literature of kundalini masters who have such emotional equanimity that could only come from the awakening of the mid-brain self-identity and a restoration of conscious control over the mid-brain organs' software.

The do-be-do-be-do practices of quantum yoga and chi gong should be adequate for the awakening of the mid-brain chakra. Of course, the design of quantum yoga specific to mid-brain chakra will take some trial and error and consorted effort which are under research.

There are challenges against this when old age sets in because of overall decline in brain mass. A reduction of brain's response to hormone activity occurs with aging, which affects both brain and body-wide functioning.

Aging of the Neuronal System and the Cortex:  
Organs of the brow Chakra

Aging of the cortex and the neurological system consists of a 30% loss of brain mass including grey matter by age 80. Undoubtedly, this will produce an overall decline in production of neurotransmitters, some memory loss, a reduction of response to both external and internal stimuli, etc.

The main brain health concern today is dementia, especially Alzheimer's disease. Alzheimer researchers talk about a mysterious process of inflammation and try to vaguely explain it in material terms. But the truth is, Nobody knows. Similarly, allopathic physicians now have quietly undergone a complete shift in their attitude toward cholesterol after many experts pointed out the fallacy of making a molecule that the body itself makes aplenty the culprit of coronary artery blockage. Gradually, ever so slowly, after repeated clinical studies, it was finally concluded that the cholesterol blockage of artery is not a cause but an effect. The cause is inflammation, but what is that?

Alzheimer researchers have not made the same mistake again; they do not say that amyloid protein is the cause of Alzheimer's. They correctly point to inflammation as the cause. But again, what is it, what produces it?

If you ask an Ayurvedic expert about such things as coronary blockage and amyloid plaques that covers memory-neurons, the expert will blanketly blame everything as the effect of lifestyle producing vata dosha going out of joint. Initially, when I heard that first time I did not pay attention. Vata dosha is not specific enough to be helpful or so I thought.

Unconscious processing after some conscious deliberation led to new idea. Suppose inflammation is not physical in how it is initiated at all, but initiated by a vital phenomenon, actually vata aggravation, more accurately both vata and kapha aggravation, the yin-yang imbalance.

Let's look at the details of how yin-yang imbalance works. It is a life style propensity—the vital equivalent of mind-brain dosha of mental hyperactivity. In mental hyperactivity, mind moves in a fickle way from one thing to another; so when a real situation arises, the mind cannot focus and apply its quality of rajas (the ability to engage situational creativity) to creatively solve the problem. In inflammation, the vital-physical has picked up the habit of easy distraction and cannot be brought to focus when needed.

Like the Inflammation of the arteries, the inflammation of the memory neurons are the product of immune malfunction due to lack of love in the elderly's lonely life. The neurons are organs, normally, they have their V-organs run by inertia--ojas. Kapha accumulation<sup>6</sup>—stagnant vitality—produces ama—the amyloid beta, at the inflammation sites; normally, another mechanism—vayu, vital creativity--operates to clean up the ama. Due to vata aggravation, the patient's body-wisdom will be having difficulty in making the vital creative adjustments to the vital software to activate proteins needed to clean up the mess, producing dementia.

What produces this kapha-vata aggravation? It is a lifestyle issue. Information processing produces mental hyperactivity produces vital hyperactivity in the brain memory neurons' vital software. In this way, modern information processing lifestyle is predisposing young people to future Alzheimer.



Excessive information-processing individuals are also at greater risk of cognitive decline in general with age. Such aging changes may include:

- Reduction of production of neurotransmitters such as serotonin, and acetylcholine. This may cause sleep disorder.
- Reduction of sites for the uptake of dopamine as well as dopamine transporters. This will reduce the positive feelings of eating and sexual pleasure.
- Depletion of the binding sites of the neurotransmitter GABA--gamma-aminobutyric acid
- Decreased quantity of nerve fibers of the motor, sensory, and autonomic nervous systems. This reduces the elderly's ability for sensory processing and response.
- Decrease of the conduction velocity of electrical signals through the nerves. This may affect our intuitive facility that requires quantum self-identity involving coherent quantum participation of many organs of the brain simultaneously.
- Decline of signal transduction rate of brainstem and spinal cord
- Muscular atrophy—general deterioration of muscle activity
- Weakening of heart rate response to arterial blood pressure changes

Let's emphasize that magic cure allopathic drug for either Alzheimer nor of general cognitive decline may never be found. Prevention is one solution involving brain-mind-vital exercises quantum style. An even better solution may involve the crown chakra.

The main crown chakra organ is the parietal lobe which makes a homuncular image of our entire body organs so that it can be used for monitoring the body. In this way, the parietal lobe is responsible for overall body identity and yet its experiences that requires a separate self-identity as well, is unconscious in us.

What happens if we can have conscious control over the parietal lobe? That is, if we can awaken a self-identity there; after all, it has all the tangled hierarchical necessities. An awakened healthy crown chakra may be all we need to prevent all cognitive decline.

### GERIATRIC SYNDROMES

Certain health conditions occur more often in the elderly. Called geriatric syndromes these conditions often lead to morbidity and poor outcomes for healing in aging patients of chronic disease. The list consists of:

- general skin break up
- changes in sleep pattern
- gait disorders such as frequent falls
- sensory deficits such as hearing loss
- weight loss and nutrient imbalances
- fatigue
- dizziness
- frailty
- delirium

From a quantum science point of view, these syndromes act as warning; they are indicative of the need for urgent attention to holistic health care. Our preliminary studies already indicate that the quantum integrative medicine approach here when instituted eliminates these symptoms almost immediately.

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