

Integrative Insight Of Manas And Body Through The Lens Of Quantum Physics And Metaphysics

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Abstract

Albert Einstein stated that “Science without religion is blind; and religion without science is lame”. This Literary study has objective of integration between concept of MANAS & Quantum Biology to provide a realistic decodation of the kinetics, dynamics, energetics, operational mechanisms, and interrelations of Manas; considering elevated incidence of mental ailments, especially among younger demography. Findings like ZPF, Non- locality, Entanglement elucidate infamous attributes of Manas, like Dehantargaman, Jatismar, Anutvam, Ekativam, and quantum velocity. Trigunas seems to be three distinct energy bands operating in body & whole universe. Sonocytology & Entrainment provide an exegesis for Mantra meditation being a purposeful instrument for interaction with the inherent, vibratory nature of the universe. Concluding that Mantra Meditation is a crucial instrument for connecting and engaging MANAS. There stands a scope for Human Energy Project, similar to HGP to comprehend the energetics of consciousness for betterment of humanity.

Key words: Metaphysics, Energy fields, Quantum mechanics, Quantum biology

INTRODUCTION

The Ayurvedic healing system elucidates the biological relationship among the mind, body, and Brahman, while also providing extensive information about bones, tissues, blood, organs, and hormones. The Siddha method, founded by sage Agastya, contains comparable knowledge without the requirement of human dissection. Siddhas/Aapt [Ayurveda] employed their profound, transcendent insights to pierce all five sheaths (koshas) of the biofield, beyond even the final layer - ANANDMAYA, the source of sound [akash], where consciousness [Shiva] and vibration [Shakti] first unite¹. [Choudhary Kulreet (2022) Sound Medicine] They clarified the principles regulating space, time, and atoms through divine vibrations—SOUND. So, Mantra Meditation embodies the core of Siddha healing. Mantra meditation is a purposeful interaction with the inherent vibrating essence of nature, facilitating resonance with the universe and the divine²[Swami Om (2022), The Ancient Science Of Mantras] . All mantras operate by producing subtle vibrations that are perceived by cells (Sonocytology). Through regular practice of mantra meditation, these cells start to resonate with the vibrations, resulting in physiological changes. This subsequently alters their biofields, leading to modifications in their electromagnetic field and, as a result, the overall electromagnetic field of the body (aura). Mantra meditation serves as a crucial instrument for establishing a connection with MANAS, an entity within the quantum domain. This field necessitates the exploration and understanding of the subatomic or quantum realm, as well as the identification of its innovative applications for the betterment of humanity. Quantum biology is a practical domain within quantum science. Growing data suggests that subatomic events can affect fundamental cellular processes, including energy regulation by organisms at the minuscule scale. The intersection of science and metaphysics resembles the enigmatic nature of medicine's black box.

Literary Review

Manas is a concept in Ayurveda marked by considerable ambiguity. Based on the outlined characteristics like – Anutvam , Ekativam, etc it appears to be a quantum quantity exhibiting quantum velocity. A thorough examination of its kinetics, dynamics, energetics, operational mechanisms, and interrelations is essential, considering the increasing incidence of mental diseases, especially among younger populations. Effective treatment of manas ailments necessitates the acquisition of knowledge regarding it. Quantum physics is a scientific field that investigates the characteristics and interactions of subatomic and nanoscale particles. The Yajurveda, a Veda primarily composed of mantras for ritual worship, states, “As is the atom, so is the universe”; Human body is only a microcosm of the cosmos. In the manifestation tree, all things prior to the emergence of Mahabhoots (atoms) are termed BHOOT (subatomic), and the branch

of Ayurveda dedicated to this study is known as Bhootvidya. Manas differs & predates mahabhoot in relation to origin, so it is categorised within the domain of bhootvidya. Manas is comprised of sattvic (neutronic/illuminative /scalar quantity) and rajasic (protonic/movement/vector quantity) ahamkara. In contrast, the mahabhoots are composed of rajasic (protonic, motion, vector quantity) and tamasic ahamkara (electronic, darkness, scalar amount). Manas maintains its natural state when its energetics are in the neutronic phase and becomes impaired if its energetics shift to the electronic or protonic phase; it is in a healthy condition when its movement is orientated towards illumination and diseased when directed towards darkness; it is healthy when illuminated and diseased when shrouded by the avaran of darkness, which further obstructs its channels and hinders its normal functions. These obstructions may differ in severity depending on the degree of darkness, similar to blockages that result in cardiovascular issues. [Lok Purusha Samya Siddhant]. In 1000 AD, Siddha Tirumular authored the Tirumantiram, wherein he delineated Pathi (neutron) as the divine aspect of creation, Pass (proton) as the human ego, and Pasam (electron) as the material cosmos. The attributes assigned to each of these subatomic particles correspond with current physics understanding. Atoms, while the essential constituents of matter, are challenging to view directly. Their quantum behavior—existing concurrently in multiple states—hinders efforts to isolate them. Martin Zwierlein described the issue as "observing a cloud in the sky, yet failing to discern the individual water molecules that constitute the cloud." A recent experiment concentrated on bosons, particles that typically cluster and display wave-like properties, a phenomenon predicted over a century ago by French scientist Louis de Broglie. Zwierlein remarked, "We can observe individual atoms within these fascinating atomic clouds and their interactions, which is extraordinary³." [Martin Zwierlein, MIT (2025), Groundbreaking discovery: MIT team sees individual atoms behaving like waves, proving 100-year-old quantum theory]. The technique, known as atom-resolved microscopy, captured images of sodium bosons and lithium fermions, which are a class of particles that, unlike bosons, repel each other and do not assemble. Atoms comprise subatomic particles: electrons (discovered in 1897), protons (identified in 1909), and neutrons (discovered by James Chadwick in 1932), which orbit a positively charged nucleus ; theory suggested by Ernest Rutherford in 1911. An atom is a structure defined by the non-continuous emission of radiant radiation in discrete packets, referred to as 'quanta'⁴. [T.Sree kumar, (2023), Ashtanghridaya Sutrasthana, vol-1] This concept was introduced by Niels Bohr, grounded in Max Planck's "quantum theory of radiation." Proposing a hypothesis: the attributes of quanta released during neutronic, protonic, and electronic processes may differ, leading to unique electromagnetic fields and, consequently, diverse auras for Sattvic, Rajasic, and Tamasic individuals. Every human organism emits an imperceptible luminescence due to ultra-weak biophoton emissions, primarily resulting from metabolic processes. Researchers at the University of Calgary have examined the photon emissions in mice before and after death, demonstrating their rapid decline following the organism's demise⁵. [Darren ORF (2025), Every Human Body Gives Off an Invisible Glow. Here's What It Means.]

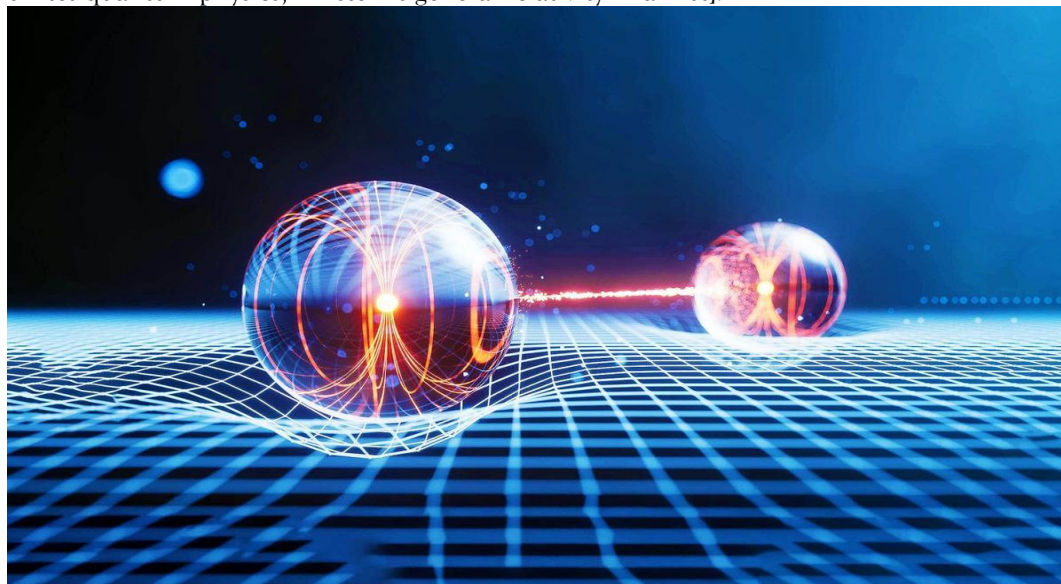
Subatomic Particles & Related Energetics

Sub- atomic particle	Neutron	Proton	Electron
Name according to SIDDHAS	Pathi	Pass	Pasam
Charge	Neutral	Positive	Negative
Examples of energy liberation reactions	Radio- active material, nuclear fission reactions	Proton Fusion reaction in sun, fusion reactions	Electricity, continuous unidirectional flow of electrons
Energy[$E = mc^2$]	Highest mass with no charge ; so highest energy liberation With neutral charge field	Medium mass with positive charge , so medium level of energy liberated with positively charge field	Least mass with negative charge , so least level of energy liberated with negatively charge field
Propagation	Neutral field so goes well with all other fields	Positive field so attracted to opposite field & repulsion to same field	Negative field so attracted to opposite field & repulsion to same field
Correlation with Triguna	Sattvic	Rajasic	Tamasic

Associated colour in spectrum of light	White - Yellow	Red	Black
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Application and Relevance of Quantum Science Laws to Manas

Einstein's theory of general relativity elucidates the mechanics of gravity. It states that substantial entities such as planets, stars, or galaxies distort [bend] the continuum [fabric] of space and time surrounding them, analogous to a heavy sphere on a trampoline⁶[Brahmabhatt Rupendra ,(2024), Magical equation unites quantum physics, Einstein's general relativity in a first].



Courtesy-<https://www.earth.com/news/quantum-dance-entangled-photons-wave-functions-captured-real-time/>

Quantum physics, conversely, pertains to the examination of the peculiar behaviour of the smallest particles in the universe, such as photons, electrons, and leptons⁷[Brahmabhatt, Rupendra (2024)]

Quantum Mechanics is a mathematical foundation for quantum theory that posits energy possesses both particle and wave properties. Radiant energy comprises particle-like entities known as quanta. Einstein elaborated on Planck's observation by asserting that energy is quantised, similar to light, which consists of small particles called photons, thereby leading to the notion of wave-particle duality⁸[William Harris & Craig Freudenrich(1970) (2025) How Light Works].



Courtesy- <https://www.businesstoday.in/science/story/groundbreaking-discovery-mit-team>

Wave-Particle Duality is the notion in quantum physics that requires the interpretation of all subatomic phenomena as both particles and waves. The wave function is essential to quantum physics, encapsulating the quantum state of a system. The wave function provides essential information about the position and velocity of quantum particles. For scientists, comprehending the significance of the wave function is crucial, as it allows for precise predictions of various measurement outcomes. Einstein once asserted, "We have two contradictory representations of reality; individually, [neither wave nor particle] sufficiently explains the phenomena of light, yet together they do." A notable discovery is the "observer effect"⁹[Cooper Brent, (2017), The Quantum Turn in Social Science, Social Humanism as the New

Metaphysics]; the act of observation can affect behaviour within the quantum realm, hence influencing the fate of the quantum entity.

Experiments performed by physicist John Wheeler in the 1970s and 1980s demonstrated the existence of an objective cosmos independent of human perception. The conduct of the universe is dependent on the observer and the act of observation, which Wheeler referred to as a "participatory universe." This quantum discovery corroborates the Vedic notion that "we create and transform." Subsequently, quantum physicists acknowledged a peculiar connectivity that implies a fundamental universal energy underlying all events. This prompted an investigation into the connections among energy, the body, and the universe, along with their interdependencies.

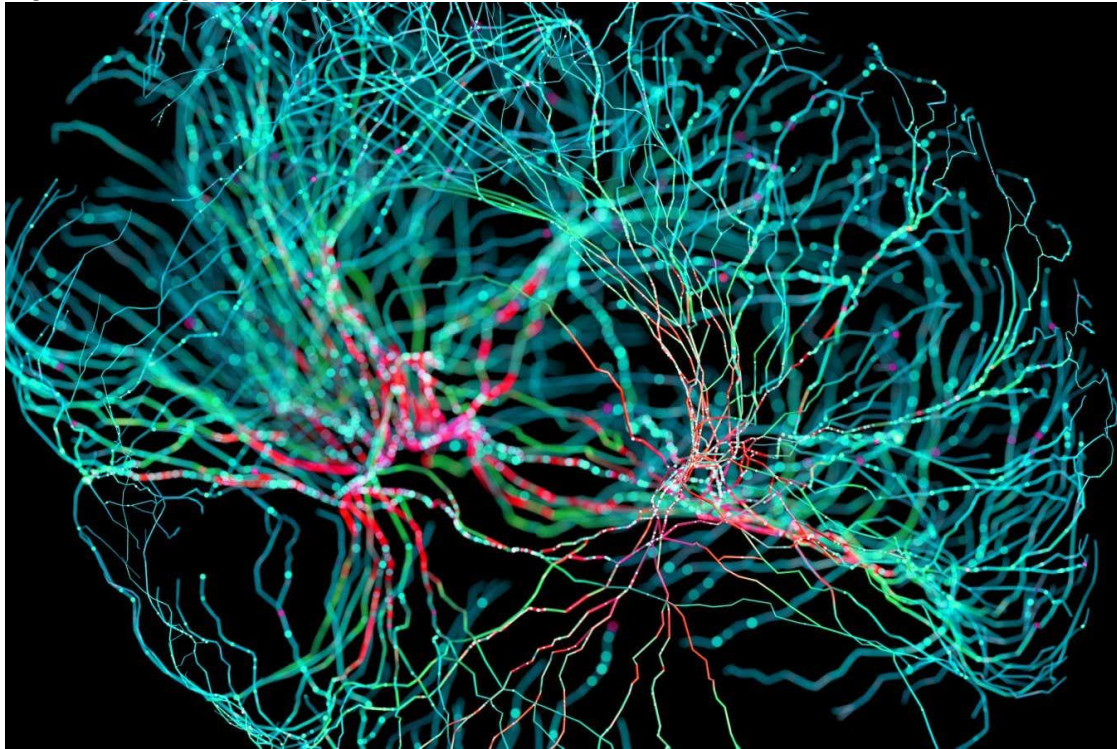
Both Philosophy and Science have explored a Universal field of energy that is formless, infinite, indestructible, and beyond the comprehension of ordinary intellect due to its divine nature; it includes energy in motion, manifested as vibration, in contrast to the concept of BRAHMAN [Avayakt], which represents energy in its pure potential state. Quantum scientists assert that the Zero Point Field (ZPF), a subtle medium that retains and transmits energy vibrations, continuously interacts with all subatomic particles in the universe; the movement of one particle influences another¹⁰[Keppler J(2021)]. This energy reservoir oscillates perpetually, radiating subatomic vibrations. A notable feature of these waves is their power to encode information as energy, together with a virtually infinite storage capability. If all subatomic particles in the cosmos are consistently interacting with the Zero Point Field, the subatomic waves of this field continuously record this interaction. In this context, the Zero Point Field operates as a type of universal memory, similar to the Akashic Records or CHIDAKASH. ZPE¹¹[Encyclopedia Britannica, (2025)] denotes Zero Point Energy, the vibrational energy inherent in molecules even at absolute zero temperature. Absolute zero is the temperature at which all molecular motion halts, while visible activity remains; it signifies the energy of a system's ground state. The oscillations of particles at absolute zero temperature arise from the dynamics of virtual particles fluctuating in and out of the vacuum, ether, or zero-point field (ZPF).

In the early moments following the Big Bang, when the cosmos originated from a solitary point in space, matter particles were absent; rather, 'Virtual Particles'¹² [Matt Strassler (2011 & 2025)] existed. These particles arise in quantum physics, where a single particle converts into a pair of heavier particles that later rejoin with the original particle, as if the pair had never existed. These particles, throughout their ephemeral existence, interchange energy with other quantum particles, leading to unpredictable energy oscillations. This subatomic energy exchange is a continuous process occurring in both temporal and space dimensions. These particles continuously materialise and dissipate in a vacuum referred to as ether or Akash.

Nonlocality and Entanglement

Nonlocality denotes a phenomenon in which subatomic particles, despite being separated by distance, demonstrate behaviour as if time and space are inconsequential, facilitating immediate interaction. This interaction between particles transpires at a pace above 10,000 times the speed of light. Nonlocality originates exclusively from entanglement, a phenomenon in which particles that have interacted remain indefinitely linked, allowing them to operate as a cohesive unit. Disparate entities, despite significant spatial separation, persist in operating as a cohesive unit. For example, when a pair of electrons is produced, one typically has a clockwise spin, while the other exhibits an anticlockwise spin¹³. [Mastin, L. (2009, October).] Despite their isolation, when one entity commences a clockwise spin, the other will promptly counter-rotate. This violation contradicts Einstein's principle regarding the speed of light. Einstein notably criticised entanglement as "spooky action at a distance"¹⁴

[Karen McNulty Walsh, Peter Genzer, (December 2024)] and steadfastly rejected nonlocality until his death twenty years later, in 1955. John Stewart Bell introduced Bell's theorem, illustrating that quantum mechanics is fundamentally nonlocal¹⁵. [Sheldon Goldstein, Travis Norsen, Daniel Victor Tausk, Dr. Nino Zanghi, (2011)] Subsequent empirical studies have validated the presence of nonlocality and quantum entanglement, affirming that "spooky action at a distance" transpires¹⁶[Jake Parks, 2018]. Calculations indicate that nerve fibres in the brain may produce pairs of particles linked by quantum entanglement¹⁷[Karmela Padavic-Callaghan 2024]. If substantiated by scientific evidence, this phenomenon could clarify how millions of neurones in the brain synchronise their activity to enable its function.



Courtesy-<https://www.newscientist.com/article/2441936-nerve-fibres-in-the-brain-could-generate-quantum-entanglement/>

Philosophy and physics are integral elements of the quantum teleportation process. In the most recent experiment, teleportation was successfully accomplished between two supercomputers. Researchers employed entanglement to "teleport" the state of an individual qubit—the quantum equivalent of a bit—from one quantum processor to another¹⁸[More M. 2025]. A cohort of researchers from Oxford University employed ion trap technology, which involves the manipulation of ions by lasers while they are confined within electromagnetic fields. The effectiveness of the teleportation process is contingent upon the extent of control that entanglement exerts over the states of the ions.

Nonlocality and quantum entanglement imply that all entities are interconnected at the quantum level, which constitutes the fundamental essence of existence. These particles, despite significant distances, remain united, illustrating the unity that underlies ancient Eastern philosophies and their healing practices—BRAHMAN. It also clarifies the infamous attributes of Manas, like Dehantargaman, Jatismar, Anutvam, Ekatvam, and quantum velocity.

Entrainment

Entrainment denotes the unique sort of synchronisation between two systems that facilitates the preservation of a cooperative rhythm after they achieve resonance. In the medical domain, entrainment denotes the prevalent tendency of physical and biological systems to harmonise their cycles. The discovery of entrainment led researchers to explore whether the synchronised electrical activity of cortical neuronal ensembles, namely the firing of neurones, might alter and synchronise their frequency in reaction to external auditory stimuli. Neural entrainment has been established: The aggregate frequency of neurones can synchronise with an external source, such as a repetitive auditory pattern or a continuous acoustic frequency perceived as rhythm or pitch. Our brain cells coordinate their activity in response to the music we experience.

Energy Fields

A field represents an immaterial element or invisible region that connects spatial points and extends infinitely. Modern physics asserts that four fundamental forces govern nature: gravity, electromagnetism, and the strong and weak nuclear forces, with the latter two restricted to atomic interactions.

Gravitational Field - The effect of a massive body that permeates space, exerting attractive forces on other substantial masses.

Electromagnetic Field - The influence of a body's electric and magnetic phenomena that radiate through space, applying attractive and repulsive forces on other entities.

Electromagnetic Fields

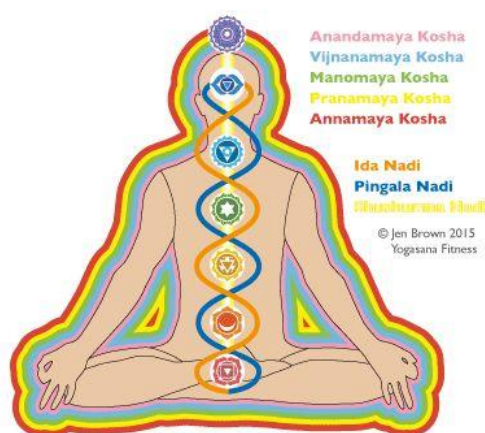
Researchers from the Centre for Nanomedicine at the Institute for Basic Science (IBS) and Yonsei University in South Korea have successfully demonstrated the ability to regulate specific brain regions in mice using magnetic fields in a pioneering experiment¹⁹[India Today Science Desk, 2024]. The electromagnetic fields in the human body were first identified in 1901 with the development of the prototype ECG machine, succeeded by the evolution of the EEG machine in 1924. The heart generates the most substantial rhythmic electromagnetic field among all physiological organs, with an amplitude almost 60 times greater than that of the brain's electrical activity, establishing it as the most potent source of electromagnetic energy in the human body. Measurable electromagnetic fields exist around the heart and brain, both of which are extensively utilised for diagnostic purposes in Western medicine. Research has investigated the connection between the heart and brain, emphasising their communication through vibrational fields, particularly underscoring heart rate variability (HRV), the intrinsic changes in heart rhythm from one beat to the next. Heart Rate Variability (HRV) is regulated by the interaction between the Sympathetic Nervous System and the Parasympathetic Nervous System. Heart Rate Variability (HRV) signifies the system's stability and demonstrates our capacity to react to stress and environmental obstacles.

Biofield [Koshas]

Ultraweak biophotons, mostly generated by metabolic processes and cellular activity, are radiated from the bodies of humans and all other living beings, producing a light known as an aura. Researchers at the University of Calgary have investigated photon emissions in mice before and after death, revealing a swift decrease subsequent to the organism's mortality. Russian biologist Alexander Gurwitsch, in collaboration with Hans Driesch and Paul Weiss, introduced the concept of the Biological Field. Gurwitsch was captivated by the enigma of embryonic development transpiring in a coordinated and dynamic fashion²⁰ [Belousov LV. Ontogenez. (2008)]. In the early twentieth century, he formulated his morphogenetic field theory, positing that the morphogenetic field (also known as a biological field or biofield) created a causal connection among the components of the embryonic process and could elucidate the intricate developmental pathway of the human embryo. His research examined cell division in the embryonic development of sea urchins, chicks, and onion roots, indicating that this domain served as an organising framework for cellular division patterns during mitosis. Weiss expressly established that this field persisted unaltered despite the excision of embryonic tissue and further posited that the biological field functioned as an organising element for the entire organism. The NIH [USA] characterises the biofield as a complex, massless field (not just electromagnetic) that surrounds and permeates living organisms, influencing the body. Dr. Beverly Rubik, a biophysicist, characterises it as "Nature's fundamental wireless communication system."

The biofield revitalises the old notion of a vital force, which underpins traditional Eastern healing practices and their associated energy therapies. Biofield research has progressed to clarify and establish a scientific basis for energy therapies, including acupuncture, Reiki, therapeutic touch, qigong, and sound healing. Biofield study investigates the comprehensive aspects of the individual—physical, psychological, and spiritual—rather than viewing them as discrete components. Biofield science does not reject conventional medicine; rather, its primary objective is to establish a more integrative medical framework. Each viewpoint, notwithstanding its constraints, mutually corroborates the others, akin to the particle-wave duality and the principle of complementarity in quantum physics.

Numerous Eastern traditions, such as Tibetan Buddhism, traditional Chinese medicine, Siddha medicine, and Ayurvedic medicine, have established frameworks that acknowledge the biofield and delineate concepts related to it in the context of health achievement. The Vedic literature, especially the Taittiriya Upanishad, likely composed around the sixth century BC, offers a detailed and elaborate framework of energy flow within the body, outlining the pancha kosha—the "five bodies" or "sheaths" in Sanskrit, which are believed to encase an individual. These sheaths, termed "fields" by Western scientists, progressively wrap the individual, forming a person's biofield; each sheath serves as a curtain obscuring the fundamental universal energy field, or Brahman, which embodies the true essence of all human beings. As each successive field nears Brahman, its ability to modify the energy of the human body intensifies. Altering the energy of an inner sheath affects all the more surface sheaths. Each corresponds to one of the five elements (ether, air, fire, water, and earth) that comprise the universe. Every name ends with the phrase MAYA, which denotes "magic show"; in this context, it relates to "creation"—the deceptive manifestation arising from Brahman. These domains collectively outline a framework for the link between individualised awareness and a broader energy field, each offering a unique depth at which human life operates. As Shakespeare astutely observed, "all the world's a stage, and all the men and women are merely players"; we are all participants in a universal tale.



Courtesy <https://in.pinterest.com/pin/411586853444525471/>

Kosha	Position	Work	Affected by
Annamaya	Outermost	Feed physical body & sustain other koshas	Asanas, physical exercise
Pranamaya	2 nd last from outside	Regulate flow of prana through chakras & Nadis	Asanas & Pranayama
Manomaya	3 rd from outside	Control of thought & emotions	Meditation, pranayama
Vijnanamaya	4 th from outside	Intuition & wisdom	Meditation, meditative asanas
Anandmaya	Innermost	Ecstasy, love, joy	True- self

The innermost layer is the ANANDAMAYA, the "bliss" layer, where consciousness and vibratory energy initially converge. Anandamaya is the vibrating essence from which all other layers emerge; it constitutes the ultimate layer of individuality enveloping the Self and embodies the most refined aspect of our being, stemming from the eternal stillness of universal consciousness. This domain serves as the origin of sound. The oscillations of the cosmic energy field produce waves that individuals can discern through sacred music, including mantra meditation. As these vibrations penetrate denser areas and begin to resonate, an individual starts to align with the divine energy of Brahman, regarded as enlightenment in Eastern philosophy.

Chakras & Nadis

Each body mind has within itself energy centers for controlling the flow of Prana and a system of energy channels. These channels are known as Nadis & controlling centers are called Chakras. Chakras also work as the centers of energy exchange & transformation in physical, astral, & causal dimensions.

CHAKRAS	LOCATION
Muladhara	Base of spine & perineum
Svadishtana	Sacral plexus, genital area
Manipura	Solar plexus, navel region
Anahata	Cardiac plexus ,heart centre
Vishudha	Thoracic plexus ,throat centre
Ajna	Pituitary centre, eyebrow centre
Shasrar	Crown of the head

Sonocytology

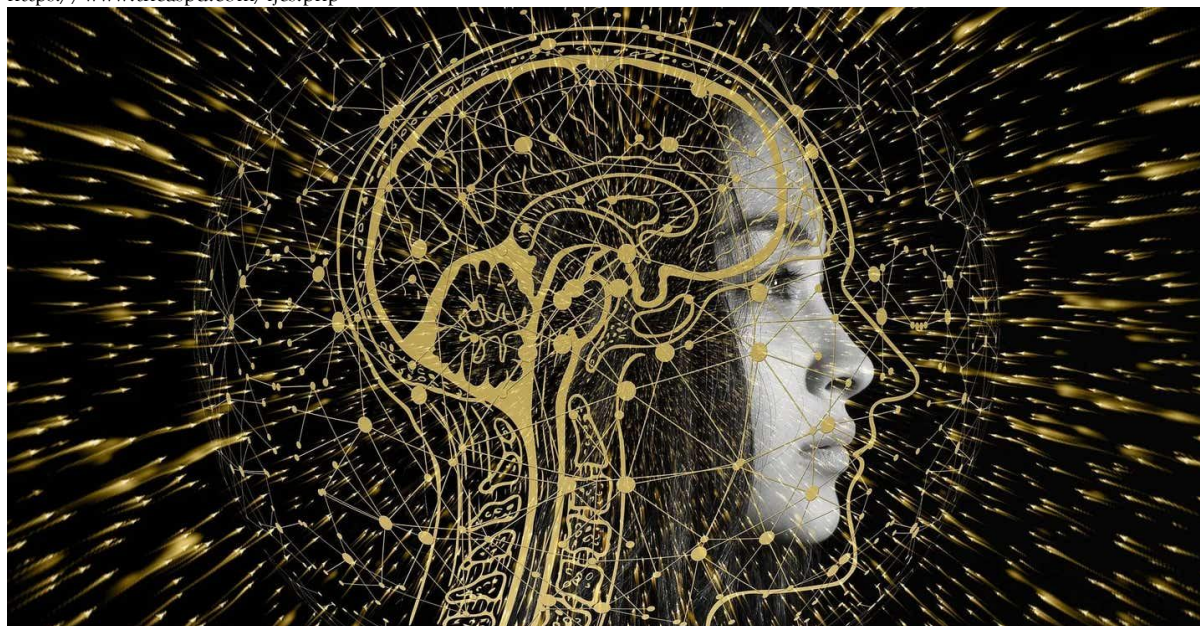
It is predicated on the vibrational nature of energy. Sonocytology entails the identification and enhancement of cellular wall vibrations, making them perceptible and illustrating that every cell in the body has a unique sound signature. The emission of amplified frequencies from particular cells may function as a diagnostic tool for differentiating between healthy and compromised cells, as well as the ability to produce deleterious sounds at high amplification to malignant cells, resulting in their implosion and subsequent annihilation. Veteran researchers Gimzewski and Pelling have introduced the concept of 'Biomusic,'²¹[Muehsam, David & Ventura, Carlo. (2014)] which centres on 'bio-transformation sounds' produced by cells, tissues, and organs, intended to enhance the regulation of diverse biological processes, including differentiation, stem cell reprogramming, and the preservation of biological homeostasis. This "Biomusic" may convey biofield information and could facilitate advancements in cellular therapy and regenerative medicine. Investigations are ongoing regarding the potential of sound to transfer quantum information that can alter electromagnetic fields and produce physiological changes in the body. This may offer a modern biological underpinning for the 'Science of Mantras.'

Siddhas assert that consciousness and energy coalesce within the realm of vibration. The phenomena that shapes and modifies the physical world is termed 'Sound,' irrespective of its audibility. The Siddhas regarded existence as a resonant system, pursuing synchronistic harmony within nature and with the divine. Sound is the conduit to harness Universal energy. Mantras were derived from the infinite domain of vibrations within the space termed chidakash, which quantum science identifies as the Zero Point Field (ZPF). Ancient sages asserted that the Universe vibrates with the ANAHATA – PRANAV, or OM.

Mantra - The Vedas were established as Shruti texts, which are those that are auditory, originating from Paravani, a sound produced by Chidakash, the vibrational energy field or Akashic records. Hearing is considered the most essential sense associated with the Akash, known as shrotendriya. Auditory perception functions as the principal means of interaction with the resonant components of reality. Mantra Meditation is fundamental in Vedic Philosophy and Siddha therapy; the repetition of a mantra is a deliberate action with a specific objective for a certain outcome. It entails expressing your ambitions and directly transmitting your being into the vibratory nature of the universe from which all matter emanates. Even unarticulated mantras, when mentally intoned, operate as sound waves capable of altering the body's vibrations. Mantra meditation is a systematic technique for interacting with the universe.

Quantum Biology-

Quantum biology is a practical domain within quantum science. Growing data suggests that subatomic events can affect fundamental biological processes, including energy regulation in animals at the microscopic scale. A team led by Philip Kurian, founding director of the Quantum Biology Laboratory at Howard University, has uncovered substantial evidence that life not only withstands quantum effects but may even depend on them. Kurian's team has shown that vast networks of tryptophan molecules²²[Joseph Shavit (2025)], structured within microtubules, centrioles, and neuronal bundles, can operate as quantum optical systems.



courtesy -<https://www.thebrighterside.news/post/scientists-discover-quantum-computing-in-the-brain/>

Although biology and physics appear distinct, the study of electron spins and proton transit demonstrates their significant interrelation. By analysing these intricate linkages, scientists get insight into the essential mechanisms that govern life. Investigations in quantum biology may uncover further instances where quantum principles affect routine physiological functions at the molecular scale.

DISCUSSION

Vedic traditions assert that "As is the atom, so is the universe," akin to the Lok Purusha principle of Ayurveda. The atom possesses three types of energy particles, and thus, the entire universe manifests as Trigunatmak Shrishti. Manas is a nuanced entity within the Quantum domain, whereas the body is a macroscopic entity; however, both originate from Trigunas. Trigunas are three separate energy bands, each with unique qualities.

The neutronic/sattvic stage represents the healthiest energy spectrum for all living beings and can be achieved through three methods:

- 1) The absence of attachment, exemplified by sages, liberated individuals, and renunciants.
- 2) Attain neutrality by balancing positive and negative elements to produce a net outcome of zero. [Anasakt Grihasta Dharma/Grishta Ashram ; Rajdharm etc]
- 3) Assume the role of 'OBSERVER'[union with the supreme]—permit all events to unfold without attachment.

The trigunas influence manas and its functioning through Manas Prakriti [which subsequently] & impacts the body and its functioning via Dosha Prakriti. To gain a better understanding of energy flow in our body, it is necessary to examine and comprehend the realm of quantum fields and their activities. What is our connection to ZPF? What is the impact of non-locality, entanglement, entrainment, biofields, and different energy fields of the universe on our mind and body? How do we engage with the diverse energy fields of the universe? Upon comprehending this, we will be better equipped to cultivate a more robust and healthy society.

CONCLUSION

Mental imagery, entrainment theory, divinity theory, split-brain studies, and beta-endorphins converge on a singular oneness, each from a distinct perspective, so reinforcing the ancient adage that "all points connect." Numerous quantum biology studies indicate that the quantum realm significantly influences physiological processes in the body. To establish a civilisation that embodies total wellness according to Ayurvedic principles, it is essential to comprehend the quantum domain and develop superior operational frameworks. Mantra Meditation is a time tested tool to interfere with the quantum domain named – MANAS. Like Human Genome Project their stands a need for Human Energy Project – to understand

the Energetics of Consciousness; & it's connection with Universal Energy Field; it's interplay in & out of human body- mind- soul complex.

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