Dr K K Aggarwal speaks on Quantum Physics and Mental Health at the 21st World Congress on Mental Health

Understanding how particle duality works and balancing this can help in treating depression and other such mental disorders

New Delhi, 6th November 2017: As per a recent report, about 7.5% Indians suffer from major or minor mental disorders requiring expert intervention. About 56 million Indians have depression and another 38 million Indians suffer from anxiety disorders. At a recent event, organized by the World Federation of Mental Health, called the 21st World Congress on Mental Health, Dr K K Aggarwal, National President, IMA delivered an insightful address on Quantum Physics and Mental Health. IMA was a supporter to the event.

Dr Aggarwal’s session focused on how quantum physics explains that the mechanism of depression and anxiety can be an imbalance between understanding the way particle duality functions. Balancing this can further help in treating depression and other such mental disorders. The parasympathetic nervous system plays a vital role in maintaining both mental and physical health by helping the body to calm down from stress reactions that elevate blood pressure, dilate the pupils, and divert energy from other body processes to fighting or fleeing.

Speaking at the event, Padma Shri Awardee Dr K K Aggarwal, National President Indian Medical Association (IMA) and President Heart Care Foundation of India (HCFI), said, “Photon is the smallest unit of light, quantum is the smallest unit of energy, electron is the smallest unit of electricity, graviton is the smallest unit of gravity. Similarly, the smallest unit of thought is qualia, or tanmatra, as mentioned in Vedic sciences. We remember photon in medical science with the word MRI. Photon is both a wave and a particle at the same time. In mythology, we call this as Shiva Shakti, the particle duality of a human being. Thus, the human body is also a particle and a wave at the same time; a co-existence of male and female energy, shiva and shakti, purusha and prakriti. This duality, in science, is a balance between sympathetic and parasympathetic response. In an extreme degree of a parasympathetic state of mind, you understand that you are both a particle and a wave. Balancing the wave is what parasympathetic treatment procedures are all about, some of which include mind-body relaxation, progressive muscular relaxation, slower and deeper breathing, conscious breathing, and present moment awareness. These are indirectly also called as pranayama meditation procedures.”

Research shows that a person’s reaction to the people and environment around them has a major impact on the balance between the sympathetic and parasympathetic nervous system. In those people where the sympathetic nervous system is dominant, there is a feeling of nervousness, jitteriness or tension. When a person is depressed, there is a disconnect between his physical and mental health.
Adding further, Dr Aggarwal, said, “We know that depression is treated using serotonin, which is a drug available as SSRI. Through conventional means of therapy and by not even giving serotonin, it is possible to produce serotonin in the body by changing our understanding of how particle duality works. It is possible to treat mental disorders through counseling and the yogic way. Treating mental disorders involves re-understanding quantum physics to shift the body from sympathetic to parasympathetic mode as also learning the art of a parasympathetic lifestyle. All treatment procedures that help in balancing this duality can be used to treat mental disorders.”

Dr RN Tandon – Honorary Secretary General IMA, added, “This event was a platform apt for deliberating on mental health and the associated topics. The IMA always strives to support such events that address health issues at a larger level.”

The following tips can be followed to practice the art of a parasympathetic lifestyle.

- **Include foods that support your system** Consume a diet based on whole foods. This includes green leafy vegetables, quality protein, healthy fats, and complex carbohydrates.
- **Hydrate the body adequately** Staying hydrated will help the lymphatic system flush out toxins and remove the metabolic waste out of the body. This is essential to detoxify, nourish, and regenerate tissue.
- **Include some physical activity** Exercise is positive physiological stress for the body. Yoga, for example, is known to accrue great benefits to both the mind and body.
- **Practice mindfulness** This includes a combination of practices, habits, thoughts, and behaviours to help you get through your daily life. Mindfulness means intentionally and actively seeking to lower the body’s response to stress.

**Ends**

**About IMA:** Indian Medical Association is the only representative, national voluntary organization of Doctors of Modern Scientific System of Medicine, which looks after the interest of doctors as well as the well being of the community at large. It has its Headquarter in Delhi and State / Terr. Branches in 30 States and Union Territories. It has over 2, 60,000 doctors as its members through more than 1765 active local branches spread across the country.

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