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Research Article

Quality by Thought (QbT) Approaches for Management of Human Health

Bhusnure O.G.^{1*}, Sugave B.K.¹, Giram P.S.², Gholve S.B.¹

1. Channabasweshwar Pharmacy College (Degree), Department of Quality Assurance, Latur (MS), India

2. Channabasweshwar Pharmacy College (Degree), Department of Pharmacology, Latur (MS), India

ABSTRACT

Quality by Thought is a unique innovative approach for the management of human Health. The thoughts that run through the mind can be positive or negative, progressive or retrogressive this depends on the kind of information previously stored, and the new ones being added to it. While we may not have total control over every thought that flashes through our mind, each person has the choice to either think more about a particular thought or pay little or no attention to such. It is the choice you, as an individual, make in this regard that would determine the effect of the thought(s) in your life, as there is a correlation between a person's thoughts and the kind of life he or she leads. Our thought process is responsible for many causes related to health; it also decides our next generation's strengths and weakness. Thoughts are like the magnet, what we think (positive or negative thoughts), that we can materialize within body and we can become similarly. Core objective of this research was to find out scientific base and understand our belief system at quantum level and to develop scientific strategies, tools, models, techniques and right approaches to eradicate belief at root level which does not stand scientifically, because it leads many chronic diseases (as per the research data disclosed from epigenetic reference). We have developed and implemented quality by thought approach (As QbD approach) for the establishment of scientific truth related human health. In that, similar to QbD approaches here we have developed first time quality targeted health profile, Critical quality health attributes, design space and control space to maintain quality of health. During the study periods all the volunteers were regularly provided (maintained) dietary intake and other regular follows designed lifestyles as per specifications designed in plan of action. At the end of three months study period (First quarterly results) the pH of the blood of volunteers found significant impact on pH to maintain alkaline (Acid-base balance) body. Which suggest that dietary intakes and designed life styles by positive mind was responsible for enhancing immunity of body to fight for challenging diseases. We have created various models such as 3*7 son model, ombhu black body model, unqi ishikwa diagram, flow chart for prevention of diseases rather than cure the diseases. Prevention always from inside out i.e psychological to physical and curative is from physical to psychological approach. For happy ideal health our thought process plays important role, only quality thought can change habits like diet, exercise, sleep, happy idea (DESHI) and habits improve our health, Hence QbT plays important role in management of health.

Keywords: Quality by Thoughts, Quality by Birth, Epigenetic Factors, Quality Health, Quality Generation Next**Article Info:** Received 15 May 2019; Review Completed 21 June 2019; Accepted 24 June 2019; Available online 15 July 2019

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INTRODUCTION

Quality by Thoughts is a novel scientific approach which is designed first time and trying to implement it to maintain quality of human health naturally without disturbing natural rhythm of body at quantum level. The prime objective of this approach is developing zero defects individual's worldwide generation to generations naturally without any medicaments. The key concept behind in it is a law of attraction (Needham, 1888; Leon et al, 1993; Whittaker S., 2007; Ellison A, 2018; Shermer and Michel, 2007; Das S.K, 2005) and law of manifestation can apply to eradicating critical health attributes at early stage that means before conception quality thought process in the mind which respect and strictly follows to law of nature and Thoughts are the magnets and it has tremendous power and what we think we can materialize it really in lives. This approaches has designed first time by influence of various successful

approaches, models, strategic tools and techniques designed by quality gurus like Dr. W. Edwards Deming, Dr. Joseph Juran, Philip Crosby, Armand V. Feigenbaum, Dr. H. James Harrington, Dr. Kaoru Ishikawa, Dr. Walter A. Shewhart, Shigeo Shingo, Frederick Taylor, and Dr. Genichi Taguchi who made a significant impact on the world through their contributions to improving not only businesses, but all organizations including state and national governments, military organizations, educational institutions, healthcare organizations, and many other establishments and organizations (Neyestani et al, 2017). Another driving force behind this kind of strategy designed for human health management is ICH Q8 guidelines i.e. Quality by design approaches (QbD) for Pharmaceutical product developments. So information from quantum level thought generation and development studies can be a basis for quality risk management of human health. It is important to recognize that quality cannot be tested into health; i.e.,

quality should be built in by quality thoughts which always support to nature's law. Changes in dietary aspects, thought process, environmental aspects, genetic backgrounds and life style with nature's law during conception processes, during development and lifecycle management should be looked upon as opportunities to gain additional knowledge and further support establishment of the quality thoughts for quality health.

The mind is a powerful instrument. Every thought, every emotion that you create changes the very chemistry of your body. If we create quality thoughts continuously then our body as a chemical factory works smoothly and help in prevention of diseases with well being human in society.

MATERIALS AND METHOD

Quality by Thoughts is a novel scientific approach which is designed first time and trying to implement it to maintain quality of human health naturally without disturbing natural rhythm of body at quantum level. By using Quality by

thought approaches here we have developed and designed various approaches, attributes, models, tools, techniques and flow charts which are innovative, unique and novel and its strict implementation in day to day life lead to enhance immunity to prevent diseases at root level permanently. By influence of QbD approach which was already implemented in various industries to produce quality product consistently without fail every batch to batch by sound scientific approaches. Elements described in the Annex of ICH Q8 (R2) are included in all applications, namely:

- Quality target product profile (QTPP),
- Critical quality attributes (CQAs) of the drug product,
- CQAs of the drug substance and excipients,
- Selection of an appropriate manufacturing process,
- Control strategy.

Similarly we have developed QbT approach and implemented for human volunteers.

by Thought (Current study design)

Table1: Steps involved in Quality by Thought

Steps	QbT process
Step-I	Quality targeted health profile
Step-II	Find out critical quality health attributes
Step-III	Design of experiments (Selection of an appropriate thought process which leads healthy life style)
Step-IV	Design Space (Universal scientific support system for building quality health profile)
Step-V	Control Strategy (Controlled universal scientific support system for quality life generation to generation)
Step-VI	Continuous improvements (Finding hidden Universal laws)

Similarly QbT approaches other science based other models have been designed to overcome critical quality health attributes by which we can overcome chronic diseases. Main

idea behind this research work was to overcome health issue at root level by understanding the science at quantum level by quality thought process running in the mind.

Combined Mixed Model

Table 2: Mixed Model Design to establish disease free individuals generation to generation.

QbT approach, Various Models, Tools, Techniques, Charts, Diagram

Steps involved in QbT process	Various Model Designed
Step-I: Quality targeted health profile	Daily Key Activity Chart
Step-II: Find out critical quality health attributes	UNIQ Fish Bone Diagram
Step-III: Design of experiments	3*7 SON Model
Step-IV: Design Space	OMBHU Model
Step-V: Control space	Words Softner Tool
Step-VI: Continuous improvements	Flow Chart
	Quality By Conception
	Quality By Birth
	Quality By Intuition

Various strategies have been designed to overcome disease at root level by QbT approaches and designed few models by which one can overcome challenging disease not only in same generation but next many generation.

RESULT AND DISCUSSION

Quality by Thoughts is a novel scientific approach which is designed first time and trying to implement it to maintain quality of human health naturally without disturbing natural rhythm of body at quantum level.

Main material which we have proceeds for prevention of diseases for quality health, for quality thoughts quality words are important. Here by using Quality by Thought processes in human being the various methods, approaches,

attributes, models, tools, flow charts are created which are innovative, unique and novel for prevention of diseases.

Elements described in the Annex of ICH Q8(R2) are included in all applications, namely:

- Quality target product profile (QTPP),
- Critical quality attributes (CQAs) of the drug product,
- CQAs of the drug substance and excipients,
- Selection of an appropriate manufacturing process,
- Control strategy.

Similarly we designed study

Quality by Thought (Study design)

QbD as per ICH Q8(R2) for quality Product	QbT process
Step-I: Quality target product profile (QTPP),	Step-I: Quality targeted health profile
Step-II: Critical quality attributes (CQAs) of the drug product,	Step-II: Find out critical quality health attributes
Step-III: CQAs of the drug substance and excipients,	Step-III: Design of experiments (Selection of an appropriate thought process which leads healthy life style)
Step-IV: DoE (Selection of an appropriate manufacturing process)	Step-IV: Design Space (Universal scientific support system for building quality health profile)
Step-V: Design Space	Step-V: Control Strategy (Controlled universal scientific support system for quality life generation to generation)
Step-VI: Control strategy.	
Step-VII: Continuous improvements	Step-VI: Continuous improvements (Finding hidden Universal laws)

Steps involved in QbT process

Step-I: Quality targeted health profile

Step-II: Find out critical quality health attributes

Step-III: Design of experiments

Step-IV: Design Space

Step-V: Control space

Step-VI: Continuous improvements

Quality Targeted Health Profile: (QTHP)

The Quality by Thought (QbT) is a systematic approach to development that begins with predefined objectives and emphasizes Health and as a total human body process understanding, based on sound science and quality risk management.

The QTHP is a HEALTH description that summarizes the characteristics expected during the development to respond to the quality health target.

Quality Target Health Profile (QTHP) is based on the approach of Quality by Thought (QbT).

The main QTHP is to get ideal health where human shall alive physically, mentally and mindely hundred year plus without any diseases or physiological and psychological illness. It is possible by pooling of skills and multidisciplinary knowledge, scientific, medical, technical and regulatory, making it a useful communication tool for the understanding of the Health in relation to the claimed life style. quality targets are given in following table;

Table 3: Quality Targeted health profile for human being

Target Number	Quality Targeted health profile description	Proof of Principle
1	Quality life span of human being more than 100 years with zero defects naturally without any medicaments	Body acts as chemical factory
2	Human being can carry their day to day activity without any kind of outside support system with supreme consciousness	Quality of human body parts
3	All the vital organs should be work properly and responds at optimum standard level as per age and natures law.	Magic hormones release system
4	Have highest ideal human beings and having value based practices always by maintain strong ethics, morality and universal values with love, peace, harmony, holistic mode	Humans core values
5	Have human being free from deadly sins such as pride, anger (wrath), lust, greed, jealousy(envy), Gluttony, Sloth (laziness), Ego	Inner deadly sins
6	Have practical regularity in maintain stress free environments and kind inspirational word delivery mode approaches in day to day quantum thought processes without fail.	Words act as mantras
7	Have regularly, punctuality and consistency in optimum utilization of all sensory organs at a time 24*7 succeed in understanding inner voice and intuitions	Multitasking in just a time

Development of Critical Quality Health Attributes

Following attributes designed as per scientific supports from epigenetic data base

I. Genetic factors.

Forefather's genetic strengths and weakness carrying to next generations is over come by other remaining four factors i.e. dietary factor, environmental factors, thought process and life style and nature's law (Healthy life style and epigenetic factors). Impact of few sub-factors is also going to affect on health. Also physical and physiological attributes comes in genetic factor.

II. Dietary factors:

Impact of few sub-factors such as Season, time, quantity, quality, place, environments, sequence, thought processes etc. going to affect on health.

III. Environmental factors:

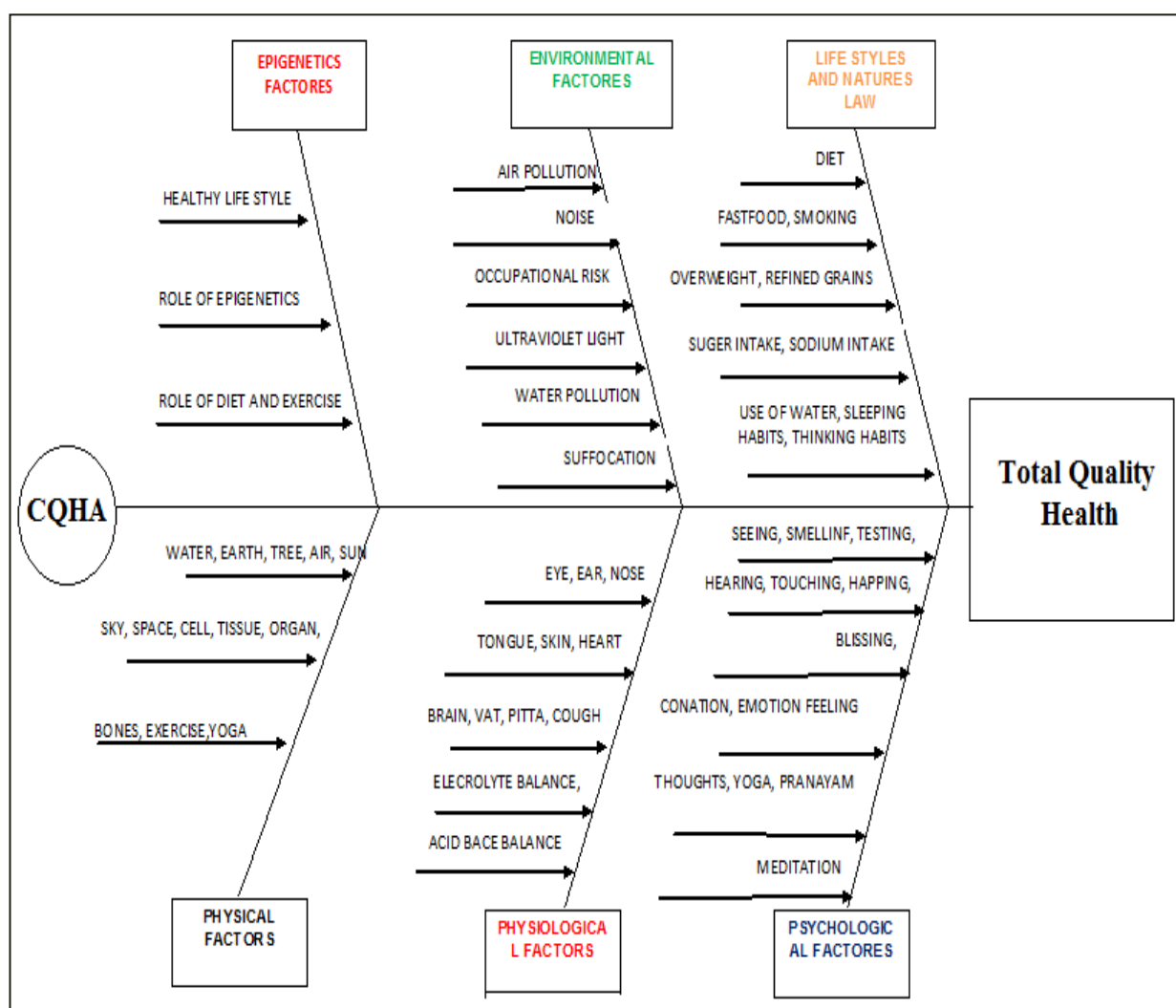
Impact of few sub-factors such as culture, thought process of surroundings, demography condition, air pollution, noise, occupational risk, ultraviolet, water pollution, exposure to natural and artificial sources etc

IV. Inner thought process:

Impact of few sub-factors such as positive or negative emotions, thoughts, feeling, belief, trust, predictions, assumptions, suspects, faith etc. Psychological attributes comes under this factors

V. Life Style and supported natures law.

Impact of few sub-factors such as habits, interests, likes & dislikes, timings of day to day activities related to food, sleeping time and its durations, meditation, yoga, exercise, intake of of water, natural and artificial items, Thought process etc.

DESIGN OF EXPERIMENT:**A. UNIQ FISHBONE DIAGRAM:****Figure 1: Unique Fishbone Diagram****B. ATTRIBUTES LIST:**

I. Epigenetic. Healthy life style, role of epigenetic, exercise,

II. Environmental factors: Air pollution, noise, occupational risk, ultraviolet, water pollution,

III. Life Style and Natures law. Diet, fast food, smoking, overweight, refined grains, sugar intake, sodium intake, sleeping habits , use of water, Thought process for full day activity,

IV. Physical Attributes:

1. Natural—Water, Earth, Tree, Air, Sun, Sky and Space.
2. Cell, Tissue, Muscle, Bones, Organs
3. Exercise Aspects/Yoga.

V. Physiological attributes.

1. Organs—Tongue, Nose, Heart, Skin, Eyes, Ear and Brain.
2. Vat, Pita, Kapha
3. Electrolyte Balance, Physiological Acid Base Balance,
4. Dietary Aspects.

VI. Psychological attributes:

1. Senses—Testing, Smelling, Happing, Touching, Seeing, Hearing, and Blessing.
2. Cognition, Affect and Conation.
3. Mind/Soul --Emotion, Filling and Thoughts.
1. Meditation/Pranayam

C. DAILY ACTIVITY TABLE:

Step	Activity	Importance	Benefits
1	Understand thoroughly about self-anatomy, physiology and psychology.	Better understanding of our own body	Understanding of present status
2	Do check-up for present physical, physiological and psychological status of our own body.	To know physical, physiological and psychological status.	For further action it helps.
3	For better quality health first prepare dietary plan, then exercise plan, working plans, Sleeping plans.	Without plan we are not able to implement and not able to plan time.	Help to change our old habit to new habit.
4	Understand about conscious and subconscious mind first through meditation, yoga and Pranayama (MYP)	Through meditation we concentrate on internal organs and as body whole.	We use subconscious mind to obtain our desired objectives.
5	Just before feeling sleep our mind changing from conscious to subconscious, for ten minute Before sleep use subconscious mind for thinking positively about desired health and wealth And have a deep sleep from 10 pm to 5 am in a dark to get maximum melanin.	Subconscious mind is larger, permanent and infinite then conscious. If it is identified and used properly it help for getting results positively.	Recalling the things very easily and large data can be kept.
6	Before sleeping drink two glass of water for better cardiac activity and electrolyte balance	Water is an best natural electrolyte and keep electrolyte balance, osmotic pressure and physiological acid base balce properly,	Keep water balance properly and major intracellular and extracellular electrolyte balance such as Na ⁺ , K ⁺ and Ca ⁺ .
7	Wake up at 5.00 am, don't erect fast but first change body posture towards left and sit on bed Properly stabilise body with deep breath with planning fresh day work for happiness	Sleep recharge our body by physical and mental rest.	Proper weakening with proper sitting circulation of blood get adjusted properly.
8	If our body is acidic take two glass of lukewarm alkaline water before brushing. After brushing first Do ten min. physical exercise followed by twenty min.mental exercise i.e. MYP.	Water for electrolyte balance and acid base balance, alkaline water for making alkaline P ^H . Physial and mental exercise for fitness of organs,	Sleep, water and exercise help to make our body p ^H alkaline.
9	After meditation, yoga and pranayama again take two glass of water for rehydration before Bath make body fully dry , drink water with peace of mind.	Before bath drinking water help as inside cleaner and dry clean to open all skin holes then take bath.	Revival the body and we fill more energetics.
10	Take a bath with cool or lukewarm water and rub water forcefully on whole body skin as Water act as moisturiser, after bath don't clean face with towel let it dry naturally, other than Face you may clean with towel. Doing this practice regularity glow on face remain long lasting	Water act best cleaning, moisturiser agent, rubbing and penetrating water inside body skin keep healthier skin.	Energies, revival the skin, ageing is extended no fungal infections.
11	After bath again drink slowly one glass of lukewarm water and do your routine Pooja or Meditation for ten minutes with happy thought and after praying u fill fully energetic	Water for electrolyte balance and acid base balance, alkaline water for making alkaline P ^H . Physial and mental exercise for fitness of organs	Help for alkaline p ^H balance.
12	Then after 10 min between 9 am to 9.45 take heavy breakfast or meal which must contain Proteins, vitamins and minerals 70% and 30% carbohydrates, fats. After 30 minutes take water. While eating thoughts in mind should be pure, positive and happy mood should be maintained	Diet plays important role in physiological acid balance. Measured diet is very important. Our thought process als largely depend on diet, hence dietary plan is important and timing of diet also important. Diet with less carbohydrate and more porteineous is important.	Diet plan make disease free body and it help to increase our lifespan.

13	Do Physical, mental work up to 2.00pm. Take a break for half hour and eat things which is Not secreting insulin such as buttermilk, tomatoes, cucumber etc. again do physical and mental Work from 2.30 pm to 5.30 pm. relax for half hour and do walking with proper rhythm for 45 Min till swatting, because of walking burning of calories and detoxification can occur.	Without any physical and mental work our body never function our body properly. We should burn the Kcal inputs for productive work otherwise we may invite many diseases.	Maintain input and output of energy.
14	Between 7.00 pm to 8.00 pm take heavy dinner which must contain proteins, vitamins and minerals 70% and 30% carbohydrates, fats. After 30 minutes take water. While eating thoughts in mind should be pure, positive and happy mood should be maintained for getting better Results of food.	Diet plays important role in physiological acid balance. Measured diet is very important. Our thought process also largely depend on diet, hence dietary plan is important and timing of diet also important. Diet with less carbohydrate and more proteinaceous is important.	Diet plan make disease free body and it help to increase our lifespan.
15	Don't drink water after eating, take 100 step walk then after 30 min. of dinner take water.	Immediate drinking full water after meal resist proper digestion and constipation may be the problem.	Indigestion may occur.
16	Don't eat after 7.00 pm as it will not digest well and constipation, indigestion, hyper acidity may be the problems.	After 7.00 pm our physical and mental activities are decreases, body digestive secretions are also decreases.	Indigestion may occur.
17	From 7.00 to 10.00 pm do some productive work may be personnel, official or social which may give happiness.	Work is worship. Full day we are working for self, do some work for wellbeing of society which increase happiness.	Definitely increase our lifespan.
18	Before sleeping use 10 min. of subconscious mind to recall dream, desire and good happy Thoughts. As when you wake up you feel, positive-ness and again you can plan day activity at 5.00 am. Before sleep don't forget to take glass of lukewarm water.	Recalling full day work and analysing it before sleep is an good habit to improve self.	We can reconstruct our SANKALPA.
19	Seeing through Sun Eyes.	Seeing is a sensation and that can be effectively use if sunlight is sufficient and our physical organ eye should be in normal functioning. we can only see positive things when our emotion, feeling and thoughts are positive and by this means we can increase our positive energy by keeping mind control we see what we want.	Mind control on seeing sense habit increase positivity with high positive energy and help to increase our lifespan.
20	Smelling through Earth Nose.	Smelling is one of the important sense and earthy materials are having smell property and nose is physical organ, in these three proper coordination is important. IF we increase positive smelling sense then we feel full of energetic.	We can differentiate good and bad smell. The good fragrance stimulate, motivate and we fill with positive energy. Our enthusiasm increases and we work more positively.
21	Testing through Water Tongue.	Testing is one of the important sense and water is having testing property and tongue is physical organ, in these three proper coordination is important. IF we increase positive testing sense then we feel full of energetic. Every testy things are not good for health.	Mastering taste sensation through mind control is important. We should develop understanding and identifying taste which help to make our body alkaline.

22	Hearing through Sky Ear.	Hearing is outside in and listening is inside out where words are playing most important role and words are property of sky i.e AAKASHWANI , it directly give impact on human psychology and single word can change the behaviour. Mastering this sense is very important to develop positive personality.	Increase word power, we are able to filter negative words, patience may increase we are towards GENIOUS personality.
23	Touching through Skin Air.	Touching sensation is property of air and we sense through skin. If we learn the difference of shake hands, touching skin then we can read psychology. Loving touch is very deferent which increase our energy level.	Harmful and useful touch sensation we can understand.
24	Loving trough Tree Heart.	Loving is property of tree and we sense through heart. Tree knows only to give for ex. Food, cloth, shelter lake that human should develop mind set for permanent HAPPINESS.	Only through givingness attitude happiness can be a part of life and we can remain young by heart with full of energy as SERETONINE is continuously secreting as our heart and brain is healhy we may live more than hundred years.
25	Blissing through Spacious Brain.	Blissing is property of space and it can hold everything and we sense through brain. Blissing is a state of complete happiness, complete wellbeing, with full of energy and life. Every person is having a desire to be blissful as there is no pain in life not asingle problem if problem having full capacity to sove energetically. BLISFULL PERSON IS MORE LOVING, HAPPY, FAMOUS, POERFUL and FRIENDLY with Physically. Physiologically and Psychological fit person.	Only blissful Human beings may live120 to 150 years Happily.

OMBHU MODEL

Proof of Design:

To create zero defective individuals worldwide this model has designed by support of scientific truth of nature (Universe) and our belief system (by base of science or pseudoscience). If we implement it strictly in our day to day life definitely there will not have any health issue at long period.

Significance of Model

1. Thoughts (Positive or negative) are important to maintain quality health with high longevity
2. Black ceramic radiation emitted FIR, which enhances release of Melatonin by stimulating pineal gland at mid night.
3. Dark room & Black strip on eye techniques enhances 3.sleep pattern. People feel more relaxed and energetic to carry day work.
4. Thoughts (Positive or negative) are important to maintain quality health with high longevity
5. Black ceramic radiation emitted FIR, which enhances release of Melatonin by stimulating pineal gland at mid night.
6. Dark room & Black strip on eye techniques enhances 3.sleep pattern. People feel more relaxed and energetic to carry day work.
7. Low level Melatonin is the biggest reason for the all challenging diseases such as Diabetics, hypertension, neurodegenerative disorder.
8. All the model/techniques show positive impact on human body and enhances hope towards life.
9. EMR also have big impact on human or animal health at quantum level.

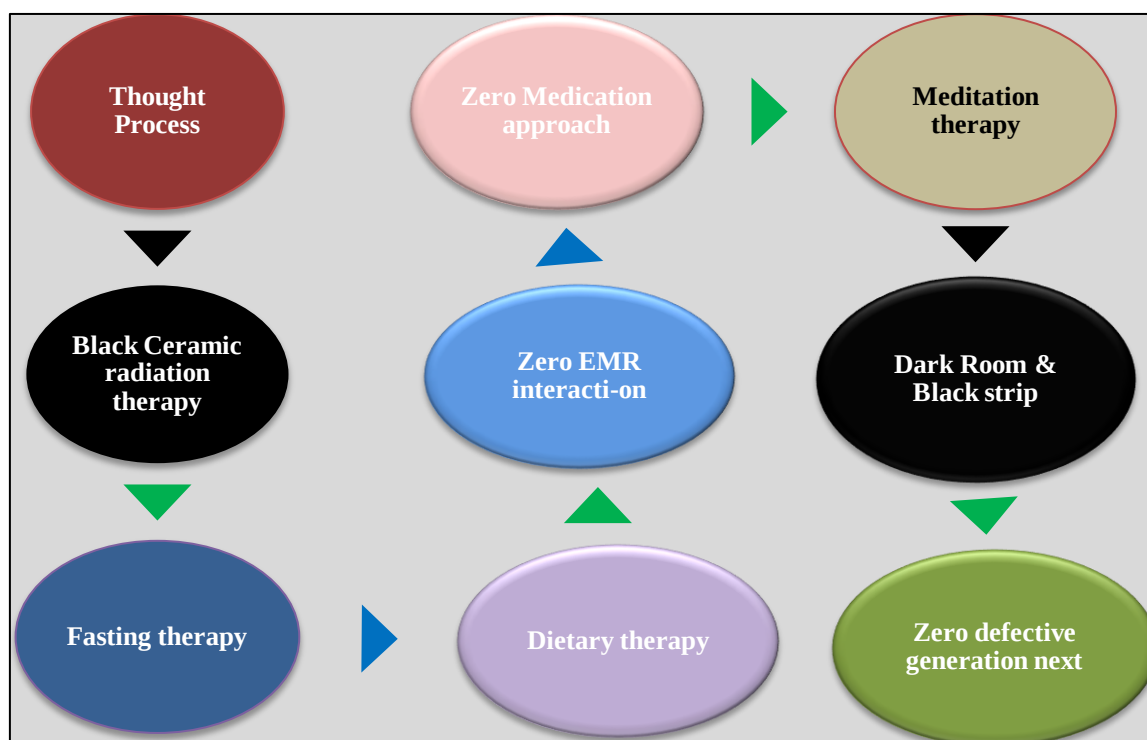
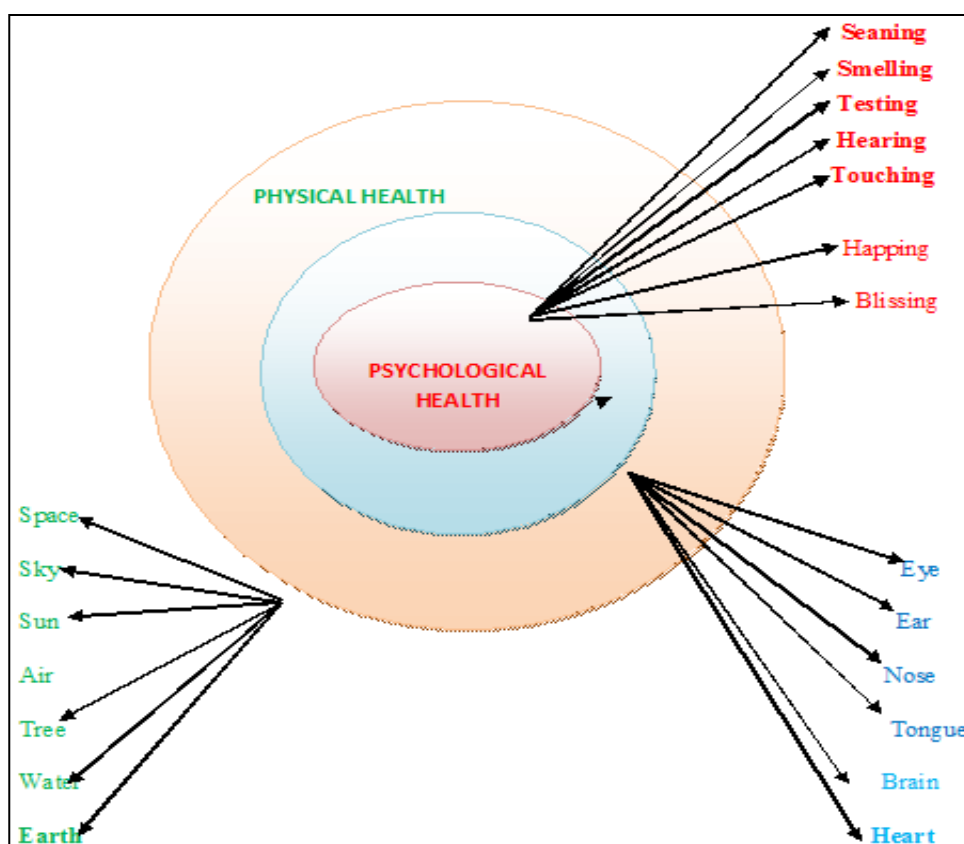


Figure 2: OMBHU Model

Responses

Definitely we can overcome critical quality health attributes of human body by implementing this model in day to day life. So, the people whoever implemented regularly in own life will create healthy individuals in generation to generations.

E. 3*7 SON MODEL:

Quality by Thoughts plays important role in prevention of diseases by implementing following new innovative criteria;

A: Seeing Through Sun Eyes:

To show is property of sun and we can see through eyes, any one absence from seeing sense, sun or eyes we can't see properly. It is scientifically known that observing sunlight early in the morning for few minutes with blinking eyes may get natural vitamin D which is very useful for normal growth of our body. VITAMIN D is called SUNSHINE VITAMIN. When your skin is exposed to sunlight, it makes VITAMIN D from cholesterol. It is fact that more than 40% of American adults have a Vitamin D deficiency. On the other hand, low Vitamin D deficiency cause serious health problems such as: a) Osteoporosis b) Cancer c) Depression d) Muscle weakness e) Death.

Midday exposure to sun also good to get more vit. D.

Seeing Green plants continuously as habit make you feel better, it gives positive impact of nature. It gives psychological benefits, reduce stress, and improve concentration⁷

B. Smelling through earthy nose:

Smell is property of earth and through nose we smell, any one absence from smelling sensation, earth or nose we are not able to smell.

Rinsing the inside of your nose with a salt water solution may help if your sense of smell is affected by an infection or allergy. You can make a salt water solution at home. Boil a pint of water, then leave it to cool. Mix a teaspoon of salt and a teaspoon of baking soda (bicarbonate of soda) into the water.

Smelling pleasant things definitely stimulate mind and we remain active hence it help in our psychological, physiological and physical wellbeing.

C. Testing through water tongue:

Taste is property of water and through tongue we can taste, any one absence from tasting sensation, tongue or water we can't taste anything properly. It is important criteria for psychological, physiological and physical wellbeing. our saliva is having pH 6.4 to 7.4 and whatever we eat and if it is not mixed properly with saliva and become liquid we didn't get taste or we are not able to recognize it properly and we will not enjoy food and it will not digested well.

There are basically SEVEN TASTE sensations are presents: 1. Bitter 2. Sour 3. Salty 4. Astringent 5. Pungent 6. Sweet and 7. Umami⁸

Touch sensation secret large amount of Serotonin which increase love and caring sense, One of the keys to good and happy health isn't just not what we are eating but how you TASTE IT. For ex. Sweet taste in sweet potatoes are very nutritious and rich in fiber. Antioxidant, vitamin A and vitamin C.

Few examples of good flavour and taste food for good health: Strawberries, Blueberries, dark chocolate, almond, pistachios, cherries, mangoes, cheese, avocados, popcorn, sweet potatoes, hummus, yogurt, peanut butter, watermelon (Bjarnadttir. et al, 2018).

D. Hearing/listening through ear sky:

Word is property of sky and is heard or listen through ear. Any one absence from listening sensation, ear or sky we are not here anything. According to some

researchers, music may even have the power to improve our **health** and well-being. Though more studies are needed to confirm the potential **health** benefits of music, some studies suggest that **listening** to music can have the following positive **effects** on **health**. Improves mood. Aug 30, 2017

"One good thing about music, is when it hits you, you feel no pain."

Music can...

1. Ease pain. Music can meaningfully reduce the perceived intensity of pain, especially in geriatric care, intensive care, or palliative medicine (an area of healthcare that focuses on preventing and relieving the suffering of patients) .

2. Motivate people to bike harder. A study of healthy male college students found that, while riding stationary bicycles, the participants worked harder while listening to fast music . Extra bonus: They also enjoyed the music more.

3. Improve running motivation and performance. Here's an easy way to beat your best time if you're a runner: Listen to your favorite "pump-up" music. Listening to music may help people run faster, boost their workout motivation, and enhance their endurance .

Regardless of your taste in music, it's clear that tunes benefit our health. The best part? Now you have an excuse for blaring Beethoven while your roommate is trying to study.

E. Touching through skin air:

Touch is the property of air and touching sensation is understand through skin only, absence of any one from touching sensation, skin or air we cant understand the touch for emotion, feeling and protection.

As skin is protective barrier between our internal body system and outside the world.

We feel good touch or bad touch, loving and caring touch depend on mind training. It is ability to perceive touch sensation gives our brain full wealth of knowledge and information about the environment around us such as Temp., Pain and Pressure. Sense of touch is also known as SOMATOSENETION. It help for secretion of more serotonin,

To Harlow's amazement, the majority of the monkey babies chose the fluffy mother. Apparently, the cuddly feeling of body contact and closeness was more important to them than being fed with milk¹¹.

F. Happing through tree heart:

The trees property is happiness and we get happiness through heart. Absence of any one from happing sensation, tree and heart we will not get happiness and happy health. If we go through Quality by Thought approach then we understand that Tree is such a living thing which only gives for example food, cloth, shelter unconditionally and we know that only givingness can give happiness which increase our energy and life span.

Scientific evidence suggests that being **happy** may have major benefits for your **health**. For starters, being **happy** promotes a **healthy** lifestyle. It may also help combat stress, boost your immune system, protect your heart and reduce pain. What's more, it may even increase your life expectancy. Aug 27, 2017

G. Blessing through spacious brain:

The space property is blessing and we get blessing through Brain. Absence of any one from blessing, space and bring we will not get blissful Life.

Will joy and happiness come from having a stable relationship or career? Sadh guru looks at how you being joyful is the most fundamental aspect and what you can do to take charge of it.

Does Love, Money, and Family Create Happiness?

Think about the happiest people you know and picture their faces in your mind. They're probably smiling, laughing, or cheerfully greeting you. They always seem to be happy — no matter what happens! Were they born that way? Love, money, lots of friends, owning expensive items? Many studies have tried to pin down very specific factors that directly cause happiness. Not many of the studies are reliable mainly because we all value different things: some might say it is desirable to live in a big city, while others dream of living in the countryside. How do we create happiness from within? Sadh guru looks at the source of joy, and why it is the first and most fundamental responsibility of every human being to be joyful.

Positive Word power Positive Health:

Word are playing important role in psychological health. The origin of any thought are words and thoughts are continuously generating inside our mind and coming from

outside which may be positive or negative depend upon the WORD environment inside own mind or others mind. If we understand the synonyms of word then we can deal very well by applying filter.

As we know that Anger, Lust, Jealous are very negative thought from inside and outside and for that following tool in table give explanation and solution to deal such negative thought with synonym. Table also explain how to use positive thought with synonym. Words directly increase or decrease our energy level and our body secretions tremendously changes such as physiological acid base balance, pH, B, P, sugar level. To control this health problem managing **synonym**.

Waves are emitting tiny electrochemical impulses of varied frequencies.

- Watch our thoughts, they become words.
- Watch our words, they become actions.
- Watch our actions, they become habits.
- Watch our habits, they become our character.

Watch our character, it becomes our destiny.

Table 4: Words and its novel dealing and interpretation as softeners or filters

Words	Type	Create energy	Synonym	How to deal
1. Ego	Positive\ Negative	Positive energy\ negative energy	Self-esteem, self-important, self-worth, self-respect.	Stay calm, maintain dignity, encourage good Behaviour, voice your opinions, become independent
2. Anger	Negative Habit	Negative	Annoyance, irritation, displeasure	Don't respond, distance yourself emotionally, Identify the cause, practice defusing anger.
3. Lust	Negative	Negative	Crave, covert, want, sexual passion.	Love keep two people together and lust can Keep the relation alive with respect.
4 Jealous	Negative	Negative	Insecure, envious, protective, anxious	Force positive behaviour, develop an action plan, know when to say goodbye.
5 +ve words : Accepted, beautiful, bliss, champion, celebrate, delight, Devine, ecstatic, fabulous, genius, happy, handsome	Most positive	positive	Satisfaction, pleasure, cheerfulness, high spirit, extreme happiness	Always accept with inspiration.
6 -ve Words: Adverse, bad, cold-hearted, damaging, evil, fail, greedy, harmful.	Most negative	Negative	Poor quality, low standard, second class, imperfect, unpleasant, unlucky	Filter it or just don't accept.

As per QbT approaches we have prepared OMBHU FISHBONE DIAGRAM which have many critical health quality attributes and it is nicely working on live volunteers and shown tremendous positive health result

Number of Person Under Operation: 23

Diet Materials Given to the Volunteers:

- Fresh vegetables (like cucumber, spinach, tomatoes, cabbages, watermelon).
- Uncooked fruits and vegetables
- Alkaline water (i.e., not mineral water)
- Green vegetables (i.e., drinks made from green vegetables)

Table 5: List of volunteers and their pH values before and after treatment

Sr. No	Name	Pulse rate	BP	BMI	BSL	pH	
						Before	After
1	Kartikshelke	69	112/64	26.5	115	Before	After
2	Om jadhav	79	112/65	21.5	115	7.1±0.2	7.2±0.3
3	Manisha pawar	81	115/68	32.0	84	7.2±0.3	7.2±0.5
4	Radhika jadhav	74	125/95	27.5	92	7.3±0.1	7.2±0.3
5	Dilippawar	74	129/74	27.5	128	7.29±0.1	7.31±0.5
6	Jivanchavan	68	149/76	26.6	95	7.2±0.1	7.3±0.4
7	Parubaijadhav	116	161/100	14.5	135	7.17±0.8	7.18±0.3
8	Rekhamekale	107	129/96	21.6	128	7.34±1.0	7.31±0.5
9	Banker rathod	66	119/66	27	95	7.23±0.9	7.27±0.4
10	Ratnabaishinde	78	141/92	32.6	137	7.4±0.8	7.32±0.4
11	Savita jadhav	74	117/78	22.4	92	7.4±0.7	7.2±0.3
12	Rohinisurvase	93	111/62	28.6	95	7.2±0.6	7.4±0.4
13	Bhagirathi gaikwad	110	138/91	28.1	104	7.3±1.0	7.3±0.3
14	Subhadrakakde	98	114/103	30.1	103	7.3±0.8	7.2±0.4
15	Radhika gaikwad	90	122/70	28.4	116	7.2±0.9	7.3±0.3
16	Kantabaijawde	105	99/69	22.4	106	7.4±0.9	7.2±0.2
17	Rukminikamble	121	170/119	29.7	111	7.2±1.0	7.0±0.1
18	Avinashbembde	87	121/81	21	128	7.3±1.1	7.5±0.2
19	Mandakinikare	78	122/82	24.12	137	7.1±1.0	7.29±0.3
20	SHUBHANGIKARE	69	102/72	20.81	115	7.4±1.2	7.18±0.2
21	Sunil kamle	78	105/70	23.38	137	7.1±0.6	7.2±0.1
22	Chandrabhagasurywanshi	87	184/95	25.68	177	7.3±0.5	7.1±0.2
23	Vyankateshpatil	88	151/63	25.9	137	7.0±0.7	7.2±0.3

The geographical sciences have a role to play in advancing understanding of spatial variations in the spread of disease, access to care, and the treatment and prevention of illness. The tools and approaches of the geographical sciences can provide insights into locational factors affecting health, and they can illuminate important contextual influences on the diffusion of diseases. A major initiative to build upon and expand work in the geographical sciences on health matters would benefit efforts to combat disease and promote human well-being.

The factors in the physical environment that are important to health include harmful substances, such as air pollution or proximity to toxic sites (the focus of classic environmental epidemiology); access to various health-related resources (e.g., healthy or unhealthy foods, recreational resources, medical care); and community design and the “built environment” (e.g., land use mix, street connectivity, transportation systems).

The environment can affect health through physical exposures, such as air pollution (OECD, 2012b). A large body of work has documented the effects of exposure to particulate matter (solid particles and liquid droplets found in the air) on cardiovascular and respiratory mortality and morbidity (Brook et al., 2010; Laumbach and Kipen, 2012; Mustafic et al., 2012; Tzivian, 2011). Research has identified specific physiologic mechanisms by which these exposures affect inflammatory, autonomic, and vascular processes (Brook et al., 2010; Tzivian, 2011).

The effects of particulate matter on mortality appear to be consistent across countries. For example, a recent review of

studies from the late 1990s to mid-2000s found a consistent inverse relationship between airborne particulate matter and birth weight in Australia, Brazil, Canada, France, Italy, the Netherlands, South Korea, the United Kingdom, and the United States (Parker et al., 2011a). Another notable example is the evidence linking lead exposures to cognitive development in children (Ballinger, 2008; Levin et al., 2008). The evidence of environmental effects of air pollution and lead has been reflected in legislation in many countries directed at reducing levels of these pollutants in the environment. Increasing attention has focused on the implications for health behaviours and social interactions that are created by the built environment.

Healthy eating patterns support a healthy body weight and can help prevent and reduce the risk of chronic disease throughout periods of growth, development, and aging as well as during pregnancy. The following principles apply to meeting the Key Recommendations. Individuals have more than one way to achieve a healthy eating pattern. Any eating pattern can be tailored to the individual's socio-cultural and personal preferences.

The quality of indoor environment is affected by ambient air quality; building materials and ventilation; consumer products, including furnishings and electrical appliances, cleaning and household products; occupants' behaviour, including smoking; and building maintenance (for example, energy saving measures). Exposure to particulate matter and chemicals, combustion products, and to dampness, moulds and other biological agents has been linked to asthma and allergic symptoms, lung cancer, and other respiratory and cardiovascular diseases

Recent assessments of the sources of, exposure to and policies related to indoor air pollution have analysed the benefits of different measures. The highest health benefits are linked to smoking restrictions. Building and ventilation policies that control indoor exposure to particulate matter, allergens, ozone, radon and noise from outdoors offer high long-term benefits. Better building management, prevention of moisture accumulation and mould growth, and prevention of exposure to exhausts from indoor combustion can bring substantial medium to long-term benefits. Substantial short to medium term benefits result from harmonised testing and labelling of indoor materials and consumer products

The environment plays a crucial role in people's physical, mental and social well-being. Despite significant improvements, major differences in environmental quality and human health remain between and within European countries. The complex relationships between environmental factors and human health, taking into account multiple pathways and interactions, should be seen in a broader spatial, socio-economic and cultural context.

In 2006, life expectancy at birth in the EU-27 was among the highest in the world — almost 76 years for men and 82 years for women. Most of the gain in life expectancy in recent decades has been due to improved survival of people above the age of 65, while before 1950 it was mostly due to a reduction in premature deaths (i.e. death below the age of 65). On average, men are expected to live almost 81% of their lives free of disability, and women 75%. There are, however, differences between genders, and between Member States.

The degradation of the environment, through air pollution, noise, chemicals, poor quality water and loss of natural areas, combined with lifestyle changes, may be contributing to substantial increases in rates of obesity, diabetes, diseases of the cardiovascular and nervous systems and cancer — all of which are major public health problems for Europe's population. Reproductive and mental health problems are also on the rise. Asthma, allergies, and some types of cancer related to environmental pressures are of particular concern for children.

The World Health Organization (WHO) estimates the environmental burden of disease in the pan-European region at between 15 and 20% of total deaths, and 18 to 20% of disability-adjusted life years (DALYs), with a relatively higher burden in the eastern part of the region. The preliminary results of a study conducted in Belgium, Finland, France, Germany, Italy and the Netherlands, indicate that 6 to 12% of the total burden of disease could be attributed to nine selected environmental factors, out of which particulate matter, noise, radon, and environmental tobacco smoke were leading. Due to uncertainties, the results need to be interpreted with caution as an indicative ranking of environmental health impacts only.

The significant differences in the quality of the environment across Europe depend on the varying pressures related, for example, to urbanisation, pollution and natural resource use. Exposures and associated health risks, as well as the benefits of pollution reduction and of a natural environment, are not uniformly distributed within populations. Studies show that poor environmental conditions affect vulnerable groups especially. The evidence is scarce, but shows that deprived communities are more likely to be affected; for example, in Scotland, mortality rates in people aged under 75 in the 10% most deprived areas were three times higher than those in the 10% least deprived.

Diet has also been shown to modify epigenetic tags in significant ways. The field of nutriepigenomics explores how food and epigenetics work together to influence health and wellbeing. For example, a study found that a high fat, low carb diet could open up chromatin and improve mental ability via HDAC inhibitors. Other studies have found that certain compounds within the foods we consume could protect against cancer by adjusting methyl marks on oncogenes or tumour suppressor genes. Ultimately, an epigenetic diet may guide people toward the optimal food regimen as scientific studies reveal the underlying mechanisms and impact that different foods have on the epigenome and health.

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