



International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493
P-ISSN: 2616-4485
www.homoeopathicjournal.com
IJHS 2023; 7(3): 168-171
Received: 10-05-2023
Accepted: 15-06-2023

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New conceptualization of diet: A quantum approach

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DOI: <https://doi.org/10.33545/26164485.2023.v7.i3c.909>

Abstract

Homeopathy is still a mysterious medicine for science ^[1]. (Rughiniş, Flaherty e al). Even for homeopaths and other medical doctors that use it successfully, the way it works it may not be completely clear. In the same way probably other facets of homeopathic remedies are yet to discover. By the vision of quantum science homeopathic remedies result from the extraction of vital energy through several successions and dilutions, from the original substance ^[2] (Goswami e Onisor). This paper is the result of one experiment made from oranges towards its homeopathic correspondent remedy. Two potencies were made, 7CH and 30CH, and given to 10 patients. The results showed a significant reduction of respiratory symptoms and an increased level of energy. Which may mean that it could be possible to get more of the vital energy of food with all the positive effects that this have to health, well-being and probably longevity.

Keywords: Homeopathy, vital energy, food, quantum science

Introduction

Food habits and the relation that human beings have with food have been changing a lot during all the years that humans live in the planet earth. Until agriculture was developed around 10,000 years ago, all humans got their food by hunting, gathering, and fishing. While people in the past had to fight to find their daily meals, nowadays people who live in the western world or in developed societies, are continuously surrounded by promotions and advertisements for food products of different types and qualities ^[3]. (Boccardelli). Most of the diseases happen due to poor lifestyle with bad dietary habits that are consequence of the enormous variety of processed foods with a lot of fast food, and freezing aliments ^[4]. (Fuhrman) The fact that food, if not organic or cultivated on healthy soil, with good nutrients ^[5] (Silver, Perez e Mayer), won't have the vital energy that should be present on healthy foods, don't allow us to benefit from all the good food can give us. Another important aspect is that many times, due to the way that massive agriculture works, with pre harvest of vegetables and fruits, makes quite impossible to the foods to have all the important nutrients. We, as human beings have a vital body as well. It is now scientifically proved that we, as humans, don't exist only has physical bodies. The human energetic field has been investigated in scientific laboratories where photon emissions were detected using photometers and color filter. Human energy vibrations were recorded at 1000 times higher in frequency than the electrical signals of nerve and muscle, with continuous dynamic modulation unlike the pulsing signals of the nervous system. Energy in the human energetic field is typically referred to as subtle energy which is electromagnetic in nature ^[6] (Ross). Because we are also energy, looking to food not only as matter but also as matter that contains vital energy is important to be considered so more chances of longevity with health can be achieved.

Material and Methods

The method used on this experience was the Hahnemannian one. This method follows two scales, 1:100 (centesimal) or 1:10 (decimal). The process is made by dilutions using 2/3 of the capacity of the preparation bottle and with one hundred successions. The preparation of homeopathic remedies made of whole oranges were made on two potencies 7CH and 30CH. Two groups of patients were organized: a group of 5 people taking the 7CH potency and other group of 5 people taking the 30CH potency. The material used was: 1 funnel, 1 bottle of amber glass with the capacity of 2500 ml, 12 oranges, 1 medicine glass, two blenders with 2 liters of capacity, each, 1 knife, 12 organic oranges, 2 bottles of liquor of 1 liter, each, 40 amber bottles of 10 ml with pipette.

The procedure was a step-by-step recipe. First it was prepared the mother tincture preparation. Mother tincture (MT) means a preparation that constitutes the beginning point for the abstention of diverse therapeutical forms. For the preparation of the MT that was the begging step of this remedies, oranges were well cleaned, keeping the bark, then I have cut the 12 oranges in 8 pieces. After that half of the pieces of the oranges were placed in the blender and then this material was transformed into a liquid doughy product. The same was done with the other half on the other blender, and the same doughy product was obtained. Then, the filter was used to get a product with a texture more liquid. To make mother tincture preparations it's supposed to use a 5:1 proportion between alcohol and the tincture, respectively, but because the glass bottle had 2500 ml, only use 400 ml were used of the liquified oranges. With the help of the medicine glass 400 ml was measured of my liquid oranges liquified and those oranges were placed into the amber glass bottle and after the 2000 ml of alcohol in the form of liquor.

This bottle stayed in maceration for 3 weeks. After these 3 weeks, 30 amber bottles of 30 ml were dynamized, each bottle with a different potency, from 1 CH until 30 CH. The process of dynamization is the process that through successions (vigorously shakes - 100 in each potency), the molecules will be more diluted on the excipient. Was placed in each bottle a label with the scientific name of the specie, the used part, the ethanolic degree of the mother tincture, manufacturing date and a validated date.

Results

Ten people were given these homeopathic remedies made by whole oranges. Five of them with the potency of 7CH and the other five with the potency of 30CH, as already said. This experience last for 6 months, from May to October 2022.

The table 1 presents a brief description of the 10 patients chosen for this experience.

Table 1: Description of patients and homeopathic remedy assigned.

Patients	Gender	Age	Major health condition to evaluate	Potency of remedy	Posology	Other pathologies
A	Female	82	Frequent lung infections	7 CH	3 Times/day	Lung emphysema, chronic pain, neuropathic pain, hypertension.
B	Female	68	Frequent sinus infections	7 CH	3 Times/day	Hypertension.
C	Male	72	Frequent cough	7 CH	3 Times/day	Hypertension, hypercholesterolemia
D	Male	39	Frequent pharyngitis	30 CH	2 Times/day	Not known.
E	Female	39	Frequent sinusitis	30 CH	2 Times/day	Not known.
F	Female	9	Frequent cough	30 CH	2 Times/day	Not known.
G	Female	9	Asthma	7 CH	3 Times/day	Not known.
H	Male	9	Frequent pharyngitis	30 CH	2 Times/day	Not known.
I	Male	3	Frequent otitis	30 CH	2 Times/day	Not known.
J	Male	1	Frequent pharyngitis	7 CH	3 Times/day	Not known.

The next tables present the evaluation of symptoms during the months of monitored treatment. The evaluation of symptoms was asked 6 times, every month in which a score of symptoms was designed from 1 to 5, or N/A (not

applicable). These sample of patients was asked to keep as maximum the same lifestyle and remedies that were taking so the results would be the more accurate as possible.

Table 2: Score of symptoms 1 month after the beginning of the treatment.

Symptoms	A	B	C	D	E	F	G	H	I	J
More levels of energy	1	3	1	3	3	5	1	4	N/A	N/A
Less episodes of respiratory tract infection	1	1	2	2	4	3	2	3	4	3

Table 3: Score of symptoms 2 months after the beginning of the treatment.

Symptoms	A	B	C	D	E	F	G	H	I	J
More levels of energy	1	3	1	3	3	5	3	4	N/A	N/A
Less episodes of respiratory tract infection	3	3	2	3	4	4	2	4	4	3

Table 4: Score of symptoms 3 months after the beginning of the treatment.

Symptoms	A	B	C	D	E	F	G	H	I	J
More levels of energy	3	4	2	3	5	5	4	5	N/A	N/A
Less episodes of respiratory tract infection	4	3	3	5	5	5	3	5	5	4

Table 5: Score of symptoms 4 months after the beginning of the treatment

Symptoms	A	B	C	D	E	F	G	H	I	J
More levels of energy	4	4	2	4	5	5	4	5	5	4
Less episodes of respiratory tract infection	4	4	5	5	5	5	5	4	5	5

Table 6: Score of symptoms 5 months after the beginning of the treatment

Symptoms	A	B	C	D	E	F	G	H	I	J
More levels of energy	4	4	2	4	5	5	4	5	N/A	N/A
Less episodes of respiratory tract infection	5	5	5	5	5	5	5	5	5	5

Table 7: Score of symptoms 6 months after the beginning of the treatment

Symptoms	A	B	C	D	E	F	G	H	I	J
More levels of energy	4	4	3	4	5	5	4	5	N/A	N/A
Less episodes of respiratory tract infection	4	5	5	5	5	5	5	5	5	5

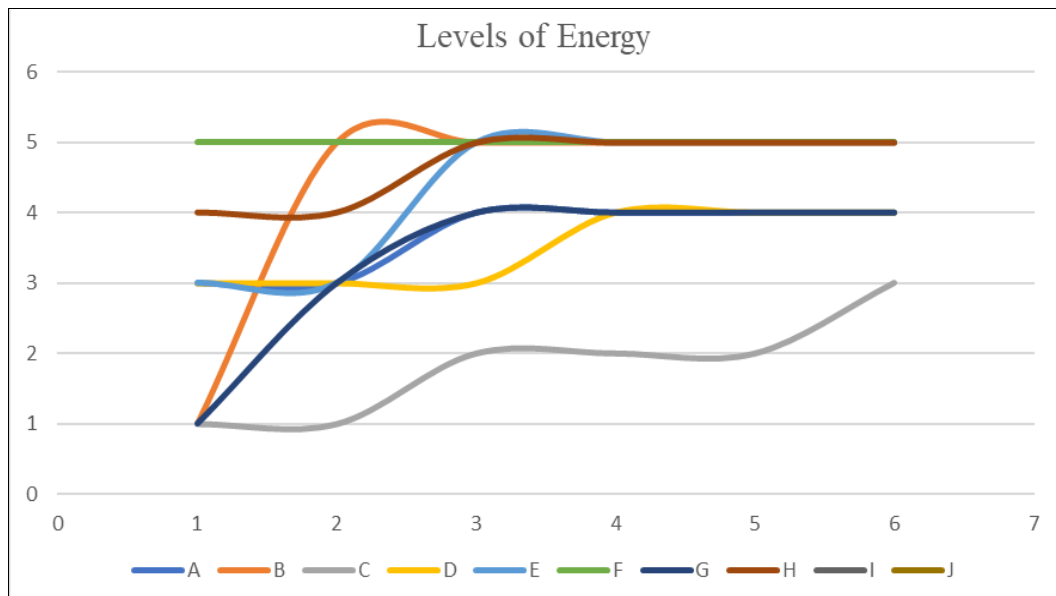


Chart 1: Levels of energy of the sample, excluding the patients I and J because this symptom is N/A. The higher the score assigned the higher the levels of energy

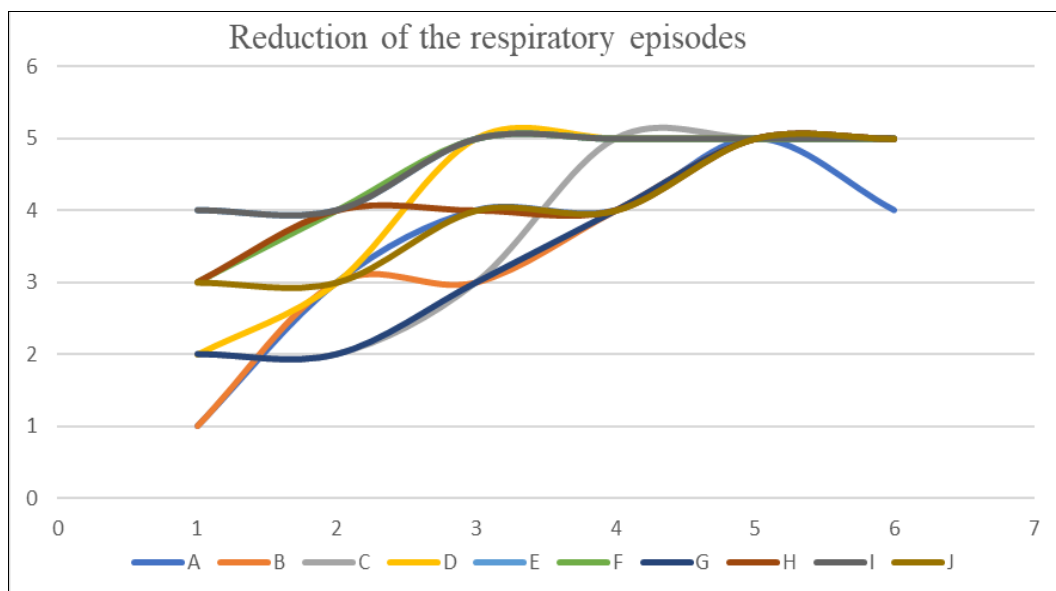


Chart 2: Reduction of respiratory tract infections, the higher the score assigned the smaller the number of episodes.

Conclusions

Looking for these results it seems that both, increased levels of energy (a much subtle symptom to evaluate) and the reduction of respiratory symptoms, were observed. Since there two different potencies given to patients, where the patients A, B, C, G and J took the potency 7CH and the patients D, E, F, H, I took the 30CH, we can also understand through these data that the potency 30CH had quicker results in both symptoms analyzed. Only one patient A had one reduction of improvements at the respiratory levels after 5 months of treatment. This was the older patient with 82 years old and with multiples pathologies, and probably there is a relation between the clinical picture and the decrease of improvements. Although this patient, at the same period did not experience a decrease of her levels of energy. The 10

bottles of both potencies (5 bottles of the 7CH and 5 bottles of the 30CH) were in an opaque fabric bag, from where it was not possible to see the inside. It was asked to each of the patients to take one from inside, randomly, and what happened was that the potency I would have chosen for each participant, according to age and health fragility was exactly the one each one of them took. According to principles of non-locality [7] (Goswami, Non Locality) and tangled hierarchy [8] (Goswami, God is Not Dead) this shows that each patient took the “Right” remedy for himself. Also shows, apparently that I was tangled with each one of them, as well! My beginning question, if there where homeopathic therapeutical action on remedies made by food shows here a positive answer. This was an experimental study design, with a non-randomized approach, in this way more research

is needed with a bigger sample, a placebo control and with other foods to be tested so more robust evidence on this topic can be showed.

Acknowledgments: None.

Author contributions: None.

Funding: None.

Conflict of Interests

The author declares no conflict of interest.

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How to Cite This Article

Antunes C. New conceptualization of diet: A quantum approach. *International Journal of Homoeopathic Sciences*. 2023;7(3):168-171.

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