

QUANTUM PHYSICS, AYURVEDA AND SPIRITUALITY

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Abstract

Ayurveda's understanding of the human body as being whole with interconnected forces / energies and supported by a conscious intelligence is based on the worldview of vedas which has striking similarities to that of quantum physics, where the universe, considered to be a product of consciousness, is a dynamic web of interconnected energy patterns. Ayurveda bridges science and spirituality - it is a science because it has fundamental principles, observations and verifiable conclusions; spiritual because it uses health as a basis of one's journey towards cosmic awareness. Its definition of health (complete balance of body, mind and spirit) reveals the direct relationship between health and spirituality. Western medicine, on the other hand, is an outcome of the mechanistic worldview of Newtonian physics and views the human body as sum total of its parts.