



Research Article

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@@Correlational Study of Virendra Goswami Meditational Flare Therapy (VG-MFT) & Pharmacotherapy for Remediation of Neurological & Neurodegenerative Disorders

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Abstract

The present innovative experimentation aims to evolve-invasive and affordable meditational techniques to Control health diseases associated with neurological and neurodegenerative disorders affecting the brain, spinal cord, and nerves in the body resulting in structural, biochemical, or electrical abnormalities, like migraine, bipolar disorder, hyponatremia, Dementia, Epilepsy, Vertigo, Seizures, and Stroke as well as neurodegenerative autoimmune (Sjogren) diseases; related nonarthritic ischemic optic neuropathy. The 48-month-long tested-innovative technology of VGMF-Neuro-Therapy comprises Meditational Flare observed during Soul-Meditation (Sm) i.e., meditation of soul. Both these new acronyms viz. Virendra Goswami Meditational Flares (VGMF) & Soul Meditation (Sm); are the experienced and experimented phenomena by the author and obviously, not available in any of the literature presently except the related authors' work reported in Academia Education Next, it aims to confirm through clinical investigations; the origin, morphological features e.g. inverted cone shape, light patches, appearing, disappearing, Light Clusters (Lc) or Glimpses/Flares, and dynamical properties viz. GMF-photons i.e. luminous moving flares with the near speed of light, of VGMFs & (Sm) and its correlations with neurological, neurodegenerative disorders have been drawn along with derived mathematical equations viz. (Sm-Eqn., VGMFs-Entropy, VGMFs-Stress, Headache-VGMFs & Respiratory-VGMFs) to understand its qualitative and quantitative features to control health diseases and the other few health disorders through affordable non-medicinal and non-invasive meditational techniques (VGMF-Sm), involving Conscious, Space, and Time.

Keywords: Virendra Goswami Meditational Flare Therapy (VG-MFT), Pharmacotherapy, Remediation of neurological & neurodegenerative disorders, Soul-meditational flares amplification stimulated emitted radiation (Sm-FASER, Morphological features, Dynamical features, Light Clusters (Lc) or Flares of creamed color like gamma-ray burst, Black-Holes-Wobbles & VG-NMFT for Neurological disorders.

Introduction

The present Correlational Combinatorial research is designed to pursue Clinical investigations with two Objectives viz. To Control Neurological Disorders affecting the brain, spinal cord,

and nerves in the body resulting structural, biochemical or electrical abnormalities, like (migraine-headache, bipolar-disorder, hyponatremia, Vertigo, Seizures, Stroke,) & Neurodegenerative Disorders (Alzheimer's disease, multiple sclerosis, Parkinson's



disease and amyotrophic lateral sclerosis that negatively affect, mental and physical functioning), through affordable, non-invasive, innovative technology of Meditational Flares (MF); observed during Soul-Meditation (Sm) i.e., meditation through the Soul amalgamated with Pharmacotherapy.

@VG-Meditational Flares (MFs)

The clinical investigations have been done to confirm the origin of VG-Meditational Flares (MFs) during the Soul Meditation (Sm) as well as it's observed Morphological features e. g. inverted cone shaped, light patches, appearing, disappearing, Light Clusters (Lc) or Flares of creamed color in appearance alike Gamma-ray burst, Black-Holes-Wobbles & Dynamical features viz. MF-Photons i.e., luminous moving flares with the near speed of light during the (SmT10+), depicted in (Figure 1).

Further, it is observed that the VGMFs do appear during the (Sm) like "Barred Spiral" with diffuse dispersed creamy colored glow light flares like undefined celestial body nebula matching in appearance with the few characteristics of recently found Andromeda Galaxy in 2019 (Figure 2), except on the rare occasions (1-2%), observed during Enlightenment phenomenon due to Coalescence of VGMFs.

In my view, the creation of VGMF is due to its Potential Energy (PE), which gets generated during Soul meditation (Sm) of (T10+) minutes, and it can be estimated quantitatively. After (T10+5) minutes, these VGMFs gain momentum probably due to the Kinetic Energy (K.E) of GMF-photons. During Soul Meditation (Sm), Mind(M) is in rest i.e. KE=0.

@Perhaps, the observed (clockwise i.e., anticyclonic) motion of the VGMFs may be related to its diverging flares appearance from its center Figure 1. In other words, the GMFs divergence nature attributes to the stability/balancing of the VGMFs atmosphere/Cosmos while the Cyclonic (Anti-clockwise) circulation creates instability/imbalance in the atmosphere, giving rise to convergence and entropy (disorderliness). As observed during the (SmT10+), the VGMFs are alike gamma-ray bursts, seem to focus their energy on a narrow clockwise revolving beam, rather than emitting it equally in every direction. This property of the GMFs- is in conformity with the discovery of Swiss Scientist Merlin Kole, who discovered in 2019 that Gamma-ray bursts seem to focus their energy on a narrow beam, rather than emitting it equally in every direction. Also, it has been observed during the last nineteen months performance of the Soul Meditation (Sm) that the frictional Heat (H), generated by the rubbing of palms (Joule-Thomson Effect i.e. Heat produces when work is done); when are put on closed eyes during the Soul Meditation (Sm), then the formation of GMF gets accelerated (catalyzed).

@The Soul Meditation (Sm) is a sort of meditation in solitude, performed preferably during the Brhamah Mahurat i.e., 1-2 hours before Sunrise in the defined posture (sitting in squatting Position making 90-degree angle between waist-neck-head) and synchronizing Body, Mind, Soul. The Body should be in relaxed

mode and Mind be focused on one imaginary point (selected in the center of the forehead aligned to the nose) & stress free with no thoughts preferably.

@VG: Soul Meditation (Sm) Equation

Technically, (Sm) is the result of the addition (Yoga) of the three viz. Body(B)+Mind(M)+ Soul(S).

$$<\text{Mathematically, } <(\text{Sm}) = (\text{B} + \text{M} + \text{S})> \quad (1)$$

@The proposed Sm FT, would be further clinically modified, designed, and experimented on apparently healthy volunteers. before experimenting on healthy patients (Nil Neurological and Neurodegenerative disorders) & non-healthy patients (with Neurological, and neurodegenerative diseases). It aims to take up Correlational cum Combinatorial Studies of innovative Virendra Goswami Meditational Flare (VG-MF) observed during Soul meditation (Sm) with Pharmacotherapy (Allopathy) in the management of Neurologic-neurodegenerative diseases, and efficacy of these VG-Soul meditational Flare Therapy and Allopathic treatment, evaluated by clinical criteria.

Both these non-conventional meditational techniques have been experimented for the last 48 months, by the author, himself being a chronic patient of headache from adolescence, followed lately, with Open Angle Glaucoma since 2015 or so. Next, it has been observed after performing for 3 months daily, 30 minutes the Soul Meditation (Sm) in the defined posture, that the observed (clockwise i.e., anticyclonic) motion of the VGMFs with its diverging flares appearance from its center, attributes to the stability of VGMFs-Photons, maintaining electrolytic-balance through the neurons in the cerebrum/cortex of the human brain, associated with higher brain function viz., thoughts and action vis-à-vis Stress. Glaucoma is severe ophthalmological irreversible disorder wherein; the optic nerve gets damaged leading to blindness. The healthy optic nerve is a pillar of good vision, and it gets damaged by an abnormally high pressure in the eye. Nervous disorders like Severe headache, migraine, nausea and Stress are related to Pigmentary glaucoma, if not treated on time, it may cause blindness. Sometimes, during jogging and strenuous exercises, this pigment granules get deposited on the trabecular meshwork and result intermittent pressure elevations.

The innovative technologies acronym SmF-Therapy to Glaucoma patients i.e. MF-GLAUCOMA THERPY (MGT) & MF-Color Doppler Imaging (MF-CID) i.e., (improved version of)/ Color Doppler Ultrasound Imaging of the Eye and Orbit would be used to identify even very small blood vessels, from which measures of blood velocity and vascular resistance can be obtained to evaluate orbital vasculature. MF-Photons seem to be spotted by the images formed on the Retina of the eyes through the Retina imageries.

@Similarly, an innovative technology acronym VG- NMFT (Virendra Goswami Neuro-Meditational Flare Therapy) and VG-NFT-Color-Doppler-Imaging (CID) in combination with Brain-

Color Doppler Imaging (Carotid Doppler is a diagnostic technique to identify the circulation in the large arteries of the neck) may be developed for Neurological-Neurodegenerative patients to identify even very small blood vessels, through the optic nerve from which measures of blood velocity and vascular resistance can be obtained to evaluate orbital vasculature. If so, then MFs can be photographed, catalogue qualitatively and quantitatively in order to study their morphological and dynamical properties by the improved Color Doppler Ultrasound Imaging of the Eye and Orbit, abbreviated as MF-CID, and VG-NFT- Color-Doppler-Imaging (CID), during the (SmT10+) onward. This improved Color-Doppler Imaging i.e. MF-CID & VG_NFT_CID would be a non-invasive ultrasound procedure permitting simultaneous gray scale imaging of structure and color-coded imaging of the MFs as well as the blood velocity of the blood vessels of the Eye and the neurons in the cerebrum/cortex of the human brain.

@The author pursued clinical investigations, to evolve non-invasive, affordable meditational techniques to Control health diseases associated with neurological disorders (migraine, bipolar-disorder, hyponatremia, Dementia, Epilepsy, Vertigo, Seizures, Stroke), related to nonarthritic ischemic optic neuropathy through

affordable, non-invasive, innovative technology of VGMF-Neuro-Therapy. Finally, based on Trabeculoplasty (tra-beck-you-low-plas-tee) i.e LASER. Treatment, an innovative technology has been proposed, acronym Soul-Meditational Flares Amplification Stimulated Emitted Radiation (Sm-FASER). Therapy for the treatment of ophthalmological & (VG-NMFT for Neurological Disorders respectively would be developed.

@Correlation of GMFs & neurological disorders (Migraine Headache). i.e., (VG: Headache -GMF) Eqn. From VGMF-Disorderliness Eqn. (4), Quantitatively, VGMFs are synchronization of Concentration (C), Peace (P) & Disorderliness (D). i.e.,

$$< \text{VGMF} = < \text{Sm} (\text{PC/D}) >, \text{ provided } (\text{Sm}) \text{ is Constant } (1)$$

@Again, it has been proved in 49 months daily, 30 minutes performance of the VGMFs within (Sm) that the observed (clockwise i.e., anticyclonic) motion of the VGMFs with its diverging flares appearance from its center Figure1, attributes to the stability of VGMF-Photons, maintaining electrolytic-balance through the neurons in the cerebrum/cortex of the human brain, associated with higher brain function viz., thoughts and action vis-à-vis Stress (S).



Figure1: GMFs nearly appear like Black Hole Wobbles Gamma-ray bursts. Most of the time (98-99%), the GMFs do appear during the Soul Meditation (Sm) like Black Hole Wobbles Gamma-ray bursts.

@Correlation of (VGMFs-Sm) with Meditation (M*)

The Meditation(M*) is the sum of the three viz. Body(B)+Mind(M)+Pranayam (Breathing Exercise /Respiratory control (R)).

$$\text{Mathematically, } < (M^*) = (B+M+R) > \dots (2)$$

Eqn. say i.e. VG: Meditation Eqn. i.e. Meditation is the synchronization of Body, Mind & Respiratory. @Next, the 'Pranayama' (Respiratory Control) is a Yogic-exercise of Indian origin and performed with the Yōga (addition) of the three viz. inhaling(i)+hold(h)+exhale(e) in the ratio of (1: 2:1 minutes).

$$\text{Mathematically, } < R = (i)1+(h)2 +(e)1 > \dots (3)$$

Eqn. i.e VG: Respiratory Eqn. By substituting the value of R from the above (3) Eqn. the (2) Eqn. may be written as:

$$< M^* = (B+M+(i)1+(h)2 +(e)1) > \dots (4)$$

Eqn. say i.e VG: Respiratory-Meditation Eqn. Or VG; R-M*Eqn. Eqn.4. above narrates that Meditation(M*) is performed by simultaneous control of Body(B), Mind(M)& 'Pranayama'(Respiratory) by inhaling the breath slowly in 1minute, holding for 2 minutes by concentrating on the area between the two brows, equalizing one's inhalation and exhalation, & exhaling slowly by 1 minutes, and controlling the senses, mind and the Self and giving up Anger.

@Reaction Kinetics of Sm

The discipline in the (Sm)/Meditation means positivity and getting rid-off from the 3-A's (Anxiety, Anguish & Anger. In the form of chemical reaction viz. Reaction Kinetics,

$$< (Sm)/M^* \rightarrow (I) \rightarrow (P) \rightarrow (H) >. (5)$$

Eqn. says. In other words, Meditation(M*)/Soul meditation (Sm) is the summation of the three (I, P & H). Mathematically,

$$< (Sm)/M^* = (I+P+H) >... (6)$$

Eqn. says. @The main difference between Soul meditation (Sm) and Meditation(M*) is that during (Sm), the Mind(M) is in total rest without thoughts/ action(thinking); maintaining almost zero Kinetic Energy (KE=0), while during Meditation(M*) respiratory/ breathing action (1:2;1) prevails.

Since the Soul meditation (Sm) is the genesis of the VGMFs, hence the above Chemical equation (5) & mathematical notation (6) should hold equally in case of VGMFs as a corollary. i.e.

$$< GMFs/(Sm)/M^* \rightarrow (I) \rightarrow (P) \rightarrow (H) > \quad (7)$$

$$< GMFs/(Sm)/M^* > = (I+P+H) > \quad (8)$$

Thus, Meditation and Soul Meditation (Sm) in particular, along with the VGMFs, relieves depression, Stress, relaxes nervous system, and brings into order the Bipolar- disorder by maintaining electrolytic-balance through the neurons in the cortex of the human brain.

@Neuro-Chemical -Reaction Kinetics (Neuro-Kinetics)

These Eqns. (7-8) are alike chemical equations representing perhaps chemical reactions taking place in the Mind (Brain); during the Meditation(M*)/ Soul Meditation (Sm), representing neurological orders resulting due to neurological electrolyte balancing. If that's so, then question arises what the kinetics of these neuro-reactions are responsible to maintain the electrolytic balance through the neurons in the cortex of the human brain and attributes to its higher functions viz., thoughts and actions. Next, when the electrolytic balance in the brain gets disturbed and dysfunction sets in resulting neurological disorders and neurodegenerative diseases; then how the Soul Meditation (Sm) vis-à-vis. Goswami Meditational Flares (VGMFs) may be helpful to treat these neurological ailments?

@Well, from the above observations it's evident that during Soul Meditation (Sm), the Mind(M) is in total rest without thoughts/ action(thinking); maintaining almost zero Kinetic Energy (KE=0), by not performing even the respiratory/breathing action (1:2;1) of inhaling, holding and exhaling of the breath of Meditation(M*).

In other words, the GMFs divergence nature attributes to the stability/balancing of the GMFs atmosphere/Cosmos while the Cyclonic (Anti-clockwise) circulation creates instability/imbalance in the atmosphere, giving rise to convergence and entropy (disorderliness).

@VG: GMF-Equation Based on VG: GMF-Hypothesis

After having performed the Soul Meditation (Sm) for more than 49 months for 30 minutes duration, it has been authenticated by

the author (Dr. Virendra Goswami) that:

$$<VGMF \text{ should be proportional to Peace}(P) > \dots\dots (i)$$

$$< VGMF \text{ is proportional to Quality } (Q) \text{ of } (Sm) > \dots\dots (ii)$$

$$< VGMF \text{ is proportional to duration of Time } (T) \text{ of } (Sm) > \dots\dots (iii)$$

$$< VGMF \text{ is proportional to clean Environment}(E) > \dots\dots (iv)$$

$$< VGMF \text{ proportional Concentration } (C) \text{ of } Sm > \dots\dots (v)$$

$$< VGMF \text{ proportional to frictional Heat}(H) > \dots\dots (vi)$$

Summing up Eqn. (i) to Eqn.(vi), we get,

$$<VGMF = Sm (PQTECH) > \dots\dots (9)$$

where (Sm) is Constant.

@Correlation of VGMF VGMFs& Entropy (Disorderliness)

Another aspect of the VGMFs, is that the stress-free brain is needed for the VGMFs creation during the (Sm). In other words, < VGMF is inversely proportional to Stress> Since <Stress is inversely proportional to Peace> & < Peace(P) is inversely proportional to Entropy (En) or Disorderliness(D)>, Then, VGMF-Equation reduces, <Sm (PQTECH H/En)>...Eqn. say. Or

$$<VGMF = <Sm (PQTECH/D) > \dots\dots (10)$$

Eqn. i.e VG: GMF-Entropy. Eqn. Where (Sm) is constant. Correlation of VGMFs with Neurodegenerative Diseases. Since GMFs are related to Intraocular Pressure (IOP) & may prove a remedy to neurodegenerative diseases e. g. Glaucoma. The IOP is an ocular eye pressure, measured in millimeters of mercury (mm Hg). Normal IOP ranges from 12-22 mm Hg. IOP greater than 22 mm Hg is associated with neurodegenerative diseases, caused by a brain tumor, stroke, glaucoma, diabetes, hypertension, or head trauma.

Again, it has been observed that the number of VGMFs are inversely proportional to IOP. Or

$$<VGMF = Sm(1/IOP) > \quad (11)$$

Say, where, (Sm) is constant. It means, patients in number VGMFs would result in a reduction in the IOP vis- à-vis relief to the patients suffering with neurodegenerative diseases.

@These VGMF-CID may enable us to find the correlation of VGMF- Velocity with the blood velocity to visualize the changes in orbital hemodynamic associated with a variety of pathological conditions, including central retinal artery and vein occlusions, cranial arteritis, nonarthritic ischemic optic neuropathy, and carotid disease and suggest the remedial action to the said diseases related to Neuro-Ophthalmic-Disorders. Also, to detect the vascularization of orbital and ocular tumours, as well as to investigate altered hemodynamic associated with neurodegenerative diseases affecting the functioning of neuron or the entire neurological pathway. This causes dysfunction of Central Nervous System (CNS)

and Peripheral Nervous System (PNS) of human brain. These are of two kinds neurological disorders mainly responsible for Common Neurological Diseases e.g. Alzheimer, Back pain, congenital defects of the brain, spinal cord, Cerebral palsy, Chronic fatigue syndrome, Concussion, Headaches and migraines and Hyponatremia (Central Nervous System Disorders with disturbed serum sodium level less than 135mEq/L).

I think, the Soul Meditation (Sm) vis-a-vis VGMFs may prove a remedial measure to Neurological Disorders (resulting due to imbalance of chemical electrolytes in the brain)viz Migraine, Chronic severe headache, Bipolar Disorders (particularly during its lower phase), as (Sm) vis-a-vis VGMFs facilitate the balancing of the chemical electrolytes in the brain due to its clockwise i.e. anticyclonic) motion of the VGMFs , attributing to its diverging flares appearance from its centre resulting to the balancing of the electrolytes in the neurological sphere(brain). Also, the above studies have shown that the VGMFs originated during the Soul Meditation (Sm) are inversely proportional to the Stress(S) and Entropy (Disorderliness) with the mere fact that during the Soul Meditation (Sm) the mind is in rest without thoughts and thinking action with almost nil kinetic energy, inhibiting the increase in blood velocity(neurons) in the blood vessels of the brain. This has been observed by the author himself during last 49 months practice of the Soul Meditation (Sm) and getting rid-off from the 64 years of the headache/migraine misery as well as the other neurological abnormalities.

Introduction to Neurological and Neurodegenerative Disorders

The word Neurodegenerative is the combination of prefix “neuro” designates nerve cells (i.e., neurons), and “degeneration,” refers to, in the case of tissues or organs, a process of losing structure or function. Thus, neurodegeneration symbolizes any pathological condition primarily affecting neurons. The Neurological disorder emulates for unknown reasons and progresses in a relentless manner.

Neurodegeneration occurs in the Central nervous system (CNS) through the loss of neuronal structure and function and are very common in Senior Citizens. For example, Alzheimer’s Disease (AD), multiple sclerosis, Parkinson’s Disease (PD) and amyotrophic lateral sclerosis that negatively affect mental and physical functioning.

@The Common Neurological Disorders

- a) **#Amyotrophic lateral sclerosis (ALS):** Alzheimer’s disease,
- b) **#Aneurysm:** Back pain, Bell’s palsy, Birth defects of the brain and spinal cord, and Brain injury.
- c) **#Brain Tumor:** Cerebral palsy, Chronic fatigue syndrome & Concussion.
- d) **#Dementia:** Disk disease of neck and lower back, and

- e) **#Dizziness, Epilepsy:** Guillain-Barré syndrome, Headaches and migraines,
- f) **#Multiple sclerosis:** Muscular dystrophy, Neuralgia, Neuropathy, Neuromuscular and related diseases.
- g) **#Parkinson’s disease:** Psychiatric conditions (severe depression, obsessive-compulsive disorder),
- h) **#Scoliosis & Seizures:** Spinal cord injury: Spinal deformity and disorders Spine tumor, Stroke & Vertigo.

@The symptoms of these Neurological Abnormalities are paralysis, muscle weakness, poor coordination, loss of sensation, seizures, confusion, pain and altered levels of consciousness caused by genetic (congenital) disorders, infections, environmental pollution, malnutrition, and brain injury etc. These said abnormalities can be diagnosed by neurological examination and are treated with neurology specialties by the Neurologists. While psychiatric illnesses” like Mental disorders (distress or impairment), appearing due to abnormalities of thought and behavior need the treatment of clinical neuropsychology specialists by the Neuropsychologists.

Mechanism of Neurological and Neurodegenerative Disorders

Well, it reminds me of the famous quote that “Necessity is the mother of Invention”. The first genetic discovery in glaucoma, multicenter clinical trial, and defining glaucoma as a neurodegenerative disease was innovated at the Glaucoma Research Foundation by *Dr Thomas Brunner et.al*, and later developed by Dr. Virendra Goswami, acronym Soul Meditational (Sm) Flare Therapy (SmFT) as well as experimented on himself being a patient of Open Angle Glaucoma, migraine headache, Sjogren Syndrome, and Spinel Stenosis for more than 48 months to innovate non-invasive, affordable meditational techniques to Control Ophthalmological (Glaucoma), Neurological and Neurodegenerative ailments. The Neurological Disorders are related to bodies nervous system, affecting the brain, spinal cord, and nerves in the body causing structural, biochemical or electrical abnormalities, like Brain Tumor, Dementia, Epilepsy, migraines, Parkinson’s disease, Seizures: Stroke & Vertigo etc.

Neurological Disorders affect either a single neuron or the entire neurological pathway, causing dysfunction, viz. Central Nervous System (CNS) and Peripheral Nervous System (PNS) disorders, or cortex is the largest part of the human brain, associated with higher brain functions. The Figure 3 below depicts the human brain showing the four lobes frontal lobe, parietal lobe, occipital lobe, and temporal lobe - of the cerebral cortex. The cerebrum or cortex is the largest part of the human brain, associated with higher brain functions such as thought and action. (C.f. Disabled World, Rev.2020,04,01,015. 04.08) [2].



Figure 2: GMFs nearly appear like Andromeda Galax (Barred Spiral Galaxy).

@ *Chen.et.al*, (2016) [4] have recently identified the inflammatory process as being closely linked with multiple neurodegenerative pathways, which are associated with depression, a consequence of neurodegenerative disease. The pro-inflammatory cytokines are important in the pathophysiology of depression and dementia, confirming that the role of neuroinflammation in

neurodegeneration is important since pro-inflammatory agents, which are the causative effects of neuroinflammation, occur widely, particularly in the elderly in whom inflammatory mechanisms are linked to the pathogenesis of functional and mental impairments (Figure 3).

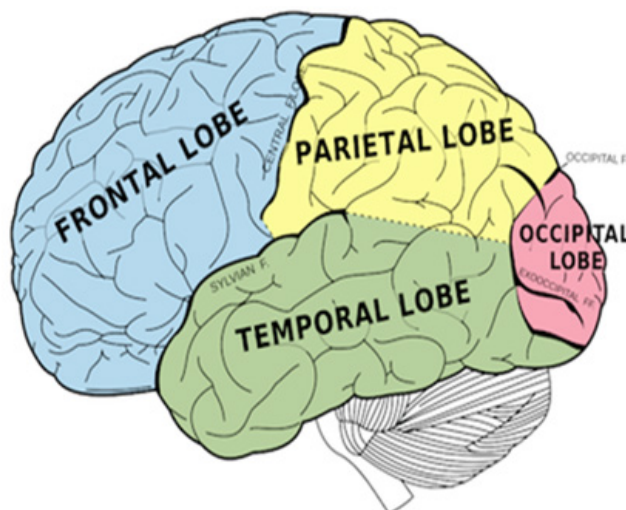


Figure 3: Diagram of the human brain showing the four lobes frontal lobe, parietal lobe, occipital lobe, and temporal lobe of the cerebral cortex.

Neurodegeneration by viruses refers to the interaction between the CNS and environmental viral factors. The presence of immune activation in the CNS results in viral infections, immune-mediated disorders, and neurodegenerative diseases, involving microglia and astrocytes constituting the resident immune cells of the CNS and important in the regulation of homeostasis of the brain during development, adulthood and aging. However, inflammation in tissue pathology that may result in the production of neurotoxic factors amplifying the disease states, indicates the persistence of inflammatory stimuli or failure in normal resolution mechanisms. neurodegenerative diseases including AD, MS, PD and ALS, are linked to intracellular mechanisms e.g. the degradation of protein, the dysfunction of mitochondria, the defects of axonal transport and apoptosis. Therefore, the spectrum Neurons are post-mitotic cells, Brain, is one of the major avenues of the geriatric problems,

indicating brain aging, wherein the spectrum of memory and cognitive loss that occurs from normal aging to mild cognitive impairment, and then finally to AD. Oxidative stress, mitochondria dysfunction, and apoptosis are involved in basic molecular and biological process leading to neuronal cell death, i.e. of aging brain.

@Next, *J Emeriti, et.al.*, [6] have explained that ROS and RNS are the cause of oxidative stress in nervous system. Classically oxidative stress is described as an imbalance between generation and elimination of ROS and RNS. Oxidative stress is accountable for redox regulation involving Reactive Oxygen Species (ROS) and Reactive Nitrogen Species (RNS). It modulates the critical cellular functions, notably for neurons astrocytes and microglia, apoptosis program activation, and ion transport, calcium mobilization, involved in excitotoxicity. Excitotoxicity and apoptosis are the two main causes of neuronal death.

The adult brain contains about 10^{11} - 10^{12} neurons, which are supported and protected by at least twice as many neuroglial cells. Recently, it has been suggested that glial cells, especially astrocytes, play more sophisticated neuron like roles. Glial cells only provide structural support to assist the metabolism of and help protect neurons. The endothelium of the small blood vessels in the brain is much less permeable to molecules than other vascular endothelia, although essential molecules such as glucose, and most lipid soluble molecules can still penetrate the Central Nervous System (CNS), especially sensitive to oxidative stress, because of high O_2 consumption: in humans. The brain accounts for only a few percent of the body weight but it processes 20% of basal O_2 consumption while a neuron uses much of O_2 it takes up to make, via mitochondria, ATP needed to maintain low gradients (high intracellular K^+ , low Na^+ , very low and "free" Ca^{2+}). The brain uses glucose for energy production and needs about 4×10^{21} molecules every minute. As the mitochondria in aerobes, are the fount of ATP synthesis, the deep hypoglycaemia and inhibitors of ATP synthesis e.g. rotenone or cyanide can cause neuronal cell death.

Correlation of Neurodegenerative Disorders with Oxygen volume while performing VG-MF-Neuro Therapy

Dr. Virendra Goswami, et al., (2022) [1]: These above findings

Table 1:

Date	Oxy Vol	Pulse	T+30 min Oxy Vol	Pulse	T+60 min Oxy Vol	Pulse 60 min
20 Nov'21	96	52	97	52	98	52
21 Nov'21	96	55	96	55	98	55
22 Nov'21	95	67	96	67	98	67

During the 60 days, after the performance of the Soul Meditation(Sm) in the defined posture by Dr. Virendra Goswami(VG), and measuring with the same Oxy-Pulse Meter (OP-Meter), every time to avoid any calibration error; it was observed that there was an increase in Oxygen volume by one unit with no change in pulse rate and increase of Oxygen Volume by 2 units in one hour Sm, inferring that (Sm) and (VGMFs) can be used as treatment to Corona Virus. To authenticate the above facts of increase in Oxygen-Volume, more clinical investigations on the different types of patients of neurological and neurodegenerative ailments and the healthy (non-Patients) of the said diseases are needed.

General Methodology and Procedure to be followed During Clinical Trial on Patients

- @Conceptual study:** The detailed review of selected drug (Allopathic) and soul- meditation was done.
- @Procured drug:** The drug was procured from a reliable

of J. Emerit et.al., [6] motivated to the present author Dr. Virendra Goswami to study not the Correlation of Neurodegenerative Disorders with Oxygen volume while performing VGMF-Neuro Therapy, and VG SmFT for Glaucoma but, also VGMF- Corona-Therapy after having recovered from Corona Virus (COVID-19) after 7 days hospitalization and successive treatment and care along with his spouse (Mrs. Shashi Goswami), who did suffer with Corona, had hospitalization more than a week followed by 3 weeks oxygen inhalation at home for the full recovery.

Hence, the results of studied Correlation of Optic-Nerve-Compression (ONC) with Meditational Flares (MFs) during ½ hour Soul Meditation (Sm), by measuring the Oxygen volume before the (Sm), and after (½h) (Sm), by using Oxy-Pulse Meter (OP-Meter) every day for more than 60 Days, and recorded the increase in oxygen volumes by 1.0 cc in case of (½h). Sm and by 2.0 cc in (1h) Sm. The increase in O_2 Volume did reduce the intensity, and duration of headache as well as the frequency of migraine attacks; reconfirming that inadequate oxygen flow into neurons (Brain cells) is the probable cause of headache and thus established that the SmFT is also a non-invasive, most economical and with nil side effects 'Corona-Therapy' apart from being a remedy for Ophthalmological and Neurological Disorders. For Example, there are few observations experimented on me are cited below (Table1).

source .

- @Authentication:** Authentication of the raw drug was done.
- @Therapeutic intervention:** Patients were advised to continue allopathic treatment which they used to previously take for the Neurological and Neurodegenerative disorders along with present trial drug and meditation as adjuvant therapy.
- @Sample Size:** Sample size was limited to 20 in each group.

@Criteria For Selection

- @Inclusion:** *Patients aged between (15-45) & (45-85) years with Neurological and Neurodegenerative disease.
- @Exclusion:** *Patients aged between (45-85) years, having multiple Neurological and Neurodegenerative diseases together.

Method Of Data Collection

The data of the selected patients (those who comply with the inclusion criteria) was collected. The selected patients underwent the series of events before the treatment which include informed consent on the study, their demographic details, a detailed history that was supported by the related clinical and pathological reports by filling up the Clinical Report Form (CRF) as per the requirements of the study.

Criteria For Diagnosis

@Subjective parameters

- Feeling of fullness or heaviness in eyes, neck, and the Head and forehead
- Heaviness & numbness.
- Visual and comprehensive/apprehensive disturbances.
- Mild to Severe headache with throbbing pain.
- Vision and Memory loss.

@Objective parameters

- IOP using Applanation Tonometry / Schiotz
- Direct and indirect Neurological examinations.
- Fundus Photography for Optic nerve head (ONH) evaluation.
- Neurological Color Doppler (Carotid) and Radiological tests.
- MRI -Brain, MRI-Spine etc.
- Nerve compression test
- Hematological Investigations like CBC, KFT, LFT etc.
- Holter Monitor.

@Criteria For Groups& Duration of Study/Treatment

@Groups: The selected patients were randomly divided into three groups on the basis of computer-generated random number chart.

- @@Groups A:** Standard Allopathic treatment to along with once daily Soul meditation
- @@Groups B:** Application of the prescribed Allopathic medicine + Soul meditation
- @@Groups C:** Soul meditation on healthy volunteers-20

Duration of Study Initial 42 Days period was selected as it's after 42 Days (6 Weeks) performance of Soul Meditation (Sm), 30 minutes every day in the defined Posture, the Meditational Flares (MFs) are observed.

@Duration Of Treatment: *Assessment on 1st day, 15th day, 30th day, 42 days *Follow up after 15 Days *Total duration of trial 8 Weeks Investigation, Research Performa, Rescue Medication & ADR (Adverse Drug Reaction).

@Investigation: Routine Hb%, Fasting Blood sugar (FBS) and Lipid profile.

@Research Performa: A detailed research Performa will be prepared incorporating all the points from the innovative Soul meditational Flares Therapy (SmFT) as well as modern aspect (Allopathic) to study the patients as well as the disease.

@Rescue Medication and ADR: To alleviate any emergency, the use of rescue medication will be permitted as per the need of the patient, disease condition and discretion of the investigator. If there is any occasion of Adverse Drug Reaction (ADR), additional pharmacological drugs will be prescribed in consultation with the contemporary medical practitioners, or other Allopathic will be administered in consultation with the experts in the field. @The data on these occasions with the kind and doses of the additional drugs will be noted, recorded, analyzed and reported.

@Parameters for assesment of study outcomes. @For the assessment of the effect of the therapy the following criteria was used and shall be used in future for further investigations.

- Improvement in the signs and symptoms of the Disease.
- The required investigations were conducted and will be conducted before and after the treatment of the patient in future as well.

@Primary End Point: Change in Clinical features of Neurological and neurodegenerative diseases.

@Secondary End Point: *Improvement in quality of life related to the Neurological and neurodegenerative Brain's cell, and Ocular health.

@Statistical Methods of Analysis: The data from clinical study were assess related; would be assessed in future as well, by other representative diagnostic tests recommended for Neurological and neurodegenerative diseases for objective parameter & the tests for subjective parameter will be presented in the form of dissertations.

Results: (Radiological& Other Tests) Figures. 4,5,6

The IOP uses Tonometry, Direct and indirect Neurological examinations, Fundus Photography for Optic nerve head (ONH) evaluation. Neurological Color Doppler (Carotid) /Ultrasound, Holter Monitor, MRI -Brain, and MRI-Spine etc. Conducted before the Sm and after 2 years of Sm, showed very significant improvements. The Few results are shown in the attached scanned reports.

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NAME: VIRENDRA KUMAR GOSWAMI **AGE/SEX:** 77 YRS / M
UHID: 95211 **DATE:** 2-Mar-24
REF. BY: SELF

COLOR DOPPLER CAROTID

An eccentric hypoechoic plaque with areas of calcification within is seen at the bifurcation of the CCA into the ICA on right side causing ~ 20-30% luminal stenosis.

Bilateral common carotid arteries are normal in caliber. Intima-media thickness measures 0.7 mm on right side and 0.6 mm on left side.

Bilateral cervical internal and external carotid arteries are visualized and show normal caliber.

Bilateral common carotid arteries, proximal cervical internal carotid arteries and external carotid arteries show normal color doppler signals and flow pattern.

Both the vertebral arteries appear normal with normal patency and flow pattern.

IMPRESSION:

- Eccentric atherosclerotic plaque at the bifurcation of the CCA into the ICA on right side causing ~ 20-30% luminal stenosis.

Please correlate clinically.

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This is a professional opinion based on imaging findings and not the diagnosis. It should be correlated clinically and with other relevant investigations to arrive at a proper conclusion. Not valid for medico-legal purpose.

The new health care destination

Figure 4:

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 Referring Doctor
 Passport No.

Age / Sex 77 YRS / Male
 Registration Date 02-Mar-2024 04:10 PM
 Reporting Date 03-Mar-2024 09:33 AM
 Approval Date 03-Mar-2024 09:33 AM

DEPARTMENT OF RADIOLOGY

MR SCAN

STUDY PROTOCOL:
 MR imaging of the brain was performed using PLAX, T1 and T2 weighted axial sections, and correlated with T2W sagittal and coronal images.

TECHNIQUE:
 Generative predominance of the cerebral sulci and the ventricular system is seen. Ventricles are dilatation normal.

First of the cerebral hemispheres is normal in signal intensity with no abnormal grey and white matter differentiation.

Both hemispheric hemispheres are normal in morphology and signal intensity. Cerebrospinal fluid signal is normal.

Midline is normal in morphology and signal intensity.

Partial empty sella is seen. Corpus callosum displays normal MRI signal.

No evidence of abnormal bleeding on T2W is seen.

No area of abnormal restricted diffusion seen in the brain.

The flow voids of the bilateral major cerebral arteries are maintained.

IMPRESSION:

- Age related cerebral atrophy.
- Partial empty sella.

Please correlate clinically

*** End Of Report ***

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Figure 5:

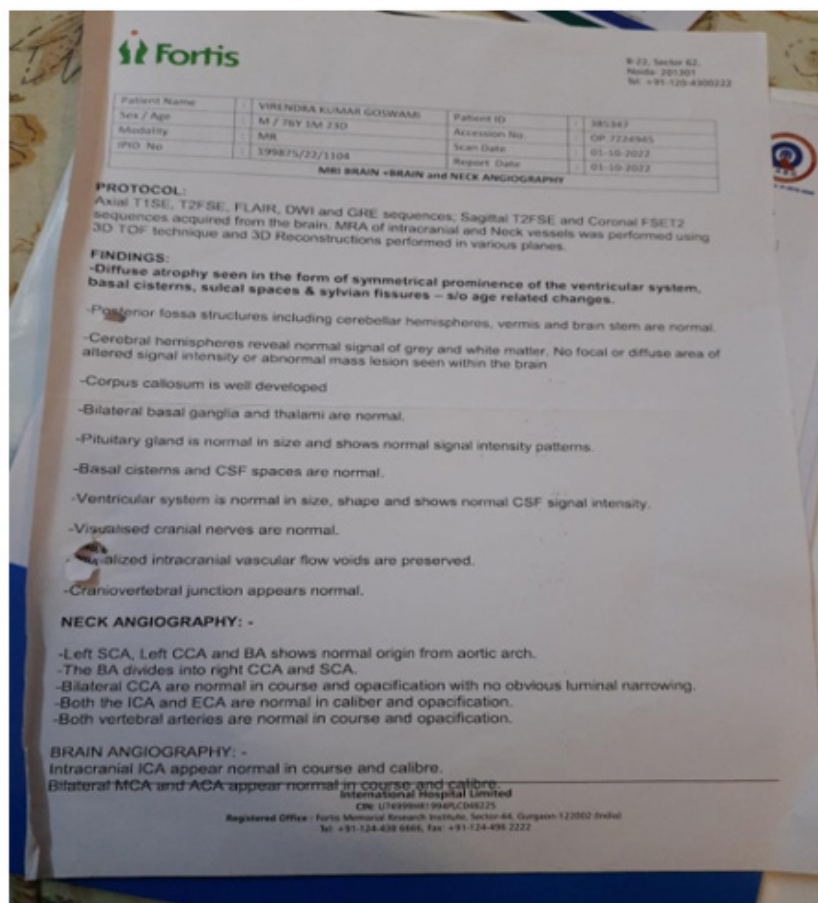


Figure 6:

Scope

@Since the Eye-Field Test is used by the ophthalmologist to detect areas of vision loss (blind spots) caused by Neurological Disorders(e.g. brain tumor, stroke, hypertension, or head trauma),glaucoma, diabetes, as well as to determine the severity of, and monitor the glaucoma hence, I think, the Soul meditation (Sm) vis-à-vis VGMFs may prove a remedial measure as VGMFs-Therapy to the Ophthalmological Disorders as well as the Neurological Disorders ,resulting due to imbalance of chemical electrolytes in the brain viz Migraine/Chronic severe headache, Bipolar Disorders (particularly, during its lower phase). Next, Soul meditation (Sm) vis-a-vis VGMFs facilitate the balancing of the chemical electrolytes in the brain due to its observed clockwise i.e. anticyclonic) motion of the GMFs attributing to its diverging flares appearance from its center resulting to the balancing of the electrolytes in the neurological sphere(brain) as observed by Dr. Virendra Goswami during the (Sm).

@Potential commercial application of the (SmFT) & VGMF-Neuro-Therapy. @Though there is hardly any explicit commercial application of the innovative Soul Meditational Flare Therapy

(SmFT) & VGMF-Neuro Therapy, are aimed to make these therapies more effective, nil side-effects, non-invasive, most economical and affordable Therapy acronym (SmFT) & VGMF-Neuro Therapy for all types of the patients (rich and the poor in particular), suffering with Ophthalmological, Neurological, Sjogren Syndrome (autoimmune) Disorders and even probably COVID-19(Corona). @Implicitly, also, it's not having considerable commercial potential as the innovative SmFT & VGMF-Neuro Therapy do not repetitive costly aforesaid allopathic diagnostic tests after getting authenticated the occurrence of the said Ophthalmological, Neurological, and autoimmune disorders.

However, in future on the invention and authentication of the proposed and based on Trabeculoplasty (tra-beck-you-low-plas-tee) i.e LASER-Treatment, if an innovative technology by the Inventor of the said (SmFT), acronym 'Soul- meditational Flares Amplification Stimulated Emitted Radiation (Sm-FASER)-Therapy comes up with the design of Sm-FASER Laser-Gun; followed by clinical tests on good number of patients, then obviously, this patent of the SmFT & VGMF-Neuro Therapy would like to have a great commercial potential. Again, this is not the end result as more

technology/ techniques of non- conventional, conventional & hybrid technology (conventional +non- conventional) would be developed with hybrid team (Scientists, Neurologists and Ophthalmologist @ Goswami VK: Prediction of Neurological and Neurodegenerative Disorders. VGSmF's appearance after 48 Months or so-Prediction of Neurological and Neurodegenerative Disorders. Please refer -Virendra Kumar Goswami [2].

This change in appearance in the VGMF during the 1/2-hour Sm vis-a-vis change in the Morphological (fading and hazy) and Dynamical Properties (reducing to almost nil the movement (cyclic/anticycling); maybe use as a VG- Diagnostic-Index (VGMF-ID) and VGMF-'Remedial-Index' (VGMF-IR) of the Neurological and Neurodegenerative Disorders.

In other words, if the appearance of of the VGMF-Pattern is observed during the Sm (preferably after having formed Sm for 1-3 months), in the Healthy Person then it may be an indication (Ban) of setting up the Neurological/Neurodegenerative Disorders. Reversely, if this is observed during the Sm after having performed the Sm and observing the VGMF for 48 months or so, in case of established patient of these Neurological/ Neurodegenerative patients then it's a Remedial indication (Boon) of the Neurological and Neurodegenerative Disorders. In simple terminology it may be acronym as VG-BAN& VG-BOON as the VG-ID &VG-RI respectively. Though it's difficult at present to forecast the period of setting-up and getting healed- up of the Neurological and Neurodegenerative Disorders in case of Healthy and the Patient of these NDs

(Neurological/Neurodegenerative Disorders), respectively as it needs more and more clinical investigations and Innovations by the present and future generations for the sake of the humanity in totality.

Acknowledgement

None.

Conflict of Interest

None.

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