

'Soul meditational Flares Therapy' ('SmFT')

Dr. Virendra Goswami

An innovative 'Soul meditational Flares Therapy' ('SmFT') for Remediation of Ophthalmological & Neurodegenerative Diseases by Dr. Virendra Goswami (Dr.VG)

Ans.2. @The 'SmFT' is an affordable, non-invasive, innovative technology

COPYRIGHT OFFICE
NEW DELHI
Reg. No. - J-131230/2023
Date 31/01/2023

of Meditational Flares (MF); observed during 'Soul-Meditation (Sm) to Control Ophthalmological Disorders (Glaucoma, Macular-Degeneration, Sjogren's syndrome) and Neurological Disorders (migraine, bipolar-disorder, hyponatremia, Dementia, Epilepsy, Vertigo, Seizures, Stroke).

The Soul-meditation (Sm) is a sort of meditation in solitude, performed preferably during the 'Brahmah Muhurta' (1-2 hours before sunrise) in the defined posture. It arises out of consciousness, with synchronization of body, mind, and soul.¹¹

@ Meditational Flares (MFs) are observed during Soul meditation (Sm). MFs in appearances are alike Revolving Inverted Cones (RICs) with diverging / dispersing light emerging simultaneously, equally in both the eyes. These are occurring usually after 10 minutes duration of Soul-meditation.¹¹

@ Prof. (Dr.) Virendra Goswami, has made efforts to control Glaucoma through 'Soul-meditation' (Sm). The effects on reducing intraocular



Dr. Virendra Goswami

pressure (IOP) and relief from ocular strain are observed and documented by the author. Soul meditation (Sm) performed for the period of 30 minutes or more on one sitting claimed to have relieve eyestrain, dry eye and epiphora.¹¹

@ Dr. Virendra Goswami also computed Correlation of Optic-nerve-compression (ONC) with Soul meditational Flares and revealed that the 'Soul Meditational Therapy (SmFT)' is also a non-invasive, most economical and with nil side effects 'Corona-Therapy'¹³ apart from being a remedy for Ophthalmological¹¹ and Neurological Disorder¹².

COPYRIGHT OFFICE
NEW DELHI
Reg. No. - L-131230/2023
Date 31/07/2023

Ques.3. Brief Description of your invention:

Ans.3. *@ Glaucoma is a 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 abnormally high pressure in the eye. Currently, all therapy for glaucoma is directed at lowering eye pressure, but the fundamental problem in glaucoma is the degeneration of the optic nerve fibers necessary for vision.*

@ Soul-Meditational Flares-Therapy (SmFT), is a non-invasive, nil-side effects, highly economical, independent meditational technology, synchronizing Body, Mind, and Soul with closed eyes in solitude. It's simple procedure wherein, the meditator, through the <(Sm)T+10> min. uses the originated Meditational -Flares (MFs), to lower the Intra Ocular Pressure (IOP) inside the eye. Both these non-conventional meditational techniques are being experimented for the last thirty months, by the author and are obviously, not available in the

e.

clinical investigations confirm the origin of Meditational Flares MFs



Dr. Virendra Goswami

during the (Sm) , 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' & it's Dynamical features viz. MF- Photons i.e. luminous moving flares with the near speed of light during the (SmT10+), as well as the deduced mathematical equations(Sm), MF-Entropy, IOP-MF, MF-Eye-Field); have proved experimentally through the correlational computations of ophthalmological disorders(Macular Degeneration, Sjogren's syndrome, Glaucoma) with the MFs observed during the (Sm) by treating a

COPYRIGHT OFFICE
NEW DELHI
Reg. No. - L-131230/2023
Date 31/08/2023

of a number of patients by existing technologies of measurement of IOP (Tonometry, Radio Wave telemetry (IOVS/ARVO, Vision/Eye-Fields(Perimeter). Ophthalmoscopy.

@ MFs seems to be of discrete in nature, appearing as quanta of glimpses in the shape of moving flares with moderate speed of circular motion, during the Soul meditation (Sm) These MFs are seems to be of Periodic patterns and intrinsic in nature.

@ An innovative technologies acronym 'SmFT' for Glaucoma patients along with MF-Color Doppler Imaging' i.e. improved version of Color Doppler Ultrasound Imaging of the Eye and Orbit, 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 were evolved.

@ Next, the MFs could be photographed, catalogued 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', during the (SmT10+) onward.



20/08/23

@ This improved Color-Doppler Imaging i.e. 'MF-CID' would be a non-invasive ultrasound procedure permitting simultaneous Grayscale imaging of structure and color-coded imaging of the MFs as well as the blood velocity of the blood vessels of the Eye.

@ Also, the total number MFs in a particular duration of (SmT10+) could be counted like platelets counts of blood either manually or more accurately, through the imageries of 'MF-Color Doppler Ultrasound Imaging of the Eye and Orbit enabling us to find the correlation of MF-Velocity with the blood velocity to visualize the changes in orbital thermodynamics associated

COPYRIGHT OFFICE
NEW DELHI
Reg. No. - L-131230/2023
Date 31/08/2023

with a variety of pathological conditions, including central retinal artery and vein occlusions, cranial arteritis, nonarthritic ischemic optic neuropathy, carotid disease, vascularization of orbital and ocular tumors, altered hemodynamic associated with diseases such as glaucoma and diabetic retinopathy & suggesting the remedial action to the 'Ophthalmic-Disorders'. Next, to detect the vascularization of orbital and ocular tumors, as well as to investigate altered thermodynamics associated with diseases such as glaucoma and diabetic retinopathy.

@ Dr. Virendra Goswami also computed 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 ½ h (Sm), by using Oxy-Pulse Meter (OP-Meter), as well as applications of the innovated 'Soul Meditational Therapy (SmFT)' and revealed that the 'SmFT' is also an non-invasive, most economical and with nil side effects 'Corona-Therapy'¹³ apart from being a remedy for Ophthalmological¹¹ and Neurological Disorders.¹²



Objective of your invention:

(Signature)

Ans.4. @The main objective is Remediation of Ophthalmological Disorders through Meditational Flares and Soul-meditation. Next, the present research is designed to pursue clinical investigations to Control Ophthalmological Disorders (Macular-Degeneration, Sjogren's syndrome, Glaucoma) through affordable, non-invasive, innovative technology of Meditational Flares (MF); observed during 'Soul-meditation (Sm) i.e., meditation through the Soul.

@ Further, the clinical investigations to confirm the origin of Meditational Flares (MFs) during the (Sm), and 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', and it's Dynamical features viz. MF- Photons i.e. luminous moving flares with the near speed of light during the (SmT10+); would be done. (Figs.1&2).

@ Characteristics of Soul Meditational Flare (SmMF).



FIG.-1: MFs nearly appear like 'Black Hole Wobbles' Gamma-ray bursts.



Dr. Pratik

Most of the time (98-99%), the MFs do appear during the Soul meditation (Sm) like 'Black Hole Wobbles' Gamma-ray bursts (Fig.1).

As observed during the (SmT10+), the MFs 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 MFs- is in conformity with the discovery of Swiss Scientist Merlin Kole, who discovered in 2019 that Gamma-ray bursts⁸ seem to focus their energy on a narrow beam, rather than emitting it equally in every direction.

COPYRIGHT OFFICE
NEW DELHI
Reg. No. - L-131230/2023
Date 31/07/2023

@ MFs Occur at Eye's Normal Temperature & Pressure (NTP). During Soul meditation (Sm), Mind(M) is in rest i.e. KE=0. Perhaps, the observed (clockwise i.e. anticyclonic) motion of the MFs may be related to its diverging flares appearance from its center (Fig.1). In other words, the MFs divergence nature attributes to the stability/balancing of the MFs atmosphere/Cosmos while the Cyclonic (Anti-clockwise) circulation creates instability/imbalance in the atmosphere, giving rise to convergence and entropy (disorderliness).



FIG -2: MFs nearly appear like Andromeda Galax (Barred Spiral Galaxy)⁹.

Further, it is observed that the MFs do not appear during the (Sm) like "Barred with diffuse dispersed creamy colored glow light flares like



20/07/23

undefined celestial body nebula matching in appearance with the few characteristics of recently found Andromeda Galaxy in 2019 (Fig.2), except on the rare occasions (1-2%), observed during Enlightenment phenomenon due to Coalescence of MFs.

@ For the future investigations of Morphological and Dynamical features of Soul meditation (Sm) & Meditational Flares (MF), the few parameters e. g Visual Field Test, Intraocular Pressure (IOP), Dryness (Schirmer's Test), TBUT, fluorescein staining, rose Bengal test), OCT, CCT, Fundus photography and Ophthalmoscopy would be done using the Conventional Ophthalmological instruments.



@ Next, the deduced Correlational mathematical equations (Sm), viz. (MF-Entropy), (IOP-MF), (MF-Eye Field) would be proved experimentally through the correlational computations of ophthalmological disorders (Macular Degeneration, Sjogren's syndrome, Glaucoma) with the Meditational Flares (MFs), observed during the (Sm) by treating good number of patients by existing technologies of measurement of IOP (Tonometry, Radio Wave telemetry (IOVS/ARVO), Vision/Eye Fields (Perimeter), Ophthalmoscopy.

@ Next, having found the optimum values of Morphological and Dynamical features of acronym Soul-meditation (Sm) vis -a-vis Meditational Flares (MF), probably not available in literature, an effort would be made to develop Forecasting Technique for Glaucoma and other Ophthalmological Disorders.

@ 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.



Dr. Pratik

@Soul-meditational Flares Amplification Stimulated Emitted Radiation ('Sm-FASER')-Therapy is an innovative, non-invasive, nil-side effects, highly economical, affordable, independent meditational technology, synchronizing Body, Mind, and Soul with closed eyes in solitude. It's a simple procedure wherein, the meditator, through the <(Sm)T+10> min. uses the originated Meditational –Flares (MFs), as the Soul-meditation Laser –beam to lower the Intra Ocular Pressure (IOP) inside the eye.

COPYRIGHT OFFICE
NEW DELHI
Reg. No. - 11/11/2023
Date 31/07/2023

@Prior to the treatment, the Blinking-Eyes exercise can be performed for 2-3 minutes in the eyes to make it wet, followed by focusing on the moving Meditational-Flares in the closed Eyes, preferably in the Dark-room with nil noise-pollution and be in Sm for 20 minutes or so, with minimum 25-30 sittings.

@Trabeculoplasty is a simple procedure wherein, the Eye-Specialist uses Laser to drain out the Eye-fluid to lower the pressure inside the eye. Prior to the treatment, the eye drops in the eyes to make it numb, followed by focusing the laser (a strong beam of light with flashes of bright green or red light) into the eye using a special lens and the Laser Machine.

@Side Effects of Trabeculoplasty: It can cause some swelling or soreness and even painful scratching of the cornea (the clear front layer of the eye) or make the cornea very dry. Also, right after the treatment sometimes, one needs ride to go back to home as the eye may be irritated and vision might be blurry.

@Dr Virendra Goswami also studied Correlation of Optic-nerve-compression(ONC) with Meditational Flares (MFs) during ½ hour Soul ion (Sm), by measuring the Oxygen volume before the (Sm), and after ½ y using Oxy-Pulse Meter (OP-Meter),for about 60 days continuously,



Dr Virendra Goswami

and observed that there was an increase in Oxygen volume by one unit with no change in pulse rate, inferring that (Sm) and(MFs) can be used as treatment to Corona Virus (COVID-19); authenticating that innovated 'Soul Meditational Flares Therapy (SmFT)' is also an non-invasive, most economical and with nil side-effects 'Corona-Therapy'¹³ apart from being a remedial therapy for Ophthalmological¹¹ and Neurological Disorders¹² (migraine, bipolar-disorder, hyponatremia, Dementia, Epilepsy, Vertigo, Seizures, Stroke).



@ 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 and Ophthalmologist)

Ques.5. How to use the invention:

Ans.5. @ Since the present invention acronym 'Soul Meditational Flares Therapy (SmFT)' is an non-invasive, most economical and with nil side-effects therapy, so it can be used without any fear, stress, risk of any side effects and with negligible economic resources by performing regularly, patiently, concentratedly, confidently, and following strictly the yogic postures, to perform the innovative 'Soul meditation'(Sm) and experience the remedial action of originated Meditational Flares (MF) during the 'Soul meditation'(Sm)'with full dedication in the dark solitude and preferably in the empty stomach.

@ Technically, acronym as' Meditation of Soul (Sm), it arises out of
· isness/Conscious, with the synchronization of Body (B), Mind (M) &



Dr. Pratik

Soul(S) i.e. < (Sm) = (B+M+S)>.....(VG-Sm)Eqn.1. where,
VG=Virendra Goswami.

@Posture of (Sm): During (Sm), the Body (B) should be so straight in sitting position e.g.'Sukhasan'(Sitting in squatting posture)/'Padmasan'(Lotus sitting posture), that it makes 90 degree angle between waist-neck-head. Also, Body(B) should be in relax mode and Mind(M) be focused on one imaginary point (selected in the center of the forehead aligned to the nose) & stress free with no

COPYRIGHT
NEW DELHI
Reg. No. - 110/2002/23
Date 31/07/2023

thoughts preferably i.e., Mind(M) is in rest. It's ended after rubbing the palms and placing on the closed eyes, as it generates frictional heat due to work done (rubbing of palms), in accordance with Joule-Thompson Effect resulting the acceleration of the formation of the 'SmMF'.

@ Next, it has been observed that when the Soul meditation (Sm) is performed in the lying up position (i.e. on your back making 180 degree angle, straight, upright position) instead of daily sitting posture; then the early appearance of the MFs takes place i. e instead of the <Sm (T10+ minutes)>, it may appear in half of the time say <Sm (T05+ minutes)>.This can be attributed to the less consumption of Calories in lying up posture than the straight sitting posture of the Soul meditation (Sm),resulting the more conservation of the Potential Energy (PE), available to provide Kinetic Energy (KE) to 'GM-Photons' for the early appearance of the MFs.(Fig.1)

@Next, to use this invention, after having learned the Soul Meditation, one has to understand the mechanism of the 'Soul Meditational Flares (SmF).

@ Mechanism & Equation of MFs: In my view, the creation of MFs is due to its
/l Energy (P.E), which gets generated during Soul meditation (Sm) of
minutes, and it can be estimated quantitatively. After (T10+5) minutes;



20/07/23

these MFs gain momentum probably due to the Kinetic Energy (K.E) of 'MF-photons'.

Mathematically, $\langle MF = S_m(1/D) \rangle \dots \dots \dots$ G-MF-Eqn.2.

It means Meditational Flares are inversely proportional to Entropy/Disorderliness(D); during the Soul meditation (Sm)

@ MFs-EQUATION: $\langle MF = S_m (PQTECH/D) \rangle \dots \dots \dots$ VG-MF-Entropy.Eqn.3. say; where (Sm) is Constant.

COPYRIGHT OFFICE
NEW DELHI
Reg. No. - L-131230/2023
Date 31/01/2023

It means that occurrences of the Meditational Flares (MF) during Soul meditation (Sm) directly depends on Peace, Quality, Time duration, clean Environment, Concentration, and frictional Heat (PQTECH) and inversely on Entropy/Disorderliness (D); provided the (Sm) is performed since (Sm) is Constant)". i.e. 'VG: MF-Hypothesis'

@ To conduct the quantitative estimation of MFs, the number of MFs should be estimated independently in both the eyes as IOP is measured separately in both eyes by Tonometer & the visual field during Eye-field test measurements by means of the measuring instruments viz. perimeter.

@ For the initial diagnostic purposes of Ophthalmological, Neurological, and auto-immune Disorders as well as for the future investigations of Morphological and Dynamical features of Soul meditation (Sm) & Meditational Flares (MF), the few parameters e. g Visual Field Test, Intraocular Pressure (IOP), assessment of ocular surface dryness by (Schirmer's Test, TBUT, Fluorescein staining, Rose Bengal test), OCT, CCT, Fundus photography, should be done by using the Conventional Imological/Neurological/ Auto-immune Disorders Diagnostics tests using instruments in Allopathy.



Signature

@ Next, 'MF-CID' to be measured: If needed, the 'Color Doppler Ultrasound Imaging of the Eye and Orbit' may be modified for the MF- Color Doppler Ultrasound Imaging of the Eye and Orbit' or simply, MF-Color Doppler Imaging', abbreviated as 'MF-CID'. This improved Color-Doppler Imaging i.e. 'MF-CID' would be 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.



Quantitatively, it has been observed that one MF occurs appears at a time during (SmT10+) onward. Total number MFs in a particular duration of (SmT10+) are to be counted like platelets counts of blood either manually or more accurately, through the imageries of 'MF-Color Doppler Ultrasound Imaging of the Eye and Orbit or simply, 'MF-Color Doppler Imaging, abbreviated as 'MF-CID' .

@ Aforesaid proposed modified diagnostic techniques would further be clinically modified, designed, and experimented on apparently healthy volunteers, before experimenting on healthy patients (Nil Ophthalmological disorders) & the non-healthy patients (with Neurological, Ophthalmological disorders) etc.

Ques.6. Problem your invention is solving:

Ans.6. @This invention is solving the Ophthalmological Disorders (Macular-Degeneration, Sjogren's syndrome, Glaucoma) through affordable, non-invasive, innovative technology of Meditational Flares (MF); observed during 'Soul-meditation (Sm) i.e., meditation through the Soul, particularly,



20/07/23

for those poor patients who cannot afford the present very costly allopathic treatments.

@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. In Glaucoma not only optic nerve gets damaged by abnormally high pressure in the eye, but the fundamental problem in glaucoma is the degeneration of the optic nerve fibers necessary for vision.



@ Presently all therapy for glaucoma are directed at lowering eye pressure, but the hardly any therapy deals with fundamental problem of the degeneration of the optic nerve fibers necessary for vision. Even the Trabeculoplasty is not free of above-mentioned side effects.

@ To overcome these shortcomings, efforts have been made to develop aforesaid SmFT, MF-CID, and ('Sm-FASER')-Therapies.

@ 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 'GMF-Neuro-Therapy'.¹²

@ While investigating Correlation of Optic nerve Compression with Soul Meditational Flares (SmFs) during ½ hour Soul meditation (Sm), the author measured oxygen volume before the (Sm), and after ½ h (Sm),by using Oxy-Pulse

MP-Meter),for about 60 days continuously, and observed that there was



Dr. Pratik

an increase in Oxygen volume by one unit with no change in pulse rate, inferring that (Sm) and(MFs) can be used as treatment to Corona Virus (COVID-19),since the Oxygen volume falls drastically (From normal value of 99 for healthy person to value of 90 or below in case of Corona patient).Also, increase of duration of (Sm) for the next 1/2 hour adds to increase of Oxygen volume by further one unit of volume; authenticating that innovated Soul Meditational Flares Therapy (SmFT) is also an non-invasive, most economical and with nil side effects

'Corona-Therapy'¹³ apart from being a remedy for Ophthalmological¹¹ and Neurological Disorders.¹²

COPYRIGHT OFFICE
NEW DELHI
Reg. No. - L-131230/2023
Date 31/07/2023

Ques.7. Purpose and object of Invention:

Ans.7. *The main purpose and objective of this invention is to evolve non-invasive, most economical, affordable, and with nil side effects meditational techniques to Control health diseases associated with Ophthalmological¹¹(Macular-Degeneration, Sjogren's syndrome, Glaucoma) , neurological disorders(migraine, bipolar-disorder, hyponatremia, Dementia, Epilepsy, Vertigo, Seizures, Stroke),related to nonarthritic ischemic optic neuropathy with innovative technology of 'GMF-Neuro-Therapy'¹², as well as affordable, non-invasive, with nil side effects 'Corona-Therapy'¹³*

@ The secondary aim is to compute Correlation of the 'Blood-Velocity' & 'MF-Velocity'.

@ These 'MF-CID' may enable us to find the correlation of 'MF-velocity' with the Blood velocity to visualize the changes in orbital dynamics associated with a variety of pathological conditions,



20/07/23

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 'ophthalmic-Disorders'

@ 'Color Doppler Ultrasound Imaging of the Eye and Orbit' may be modified for the MF- Color Doppler Ultrasound Imaging of the Eye and Orbit' or simply, MF-Color Doppler Imaging', abbreviated as 'MF-CID'. This improved Color-Doppler Imaging i.e. 'MF-CID' would be 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.



@ In the present invention the Correlation of MFs with Sjogren Syndrome (Eye-Dryness/Strain) was also computed. Eye-Dryness/Strain caused due to Sjogren syndrome leading to Pigmentary glaucoma wherein; pigment granules from the iris build up in the drainage channels, causing slowing or blocking fluid exiting eye. Therefore, 'SmF-Therapy' may be used as a non-invasive treatment 'Auto-Immune-Disorders' like 'Sjogren syndrome' causing dryness in eyes, specially at old age and the pre-cataract/pre-Pigmentary Glaucoma period.

@ For example, I was diagnosed mild Sjogren Syndrome with symptoms of dryness in the eyes and throat, later followed by Cataract/Glaucoma in Jan'2013 & Jan'17 respectively at Army Research Referral Hospital (ARRH), New Delhi, and I got significant improvement with prescribed medicines and performing the Soul meditation (Sm) from last 31 months as a part of 'SmF-Therapy'.

@ Based on Trabeculoplasty (tra-beck-you-low-plas-tee) i.e LASER –Treatment, innovative technology has been proposed by the Inventor of the said (SmFT), 'Soul-meditational Flares Amplification Stimulated Emitted Radiation



20/07/23

(‘Sm-FASER’)-Therapy and it needs to be further investigated by devising ‘Sm-FASER’ Laser- Gun; followed by clinical tests on good number of patients.

@ It also aims to study the add on effect of other therapies (Allopathic/Ayurveda) and Soul-meditation in the management of Glaucoma as well as efficacy of Allopathic treatment and the ‘Soul meditation Therapy’(SmFT) in the management of Glaucoma evaluated by clinical criteria.

@ Also, to evaluate the Neuroprotective and IOP lowering effect of Allopathic/Ayurvedic line of management along with the concept of Sm - Soul-meditation vis-à-vis ‘SmFT’ in the management of Glaucoma.



@ To evaluate the efficacy of SmFT in signs and Symptoms of POAG (Primary Open Angle Glaucoma)

.@To propound the concept of Sm - Soul-meditation in the management of POAG (Primary Open Angle Glaucoma).

Ques.8. Discuss potential commercial application of the invention.

Ans.8. @ *Though there is hardly any explicit commercial application of the innovative ‘Soul Meditational Flare Therapy (SmFT), as it aimed to make it more effective, nil side-effects, non-invasive, most economical and affordable Therapy acronym ‘(SmFT)’ 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 virus).*

@ Implicitly, also, it's not having considerable commercial potential as the ve ‘SmFT’ does not repetitive costly aforesaid allopathic diagnostic tests



Pranav

after getting authenticated the occurrence of the said Ophthalmological, Neurological, and auto-immune 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, the obviously, this patent of the ‘SmFT’ would like to have a great commercial potential.



Ques.9. Provide any additional material (such as photographs, reports, publications, and references to texts or other information material) which may be helpful to an understanding of the invention identify and indicate the specific relevance of each.

Ans.9. @ Ophthalmological Disorders:

Glaucoma is severe ophthalmological irreversible disorder wherein; the optic nerve gets damaged leading to blindness. Most of the forms of glaucoma have no warning signs and deterioration in the vision is so gradual that one doesn't come to know till it reaches to advanced stage. Glaucoma is of various kinds viz_ Open-angle, Acute angle-closure, Normal and Pigmentary glaucoma having common symptoms of Eye redness, Eye pain, Blurred vision, Halos around lights, Severe headache & Nausea and vomiting. If not treated on time, glaucoma cause blindness. The other two kinds are Normal-tension glaucoma wherein, optic nerve gets damaged ough the eye pressure is within the normal range resulting either sensitive optic nerve, or the less blood being supplied to optic nerve



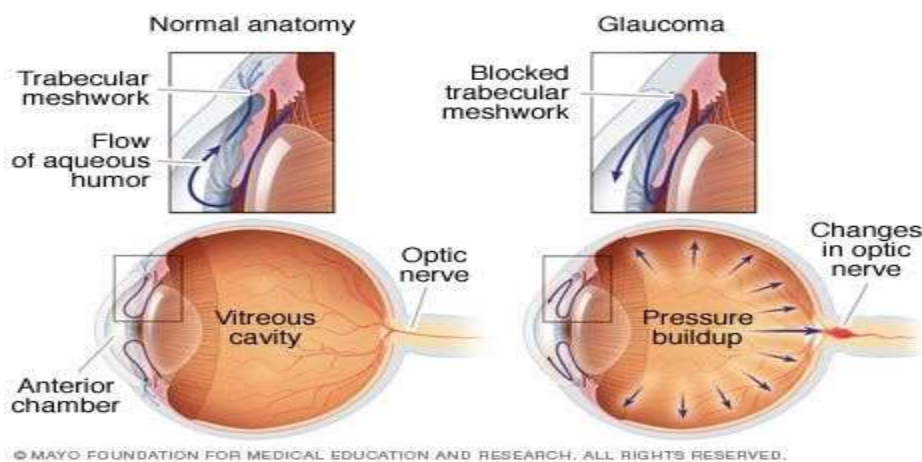
20/07/23

due to atherosclerosis or impair circulation. Pigmentary glaucoma wherein; pigment granules from the iris build up in the drainage channels, causing slowing or blocking fluid exiting eye. Sometimes, during jogging and strenuous exercises, these pigment granules, gets deposited on the trabecular meshwork and results intermittent pressure elevations. Lastly, even infants and children may have glaucoma, from birth if the optic nerve gets damaged by drainage blockages.

@The Mechanism of Glaucoma: has been explained pictorially in the

COPYRIGHT OFFICE
NEW DELHI
Reg. No. - 11/12/2002
Date 31/07/2023

Fig. 3, wherein, its depicted that in Open-angle glaucoma, aqueous humor in the eye flows freely through the anterior chamber and exits through the trabecular meshwork. If that system is blocked or isn't functioning well, the pressure inside the eye (intraocular pressure) builds, which in turn damages optic nerve¹⁴.



(Fig.3)

@ Glaucoma is the leading cause of irreversible blindness worldwide and World Health Organization ranks it as second most common cause of blindness worldwide.¹ The estimated prevalence of glaucoma cases in India is reported to be 11.9 million.² Raised IOP is recognized as one of the st known risk factors for glaucoma.³ Glaucoma risk increases with ls the age increases, there is a progressive decline in organ



20/01/23

functions, delay in regeneration, and development of age-related diseases, is a multifactorial process.

@ Stress is a possible cause of glaucoma is supported by different observations; acute and chronic stress increases intraocular pressure and long-term stress can lead to vascular dysregulation of the microcirculation in the eye and brain, leading to partial hypoxia and hypoglycaemia (hypo-metabolism). Degenerative changes have been reported in the brain of glaucoma patients, affecting not only anterograde or transsynaptic areas of the central visual pathway, but degeneration is also found in brain areas involved in emotional appraisal and the physiological regulation of stress hormones.⁶ An appreciation of stress as a cause of glaucoma suggests that in addition to standard therapy stress reduction through relaxation techniques should be recommended, like Yoga or meditation.

@ The author pursued clinical investigations, to evolve non-invasive, affordable meditational techniques to Control health diseases associated with neurological disorders affecting the brain, spinal cord, and nerves in the body resulting structural, biochemical or electrical abnormalities, like migraine, bipolar-disorder, hyponatremia, Dementia, Epilepsy, Vertigo, Seizures, Stroke, and neurodegenerative autoimmune(Sjogren) diseases; related to nonarthritic ischemic optic neuropathy through affordable, non-invasive, innovative technology of 'GMF-Neuro-Therapy'.¹²

@ As 'gamma-ray burst, are spotted by the Satellites through the Satellite imageries, so the MF- photons seems to be spotted by the images formed on the Retina of the eyes through the Retina imageries. If, that is so, then MFs can be uphed, catalogue qualitatively and quantitatively in order to study their logical and dynamical properties by the existing technology of 'Color



20/01/23

Doppler Ultrasound Imaging of the Eye and Orbit' during the (SmT10+) onward. Fig.4 (Ocular Doppler/ Color Doppler Ultrasound) & Fig.5 (OCT & RNFL are stable).

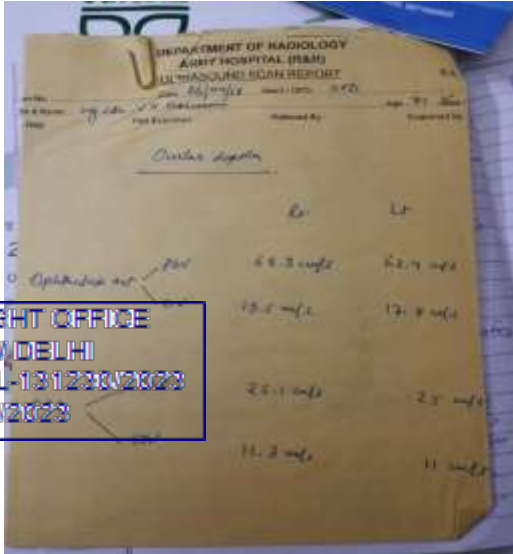


Fig.4.

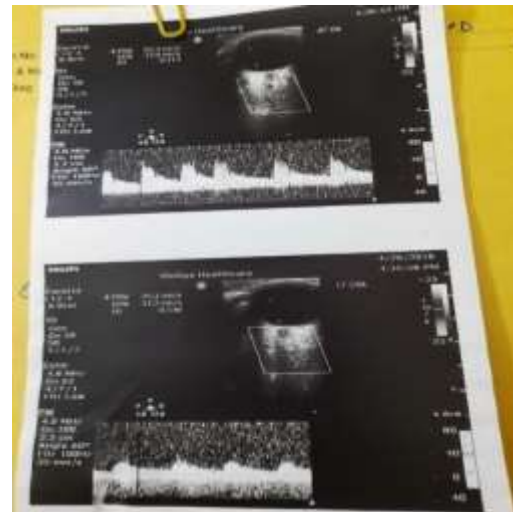
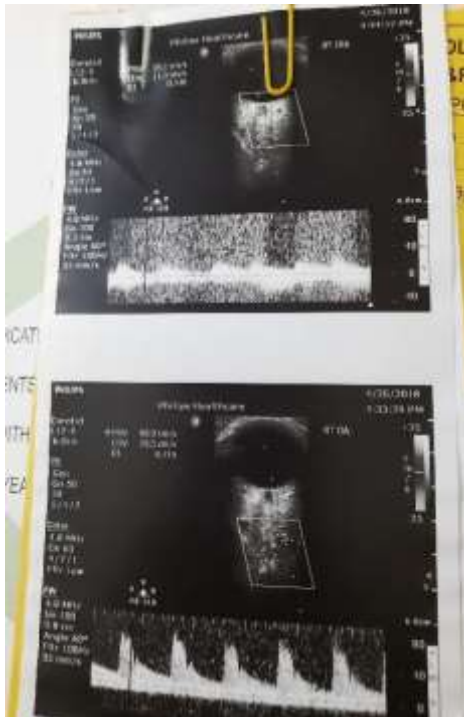


Fig.4

Williamson TH, Harris A. state that the Color Doppler Imaging allows the user to identify even very small blood vessels, such

20/01/23



as those supplying the eye, from which measures of blood velocity and vascular resistance can be obtained to evaluate orbital vasculature. (C.f. Google search, Surv Ophthalmol. 1996 Jan-Feb;40(4):255-67. Review.PMID:8658337) ?

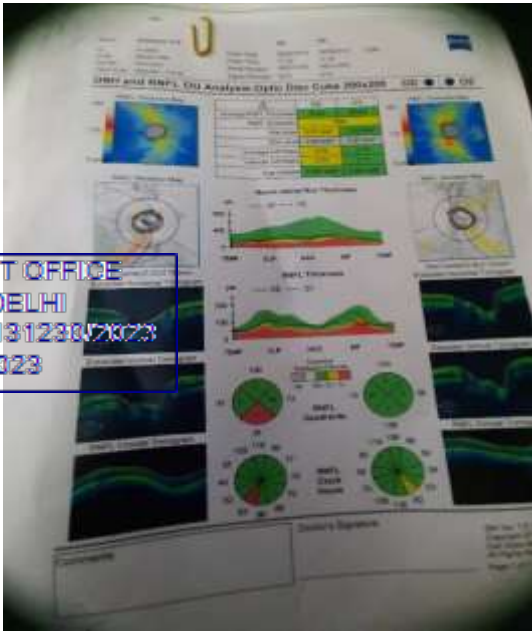


Fig.5 (OCT & RNFL are stable)

'@ Next, the deduced Correlational mathematical equations (Sm), viz. (IOP-MF), (MF-Eye Field) were computed to prove experimentally through the correlational computations of ophthalmological disorders (Macular Degeneration, Sjogren's syndrome, Glaucoma) with the Meditational Flares (MFs), observed during the (Sm) by treating a few numbers of patients by existing technologies of measurement of IOP (Tonometry, Radio Wave telemetry (IOVS/ARVO), Vision/Eye Fields (Perimeter), Ophthalmoscopy.

@ Observed Correlation of IOP & MF: In my case, the following actual IOP was measured at Army Research Referral Hospital (ARRH), Delhi, first time on 06 Jun'17 onward & at Center of Sight, Eye Hospital, Delhi since 10 Nov'18; during the treatment of GLAUCOMA in Right Eye nine by Dr. Maj. Gen. Sagarika Patyal (Eye Surgeon & Glaucoma



Sagarika Patyal

Specialist), before the (SmT10+) Period & after the (SmT10+) Period.

The few readings recorded by the IOP-Recorder Device by Radio Wave telemetry (IOVS/ARVO are in the format of Date/<LE/RE> below: i.e., Hospital, IOP:(mm Hg) Date/ Left Eye (LE)/ Right Eye (RE) i.e. Date/<LE/RE>:

ARRH- (before putting Travatan eye drops at 2100h, daily)

(06Jun17, /<16/16>,

ARRH- (after putting Travatan eye drops at 2100h, daily)

COPYRIGHT OFFICE
NEW DELHI
Reg. No. - 11307302023
Date 31/07/2023

09Sep17 /<14/12>,

05 Nov'17 /<15/14>,

CS- (after putting Travatan eye drops at 2100h, daily)

10Nov'18 /<10/10>,

15 Dec'18/<10/10>

19 Mar'19/<10/10>,

10 Jun'19/<10/14>,

26 Sep'19/<10/14>,

#After having performed (SmT10+) for about 30 minutes resulting the MFs for 20 minutes daily since 12 Dec'19 & CS-, (after putting Travatan eye drops at 2100h, daily)

20 Feb'20 /<10/12>

19 Jan'21 /<10/12>

19 Feb'21 /<10/12>

14 Apr'21 /<10/12>

16 Jun'21 /<10/12>

21 Oct'21/12/12

BE HVF

24-2 _____ OCT & RNFL are stable.

12 Mar'22 /12/12

BE HVF 24-2

OCT & RNFL

ble. _____ Schirmer = 4-5 mm



20/11/22

Since the IOP may differ in the Right & Left eye of an individual depending on ophthalmic factors e.g (different eye-field patterns), so the MFs should quantitatively and qualitatively appear accordingly. The measurement of Intraocular pressure (IOP) is called tonometry i.e., measuring eye pressure. For a healthy eye, the IOP is stable with a range of between 10 and 21 mmHg. Number of MFs are inversely proportional to IOP & Eye-field (Ef).

@ Observed Correlation of Optic nerve Compression with Soul

Meditational Flares (SmFs) during ½ hour Soul meditation (Sm): The author measured oxygen volume before the (Sm), and after ½ h (Sm), by using Oxy-Pulse Meter (OP-Meter), for about 60 days continuously, and 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 (MFs) can be used as treatment to Corona Virus. For Example, there are few observations experimented on me are cited below:

COPYRIGHT OFFICE
NEW DELHI
Reg. No. - 10/0126/2023
Date 31/07/2023

Date	T0 Oxy. Vol.	Pulse	T+30minOxyVol	Pulse	T+60minOxyVol	Pulse60min
20Nov'21	96	52	97	52	98	52
21 Nov'21	96	55	96	55	98	55
22 Noiv'21	95	67	96	67	98	67

@ References:

1. Resnikoff S, Pascolini D, Etya'ale D, Kocur I, Pararajasegaram R, Pokharel GP, et al. Global data on visual impairment in the year 2002. *Bulletin of the World Health* tion [Internet]. 2004 Nov [cited 2021 Nov 9];82(11):844. Available from: [https://pubmed.ncbi.nlm.nih.gov/16223053/?report=abstract](https://pubmed.ncbi.nlm.nih.gov/16223053/)



Signature

2. George R, Ve RS, Vijaya L. Glaucoma in India: estimated burden of disease. *Journal of glaucoma* [Internet]. 2010 Aug [cited 2021 Nov 9];19(6):391–7. Available from: <https://pubmed.ncbi.nlm.nih.gov/20711029/>

3. Le A, Mukesh BN, McCarty CA, Taylor HR. Risk factors associated with the incidence of open-angle glaucoma: the visual impairment project. *Investigative ophthalmology & visual science* [Internet]. 2003 Sep 1 [cited 2021 Nov 9];44(9):3783–9. Available from: <https://pubmed.ncbi.nlm.nih.gov/12939292/>

4. Predictive factors for open-angle glaucoma among patients with ocular hypertension in the European Glaucoma Prevention Study. *Ophthalmology* [Internet]. 2007 Jan [cited 2021 Nov 9];114(1):3–9. Available from: <https://pubmed.ncbi.nlm.nih.gov/17070596/>

COPYRIGHT OFFICE
NEW DELHI
Reg. No. - D/13/123/2023
Date 31/07/2023

5. Nitem GSE, Harrison JM, Muir ER, Zhang Y, Peng Q, Chalfin S, et al. Choroidal Blood Flow Decreases with Age: An MRI Study. *Current eye research* [Internet]. 2014 Oct 1 [cited 2021 Nov 9];39(10):1059. Available from: [/pmc/articles/PMC4241237/](https://pubmed.ncbi.nlm.nih.gov/24241237/)

6. Sabel BA, Lehnigk L. Is Mental Stress the Primary Cause of Glaucoma? *Klinische Monatsblätter für Augenheilkunde* [Internet]. 2021 Feb 1 [cited 2021 Nov 9];238(2):132–44. Available from: <https://pubmed.ncbi.nlm.nih.gov/33578436/>

7. *Survey of Ophthalmology*. 1996 Jan-Feb;40(4):255-67, Review. PMID:8658337

8. Gamma-ray bursts (c.f. [Space-facts.com](https://spacefacts.com) ,18 Jan'20), Google search.

9. Snios et.al., [Space.com](https://space.com) 09 Jan'20 31May'20 & Andromeda Galaxy.

10. Glaucoma Research Foundation (GRF) presented an Innovations in Glaucoma Webinar, "Glaucoma: What You Need to Know." 15 May'20, Ruth Williams, MD and Thomas Brunner (CEO, GRF) & GRF-WEBINAR: 12 Jun'20.

11. Goswami Virendra: Innovative Technology to Control Ophthalmological Disorders (Glaucoma) through Goswami Meditational Flares (GMF) & 'Soul-meditation (Sm). [Internet]. [cited 2021 Nov 9]. Available from: [https://www.academia.edu/43511948/Innovative_Technology_to_Control_Ophthalmological_Disorders_Glaucoma_through_Goswami_Meditational_Flares_\(GMF\),_and_Soul-meditation_\(Sm\).](https://www.academia.edu/43511948/Innovative_Technology_to_Control_Ophthalmological_Disorders_Glaucoma_through_Goswami_Meditational_Flares_(GMF),_and_Soul-meditation_(Sm).)



wami Virendra :Innovative Pathways to Control Health Diseases associated with
ical Disorders & Neurodegenerative Diseases

Virendra

[https://www.academia.edu/44713075/Innovative Pathways to Control Health Diseases associated with Neurological Disorders & Neurodegenerative Diseases.](https://www.academia.edu/44713075/Innovative_Pathways_to_Control_Health_Diseases_associated_with_Neurological_Disorders_&_Neurodegenerative_Diseases)

13. Goswami Virendra: Correlation of Optic-nerve-compression (ONC) with Soul meditational Flares and its application in control of Corona-Virus (Covid-19), Ophthalmological and Neurological disorders.

[https://www.academia.edu/...../Innovative Pathways to Control Health Diseases associated with Neurological Disorders & Neurodegenerative Diseases.](https://www.academia.edu/...../Innovative_Pathways_to_Control_Health_Diseases_associated_with_Neurological_Disorders_&_Neurodegenerative_Diseases)

14. Book: Mayo Clinic Guide to Better Vision.

COPYRIGHT OFFICE
NEW DELHI
Reg. No. - 12/13/230/2023
Date 31/07/2023

Ques.10. Abstract:

Ans.10. @ Glaucoma is a severe ophthalmological irreversible disorder wherein; the optic nerve gets damaged leading to blindness. It's a neurodegenerative disease. The present research is designed to pursue clinical investigations to Control Ophthalmological Disorders (Macular-Degeneration, Sjogren's syndrome, Glaucoma) through the affordable, non-invasive, innovative technology of Meditational Flares (MF); observed during 'Soul-meditation (Sm) i.e., meditation through the Soul. Both these non-conventional meditational techniques are being experimented for more than the last thirty months, by the author and are obviously, not available in the literature. The clinical investigations were done to confirm the origin of Meditational Flares (MFs) during the (Sm) , 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' & it's Dynamical features viz. MF- Photons i.e. luminous moving flares with the near speed of light during the (SmT10+), i.e. after 10 minutes of having performed the Soul meditation (Sm) the MFs were observed in general.

① Next, the deduced mathematical equations viz. Soul meditation (Sm) 1, Meditational Flares(MF)- Entropy(En)/ Disorderliness (D), Intraocular 2(IOP)-MF, MF-Eye Field) Equations were proved experimentally through



20/07/23

the correlational computations of ophthalmological disorders(Macular Degeneration, Sjogren's syndrome, Glaucoma) with the Meditational Flares (MFs);observed during the (Sm) by treating a good number of patients by existing technologies of measurement of IOP (Tonometry, Radio Wave telemetry (IOVS/ARVO, Vision/Eye-Fields(Perimeter). Ophthalmoscopy .

@ The innovative technologies acronym 'Soul meditational Flares Therapy ('SmFT')' was applied to Glaucoma patients, and MF-Color Doppler Imaging' i.e., improved version of Color Doppler Ultrasound Imaging of the Eye and Orbit, was used to identify even very small blood vessels, in order

COPYRIGHT OFFICE
NEW DELHI
Reg. No. - L-131230/2023
Date 31/07/2023

to measure the blood velocity and vascular resistance to evaluate orbital vasculature.

@ The Meditational Flares (MF)- Photons seem to be spotted by the images formed on the retina of the eyes through the Retina imageries. If it's 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', during the (SmT10+) onward. This improved Color-Doppler Imaging i.e. 'MF-CID' would be a non-invasive ultrasound procedure permitting simultaneous Grayscale imaging of structure and color-coded imaging of the MFs as well as the blood velocity of the blood vessels of the Eye.

@ OCT & RNFL were found

@ As stated earlier, the total number MFs in a particular duration of (SmT10+) could be counted like platelets counts of blood either manually or more accurately, through the imageries of 'MF-Color Doppler Ultrasound Imaging of the Eye and Orbit' enabling us to find the correlation of MF-Velocity with the blood velocity to visualize the changes in orbital

dynamics associated with a variety of pathological conditions,viz.



20/07/23

central retinal artery and vein occlusions, cranial arteritis, nonarthritic ischemic optic neuropathy, carotid disease, vascularization of orbital and ocular tumors, altered hemodynamic associated with diseases such as glaucoma and diabetic retinopathy & thus suggesting the remedial action to the 'Ophthalmic-Disorders'.

@ Next, Dr. Virendra Goswami computed the 'Correlation of Optic Nerve Compression(ONC) with Soul Meditational Flares (SmFs) during 1/2 hr & 1h Soul meditation (Sm), by making use of Oxygen volume before the (Sm), and after ½



h/1h (Sm), by using Oxy-Pulse Meter (OP-Meter) and found an increase of Oxy-Volume by 1 unit during 1/2h (Sm) and by 2 units in 1h (Sm); inferring that the innovated 'Sm-MFT' may also be useful in the Corona Virus (COVID-19) Treatment.

@ The innovated 'SmFT' has been found a good remedy for the few Neurological Disorders affecting the brain, spinal cord, and nerves in the body resulting structural, biochemical or electrical abnormalities, like migraine, bipolar-disorder, hyponatremia, Dementia, Epilepsy, Vertigo, Seizures, Stroke,

@ Efforts are on to develop non-invasive, nil side-effect, and most economical, an innovative technology, acronym 'Soul-meditational Flares Amplification Stimulated Emitted Radiation ('Sm-FASER'), based on Trabeculoplasty (tra-beck-you-low-plas-tee) i.e LASER –Treatment for serious ophthalmological Disorders (Glaucoma etc.) by designing 'Sm-FASER' Laser-Gun.

Ques.11. Summary of the invention:



Dr. Virendra Goswami

Ans.11. @ Glaucoma is severe ophthalmological irreversible disorder wherein; the optic nerve gets damaged leading to blindness as explained above pictorially in the Mechanism of Glaucoma.

@ As observed Meditational Flares (MFs) appear during Soul meditation (Sm) when performed in the above well-defined Sm-Posture. MFs in appearances are alike Revolving Inverted Cones (RICs) with diverging / dispersing light emerging simultaneously, equally in both the eyes. These are occurring usually after 10 minutes duration of Soul-meditation.¹¹

COPYRIGHT OFFICE
NEW DELHI
Reg. No. - 13104/2023
Date 31/07/2023

@ Soul Meditational Flare Therapy (SmFT), has been found more effective, nil side-effects, non-invasive, most economical and affordable Therapy acronym '(SmFT)' 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 virus) as revealed by the innovative studies cum results of the several type of investigations made by the Patentee (Dr. Virendra Goswami) and, experimented as per the aforesaid and successive methodologies, after having performed daily Soul meditation (Sm),30 minutes /60 minutes sometimes, by himself for the period of more than 31 months continuously in the capacity of Principal Investigator (PI) suffering from Glaucoma, headache, Sjogren Syndrome since 2013 followed by one COVID-19 attack in 2021.

@ Based on 'Correlation of Optic Nerve Compression(ONC) with Soul Meditational Flares (SmFs) during 1/2 hr & 1h Soul meditation (Sm), by making use of Oxygen volume before the (Sm), and after ½ h/1h (Sm),by using Oxy-
meter (OP-Meter), it was found by Dr. Virendra Goswami; an increase of



Dr. Virendra Goswami

Oxy-Volume by 1 unit during 1/2h (Sm) and by 2 units in 1h (Sm); inferring that the innovated 'Sm-MFT' may also be useful in the Corona Virus (COVID-19) Treatment.

@ Similarly, based on 31 months continuous performance of the innovated 'SmFT' by the author, it revealed that 'Soul meditational Flare Therapy' ('SmFT') is a good remedy for the few Neurological Disorders affecting the brain, spinal cord, and nerves in the body resulting structural, biochemical or electrical abnormalities, like migraine, bipolar-disorder, hyponatremia, Dementia, Epilepsy, Vertigo, Seizures, Stroke,

COPYRIGHT OFFICE
NEW DELHI
Reg. No. - L-131230/2023
Date 31/07/2023

@ Next, based on the Correlation of Intraocular Pressure (IOP) & (SmFs), as observed above in Ans.9; Soul meditational Flares (SmFs) do have relation with Intraocular Pressure (IOP), and is proved remedy to Ocular hypertension (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 considered higher than normal. causes Glaucoma. When the IOP is higher than normal, but the person does not show signs of glaucoma, this is referred to ocular hypertension.

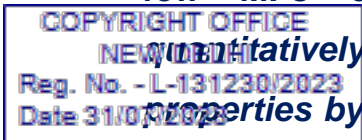
@ The Author deduced mathematical equations viz. Soul meditation (Sm) Equation, Meditational Flares(MF)- Entropy(En)/ Disorderliness (D), Intraocular pressure(IOP)-MF, MF-Eye Field) Equations, and proved experimentally through the correlational computations of ophthalmological disorders(Macular Degeneration, Sjogren's syndrome, Glaucoma) with the Meditational Flares (MFs);observed during the (Sm) by treating himself, and a good number of patients by existing technologies of measurement of IOP (Tonometry, Radio Wave telemetry (IOVS/ARVO, Vision/Eye-Fields(Perimeter), Ophthalmoscopy in ion with 'Soul meditational Flare Therapy'(SmFT) .



20/07/23

@ On application of innovative technologies acronym 'Soul meditational Flares Therapy ('SmFT')' was applied to Glaucoma patients, and MF-Color Doppler Imaging' i.e., improved version of Color Doppler Ultrasound Imaging of the Eye and Orbit, was used to identify even very small blood vessels, in order to measure the blood velocity and vascular resistance to evaluate orbital vasculature.

@ The Meditational Flares (MF)- Photons seem to be spotted by the images formed on the retina of the eyes through the Retina imageries. A few MFs could be photographed, catalogued 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', during the (SmT10+) onward.



This improved Color-Doppler Imaging i.e. 'MF-CID' is a non-invasive ultrasound procedure permitting simultaneous Grayscale imaging of structure and color-coded imaging of the MFs as well as the blood velocity of the blood vessels of the Eye.

@ Next, OCT & RNFL were found stable, and Schirmer = 4-5 mm, normal, an indicative of dryness of eyes vis-à-vis Sjogren Syndrome.

@ Efforts are on to develop non-invasive, nil side-effect, and most economical, an innovative technology, acronym 'Soul-meditational Flares Amplification Stimulated Emitted Radiation ('Sm-FASER')', based on Trabeculoplasty (tra-beck-you-low-plas-tee) i.e LASER –Treatment for serious ophthalmological Disorders (Glaucoma etc.) by designing 'Sm-FASER' Laser- Gun in future.

Ques.12. Detail Description of Invention with Methodology.

Ans.12. @ Introduction to 'Soul meditational Flares Therapy



!:

20/07/23

@ The invention acronym in abbreviated form is 'Soul meditational Flares Therapy (SmFT)'; invented by Dr. Virendra Goswami (Dr.VG or simply VG) in the last 31months , may also be termed as 'Virendra Goswami Soul meditational Flares Therapy ('VG: SmFT)'. After having practiced by himself for the period of more than 31 months as well as experimentation and the clinical investigations, the invention entitled 'Soul meditational Flares Therapy (SmFT) is being filed as a PATENT, under Intellectual Property Rights (IPR), of Government of India.

COPYRIGHT OFFICE
NEW DELHI
Reg. No. - L-1317/2023
Date 31/07/2023

@ The 'SmFT' is an affordable, non-invasive, nil side effects innovative technology of Meditational Flares (MF); observed during 'Soul-Meditation (Sm) to Control Ophthalmological Disorders (Glaucoma, Macular-Degeneration, Sjogren's syndrome) and Neurological Disorders (migraine, bipolar-disorder, hyponatremia, Dementia, Epilepsy, Vertigo, Seizures, Stroke) amalgamated with the psychiatric illnesses" like Mental disorders (distress or impairment), appearing due to abnormalities of thought and behavior, and need the treatment of clinical neuropsychology specialists by the Neuropsychologists.

@ The 'SmFT' also found useful in treating Corona virus (COVID-19), as it increases the oxygen volume @ one unit by performing Sm for 30 minutes while measured by using Oxy-Pulse Meter to keep the record that it does not fall below the critical value of 90 units in a Corona Patient; and maintained 95 and above units in case of healthy (Non-affected Corona) person.

@ The Soul-meditation (Sm) is a sort of meditation in solitude, performed preferably during the 'Brahmah Muhurta' (1-2 hours before sunrise) in the previously defined postures (preferably sitting instead

t arises out of consciousness, with synchronization of body, mind,

il.¹¹

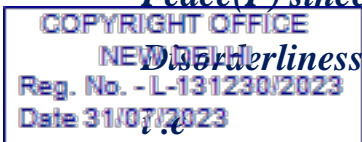




@ It's not hard and fast to perform Soul Meditation (Sm) during 'Bhrahmah Muhurta' (1-2 hours before sunrise). It can be performed anytime, anywhere as long as the defined Posture is maintained, satisfying the Soul meditation Eqn. 1. & Eqn.5 .

i.e. $\langle (Sm) = (B+M+S) \rangle \dots \dots (VG-Sm) \text{ Eqn.1}$

@ Also, the Soul meditation (Sm) gets better if, performed in clean (pollution free) Environment (E) in absence of Entropy/Disorderliness (D, and prevalence of Peace(P) since, Peace is inversely proportional to Entropy (En) i.e.



Disorderliness(D), as per the earlier derived <VG: Peace Eqn.>

< P = Sm(1/D) > Eqn.4, where (Sm) is Constant.

@ Soul-Meditation (Sm) Equation:

During (Sm) with 31 months; daily Practice, an idea of 'VG: Soul Meditation (Sm) EQUATION' got

emerged as below:

(Sm) depends on Correct Posture (Po) i. e $\langle (Sm) a (Po) \rangle \dots \text{Eqn. (a)}$ say.

(Sm) is Proportional to Concentration(C) i.e. $\langle (Sm) a C \rangle \dots \text{Eqn.}$

(b) say.

(Sm) is Proportional to Eyelid Pressure (Pel) i.e $\langle (Sm) a$

(Pel) > ..Eqn.(c) say.

Adding (a) to (c) Eqns. We get,

< (Sm) a Po. C. Pel > ...Eqn.(d) say.

< (Sm) a PCP (e) say



Handwritten signature

Next, (Sm) is Inversely Proportional to Tension (Ten)

< (Sm) a1/ (Ten)>...Eqn.(f) say.

(Sm) is Inversely Proportional to Entropy (En)

< (Sm) a1/En>...Eqn.(g) say.

(Sm) is Inversely Proportional to <Anxiety, Anguish, Anger

(3A-ve)>

< (Sm) a1/ (3A-ve)>...Eqn.(h) say.



Adding (f) to (h) Eqns. We get.

< (Sm) a1/Ten. En. A(3A-ve)>...Eqn.(i) say.

Or, < (Sm) a1/TEA>...Eqn.(j) say

Adding (e) & (j), We get.

< (Sm) a (PCP/ TEA)>...Eqn.(5) say. VG:(Sm) Eqn.

@ As observed Meditational Flares (MFs) appear during Soul meditation (Sm). MFs in appearances are alike Revolving Inverted Cones (RICs) with diverging / dispersing light emerging simultaneously, equally in both the eyes. These are occurring usually after 10 minutes duration of Soul-meditation.¹¹

@ VG-Theory of MFs: In my view, the creation of MFs is due to its Potential Energy (P.E), which gets generated during Soul meditation (Sm) of (T10+)/ minutes, and it can be estimated quantitatively. After (T10+/T05+)



20/07/23

minutes; these MFs gain momentum probably due to the Kinetic Energy (K.E) of 'MF-photons'.

@ MFs Occur at Eye's Normal Temperature & Pressure (NTP) :

After having performed (Sm) for more than 31months, it's true that the MFs occur under NTP. Several experiments were done after (Sm)-(T+15min.) by putting Systane Eyedrops (Prescribed by Eye-Surgeon/Specialist, treating me for Glaucoma and Eye- Dryness (due to Sjogren Syndrome since 2013), into both the



eyes without changing normal Pressure and Temperature, it was observed the MFs got disappeared, because the Systane Eye-drops resulted fall of temperature, wetting of eyes, and fall of the IOP (Inter Ocular Pressure). Again, when temperature and pressure were brought back to normal either by rubbing the Palms and putting on the eyes or increasing the Eyelid-pressure (Ep) vis-à-vis Eye temperature (Et), the MFs got reappeared. This experiment has been repeated several times without the intervals and with intervals in term of days/dates. In other words, it has been observed during the 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 MFs gets accelerated (catalyzed).

@ The efforts were made to control Glaucoma through 'Soul-meditation' (Sm), by reducing intraocular pressure (IOP) and relieving ocular strain, after having performed daily, at least 3-6 weeks for the period of 30 minutes or more in one sitting; claimed to have relieve eyestrain, dry eye and a,¹¹ as observed and documented by the author.



A handwritten signature in blue ink, appearing to read "S. Pratik" with a small flourish at the end.

@ From the above investigations, Dr. Virendra Goswami inferred that there is a Correlation of Optic-nerve-compression (ONC) with Soul meditational Flares, and 'Soul Meditational Therapy (Sm MFT)' is also a non-invasive, most economical and with nil side effects 'Corona-Therapy'¹³ apart from being a remedy for Ophthalmological¹¹ and Neurological Disorder¹².

@ 'VG- Enlightenment Hypothesis': Further, MFs were seen in appearance like the photons ('MF- photons'); emitted from the dark starry sky background during the Soul meditation (Sm) ,oscillating /revolving in (clockwise i.e. ~~anticyclonic~~) direction, but for some reason, this (clockwise/anticyclonic) direction got changed over the time, perhaps due to collisions of 'MF-Photons' during its photonic motion and became larger in size due to coalescence resulting in appearance like bright sheet of light yellowish in color ,during the Soul meditation (Sm), leading to Enlightenment. This bright sheet of light yellowish in color during the Soul meditation (Sm), leading to Enlightenment phenomenon, is not a regular phenomenon but, a randomly observed once or twice in a month after <Sm (T20+ minutes)> It is to be studied further.

@ GRF-Mechanism of Glaucoma:

Mayo Foundation of Medical Research and other research organizations all over the Globe are engaged to find out medication for Glaucoma. Well, I was lucky to participate in Glaucoma Research Foundation (GRF)'s Innovations in Glaucoma Webinar, "Glaucoma: What You Need to Know." On May 15, 2020, and GRF WEBINAR-12Jun'20, What's New in Glaucoma Medications (Video), recorded webinar features a discussion with ophthalmologist Ruth Williams, MD (Wheaton Eye Clinic) and Thomas (President and CEO, Glaucoma Research Foundation) not only Glaucoma and its mechanism in layman language, but also discusses



Dr. Virendra Goswami

the pros and cons of the earlier medicines (pilocarpine, beta-blocker, carbonic anhydrase inhibitors, commonly branded. as Azopt and Trusopt), used in prevention of Glaucoma amalgamated with alpha-agonist (Brimonidine is the generic name) branded as Alphagan P, and prostaglandin analogy class of medications branded as, Xalatan, Lumigan, Travatan-Z, Zioptan, Xelpros. This actually works by increasing the outflow and helping fluid leave the eye through the uveoscleral pathway. It's taken only once, in the evening.

Dr. Thomas Brunner explains the eye schematic, the cornea, the iris and when

COPYRIGHT OFFICE
NEW DELHI
Reg. No. - L-131230/2023
Date 31/07/2023

light is focused through the lens, back to the retina then the signal is sent out to the brain through the optic nerve. The optic nerve is what's damaged in glaucoma, and that damage is often related to elevated pressure though one needs some pressure to keep the eye round. That pressure is produced by the balance between the production of fluid, what we call aqueous fluid, which bathes the internal structures of the eye, provides nutrients, and helps remove waste products. This fluid is produced behind the iris in the little finger-like projections (ciliary processes). The produced fluid, then goes around within the eye, and leaves the eye between the lens in the iris through the pupil and out the trabecular meshwork, believed to be the primary source of resistance to fluid leaving the eye.

@ Methodology:

@ Though the initiation of MF during the (Sm) is generally after 10 minutes of (Sm) i.e. (SmT10+) but it's activation perhaps has the relation with Eye-Lid-Pressure(Elp) /Extrinsic Eye Pressure (EEp) or simply, Eye Pressure(Ep) when the eyes are closed in dark atmosphere to perform the Soul meditation (Sm).

r, MFs occur under Normal Temperature & Eye Pressure (NTEp).



Dr. Brunner

Though it's not hard and fast, but generally the (Sm) is performed for the period of 30 minutes or so at one sitting and is completed with 3-5 times applying frictional Heat (Hf) by rubbing both the palms and putting each time on the closed eyes. This ending process of the 30 minutes (Sm) i.e.(SmT30+) helps to relieve eye-strain, dry-eye(due to sjogren syndrome)& epiphora (excess watering of eyes).

@ MFs seems to be of discrete in nature, appearing as quanta of glimpses in the shape of moving flares with moderate speed of circular motion in the Cosmos ('Dhruvmand'), during the Soul meditation (Sm) through the human Telescopic eyes (Te). These MFs are seems to be of Periodic patterns and intrinsic in nature.

@ SmF-GLAUCOMA THERAPY (SmGT) based on the Correlation of Intraocular Pressure (IOP) & (SmFs).

As observed above (Ans.9.); Soul meditational Flares (SmFs) seems to have relation with Intraocular Pressure (IOP) & may prove a remedy to Ocular hypertension (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 considered higher than normal. causes Glaucoma. When the IOP is higher than normal, but the person does not show signs of glaucoma, this is referred to as ocular hypertension. Though the MF seems to occur at normal IOP during the Soul meditation (Sm) but, it has relation with the IOP i.e. MFs should be able to reduce the higher IOP in the Glaucoma to normal values as(SmF)- Therapy to Glaucoma patients i.e. SmF-GLAUCOMA THERAPY (SmGT).



Measurement of Intraocular pressure (IOP):

Dr. Pratik

COPYRIGHT OFFICE
NEW DELHI
Reg. No. - 10/11/2023
Date 31/07/2023

The IOP i.e., eye pressure test is done by using a puff of air as well as by Tonometer. The measurement of Intraocular pressure (IOP) is called tonometry i.e. measuring eye pressure. For a healthy eye, the IOP is stable with a range of between 10 and 21 mmHg ("mmHg" means "millimetres of mercury," a scale used to record eye pressure). Higher than 21 mm Hg is an indication of glaucoma, though pressures between 10 and 21 mmHg may have glaucoma. Our eyes constantly make a fluid called aqueous humour. As new aqueous flows into our eye, the same amount should drain out through a tiny drainage area. This process keeps pressure in our eye (called intraocular pressure or IOP) stable. But if the drain is not working properly, fluid builds up. Pressure inside the eye rises, damaging the optic nerve resulting glaucoma.

COPYRIGHT OFFICE
NEW DELHI
Reg. No. - L-131230/2023
Date 31/07/2023

@ Correlation of SmFs & the Eye-Field Test or Visual Field Test:

@ The Eye-Field Test Or Visual Field Test is a subjective measure of central and peripheral vision, or "side vision," used by the ophthalmologist to detect areas of vision loss (blind spots) caused by a brain tumor, stroke, glaucoma, diabetes, hypertension, or head trauma as well as to determine the severity of, and monitor the glaucoma. Also, it monitors the progression of previously known visual field loss. The area of vision means how wide of an area an eye can see. It uses a light spot that is repeatedly presented in different areas of your peripheral vision. To do this test, one looks into the center of a bowl-shaped instrument called a perimeter. Glaucoma affects peripheral vision; this test helps show if there is vision loss outside of the central visual field.

@ 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



20/07/23

),glaucoma, diabetes, as well as to determine the severity of, and monitor the glaucoma hence, I think, the Soul meditation (Sm) vis-a-vis SmFs may prove a remedial measure as 'SmFs-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).

@ Correlation of the 'Blood-Velocity' & 'SmF-Velocity'.

COPYRIGHT OFFICE
NEW DELHI
Reg. No. - L-131230/2023
Date 31/01/2024

As mentioned earlier, these 'SmF-CID' may enable us to find the correlation of 'SmF-Velocity' with the Blood velocity to visualize the changes in orbital hemodynamics 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 'ophthalmic-Disorders'. Also, to detect the vascularization of orbital and ocular tumors, as well as to investigate altered hemodynamics associated with diseases such as glaucoma and diabetic retinopathy.

Its proven facts with actual measured values of IOPs vis-à-vis visualized Eye-field test patterns by the Eye-Specialist Doctors for last 6 years and particularly, since 12 Dec'19 of performing Soul meditation (Sm) in my own case; that MFs have helped me in getting IOP reduced/stable in my affected Glaucoma of right eye from last three years or so.

@ Correlation of SmFs with Sjogren Syndrome (Eye-Dryness/Strain).

Sometimes, the SmFs are seen as diffused/dispersed thin patches of light reamy in color resembling to thin stratus clouds (St) during rainy season (m'), responsible for wetting atmosphere by light precipitation



Dr. Pratik

(drizzle), mist and fog (low Stratus touching the ground). Since, these stratus like MFs, appear after having performed Soul meditation for about 20 minutes or so (SmT20+ minutes), perhaps due to the collisions of 'MF-photons, resulting occasionally (1-2 times in a month) into the 'Enlightenment -phenomenon', may be termed as 'MF-Stratus'. As the low stratus clouds, wet the atmosphere due to increased humidity, so the 'MF-Stratus' should wet the 'conscious-sphere' of the Soul meditation ('Sm-Cosmos'), vis-a-vis eyes, giving relief to eyestrain, dryness of the eyes (caused due to Sjogren syndrome leading to **Pigmentary Glaucoma** wherein; pigment granules from the iris build up in the drainage channels, causing slowing or blocking fluid exiting eye. Therefore, 'MF-Therapy' may be used as a non-invasive treatment 'Auto-Immune-Disorders' like 'Sjogren syndrome' causing dryness in eyes, specially at old age and the pre-cataract/pre- **Pigmentary Glaucoma** period.

COPYRIGHT OFFICE
NEW DELHI
Reg. No. - J/121788/2023
Date 31/07/2023

@ For example, I was diagnosed mild Sjogren Syndrome with symptoms of dryness in the eyes and throat, later followed by Cataract/Glaucoma in Jan'2013 & Jan'17 respectively at Army Research Referral Hospital (ARRH), New Delhi), and I got significant improvement with prescribed medicines and performing the Soul meditation (Sm) from last 31 months as a part of 'SmF-Therapy'.

@ Correlation of SmMFs & Neurological Disorders (Migraine Headache. i.e. (VG: Headache -SmMF) Eqn.

From 'SmMF- Disorderliness Eqn. (2), Quantitatively, SmMFs are synchronization of Concentration (C), Peace (P) & Disorderliness (D). i.e. $\langle SmMF = \langle Sm(PC/D) \rangle$, provided (Sm) is Constant.....(3) Eqn. say.

It has been proved in 31 months daily, 30 minutes performance of the meditation (Sm) that the observed (clockwise i.e. anticyclonic) motion of the



20/07/23

MFs with its diverging flares appearance from its center (Fig.1), attributes to the stability of SmMF-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). Also, it has been seen that:

<GMF is inversely proportional to Stress>.Or

< GMF = < Sm(1/S)>, provided (Sm) is Constant ... (5) Eqn. say

COPYRIGHT OFFICE
NEW DELHI
Reg. No. - J-131230/2023
Date 31/07/2023

If, that is so, then Quantitatively, SmMFs /GMFs must reduce the Stress(S) in the human brain vis-à-vis the proposed 'GMF-Therapy' should be able to treat Stress-Headache, causing sometimes to Migraine attacks and other biochemical or electrical abnormalities.

@ Correlation of GMF & Stress may be computed by statistical calculations of Regression Coefficient etc. From this very value of the Correlation Coefficient and corollary of 'Goswami Meditational Flares (GMFs)' & Stress (S); the quantitative estimation of the Stress(S) vis-à-vis Mental Stress (Ms) should get evolved. Therefore, higher the number of the GMFs, lesser the numerical value of Stress vis-à-vis Mental Stress (Ms).

@ Correlation of (SmMFs) with Meditation (M).*

The Meditation(M) is the sum of the three viz. Body(B)+Mind(M)+'Pranayam' (Breathing Exercise /Respiratory control (R). Mathematically, < (M*) = (B+M+R >... (6) Eqn. say 'VG: Meditation Eqn. .'i.e. Meditation is the synchronization of Body, Mind & Respiratory.*



VG

@ Next, the 'Pranayam' (Respiratory Control) is a 'Yogic'- exercise of Indian origin and performed with the 'Yoga' (addition) of the three viz. inhaling(i)+hold(h)+exhale(e) in the ratio of (1: 2:1 minutes).

Mathematically, $R = (i)1 + (h)2 + (e)1 \dots (7) \text{Eqn. i.e 'VG: Respiratory Eqn.'}$. By substituting the value of R from the above (7) Eqn. the (6) Eqn. may be written as: $M^* = (B + M + (i)1 + (h)2 + (e)1) \dots (8) \text{Eqn. say i. e VG: Respiratory-Meditation Eqn. Or 'VG; R-M^*Eqn.'}$

COPYRIGHT OFFICE
NEW DELHI
Reg. No. - I-131230/2023
Date 31/01/2023

It narrates that Meditation(M^*) is performed by simultaneous control of Body(B), Mind(M) & 'Pranayam'(Respiratory) by inhaling the breath slowly in 1 minute, 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,

$(Sm)/M^* \rightarrow (I) \rightarrow (P) \rightarrow (H) \dots (9) \text{Eqn. say}$

In other words, Meditation(M^*)/Soul meditation (Sm) is the summation of the three (I, P & H). Mathematically, $(Sm)/M^* = (I + P + H) \dots (10) \text{Eqn. say}$.

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.



Pranayam

Since the Soul meditation (Sm) is the genesis of the GMFs, hence the above Chemical equation (9) & mathematical notation (10) should hold equally in case of GMFs as a corollary. i.e.

< GMFs/(Sm)/M* > → (I) → (P) → (H).> (11) Eqn. say &

< GMFs/(Sm)/M* > = (I+P+H)>..... (12)Eqn. say

Thus, Meditation and Soul meditation (Sm)' in particular, along with the GMFs, 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.

COPYRIGHT OFFICE
NEW DELHI
Reg. No. - L-131230/2023
Date 31/07/2023

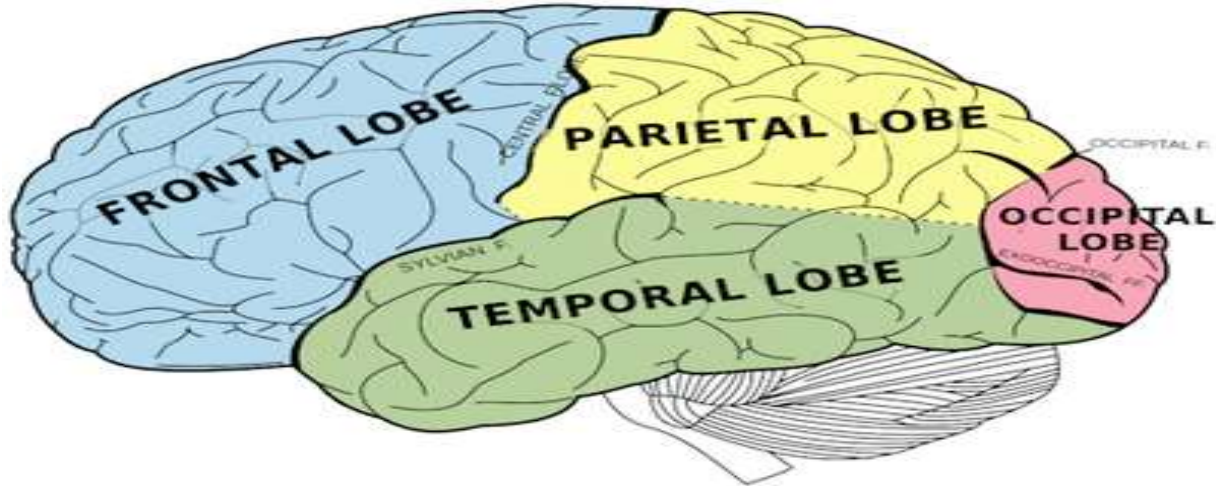
@. SmFT : Innovative Technology to Control Neurological Disorders:

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. These are of two kinds viz. Central Nervous System (CNS) and Peripheral Nervous System (PNS).



Dr. Pratik



COPYRIGHT ©
NEW DELHI
Reg. No. - 121730/2022
Date 31/07/2023

Fig. 3.1 Diagram of 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 function such as thought and action (C.f. Disabled World, Rev. 2020-04-01,015-04-08).

@ Common Neurological Disorders:

#Amyotrophic lateral sclerosis (ALS): Alzheimer's disease, # Aneurysm: Back pain, Bell's palsy, Birth defects of the brain and spinal cord, and Brain injury.
 #Brain Tumour: Cerebral palsy, Chronic fatigue syndrome & Concussion.
 #Dementia: Disk disease of neck and lower back, and # Dizziness, Epilepsy: Guillain-Barré syndrome, # Headaches and migraines, # Multiple sclerosis: #Muscular dystrophy, #Neuralgia, Neuropathy, Neuromuscular and related diseases. # Parkinson's disease: Psychiatric conditions (severe depression, obsessive-compulsive disorder), # Scoliosis & Seizures: Spinal cord injury :Spinal deformity and disorders # Spine tumour ,Stroke & Vertigo.

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



Brain

These Eqns. (11-12) 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'(GMFs) may be helpful to treat these neurological ailments?*

COPYRIGHT OFFICE
NEW DELHI
Reg. No. - L-131236/2023
Date 31/07/2023

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

*@Further, to understand the kinetics of neurological reactions taking place in the human brain through neurons motion in the cortex part of the brain , to originate the higher functions like thoughts and thinking action .This thinking
roduces heat as work is being done by the brain(Joule-Thompson Effect)*



20/07/23

and hence the velocity of the neurons motion should increase due to enhanced Kinetic Energy(K.E), exerting more pressure of the blood velocity in the blood vessels of the brain and adjoining connected glands of the eyes(increase in Inter Ocular Pressure), and causing neurodegenerative diseases (Glaucoma) as well as dysfunction of the brain, resulting two kinds of neurological disorders viz. Central Nervous System (CNS) and Peripheral Nervous System (PNS).

If, that's so then the Soul meditation (Sm) vis-à-vis GMFs in particular, be a treatment for the few Neurological Disorders e.g. Hyponatremia (nausea, headache, migraine, lethargy, confusion and fatigue), Bi-Polar Disorders & electrolyte imbalance.



@ Next, to study the add on effect of other therapies (Allopathic/Ayurveda) and Soul-meditation in the management of Glaucoma, it would be seen whether the other therapies along with Soul-meditation give better results than the said other treatment alone for period of six weeks after initial training of Soul meditation (Sm) in reducing the signs and symptoms of Glaucoma. Alternatively, it'll be investigated whether Allopathic treatment along with Soul-meditation gives better result than Allopathic treatment alone.

@ Clinical study – For clinical study, patients attending OPD and IPD of, All India Institute of Ayurveda, Delhi, were selected randomly with the signs and symptoms of Primary open angle Glaucoma, irrespective of their sex, habitat & religion etc. They were screened based on diagnostic and selection criteria and be enrolled in the study. The eligible subjects were randomly divided in to 2 groups following computer generated random number table.

@ Conceptual study

ailed review of selected drug (Allopathic/Ayurvedic) and soul-meditation e.



20/07/23

Procured drug – The drug was procured from a reliable source.

Authentication – Authentication of the raw drug was done.

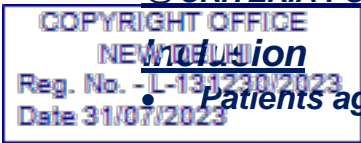
Therapeutic intervention

Patients were advised to continue allopathic treatment which they used to previously take for Primary open angle glaucoma along with present trial drug and meditation as adjuvant therapy.

STUDY DESIGN – Pilot study

SAMPLE SIZE - Sample size was limited to 20 in each group.

@ CRITERIA FOR SELECTION



Inclusion

• Patients aged between 30-70 years

- Patients of POAG having IOP < 21mm of Hg (Normal tensive Glaucoma) and up to IOP <30mm of Hg.
- Visual acuity > 6/60 and clear media.

Exclusion

- All types of PACG and cataract affecting visual acuity was excluded.
- Secondary and developmental glaucoma including exfoliative glaucoma, pigmentary glaucoma, trauma induced, inflammatory glaucoma.
- End stage (advanced) GON or OA.
- Visual acuity < 3/60.

@ 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

tive parameters

feeling of fullness or heaviness in eyes



- **Heaviness**
- **Visual disturbances**
- **Mild headache**
- **Vision loss**

Objective parameters

- **Visual Acuity using Snellen’s chart / Log Mar chart**
- **IOP using Applanation Tonometry / Schiotz**
- **Direct and indirect ophthalmoscopic examination**
- **Fundus Photography for Optic nerve head (ONH) evaluation**
- **Automated Perimetry**

COPYRIGHT OFFICE
NEW DELHI
Reg. No. - L-10129/2022
Date 31/07/2023

- **OCF to evaluate optic disc, optic cup.**
- **Ophthalmic color Doppler**

@ GROUPS -

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

GROUP A: Standard Allopathic treatment to along with once daily Soul meditation

GROUP B: Application of Allopathic medicine e.g., Brinolar, Travoprast, Systane Ophthalmic Solutions twice a day along with twice daily + Soul meditation .

GROUP-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 day

Follow up – after 15 Days

– ration of trial – 8 Weeks



Signature

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/Ayurveda drugs 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, analysed and reported.

PARAMETERS FOR ASSESMENT OF STUDY OUTCOMES

For the assessment of the effect of the therapy following criteria was used and shall be used in future for further investigations.

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

S. No.	Response	Remark
1	No relief	Below 25%
2	Mild relief	26 to 50%
3	Moderate relief	51 to 75%
4	Marked relief	76 to 99%
5	Complete relief	100%

PRIMARY END POINT

Change in Clinical features of Primary Open Angle Glaucoma (POAG).

ARY END POINT

mprovement in quality of life relate to ocular health.



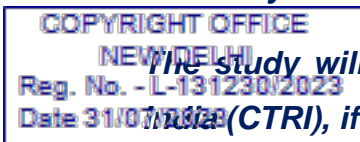
STATISTICAL METHODS OF ANALYSIS –

The data from clinical study were assessed, and would be assessed in future as well, by Repeated Measure ANOVA test for objective parameter & Friedman's test for subjective parameter and will be presented in the form of dissertations.

ETHICS COMMITTEE CLEARENCE

The study was started, and would be started in future as well, only after getting clearance from the due authorities of India.

The written informed consent of patient will be taken before his/her inclusion in the study



The study will be registered with the appropriate authority of Government of India (CTRI), if needed.

COOPERATION REQUIRED

To carry out this research; work collaboration/ help from other Departments of the concerned organization, will be taken with due permission from concerned authority whenever needed.

FINANCIAL SUPPORT

The further future study will be completed within financial support provided by the institute.

1.	POAG	___Patients	/-
2.	Soul meditation (Sm)	___patients	/-
3.	Investigation – a) Hb% - 15/ b) FBS – 40/ c) Lipid profile – 500/-	___patients	/-
	TOTAL		-----INR

Dr. Virendra Goswami

18 Jul'22

