



Etiopathogenesis of Insulin Resistance (Etiological factor in stress Correlated Diseases) and The Science & Art behind how Raj yoga Meditation & 3 Dimension Health Care (3DHC)-Causes Complete Cure of Such Diseases including-Myocardial Infarction, DM and Heart Failure -A review'

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Abstract

Previously we detailed different significant etiopathogenesis and role of different antiobesity agents,comprehensively,role of adipocytokines in HFpEF along with HFrEF, Role of SGLT2 Inhibitors Beyond Glycosuria in Controlling Obesity, NAFLD Treatment, Pancreatic β Cell Protection Besides Therapy for Diabetes Mellitus, CVOT / Renoprotection including MACE with SGLT2 Inhibitors Molecular Modes Implicated in Diastolic Impairment in early HFpEF as well as HFrEF /epigenetics modifications in diabetic cardiomyopathy (b CM), with Role of SGLT2 Inhibitors as well as GLP-1RA in therapy of Db CM Additionally, we elaborated on the manner obesity influences the pathophysiology of HFpEF, and innovative mechanistic modes for the avoidance of HFpEF by utilization of glucagon like peptide 1 receptor agonist (GLP-1RA), in case of patients with obesity, or metabolic syndrome (MetS) or obese diabetic particularly tackling the sequelae of obesity on the heart and on HFpEF, the counter controlling Renin-Angiotensin system (RAS) in addition to avoidance of cardiovascular injury in such a backdrop. along with GLP-1 axis was detailed in the form of anti-diabetic, anti-obesity along with anti-cardiac remodelling pathway. Role IR of got further detailed in etiopathogenesis of metabolic syndrome (MetS) in addition to the manner hypertriglyceridemia along with lesser high-density lipoprotein cholesterol (HDL-C) work the form of causative factors of IR . Furthermore we detailed role of Glycosylphosphatidylinositol anchored high density lipoprotein binding protein 1 (GPIHBP1) in TG metabolism. The aim of this review is to detail the significance of (IR) of stress correlated diseases inclusive of obesity, type 2 diabetes mellitus (T2DM) inclusive of MI occurring in case of young executives with role of mitochondrial impairment in IR. Earlier we had further detailed Raj yoga Meditation. Here we further detail the manner we can completely cure stress correlated diseases obesity, T2DM, as well as open blocks in MI with avoidance of recurrent blocks in addition to Heart failure with preserved ejection fraction (HFpEF).

Keywords: Insulin Resistance(IR); stress correlated diseases; Raj yoga Meditation

Introduction

Earlier we have reviewed the different significant etiopathogenesis and role of different antiobesity agents, comprehensively inclusive of dietary controlling perspectives for instance use of Mediterranean diet (MD) diet, very low calorie ketogenic diet (VLCKD) in therapy of obesity bariatric surgery, reviewed role of GM in obesity, type 1 diabetes mellitus (T1DM), role of Probiotics in non-alcoholic fatty liver disease (NAFLD) along with other co-morbidities of obesity type 2 diabetes

mellitus(T2DM) for obesity ,and role of epigenetic generation controlling on the initiation and development of T1DM,use of epiphyte drugs in our endeavour to find the proper therapy, yet no accessibility of appropriate therapy Here we elaborate details of Insulin resistance (IR) as well as the manner mitochondrial impairment implicated in IR pathophysiology along with IR involved is the pathophysiology of plethora of diseases. Insulin resistance (IR) was first posited in the 1930s In 1982, Steiner and Vranic posited "hypertriglyceridemia-IR-hyperinsulinemia

vicious cycle” [1], which highlighted that hypertriglyceridemia possesses the capacity of resulting in IR, whereas IR as well as restorative hyperinsulinemia were capable of exacerbating hypertriglyceridemia. In 1988, Reaven coined the term “syndrome X” (subsequently altered to the greater accepted “metabolic syndrome”) for the detailing of the collection of metabolic abnormalities including dyslipidaemia, hypertension, hyperglycaemia, in addition to central obesity, with IR postulated as the shared etiology [2]. Subsequently, plenty of corroboration has embraced the dominant posit that IR possesses the capability of stimulating dyslipidaemia [3]. Apart from positing that IR besides being an elemental disorder, that escalated the risk of generating type 2 Diabetes mellitus (T2DM), however it further escalated the risk of generating cardiovascular diseases (CVD) [2], that represented an archetype switching, since in that time period cardiovascular problems got attributed to cholesterol with regards to evaluation of risk along with management. The generation of T2DM was further associated with complicated risk factor for cardiovascular results.

Remunerative hyperinsulinemia in view of IR possesses the capability of stimulating escalated flux of free fatty acids (FFA), increase triglycerides in the liver, along with diminishes high-density lipoprotein cholesterol (HDL-C). Thereby by the 1990s, dyslipidaemia was thought to be a side onlooker instead of an etiological factor.

Subsequently, a plethora of substantially big cardiometabolic imaging studies have illustrated that escalated accrual of VAT (not subcutaneous (s/c)) portrayed a key associate of the characteristics of IR. Expositioning why Reaven GM was not capable of observing association amongst full body fatness, his syndrome revolved around bodyfat organization [4-7].

Clarification given for the same recently has been that maximum inimical adiposity phenotype is escalated VAT as well as hepatic fat, that is maximum kind of IR or MetS [8]. Dependent on that Després JP et al. [5,9] posited constellation of metabolic aberrations where escalated visceral adiposity / hepatic fat was a characteristic, be labelled as Reaven syndrome [5,9].

The transportation of LPL to endothelial cells in addition to its sustenance of enzymatic activity gets obtained by the generation of lipolytic complex based on the plethora of positive (glycosylphosphatidylinositol-anchored high-density lipoprotein binding protein 1 [GPIHBP1], apolipoprotein C-II [APOC2], APOA5, heparan sulphate proteoglycan [HSPG], lipase maturation factor 1 [LFM1] along with sel-1 suppressor of lin-12-like [SEL1L]) as well as negative controllers (APOC1, APOC3, angiopoietin-like proteins [ANGPTL] 3, ANGPTL4 as well as ANGPTL8). Amongst the controllers, GPIHBP1 portrays a critical molecule for the translocation of LPL from parenchymal

cells to the luminal surface of capillary endothelial cells, as well as sustenance of lipolytic activity; that is, hydrolyzation of triglyceride into free fatty acids (FFA) as well as monoglyceride, in addition to transformation from chylomicron to chylomicron remnant in the exogenous pathway along with from very low-density lipoprotein (VLDL) to low-density lipoprotein (LDL) in the endogenous pathway [10].

The TyG index, which is based on fasting triglyceride (FTG) as well as glucose levels [11], has been acknowledged to be a greater dependable marker for assessing IR in contrast to the euglycemic-hyperinsulinemia clamp test (The gold-standard for diagnosis of IR) [11] in addition to the homeostasis model assessment-estimated insulin resistance (HOMA-IR) index [rev in 10]. Additionally, its ease along with being cheap make the TyG index a viable gadget for all, regardless of diabetes status, since it depletes the requirement for insulin quantification [10]. The risk of T2DM has been observed to be about sevenfold greater in individuals who by definition are obese (body mass index (BMI) > 30) in contrast to individuals who are not believed to be overweight (BMI < 25) [10], along with substantially greater quantities of visceral fat deposits as well as ectopic fat have been demonstrated to be earlier ignored risk factors for T2DM [10]. As per that, in a study employing multiparametric magnetic resonance imaging (MRI), quantities visceral adipose tissue (VAT) were shown to correlate with a greater risk of generating T2DM [10]. Whereas MRI as well as computed tomography (CT) are clinically precise in addition to dependable in the analyses of visceral fat, these methodologies are complicated, needing costly equipment, along with plethora of inimical sequelae [10].

Therefore, there is existence of requirement for developing methodologies that are of greater ease in utilization, practicality taken in account user-friendly, as well as have safety as well as tolerability to assess visceral fat. In this regard, Marco Amato et al. [rev in 10], posited a new index, correlated with the Visceral Adiposity Index (VAI), for the assessment of visceral fat; this evaluation gadget is dependent on the outcomes of canonical biochemical investigations quantifying blood triglyceride (TG) as well as high-density lipoprotein (HDL) quantities in addition to the anthropometric indices BMI in addition to waist circumference index (WC) [10]. The VAI is regarded as a surrogate measure of the visceral fat profile and visceral fat impairment that conducts with greater sensitivity along with specificity in contrast to canonical parameters [10]. The outcomes of VAI assessment have been broadly utilized to evaluate heart failure, hyperuricemia, cardiovascular along with cerebrovascular diseases, stroke, as well as other diseases.

Heart failure with preserved ejection fraction (HFpEF) portrays an escalating epidemic contributing to 50% of full HF patients as

well as represents the commonest reason for hospitalization rates in patients ≥ 65 years age [12]. Escalating prevalence, morbidity in addition to clinical inactivity have prompted retaking into account the pathophysiology of HFpEF at the time of past years. In contrast to problems in subjects with HF with reduced ($<40\%$) ejection fraction (HFrEF), HFpEF possesses unique clinical phenotype [12], along with problems of co-morbidities.

The prevalence of such four disorders has been based on age [12]. With ageing escalation of overweight as well as /obese frequency occurs, getting attained to maximum amongst the ages of 50 in addition to 65 years with subsequent tendency of reduction [12]. Noticeably, the prevalence of hypertension in United States of America (USA-2007-2018) escalates with age for instance 22.4% (18 -39), 54.5.% (40-59) along with 74.5.% (≥ 60) [12]. Such greater prevalence are linked to greater incidence of HFpEF [12]. In reference to efficacious avoidance, in a recent randomized controlled trial (RCT), glucagon like peptide 1 (GLP-1)-1 receptor agonist (GLP-1RA), in case of patients which were previously obese HFpEF patients pointed requirement for acting. Such trial displayed remarkable diminishing of the symptoms along with physical restrictions, greater enhancement of exercise working, in addition to substantially significant diminishing of weight in contrast to placebo [13]. The aim of this review here is to illustrate how IR implicated in etiopathogenesis of HFpEF as well as the manner raj yoga meditation (RYM) aids in rectification of diseases for instance, myocardial infarction (MI), HFpEF along with T2DM in addition to, plethora of diseases. Despite, we clinical practitioners continue to be sceptical over the outcomes of these treatments in reference to type 2 diabetes (T2D), cardiovascular disease treatment here scientifically corroborate total success of these treatments. We Additionally, we elaborated how the triglyceride-glucose (TyG) index works in the form of bad prognostic anticipator in HFpEF patients in addition to the correlation amongst different insulin resistance indices (inclusive of TyG index, TyG-BMI, AIP, METS-IR along with results in HFpEF [13,14].

2A. Mitochondrial Biology

Mitochondria portray double membrane-bound organelles possessing a small circular genome (mtDNA) that is existent in plethora of copies in the cell [15,16]. There are approximately one to ten copies of mtDNA in every mitochondrion, with about 16, 569 base pairs that code for a displacement loop (D-Loop), 22 tRNAs, 2 rRNA, as well as 13 polypeptides needed for RNA in addition to protein production [17,18]. The 13 polypeptides which get specified by mtDNA are subunits of complexes I through V, generate the mitochondrial respiratory chain are pivotal for OXPHOS ATP production [19]. D-loop, a non-coding sequence of mtDNA, possesses capability of controlling constituent's imperative for mtDNA transcription along with the replication [20]. The maximum of the proteins of OXPHOS

subunits get encoded by nuclear DNA, apart from their own genetic material. In contrast to nuclear DNA, mtDNA possesses greater susceptibility to injury as well as mutation in lieu of it not getting a shield through histones [16]. Mitochondrial bio generation implicates the coordinated synthesis of new proteins by both the nucleus in addition to existing mitochondria in reference to expanding the cellular network of mitochondria. This process canonically enhances in reaction to potentiated energy needs, for instance at the time of cellular proliferation. Additionally, it further possesses the capacity of building up replacement of mitochondria injured by the stressors of environment or OS [21].

Peroxisome proliferator-activated receptor-gamma co-activator α (PGC-1 α), the elemental controller of bio generation of mitochondria, gets activated by phosphorylation in the nucleus induces a plethora of transcription factors for instance nuclear respiratory factor-1 (NRF-1), NRF-2, oestrogen-related receptor- α (ERR- α), as well as transcription factor A (TFAM). Of these, NRF-1 escalates the transcription of nuclear genes implicated in regulating mitochondrial working, whereas NRF-2 boosts the transcription of genes pivotal for redox homeostasis [22]. PGC-1 thereby escalates the mitochondrial mass, as well as the capability of mitochondrial oxidative phosphorylation [15]. TFAM is one more factor that transcribes along with replicates mtDNA [22]. Its expression is further controlled by NRF-1 [23]. Nevertheless, the sustenance of orchestration of the cellular milieu gets brought about by an event acknowledged in the form of mitophagy, which is implicated in elimination of injured mitochondria as well as its lack possess the capacity of leading to a considerably greater number of impaired mitochondria, dysfunctional total energy production. Additionally, the accrual of impaired mitochondria possess the capacity of resulting in ROS, stimulating inflammation in addition to signalling cell demise. Usually, clearance of aberrant mitochondria takes place through PTEN- stimulated putative kinase 1 along with parkin-modulated mitophagy to control mitochondrial quality [15]. Mitochondria further are capable of undergoing both fusion in addition to fission events in reference to sustenance of their working capability [24].

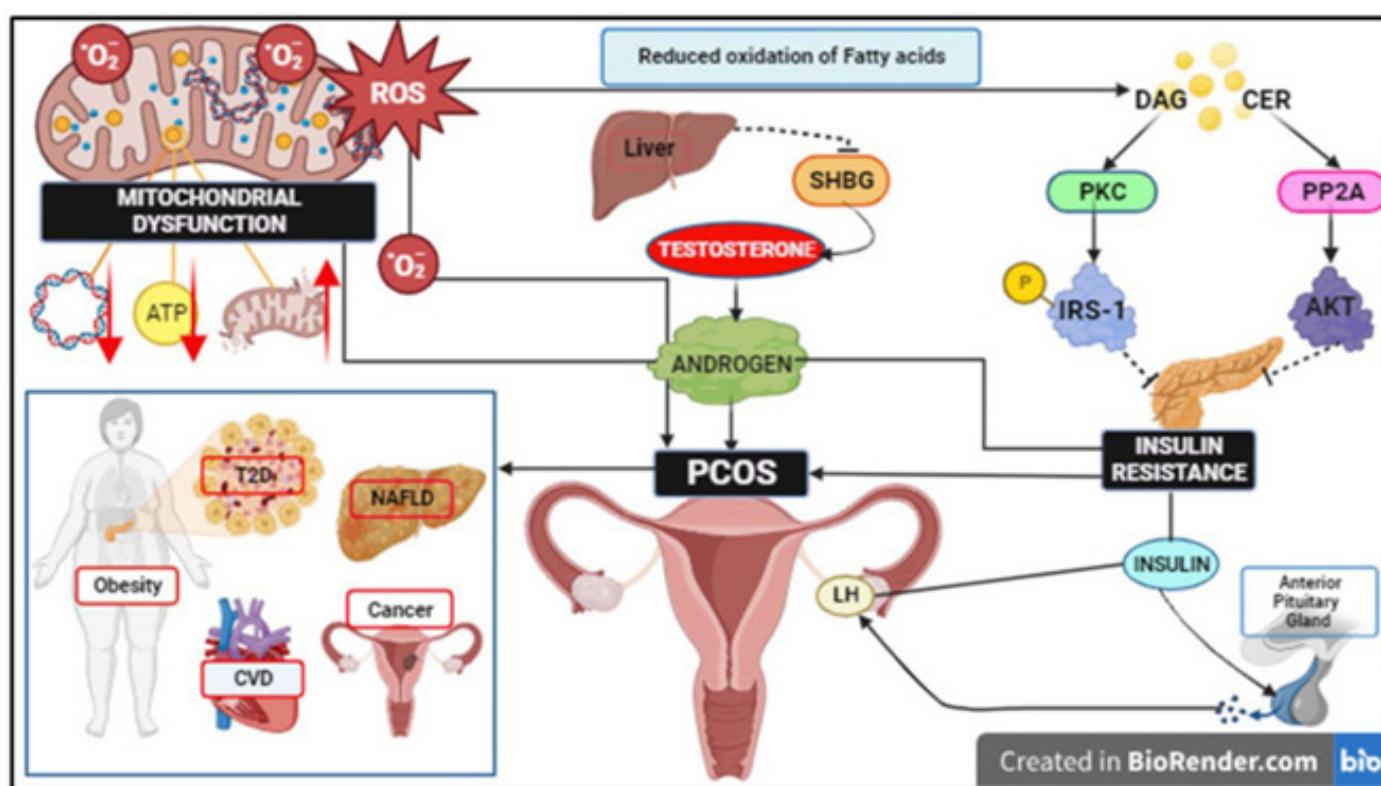
Mitochondrial fusion combines their events inclusive of DNA along with metabolic compounds, helping in the restoration of injured or depolarised membranes [25]. Three GTPases, for instance mitosis 1 as well as 2 (Mfn1/2) in addition to optic atrophy1 (Opa1), located on the outer along with the inner membrane of the mitochondria, respectively, pronouncedly control this event [24,26,27]. The fusion of the outer membrane is modulated by mitosis 1 as well as 2, whereas the fusion of inner membrane uses optic atrophy protein [15]. In the meantime, mitochondrial fission is controlled by the activity of Fis1 in addition to dynamin-related protein 1 (DRP1), rev by us

earlier in ref no28], that has placement on the outer membrane, that enhance the quantity of mitochondria, making the cell ready for cellular division along with meiosis [29]. Additionally, mitochondria are further implicated in the Ca^{2+} - dependent signalling imperative for variable events varying from ATP generation to cell demise [30].

2B. Role of Free Fatty Acids, ROS Signalling, along with Mitochondria impairment in IR

A mutually beneficial association is present amongst insulin as well as mitochondria, since there is existence of need for insulin for mitochondrial fusion in addition to mitochondria are required regarding guaranteeing appropriate insulin signalling [31,32]. Till date , two posited mechanistic modes correlate mitochondrial impairment with IR.

i) One is inclusive of the part oxidation of fatty acids (FA's), that accounts for accrual of FA metabolites, leading to the hampering of insulin signalling, along from with the other mechanistic modes implicate escalated ROS generation in lieu of electron leakage, sequentially to incomplete substrate oxidation. This influences OS, resulting in mitophagy as well as apoptosis, which, in turn, result in diminished substrate oxidation [33–35]. The first mechanistic mode implicates the incomplete oxidation of fatty acids for instance diacylglycerol (DAG) in addition to ceramide (CER), generating a potential association amongst mitochondrial impairment , along with IR, due to these being implicated in supressing insulin signalling by activating protein kinase C, whose translocation takes place to the plasma membrane, leading to inhibiting of insulin receptor [36] as well as protein kinase B (AKT) respectively (Figure 1), [23,33,37,38].



Legend for Figure1

Courtesy [38] Diagram illustrating the complex interplay between mitochondrial dysfunction, PCOS, and IR. DAG and CER link mitochondrial dysfunction to IR by activating protein kinase C and inhibiting AKT, respectively, and through increased ROS production. Insulin acts as a co-gonadotropin and enhances LH effects on androgen biosynthesis in ovarian theca cells. Excess insulin inhibits SHBG-release from the liver, increasing free testosterone levels and leading to hyperandrogenaemia, a clinical manifestation of PCOS. IR predisposes women with PCOS to comorbidities such as obesity, CVD, T2D, NAFLD, and EC. overall

The kinases activated by such lipid metabolites specifically result in dysfunctional insulin receptor substrate 1 (IRS1) [30,39]. In skeletal muscle, such dysfunction results in a reduced glucose transporter protein type-4 (GLUT4) expression in addition to diminished cellular glucose uptake following this, that further hampers the insulin signalling event [40]. Ectopic lipid ramp-up is noticeably observed in obesity as well as T2D in the form of a specific starting alteration in the initiation of IR [25,38]. The incapability of storage of extra energy in adipose tissue (AT) results in an escalated outflow of free fatty acids (FFAs) from fat stores into other tissues, for instance skeletal muscle [41], leading to metabolic impairment inclusive of IR. Inadequate fatty acid oxidation (FAO) obtained by mitochondrial impairment along

with /or diminished mitochondrial quantities further causes accrual of escalated content of intracellular fatty acyl-CoA as well as DAG, which disturb insulin signalling [42,43].

A study documented that in the AT of obese mice fed with a high fat diet (HFD), diminished Mfn1/2 expressions in addition to escalated Drp1 were found, respectively. Nevertheless, in the AT of obese humans just diminishing Mfn2 was found [44]. Furthermore, in the skeletal muscle, an escalated content of FFA uptake escalated the rate of beta-oxidation in obese persons leading to shorter as well as smaller mitochondria in lieu of potentiated mitochondrial fission, therefore diminishing its mass along with working [45,46]. In one more study, escalated palmitate (PA) stimulated an escalation of DRP1 in addition to FIS1 (fission proteins), along with the fragmentation of mitochondria in differentiated C2C12 muscle cells. Fragmentation caused potentiated OS, mitochondrial impairment, as well as reduced insulin- induced glucose uptake [43]. Moreover, it has been documented that liberation of peptides at the time of stress situation by mitochondria, for instance apoptosis-inducing factor (AIF), influence insulin working. AIF portray's a peptide that generates part of complex I of ETC; subsequent to liberation from mitochondria, it stimulates chromatin condensation in addition to DNA fragmentation in reaction to apoptotic signals [47]. Knocking out AIF in both the liver, along with muscles conferred protection to mice from generating IR, subsequent to exposure to a HFD [48]. The influence of AIF elimination at the time of insulin action might takes place via mechanistic modes analogous to those of anti-diabetic agents that hamper complex I, or AIF might have unacknowledged signalling roles which influence cellular insulin action [30]. Improvements in insulin sensitivity have the capacity of rectification by escalation of lipid oxidation shielding, against IR [40,49]. It has been documented that greater glucose as well as FFAs increase the ROS production by activation of NADPH oxidase 4 (NOX4), as well as their hampering, in addition to monocyte chemotactic protein-1 (MCP-1) expression in differentiated adipocytes, diminishes ROS generation [50,51]. Furthermore, the adipocyte-particular insufficiency of NOX4 postponed the initiation of adipose inflammation, along with IR [52]. In the meantime, the overexpression of NOX4 in escalated overnutrition significantly reverted the hampering of protein tyrosine phosphatase 1B (PTP1B), which helped in IR in adipocytes [46,53].

The result of incomplete substrate oxidation, that influence electron flow via the ETC as well as aids in the production of superoxide anions by cross talking with molecular oxygen, is one more potential mechanistic mode which bridges mitochondrial impairment to IR. ROS production injures mitochondrial constituents for instance DNA, proteins, in addition to lipids [25]. Additionally, the leakage of H₂O₂, that possess the capacity of passing the mitochondrial membrane easily, reaches these

constituents which in the existence of Fe²⁺ ligands, possess the capacity of further production of OH radicals [43]. These generated OH radicals aid in the inactivation of the constituents of enzymes implicated in the tricarboxylic acid (TCA) cycle [43]. ROS starting initiates cellular signalling by modifications of the thiol groups of the cysteine residues of the target protein, leading to alterations in the protein structure [43,54], along with helped in the total OS [25]. Furthermore, the escalated ROS quantities elevate the phosphorylation of insulin receptors IRS proteins as well as incite the abnormal activation of serine/threonine kinase signalling pathways, inclusive of c-Jun N-terminal kinase (JNK), nuclear factor kappa-B (NF- κ B), in addition to p38-mitogen-activated protein kinase (MAPK) [55]. Additionally, ROS further suppresses GLUT4 translocation in cells by influencing insulin signalling [56]. It is further acknowledged that insulin guarantees appropriate mitochondrial working by sustenance of NAD⁺/NADH ratio in ETC integrity by suppressing fork head box O1 (FOXO1), along with heme oxygenase-1 (HMOX1) [32,57]. It was further observed that exposure of cultured cardiac muscle cells to escalated glucose quantities, stimulated the activation of NADPH oxidase 2 (NOX2), as a result of the activation of Ras-related C3 botulinum toxin substrate 1 (RAC1) as well as the translocation of the 7k Da cytosolic subunit of NADPH oxidase (P47PHOX), resulting in the generation of ROS [58].

Besides buffering capability, the diminished expression of mitochondrial-associated ER membranes (MAMs), oxidative enzymes, ATP surplus, in addition to sirtuin 1 (SIRT1) action. Mitochondrial impairment of changed Ca²⁺ buffering capability, that is needed for the activation of calcium/calmodulin kinase II (CaMKII) which in turn phosphorylates myosin-1c (Myo1c), which contributes to transport of GLUT4 to the plasma membrane in reaction to insulin stimulation in adipocytes [59]. Changed Ca²⁺ quantities possess the capacity of influencing insulin- triggered CaMKII action, along with glucose transport activity in such cells [31]. The sites of physical communication amongst mitochondria as well as the endoplasmic reticulum (ER) are labelled in the form of MAMs. The increased expression of MAM proteins showed enhanced insulin sensitivity in the liver [60] as well as diminished the quantities of cyclophilin-D, a mitochondrial protein, leading to systemic IR in addition to escalated blood glucose levels after administering pyruvate, that points to potentiated hepatic glucose generation [60,61]. Furthermore, hampering cyclophilin-D or eliminating MAM quantities interfere with the Ca²⁺ exchange amongst ER along with mitochondrial cyclophilin-D knockout mice, resulting in liver ER stress as well as mitochondrial impairment [62,63]. It has further been noted that IR follows ATP surplus, or the state in which ATP production overtakes need, in a number of tissues [64], resulting in hyperinsulinemia in addition to hyperglucagonemia. In reference to reduce insulin sensitivity, it further activates, along with hampers the mammalian target

of rapamycin (mTOR) as well as AMP-activated protein kinase (AMPK) signalling pathways, respectively. Moreover, IR is facilitated by the diminished AMPK action, stimulated by mitophagy suppression [65]. As per another study, persons with T2D and insulin resistance with normal glucose tolerance have diminished expression of PGC-1 α and 1 β [42,66,67]. Patients with T2D who were further obese demonstrated a diminished action of variable mitochondrial oxidative enzymes [68,69,]. Recently, it was observed that mitochondrial DNA methyltransferase 1 (DNMT1) as well as NAD⁺-dependent deacetylase SIRT1 possess robust correlations with IR [70-72]. It was demonstrated that DNMT1 was capable of being deacetylated by SIRT1, thereby controlling the gene expression [73-75]. As per documents, insulin-resistant persons possess a substantially lesser SIRT1 gene in addition to protein expression in peripheral blood cells in contrast to insulin-sensitive persons [72]. Furthermore, IR was demonstrated to diminish SIRT1 action, along with cellular NAD⁺ quantities in vivo [71,76].

3. History of how initiation of utilization of raj yoga meditation(RYM) occurred at Global Hospital in Premises of Brahma Kumari (BK) International Institution at Mount Abu, Rajasthan, India

The commonest factors believed to be implicated in myocardial infarction(MI) are for instance

- i) Hypertension(MI3 fold greater)
- ii) Diabetes mellitus (DM) (MI3 fold greater)
- iii) Obesity(MI2 fold greater)
- iv) Escalated cholesterol quantities(MI3 fold greater)
- v) Sedentary life (MI3 fold greater)
- vi) Smoking

Despite 6 causative factors not + still greater MI takes place in young /no risk factors however observed stress was commonest etiological factor. Despite advancements in technology question arose why observations -subsequent to angioplasty block gets closed in young executives- For these reasons observed were stress of

- i)> 3-fold greater pressure)
- ii) 31/2-fold greater anger
- iii) 5-fold greater depression
- iv) 3-fold greater work pressure)
- v) 2-fold greater anxiety led to MI

Like person not sharing introvert, type A personality
With Dr Kalam decided to find etiological factor

Decided to study anatomy as well as physiology of soul Concept

- i) heal thyself
- ii) self responsibility
- iii) self awarenesses) multidimension (MD) strategies

What is soul - i)unlike body physically visible it is a metaphysical energy no machine made till date that possesses the capacity of capturing soul. Realize truth-being truth living truth throughout day- for instance karma Yog practice throughout day-life living in this fashion 3dimensionHealthcare (3DHC). Dependent on work performed on epilepsy subsequent to meditation resulted in epilepsy rectification this 3DHC project was planned by Defence Research and Development Organisation (DRDO project).

Thus in USA studies utilizing positron emission tomography (PET) along with functional magnetic resonance imaging (fMRI) had illustrated that subjects PET Scan-observed lot of glucose activity in centre of forehead subsequent to raj yoga meditation(RYM) tapes played in patients thus they labelled it as god spot instead of soul- seat of hypothalamus soul is energy of spirituality.

Knowledge of soul energy having 7 gun/ qualities and 3 parts-namely mind budhi sanskaar - soul makes thoughts then budhi acts like judge to accept positive /negative thoughts. Final impressions form like repeat action namely Anubhav (habit formation). Significant with knowledge of paramatma/supreme soul who portray 's ocean of 7 qualities and possesses the capability of giving a positive team/TEAM alias T thoughts-E emotions A attitudes M-memories.

Through ABCD-A aatma B baba C connection D drama to form your vriti (attitudes) smriti (memories) etc and he gives you so much 7 qualities for instance - gyaan

- ii)purity
- iii)Khushi
- iv)shanti
- v)shakti
- vi)sneh
- vii)anand/bliss which =>liberation of anandamide [77].

Maximum significant is brain gets maximum of Gyaan which is 1/7 qualities of soul nurturing it etc.

Only human possess the capacity of AIESHIAA-analyse by using

- i) intellect IQ (-Intelligence quotient) as, past present, future we are connected with people emotionally so in decision making need people to be taken into account by
- ii)EQ (emotional quotient), since we are not only correlated with my/our family so
- iii)integrate by IQ (integrative quotient), however further correlated with my family, country, world by

iv) SQ-spiritual/Social quotient, now that everyone happy, am I happy by

v)HQ (Happiness quotient),-seen doctors (drs) longevity less in contrast to general population-70,

whereas drs lifespan 60 > DM, obesity, heart disease, hypertension,

vi)lastly total samaj /world against you.

vi)AQ, (Adversity quotient)-immaterial if directly vertically connected with supreme soul - no fear (not + in animals, only humans possess the capacity of effecting /helping with these qualities) the way observed at the time of COVID-people 80+ further survived despite lungs totally white with opacities but had positive team alias T thoughts-E emotions A attitudes M-memories that illustrated power of positive thoughts positive whereas young patients >anxiety- died just like quote for 5 paandavs but for 5 humans, had god on their side-once connection with truth we become strong,

What is in charge as per a teacher of Brahma Kumari institution- not head of department-but stay in along with charge yourself by power house alias - paramatma/supreme soul all the 5karmendriyan (eyes, ears, nose, mouth skin) - radiate 7gyaanii) purity iii)Khushi iv)shanti v)shakti vi)snesh vii)anand/bliss which

If give anger it portray' s out charge – at least do in charge of one's own habits along with charge others in case of use of IQEQSQ-HQAAQ-no tension lower brain-neck, spine all nerves go into body in case boss shouts man keeps silent or answers yes sir all 5 vikaar-kaam (sex), krodh (anger), lobh (greed), moh (attachment), ahankaar (ego) portray reactions

i)Kaam (sex), thoughts frequency. fast-depletion of soul energy leading to laziness, albelapan (Carelessness)

ii)Krodh (anger),- why my orders not followed krodh (anger),- we are burning ourselves-say if someone immolates him/herself we don't follow suit ,rather try to extinguish fire-1 day anger-resulting in greater incidence of MI again greater incidence of MI subsequent to 3days in view of cynical behaviour in each house fighting krodh (anger),-hostile, cynicism-for instance girl boy presumably love 2 hans (swan/goose) ka joda before marriage only look at each other's qualities, subsequent to 3mths of marriage just look at bad qualities (repent)-till individual only looked at pearls analogous to hans (swan/goose)- to bagula (heron/egret) just look at insects.

iii)lobh (greed), all in view of fear leading to shak (no trust), anumaan (guess).

iv)moh all people around me to continue to be mine leading to chinta/worries, fear of people around leaving.

v)ahankaar (ego) leading to time pressure, everyone working on my orders followed by jealousy competition behaviour like monkeys IESHIA once soul combination with Supreme Souls- no tension-gateway to heaven-Stress = pressure/coping capabilities Pressures might be

i)internal

1)personality-introvert ,type A person, hostile, cynical behaviour, jaldibaaji (hurrying up).

ii)external-> traffic lose patience, irritability, Vansh of anger, > financial pressure, legal pressure, terrorism ratio of pressure /coping capabilities should not be > 1 Supreme Souls impact information, education, along with counselling impact-spiritual ,mental along with physical energy-harmony significant for total health Eustress-escalation of soul shakti Soundness of mind-Happiness Soundness of body- health Normally every organ does not send signals to mind and brain that work in coordinated fashion just at the time of certain thing wrong signals sent to mind and brain, be it heart or any organ, thus we don't realize living, heart beating, breathing etc...

Idea of 3d Health Care treatment-aim is healthy soul -total Health

ii) Healthy heart

iii)healthy mind iv)healthy body By 5th day breathing problems gone, in DM-people with >fasting blood sugar (FBS) >300 taking>insulin comes to a stage of no insulin needed, Insulin might get compared to currency say at the time of independence 1R=1\$, now same 1\$,= 86R, effects of insulin which has lost its effectiveness therefore at the time of stress are analogous to \$, once stress eliminated-insulin sensitivity returns by 5th day of 3dHealth Care treatment – without insulin FBS comes down to-85mg ie Anubhav ki authority works on practicing spirituality with distress-small stress-pressure substantially sensitive(hostile, cynical behaviour, jaldibaaji (hurrying up, krodh (anger),- even if > traffic lose patience ,irritability, vansh of anger, > financial pressure, legal pressure, terrorism possess the capacity of altering soul shakti which needs escalating survey in 4 metropolitan cities Mumbai, Delhi, Kolkata, Bengaluru-in BP, PP, Wt 30/100>BP, 14/100 ECG abnormalities, 40/100 Obesity, breathing problems 10/100, acidity, GIT reflux-feel gas, hand feet problems, bone problems-20% specifically post-menopausal women, cancer 5/100, migraine 10/100, problems of eyes, ears, nose-10/100, 10, skin-15% duodenal gastric infections 5/100, depression every 4th person, insomnia every 4th person A.

i) **Brain** (only present in higher mammals like we humans)
Men possess dominant left hemisphere which portrays Intellectual Brain along with is meant for accurate decision taking- whereas women possess dominant right hemisphere which basically portrays emotional Brain-ideally balance of -both is the requirement-for the family where decision taking occurs with involvement of both partners the family remains a happy one as complete circle of rt & left dominance of hemispheres of Brain occurs in reference to a good harmony

ii) Mind

Soul constituted by man (mind), budhi & sanskaa r- budhi -is analogous to car driver, for instance steering, man for instance escalates/decreases--clutch gear for turning budhi to positive TEAM, current, battery ,engine-energy generation not+ in animals that are not capable of ISHA in lieu of presence of just lower brain in animals Rose full of Khushboo.

Soul- implicated in battery -recharge

Thoughts negative akin to tyre puncture Never the less, in case of generating positive thoughts-healthy Happiness as per Karma philosophy (KP) Happiness. Experiments performed by physiologists by computed electroencephalography (EEG)-electrodes placement done Headphone- used to feed thoughts Normal β rhythm frequency 13-18 waves negative thoughts were fed (like remind which bad things occurred in past as well as do mental mathematics for instance-10-7,8 6+7 on EEG frequency escalated from to 13-18 waves- 20-25 (DRDO project) on feeding anger frequency escalated from 20-25 to 30-35-greater anger severity escalated to 45 subsequent to that insight lost-no idea of what is happening close eye- α rhythm (8-12/sec) relaxes leave -> slept & sleep studies (8-12/sec-peaceful state-deeper sleep - Θ state (4-7)-a state in which we sleep with dreams More deep sleep- δ (1-4) state < frequency - Happy rhythm-resembling a state known as geode bechke sona (Sound sleep without)

iii) Raj Yoga Meditation (RYM)

get soul conscious- think I am soul in between 2 eyes point of hypothalamus & connects with supreme soul soul The maximum subtle characteristics were to train in self responsibility (meaning heal +thy) along with elf empowering via inner self-consciousness (swasth; swa implies inner self; - consciousness) strategy with the utilization of raj yoga meditation. 7 qualities 1 for instance – gyaan ii) purity iii) Khushi iv) shanti v) shakti vi) sneh vii) anand/bliss which => liberation of anandamide. Low frequency sympathetic nervous system (SNS). Big frequency parasympathetic nervous system (PSNS)-on meeting people you like feel positive vibrations along with known for long time immediate attraction -say give vibrations. Raj yoga meditation (RYM) positive vibrations in war afflicted Ukraine Russian zone. RYM can see as per Karma philosophy-frequency decreasing with eyes open > depth, unconditional dignified

acceptance of all people as they are-jo jaisakaram karega would get akin in return as per karmic as per Karma philosophy. Deeper meditation- Θ state-a state in which face gives a happier look. Super β suggestive of tension. On psychological assessment. Sensitivity, emotional, anger, deprivation, revenge on EEG document no contentment depression score. Heart rate variability-sympathetic/parasympathetic in case of outer self-consciousness think of wife, child/body/body related and say share market prices.

EEG frequency escalates up to 35

- In case of Shak, jealousy, dwesh, vikaarspeed. fast super β
- EEG correlated with thoughts process
- 15 thoughts in case of jaldibaaji (hurrying up-increased to 18 with irritation further increased to 30 with anger further increased to 35 greater anger, increased to 40 which is followed by then escalating to 45-when insight lost can even commit murder later repent whole life for temporary loss of control. With RYM bring in A (aatma B (baba) C (connection) D drama- full positive team alias T thoughts-E emotions Attitudes M-memories (TEAM) positive-realize & revise intense thoughts become emotions/bhavna, whomever you think of vibrations reach say mother & son far away vibrations reach mother & son respectively transformation to α rhythm with- Θ love comes then followed by peaceful state-paanatha so paaaliya (obtained everything we wanted) to correlate-Russian Scientists (at the time of USSR 1990 prior to Berlin wall falling 3 scientists generated machine that estimated life force (LF) of people-common people-7000 Armstrong-in case of ,father, spiritual people -10,000 respectively.
- Places-busy like chauraha, public-1000
- Spiritual places -church upto 15,000
- >LF-energy feel shows
- Chauraha traffic-> β rhythm correlated with >revenge-4-5000, Anger-2500-3000
- An α rhythm-7000
- In case of jaldibaaji (hurrying us, jealousy -reactions increased up to 1 lakh
- β rhythm upto 70-80,000- 1 lakh
- Shanti-10,000 LF
- δ rhythm-15,000 energy-quiet, correlated with peace, love, Happiness-heals
- Conversely hurrying up, anger, anxiety-speed thrills but kills-with escalated thoughts kindred to body consciousness sanskaar leading to 5 vikaar-kaam (sex), krodh (anger), lobh (greed), moh (attachment), ahankaar (ego)-realize truth by RYM being truth with gyaan ii) purity iii) Khushi iv) shanti iv) shakti vi) sneh vii) anand/bliss which-10,000 LF
- In all spiritual places church, temple, mosque, gurudwara 10,000 LF
- Food has to be satvik-satopradhaani) sprouts > LF upto 10,000

LF if eat as it is, not cook, fruits -eat raw as it is fresh 10,000
 LF diminished to 7000 in refrigerator, salads-10-15,000
 LF, vegetable soup-4000, LF bread-as low as 2500
 LF, pakoda-2500-3000 LF

- Nonvegetarians -not for human intestinal length ->cancer
- Why significant wrong thought process-tea in morning for passing stool, consumption of 1 glass lemon water sip by sip leads to small intestinal vibrations along with resulting in passing stool/ motion.
- Walk in open 10-15,000, LF
- Microflora

iv) Soul - is suksham

we have suksham body- shape 100% analogous to sthool (material) body -possesses heart, liver, pancreas, muscles etc all cells made of 5 tatva/constituents -vayu (air) agni (fire), 66-76% water (H₂O)-hypothalamus, possesses thermostat, circadian clock word Bhagwaan (paramatma/supreme soul) comes from Bh for -Bhoomi, g for gagan, w for vayu a -for agni, ni for jal-does not take birth, no mother, father other prabhu meaning bhu se pare 7

Suksham shaktis where can't see bones, body from soul =7 energies keep coming out 7 energies very significant man (mind), budhi (represent portray-inner self hypothalamus-controlling room possess all cells which possess the capability of sensing soul where -7 spiritual energies liberated for instance a).

Gyaan that is realize truth I am a being/soul (knowledge obtained from paramatma / supreme soul) from where -transformation of 7 energies liberated occurs to which are further transformed to mental energies (kinetic energies) for instance electricity energy use in so many home appliances-akin to spiritual energies-TEAM-positive if do RYM thinking I am a soul,-son of supreme soul- where D drama is correct as per earlier karmic account-energies transformed to thoughts whose presence is stored in the emotional Brain mainly Limbic system in the form of memories that I am a jyoti bindu (pin point) soul which down the lane merged saying soul is kabardakhal at the time of dwaparyug where lost in role/materialistic consciousness alias deh bhaan/ body consciousness. Awakening of this old merged-energies start looking at all our acquaintances in the form of soul analogous to E emotions A attitudes M-memories of love generated from hypothalamus- where neuropeptides liberated get transformed to chemical energy-once get Anubhav with start living in the form of soul (relationship with supreme soul in the form of -say prayer tumhi ho maata tumhi pita ho tumhi ho bandhu sakha tumhi ho- (feel all sambandh (relationship) like father, mother, child, friend with supreme soul)-feel from within resulting in partiality finished-which leads to finished-lagaav, jhukaav. Takraav (attachment, attraction fight) occurs.

Natural smile if contended/santusht/santushta comes from sarvprapti-saying samay se pehle (before time) or bhagya se jyaada kisi ko kuch nahi milta-meaning nobody achieves anything before time) or luck which is dependent on Karma philosophy (KP) -smile comes from inner satisfaction or Happiness -D drama everything is correct-good what happened is good be it all professions-best for each person. Past future -forget-get contended-leads to 7 qualities which are interdependent for instance- gyaan ii) purity iii) Khushi iv) shanti v) shakti vi) sneh vii) anand/bliss gyaan 1st activated which leads to purity which leads to shanti leads to prem/love which leads to sukh which leads to shanti which leads to anand/bliss-all basically products of purity with which IESHA comes-if 7 qualities not existence since kaam (sex), krodh (anger), lobh (greed), moh (attachment), ahankar (ego) vash IESHA use won't hurt anyone devidevta-all the 7 qualities existent positive team T thoughts E emotions A attitudes M-memories-purity realize & revise by manan chintan, manthan, simran churn knowledge gained attitude shanti, atindriya sukh, our anand/bliss which our impressions, physical body-Belief system, change say cat crossed way/don't cut nailson Thursday (all superstitions) to ishwariya spiritual system -every work -win shakti-vighnvinashak for accurate decision taking intrikaaldarshi state --man (mind), budhi sanskaar-don't sehan/sametne shakti. Old impressions-child observed work only done by anger say father uses anger like scolds wife/child -work vein Parents teach child lie -say father,/mother not at home.

Automatically neuropeptide generated from hypothalamus leads to chemical reactions which lead to changed mood leads to chinta, fear, shak, anumaan leads to craving from inner side wrong eating result in stress relief biggest Belief System drink tea/coffee-/cold drink lot of caffeine & has 6tsf of sugar substantially inimical leads to escalated acidity wrong-to subconscious in lieu of not accurate decision thereby - no relaxation in sleep in view of negativity resulting in no physical exercise possible in morning that leads to total system in the form of disease that leads to vicious cycle.

B) Four phases by which all the diseases generated

i) Psychic-excessive as well as repetitive stress at house -say with wife, goes to office stress with the boss/colleagues-returns home=feel no one appreciates-no one loves him/her-that leads to krodh (anger), revenge, hostile resulting in family stress in addition to job stress resulting in isolation resulting in hyperactivity causing 100 arab neurons, each brain' cell has connection with the other cell through passing information by neuro transmitters as well as repetitive thoughts leads to acetylcholine (ACh) elimination of ACh resulting in lose patience, irritability, that leads to escalated adrenaline as well as noradrenaline liberation which results in feeling of certain wrong thing about to take place, fear generated.

ii) psychosomatic effects on body

iii)somatic

iv)actual disease manifestation for instance myocardial infarction(MI), T2D, HF, cancer, observed on computed tomography (CT), magnetic resonance imaging (MRI). energy Donen Belief System

C) Role of 7 soul qualities/energies in nurturing variable body Parts

1)Subsequent to Gyaan nurturing brain

2) All the 5 karmendriyan nurtured by shanti/peace- by eyes-watch only good, ears-hear good, nose-smell good, mouth-eating & preparing all food in Sam bandh (relationship) with the Supreme Soul as well as- shudh satvik food preparation in the remembrance of supreme soul with the thought I am a soul not in taste -vyavhaar like father, mother, child, friend skin constituents that line Cardiovascular system, genitourinary system (kidneys, urinary bladder) or reproductive system, (vagina, luterus) GIT (bowel).

3)Lung nurtured by shanti/peace-in satya Swaroop walk, talk, eat in soul consciousness > shanti/peace-resulting in less respiration rates(RR)-first day in morning RR=-16.1,subsequent to five days of RYM diminished 8 RR apart from slowing becomes deeper in case of krodh (anger), normal living-we get say 15yrs of life left with the RYM escalated by 8-9 yrs so life escalated up to 25yrs with the krodh (anger), RR escalated 14-32 thereby my lifespan diminished up to 8yrs with death 2/3rd blood reaches lower lung, 1/3rd in upper lung, during breathing air being light goes to upper lung, therefore in case of krodh (anger), tension, 50% blood reaches lung problems in addition to 50% oxygen reaches or 1/2 lung, therefore jaldibaaji (hurrying up) anger, 2/3rd blood reaches Heart-with heart rate 70/min-5 times bad blood reaches body leading to production of diseases.

4)Heart by love

5)Liver by sukh (Comfort)

6)GIT- by Khushi

7)Anand/bliss (ecstasy) - this nurtures 80,000 billion cells resulting in generation of 8 organs-energy from soul.

A)From hypothalamus result in liberation of 9 hormonal factors

i) gonadotropin releasing hormone (GnRH)

ii) growth hormone releasing hormone (GHRH)

iii) thyroid stimulating hormone releasing factor (TRF)

iv) somatostatin hormone (Alias-growth hormone release inhibiting hormone (GHIH)

(v) Ghrelin which is significant for liberation of 8 pituitary hormones

i)thyroid stimulating hormone (TSH),

ii)parathyroid stimulating hormones

iii)Luteinizing hormone (LH)

iv) follicle stimulating hormone (FSH)

v)Prolactin,

vi)ACTH

vii) growth hormone (GH)

viii) $\alpha/\beta/\gamma$ Melatonin stimulating hormone (MSH) 1million cells/day regulated by growth hormone (GH) regeneration subsequent to cellular degeneration hypothalamus - pituitary - thyroid just analogous to fast car utilization of petrol other=best mileage even if < gear> utilization of energy adrenal glands- cortisol and stress hormones.

Testis male hormones:

ovaries- female hormones 7 glands by Anand/bliss (ecstasy) in harmony for instance sa re Gama in case of no Anand/bliss (ecstasy) - deh Sam bandh/ (body relationship) materialistic/bank balance/ jaldibaaji (hurrying up) perfection-then no Anubhav hypothalamus -no liberation of hormones pituitary - no liberation of hormones we see patients in ICU-following positive TEAM subsequent to RYM at AV 4AM Anand/bliss (ecstasy) comes subsequent to love leen stithi with the supreme soul when look at drama in saakshi stage, drama is good, with TEAM positive generation of pavitrata (purity) in the form of satya swaroop s no lagaav, jhukaav. takraav, (attachment, attraction, fight) occurs-no extra sankalp/thought-thus no why, how- thereby shanti in view of past gone- at present controlling of thoughts-no turbulence no extra thoughts which gets followed by love along with unconditional dignified acceptance of all people as they are- atindriya sukh get santushta (satisfaction) - get Truth ka experience(Anubhav) which never forget- for instance - eat in a famous shop for certain eatables long ques by standing in long ques-don't get long term sukh only alpaal (short term) Khushi might result in addiction also

Subsequent to anand/bliss (ecstasy) get parakhne ki shakti which get followed by 8 shakties- earlier vivek/wisdom-confused thereby get dhokha (cheated) yatharth decision making goes wrong vistaar ko saar so precious time wasted what work would have done in ½ hr ' takes 4 hrs in view of current not passing through properly 7. 2 wires in case rubber cover current not passing through. If a paper lying in front of sun nothing takes place, however if concentrate sun rays with clean lens with concentrated rays paper catches fire without hand shaking much the same budhi roopi lens which is swachh (clean budhi) analogous to without hand shaking man ki ekagrata / concentrated-then each work done in to time frame work of Musculo skeletal system to get juice of qualities as well as anand/bliss (ecstasy) in case of body consciousness lose the capacity of connecting with KD (Khuda dost) - my sambandh (relationship) with the supreme soul on becoming soul consciousness-become alright-total relief - meaning heal thy self - implies is self-

responsibility-even supreme soul does not possess the capacity of directly healing- practically live in the form of satya swaroop- heal thy self incurable diseases equivalent to = imbalance of the hypothalamic hormones implies- cure lies when one goes in disease- implies dis-ease in the inner self-orchestra disturbed in case of soul consciousness-following 4-5AV RYM-vikaram vinaash takes place from 8AM, TEAM positive.

Multi-dimensional (MD)-strategies- definition of health-Art as well as Science of harmony of spiritual, physical along with mental health by connecting with KD-for ever healthy life analogous to in satyug used in this DRDO project in contrast to other studies just 1 dimensional /teaching health in medical colleges no spiritual/soul taken into account.

7B) Musculo Skeletal System -206 bones, joints, ligaments- so many skeletal muscle's origination from joints which are working in the form of coolies-we possess variable muscle's for portraying variable emotions for instance sad face, laughing separate muscle's for cough, separate muscle's which portray depression, separate muscle's /variable joints for eating .Human without joints not possible. Analogous to that human without 8 shakties not human as well as such shakties associated with 7 qualities related with everyone joint- the quantities of Calcium, phosphorus, Vitamin D, proteins, exercise separate requirement apart from shakties which possess greater significance a

D)The 8 Shakties are

i)sametneki shakti (the power to pack up) ii)saamna karne ki shakti (the power to face) iii) nirnay karne ki shakti (the power to judge) iv)sehan karne ki shakti (the power to bear) v)sahyog kishakti -(the power to cooperate) vi)parakhne kishakti (the power to discriminate) vii)Samane ki shakti""(power to accommodate) viii)vistaar ko saar karne ki shakti – (The power to condense the expansive or to bring the expansive into essence) meaning to n give the gist of the long story otherwise keep on exaggerating things-here rai ka pahaar-make small things into mammoth hill rather than abridging them) in reference to flexibility of spine as well as all neck movements in variable directions is regulated by shakties-7 vertebrae /bones in cervical area, 12 vertebrae bones in thoracic area, 5 vertebrae /bones in lumbar area helping others sametneki shakti (the power to pack up)for healthy knee joint, sahyog kishakti power to cooperate) for rib joints, back vistaar ko saar kishakti disc prolapse - rectification of all joints in case of shakti powers appropriate.

For example kachua-lives>200 yrs takes out feet when need to walk, back intact even if elephant steps on it. i I takes out only required organ sun-7 colours-soul-no colour maximum energy-bulk concentrate around centre of forehead maximum light -driver maximum controlling of hypothalamus, - SNS (red wire) PSNS (green wire)- implicated if alters reticular activating

system (RAS) soul=ajar, amaravinaashi (immortal).drama, is correct soul gives brain along with al lthe Karmen Riyan gyaan ii)purity iii)Khushi iv)shanti v)shakti vi)sneh vii)anand/bliss which =>liberation of energy each thought transformation to neuro peptide to chemical energy-every organ/cell/koshik aper form separate work soul->energyis consciousness from dwapar got into name ,role, mother, father, brother consciousness followed by other relatives, teachers, friends, wife/husband, materialistic all 5vikaar-kaam(sex), krodh (anger), lobh (greed), moh (attachment), ahankaar (ego)creep in now vivek/wisdom-confused-not think of soul-cation purity say to start with 100 watts bulb goes to 5-2,then religion-sikh, Christian, muslim, shant, love lesser saamna kishakti shanti, sametne kishakti finished Khushi anand/bliss-satyug/treta files close smrii files becha in-Chanchala files, chit Chanchal files kalyug/dwapar therefore files open soft copy-bhavna, smriivriti/emotions A attitudes M-memories EAM.

Jaisa chit -akin chintan thoughts- truth->gun (qualities) - heals I am a being The maximum subtle characteristics were to train in self responsibility (meaning healthy) along with self empowering via inner self-consciousness (swasth; swaimplies inner self; sth-consciousness) strategy with the utilization of raj yoga meditation (RYM).

Humus or body equivalent to SOIL qualities. whereas being equivalent to SOUL. when I significant in body consciousness while U in inner self-consciousness-aim heal thy self-no one possesses the capability of healing inclusive of Bhagwan/sureme soul swasth inner health normal, β -13-18 cycles/sec- average energy -7000AS-for toxins extraction worry, dislike hostilities, shak-stress, β +19-20 cycles/sec-energy reduced to 4-5000 AS-> krodh (anger super β -are capable of reaching 45-energy reduced to-2500 > toxins>free radicals > cellsdemise-2000-2500 no toxins extraction resulting in cancer generates > fast food eating etc..

Till we are at 7000ASnormalcommensalsdo not possess the capacity of gaining entry into the skin/nose Once upto 4200 AS commensals are not capable of entry < 4200 commensals gain the capacity of damaging Eskin/intestinal Wi RYM ABCD -10,000 back Lung infections heals. In case of bad sang/ companion ship LF -2000-2500,aura negative, short tempered, non-vegetarians, materialistic-if you yourself, your truth, your time, then you understand in case of you work in the form of trial Darshi. Inner self-consciousness (swasth; swaimplies inner self; sth- consciousness) - Anand strategy with the utilization of raj yoga meditation (RYM) as well as medication soul constituted By man (mind), budhi (dil (consciousness/conscience) inner/ outer self-consciousness qualities.

In case of outer body consciousness-limited (tubular) vision-body as well as body attachments-In case of inner self-consciousness--

Behad vision- In case of truth in dil with RYM bring in A (aatma), B (baba), C (connection), D drama- full positive team-with Murli-everything good Outer body consciousness-nothing good in whole matrix-with deh/ body abhimaan, role consciousness, materialistic consciousness Birth of all 5 vikaar-kaam (sex), krodh (anger), lobh (greed), moh (attachment), ahankaar (ego)-negative TEAM-tanaav, wrong mood, wrong food, can't get out, parvash eating-look for Khushi in food followed by addiction to stress now vivek/wisdom-confused-with the incapability of correctional/decision in subconscious mind-bechain-chanchalta files, all 5vikaar-files open whichever-file open-see total World-akin light jaisiakin smrii waisiakin vriti, waisi akin Drishti (looks)-wrong vayu mandal-wrong bhavna, negative thoughts, negative sanskaar, personality traits-, budhi ko bhrasht kartahai.

With RYM-energy going to cells

Survey-in every city every person possesses 5-6 diseases correlated with mind-not 1 person well-materialistic, lobh consciousness in view of all 5vikaar-soul/alias bhagyavidhaata has given gyaan-vriti, smrii (A attitudes M-memories). Right now sthool (material) body-energy not going to cell heart, pancreas-Type2 Diabetes mellitus (T2DM)-Kidney diseases-, gastrointestinal Tract (GIT)-lot of gas, kneejoint, back, vertebrae damage—therapy RYM-paramatma/supreme soul ocean-gives knowledge to arjun (symbolic for alaukik/divine soul)-who is analogous to the car driver controlling body-arjun listens to give up deh/body and dehbhaan/body attachment relatives. With the RM Spiritual practice, a person is to make himself/herself aware in the form of being self/soul (an eternal kind of point of light) that is localized amongst the eyebrows while focusing on a meaningful external symbol (a point of light that is believed to be a symbolic portrayal of Supreme Soul/God) [77]. Furthermore they are counselled to think positively about the inherent qualities for example peace, love, bliss, etc. which are latent within the self [77]. generate total sambandh (relationship) with the Supreme Soul like father, mother, child, friend -total energy going to body with the thought I am Supreme Souls son-feeling of prapti corresponding to when child given money remembers—get sheet Alta, santushtta, harsht mukhta, nimmit, nirmaan, nirmalvaani, daivigun, immandaari given gyaan-understanding truth with RYM-truth realize & revise every every thing in D drama-is correct we don't take anything with us-dehbhaan/body attachment swabhav -5 vikaar-kaam (sex), krodh (anger), lobh (greed), moh (attachment), ahankaar (ego) demonetize these 5 vikaar use currency with chadtikala-vivek/wisdom-good, nirnay/decision good, chitshaant, pavitrata (purity), atindriyasukh iii) Khushi iv) shanti v) shakti vi) sneh vii) anand/bliss which smrii / memories good, stithi good, Aattitudes good, thoughts-good-walk, eat properly, sleep properly, getting up early -amritvele with RYM-healthy, wealthy.

E) Treatment

1)4 Goli/tablet/niyam/maryada along with parhez (precautions)

Soul -swasth, Khush body and cells

i) First niyam-getting up early - amritvele (AV) - 4am for sleep earlier-10 pm audit and sleep-with experience - absence of alarm requirement - 63% births kept on doing paap (bad) karam-conscious mind only 5-10%, rest is either subconscious or unconscious in view of paap (bad) karam-in earlier births, whereas subconscious paap (bad) karam in this life -so 90% mind is occupied by subconscious or unconscious karmic life & only 5-10% in our control,-since dwaparyug we kept on doing paap (bad) karam-by staying in -dehbhaan (conscious of why we are incapable of going off to sleep if not slept-dreams of subconscious-as haant & get relatives as per those past karmic accounts.

Braham muhurta-as per 3 DHC-biological clock through passing. Truth ka experience (Anubhav) -I am Soul with the thought I am Supreme Souls son iii) Feel with depth -all sambandh (relationship) with the Supreme Soul like father, mother, child, friend- D drama-is correct with the connection with the Supreme Soul sell my old paap (bad) karam getting washed/deleted-once reach anand/bliss which status only then triggering of hypothalamic hormones in balance. With this liberation of hypothalamic hormones takes place followed by from the pituitary-growth hormone imperative for the growth orchestration, Mela ton in generated by the pineal gland at 4-45 am once get up from δ rhythm sleep- vikaram vinaash, anand/bliss felt

2) Goli - get accustomed to the stithi up to 8am make TEAM positive no negative news on TV, read in newspaper, hear murli Supreme Souls letter.

3) Tablet/niyam-attention (ekagrata) - sustenance of energy - realize & revise bymanan chintan, manthan, simran churn knowledge gained-I fall positive TEAM-get positive results at the place of work-also can be referred to asamrit dhara,- if any negative thought, negative news news paper balance of hormones liberation\lost leads to ACTH liberation which further leads to escalated production of cortisol and liberation.

4) Tablet/niyam is ventilation-Supreme Souls further believed to be Supreme Surgeons/vaidyanath/dharmantri-further we drs say I treat/operate rest in God's hands 5-7 mind disease sin each one-DM, heart disease, cancer, so be sity, migraine For that It is said for the ones not doing RYM jin soya tin khoya, with for the RYM It is said- if feel light - no worries get light and might on following this tablet/niyam amritvele (AV) - RYM positive TEAM up to 8am liberation of hormones in the form of musical or

chestra other than emergency don't change this pattern like we doctors get emergency patients. whole day shaant, Khushi, loveful. With attention-keep on charging battery in between recall anand/bliss we felt in morning ABCD for 10sec to recalling between escalation of Sehan karne ki shakti-in between, man than churn knowledge gained-automatically get makhan-use/eat this at the time of working (escalation of Sehanshakti, samaane ki shaktihden at night audit whole day what encountered. whole day - any anger generated-just like a businessman does at night about day-day transactions-1significant thing if character lost everything lost qualities very significant. Ventilation-very significant if do wrong naturally if use AJESHIAA-analyze I-Intelligence quotient, Emotional quotient, IQ (integrative quotient), SQ spiritual/Social quotient, HQ (Happiness quotient), AQ (adversity quotient) work in in the form of trikaal darshidheere (slowly) talk keep patience- do not become patients-letter to god what wrongs done in day then tear. where I comes vivek/wisdom ka khoon/killing letter to god helps in sense-the way the quote stands true how ventilation helps-agar dil khol diya hua hota yaaron se to dil kholna napadhta with instruments(if had opened heart with the friends would not have needed opening heart with instruments by takes place observations have been - fall from 1lakh to<30 to50,000 in west talk to their dogs. Scientifically corroborated with EEG at the time of writing letter to god- β rhythm frequency diminished from 35 to 10-8,letter ,murli-again positive TEAM then sleep get up in δ rhythm. SS (suksham body) -man (mind), budhi sanskaar-once mix bread in milk - milk totally soaks breads.

Analogous to that in suksham body material body needed to be in harmony. Energy dynamic flow in the morning subsequent to RYM soul connected with supreme soul amritvele (AV)-imperative to be in anand/bliss which status only - soul away from body consciousness with supreme soul soul love leenin his remembrance-who has 0 thoughts 1st stage vikaar, vikaram destroyed.

i)Anand/bliss status hormones in harmony, then TEAM positive-if thoughts negative-works on sympathetic nervous system (SNS) (red wire) leads to ACTH liberation which further leads to escalated production of cortisol, adrenaline as well as noradrenaline, increased heart rate (HR), blood pressure (BP). Basic idea as we had been taught is fight as well as flight reaction, greater cortisol escalates sugar availability to fight any stress or enemy say lion more energy needed by limbs and shuts off digestion.

ii)If thoughts positive then TEAM positive endorphins analogous natural morphine once pain relief in MI subjects feel light as well as enkephalins liberation if TEAM positive-which gives Khushi, whereas SNS to alarm system, while PSNS result in relaxation, diminished HR, BP, opening up of blood vessels, blood this out,

subjects feel at ease (green wire) remembrance.

iii)if positive hormones liberation in the form of or chetra, all 7-energy needed to reach all cells for live liness as well as regeneration can't take health for granted-one needs to guarantee no leakage of energy subsequent to RYM at AV realize & revise by manan chintan-write point is on a paper -become karam conscious do.

2) Parhez (Precautions)

I) Parhez (Precautions)

Shudh satvik food preparation in there membrane of supreme soul with the thought I am a soul with the shubhmanasa, bhavna with remembering that caffeine implicated in the activation of SNS, stress hormones.

Morning (breakfast)-full of anti-oxidants by

1)8 -9AM morning breakfast,(eat like a king)- say beans, daily a chappati, curd-chew well, water. Afternoon (eat like a middleman) at evening/dinner, (eat like a pauper)11AM-fruits-15,000LF.

2)Lunch-1st salads-10-15,000 LF followed by chapatti, vegetables 4-5pm- fruits

3)Dinner vegetable soup followed by chapatti, vegetables avoid curd, protein, pulses. Rasi kbhojan-parantha, pakoda, sweets-heavy, pr0ob in digestion-feel lazy, be chain, as well as gas tamsik Non vegetarians, egg, fish, meat- in lieu of killed for food with activation of sympathetic nervous system (SNS) liberation adrenaline as well as noradrenaline-here liberation of chemical swith out krodh (anger), aachar, garam masala in addition to onion garlic in lieu of that pilots not their consumption in lieu of they lead s to activation of SNS along with the garlik result in avoiding rejuvenations.

II) Parhez (precautions)

Sang-of truth always-s soul combination with Supreme Souls as well as drama correct SSS-Satyam shivam sundaram - he is eternal does not come in the cycle of life as well as birth along with death all satya swaroop as well as satya sambandh (relationship)/ Sang-of truth- all the time TEAM positive katha/keertan is alias sat Sang. Whichever hous every start looking at every one's 7 qualities- for instance-Satyata/truth, nirbhayta/fearlessness, saralta/simplicity, Namrata/down to earth, udaarta/loving & giving.

III) Parhez (precautions)

Acquisition of 7 qualities-divya qualities (devi devta, in case of krodh (anger),- for 3 days RYM is not plausible do not look at poor qualities of other's, instead look at good qualities every individual possesses.

IV) Parhez (precautions)

Gyaan in budhi-people I come in contact- conversion by tan/ man (mind/ body's) kipurity -a start looking at every one's in the form of soul consciousness /not body consciousness no-lagaav, jhukaav .takraav, (attachment, attraction fight) occurs every soul possesses the part in the D drama, where everything is correct-a villain is needed in every story no questions/queries for instance why 8 if look at their part.

iv)On concentration on RYM, dietary habits, eating high fibres diet, greater fruit, salad consumption lifestyle modifications, USA researchers received noble prize on how manifestation of genes of type2 Diabetes mellitus (T2DM), hypertension, cancer takes place at the time of ageing-observed, sleep at 10pm, get up the time of AV, (4am) for sleep earlier-10 pm, eating habits followed, the positive TEAM up to 8am, genes of T2D Hypertension, cancer switched off as well as healthy genes turned on ,eat happily, eating at the time following biological clock.

It has been observed that right from age 4-5 endothelial cells damage starts with history of feeling insulted, wrongly scolded, partiality with sibling, child keeps remembering throughout life. In 15 days rectification of uncontrolled T2D takes place, emotional part transformation takes place gets demonstrated.

F)Effect on results in Coronary Artery Disease

Dr Satish Gupta et al [78] for the first time under IRDO study with the guidance of supreme soul in one hundred and twenty-three angiographically revealed moderate to severe coronary artery disease (CAD) patients having the delivery of healthy as well as happy lifestyle (HLS) that was constituted of lesser-fat as well as greater-Fiber vegetarian diet, moderate aerobic exercises in addition to stress management via raj yoga meditation. The maximum subtle characteristics were to train in self responsibility (meaning healthy) along with self empowering via inner self-consciousness (swasth; swa implies inner self;sth- consciousness) strategy with the utilization of raj yoga meditation. Subsequent to their 7 day in-house short stay patients were advised to follow up regarding reevaluation in addition to further training in its advancements. On the finishing of 2 yrs a repeat angiography was advised. 360Coronary damaged areas were evaluated by 2 separate angiographers. In case of CAD patients having maximum sticking to the orders of HLS ,had a regression of percentage diameter stenosis by 18.23 ± 12.04 absolute percentage points.91% illustrated a tendency towards regression along with 51.4% damaged areas regressed by > 10 absolute percentage points .The cardiac events in CAD patients were :11 had maximum adherence along with 38 had the minimal adherence on a follow up of 6.48 years (risk ratio; maximum vs minimal adherence 4.32; 95%CI: 1.69=11.705; $P<0.002$). In Toto healthy alterations in cardiovascular, metabolic along with

Psychological paradigms reduce in absolute percentage diameter coronary stenosis as well as cardiac processes in patients of CAD were intricately correlated with sticking to HLS disease. Nevertheless, Dr greater than 50% of adherence is imperative to attain a significant alteration [78].

Such scientific research performed by Satish Gupta et al. in 2011 continued to be at number 1place for three consecutive yrs subsequent to which American Cardiology Association. (ACA) RYM be made inclusive of treatment paraphernalia for treatment of CAD. Atthattime just 183 patients of MI/ CAD whose blocks opened, however by now greater than 9800 blocks opened inclusive of treatment of T2D, apart from CAD blocks with observations of reduction of body mass index(BMI) weight / substantially in case of overweight /obesity PCOS patients as well as all obesity cases apart from joint problems.

In comparative evaluation of GLP-1RA recently we documented A meta-analysis of randomized controlled trials inclusive of 800 patients with acute myocardial infarction (MI) who were going through angioplasty, GLP-1RA visa vis placebo therapy escalated LVEF by 2.5% as well as, diminished infarct size by 5.3g (95%CI:-10.4to-0.2) [79]. GLP-1RA diminished cardiovascular processes risk in patients with T2DM by variable mechanistic modes . Apart from diminishing glycaemic quantities, GLP-1RA led to significant weight reduction , activation of cyclic adenosine mono phosphate(cAMP) /PKA pathway , in addition to caused hampering of RSA activation, evoking anti-hypertensive, anti-inflammatory, anti-atherosclerotic, along with nephroprotective actions. GLP-1RA diminished risk of MI, cardiovascular demise as well as stroke [80]. Despite GLP-1RA caused avoidance of atherosclerotic CVD events [81], continues to be uncharted, it possesses the capability of avoidance of HF [81]. A meta-analysis constituted of over 56000 patients with T2DM , GLP-1RA illustrated statistically significant, diminishing of major adverse cardiovascular events (MACE-by 12%), all-cause mortality (in 12%), in addition to wide renal composite results (in 17%), as well as diminished risk of hospitalization for HF (in 9%) [82].

In case of recent STEP-HFpEF, performed in patients with obesity semaglutide therapy for a year caused higher diminishing of symptoms in addition to physical restrictions, higher enhancement of exercise working, along with higher weight reduction in contrast to placebo [83]. Additionally, semaglutide diminished inflammation as well as body weight ina comparable magnitude, in full LVEF categories [84]. None the less, nothing is as efficacious as with these modern obesity therapies be it for treatment of T2D, MI or HFpEF patients. We can extrapolate that same regimen would be efficacious in treatment of HFpE, given the role of IR that occurs subsequent to stress which was the commonest etiological factor observed in myocardial infarction (MI).

4. Conclusions

Therefore here it has been emphasized on the manner we keep on harping on how all the diseases possess a psychosomatic origination with the mind power being of considerable significance, yet nothing gets done in reference to significance of inculcating spirituality in the medical curriculum for newly drs getting generated gaining insight in reference to etiopathogenesis as well as on the treatment of such diseases with regards to spirituality in addition to maximum researchers concentrating simply in single dimensional work regarding looking for cure of most diseases all over the world. Thus using such 3D strategies are substantially important for tackling the considerable escalation of stress correlated diseases inclusive of obesity, type 2 diabetes mellitus (T2DM) inclusive of MI occurring in case of young executives as early as ≤ 40 yrs with the work pressure being so extreme. Here 3D strategy displays how such Non-Communicable diseases (NCD) are on the rise in view of along with might be reverted totally. Additionally, we have to teach everyone apart from drs how thought positivity is considerably significant in view of treatment is self-responsibility (meaning healthy self) as well as greater the positivity of man (mind), greater the chances of recovery as witnessed in cases of elderly COVID19 patients which had positivity in addition to faith in the Supreme Soul survived with considerably robust disease. corresponding to that even cancer cases have illustrated recovery with RYM, eating high fibres satvik diet, greater fruit, salad consumption with lifestyle modifications in such 3DHC.

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