

LIFE FORCE OF PNP BLUE COLOUR GUARANTEES STRESS FREE SURVIVAL

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ABSTRACT

This paper explores the intersection of the concepts of the World Health Organization's age-adapted communities and the Blue Zone Checklist and how the ability to integrate the two frameworks to develop a contemporary framework can address current gaps in the literature as well as may consider inclusion. Technology and environment of the press. The commentary presented here sets out preliminary ideas and explorations that have the potential to impact societies on a global scale and as a roadmap for considering new ways of thinking about the impact on the health and well-being of older adults and their families. Additionally, this paper highlights both the strengths and weaknesses of the above checklist and framework by examining the literature including WHO's Age Friendly Framework, Smart Age Friendly Ecosystem and Blue Zone Checklist. We argue that gaps exist in the current literature and there is a critical view of how to incorporate technology and the environment in which older adults live.

Keywords: Ageing, Age in place, Community, Coronavirus, COVID-19, & Human centered.

INTRODUCTION

‘BLUE ZONE’ where people live the longest & are healthiest. Blue Zone refers to the geographic areas, in which people have very low rates of chronic diseases & live longer than anywhere else. He searched five Blue Zones & they are called Blue Zones because when Buttner and his colleagues were searching for these areas, they drew blue circles around them on a map.

- Okinawa (Japan)
- Sardinia (Italy)
- Nicoya (Costa Rica)

- Ikaria (Greece) &
- Loma Linda (California).

He exclaims that what makes these areas & their residents so special. He questions as to how we can bring some 'Blue Zone Magic' into our own lives. He astonishes what the secret is? Despite their striking cultural differences, why do people in these places live beyond 90s without heart disease & cancer even?

The research further discusses about their life styles but here we are concerned with the 'BLUE' name given to the Zones of long living area. We just can ascertain that the power of BLUE COLOUR energy that caters survival effects in all organism of the universe, might have been exercised in their mind software developments.

Anyway, the blue colour is however termed as survival color of space element. It solely spreads in the whole sky. Moreover, it is also called the color of water & seen spread in all oceans, reservoirs, lakes & rivers. This is said to be the colour of Earth, as Earth is seen Blue from space. This is treated as the colour of peace also. If we happen to see the Blue coloured objects like sky, ocean, paintings, clothes, we feel pacified. The concentration over blue colour creates soothing effect in our mind.

THE CLASSIFICATION OF SOLE BLUE COLOUR BY NEWTON

The modern science recognizes range of wave lengths of Blue colour as Deep Blue & Light Blue only. It is because human eye does not (without lenses) distinguishes Indigo from either Blue or Violet. In 1671 Issac Newton coined the term "spectrum" means appearance, where six colours were seen. Then he added the 7th colour Indigo in between Blue & Violet. He wanted the seven colours with seven days of week to represent the seven planets & seven keynotes of musical scale. Modern science has done away with indigo, so we talk about the sole blue colour. Modern science also proves that particles of Blue colour is so high that they scatter in the whole sky. The Blue is universally survival colour of peace, calmness, tolerance & contains the stress releasing effects, which we will discuss ahead in this chapter.

SCIENTIFIC FACTS ABOUT TRAVEL OF COLOUR LIGHT WITH REFERENCE TO BLUE LIGHT

Light travels through its photons. Photons of visible light are energetic enough to initiate some critically important chemical reactions. Most notable the is the photosynthesis through

absorption by chlorophyll molecules. Photovoltaic systems are also engineered to convert light energy to electric energy through absorption of visible photons by semiconductor materials. Modern methods for detecting light are based on the response of materials to individual photons.

HOW BLUE LIGHT IS DIFFERENT FROM OTHER COLOUR LIGHT TRAVEL

“General Relativity” predicts that the path of light is deflected in the gravitational field. This is from a gravitational attraction, proportional to the effective mass of the Photon. However, the General Relativity is not itself a theory of Quantum Physics.

- (A) Gravitational Blue Shift (Towards/gains): When light travels towards a massive object, its energy increases & its frequency thus also increases, called blue shift.
- (B) Gravitational RED Shift (away/looses): In converse situation of above where light travels away from a massive object, loses energy, & its frequency decreases, called red shift.
- (C) PLANCK’s Hypothesis (Radiation Law) It implies that a photon of BLUE LIGHT of given frequency or wave length” will always have the SAME SIZE quantum of energy.

For example, a photon of BLUE light of wave length of 450 nm will ALWAYS have 2.76 eV of energy. (eV) means the energy of one electron. In quantized chunks of 2.76 eV, it occurs.

But one cannot have half a photon of blue light (while 450 is the wavelength of Blue colour/light). It always occurs precisely in the SAME SIZED energy chunks (of 2.76 Ev-lumps).

The wave length of Blue is 450—495 & frequency is 606—668. The frequency available here is CONTINUOUS & has no upper & lower bounds, therefore there is no definite lower or upper limit on the possible energy of Photon of BLUE COLOUR.

THE PARTICLES OF BLUE ARE SO HIGH THAT THEY SCATTER IN UNIVERSE

In general, the scattering of light from some object depends on, that how close the wavelength of light is to the size of the object. Since Blue light has the smaller wave length than red light, and in sky, the scattering of particles is much smaller than the wavelength of the light .and smaller wavelength scatter more strongly, because it is nearer to the size of

objects, doing the scattering. It means blueness of sky is from the blue light of Sun light that travels shorter smaller waves, hence scatters most.

THE UNIVERSAL SPREAD OF BLUE COLOUR

Earth's atmosphere scatters sunlight (all colors) in all directions. But Blue light is scattered more than other colour as Blue colour travels as shorter & smaller waves science proves that blue light has a higher energy than red light. Because red light is diffracted more strongly than blue light, therefore higher energy of BLUE light scatters more easily.

- 1. BLUE SKY:** The blueness of the sky is from the blue light of the sun in atmosphere, since Blue light travels shorter smaller waves, hence scattered most, entering our eyes from all regions of sky, so most of the time we see the sky Blue.
- 2. BLUE EARTH:** The 71% surface of the earth is covered by water. Water blocks the radiation of sun light (white light), i.e., Water consumes white light & reflects just blue light. Hence the earth from space, thus looks Blue.
- 3. BLUE OCEAN:** Sea is not blue because it reflects sky. The ocean is Blue because water "absorbs colors in the red part" of the light spectrum. And like a filter, this leaves behind colors in the blue part of the light spectrum for we people, to see the ocean Blue.
- 4. WATER DROPS SHOWN BLUE:** This is truth that pure water is very slightly blue, but it is just so pale that in small quantities it appears clear. But in large bodies of water the same rule applies & water seems blue.
- 5. BUT SUN LOOKS WHITE:** In space there is no molecules & dust particles to scatter various colors of sun light, so sun looks white & sky looks black. The black sky at night shows us the moon, stars & planets due to absence of sun light. At sunrise & sunset, we see reddish colors towards horizon, which are called by different optical effects'

THE BLUE COLOUR LIGHT ABSORBING CHAKRAS & THEIR WORK

The Light blue colour energy at Throat (Vishuddhi) Chakra is performing simultaneously multiple activities of throat & sense organs on face, while the Deep blue colour (Indigo) energy at Ajya Chakra places orders to commence, to accomplish & to finish or to continue the related & required activities in our overall body parts as per their demand.

ENDOCRINE GLAND WORK SYSTEM REGULATED BY CHAKRAS OF BLUE COLOUR LIGHT

There are two areas on neck where we have glands.

1. The salivary glands provide saliva to the mouth to keep it moist. They are under the jaw & on both sides of our face.
2. The lymph glands, also known as lymph nodes are mostly on the side of neck. The lymph glands are part of the body's immune system. They collect & filter fluid to fight off infection & remove it from the body. The swelling in them is due to infection from bacteria or viruses. The illness associates with cold, ear or skin infection, flu, tonsils or glandular fever. But they may also SWELL DUE TO STRESS. Swollen lymph sometimes is caused by cancer.

THYROID GLAND:

Thyroid Gland situated in throat, releases triiodothyronine (T3) Thyroxine (T4). These hormones play an important role in regulation of Energy level, internal temperature, weight, skin, hair & nail growth. Thyroids are the only cells, that absorbs iodine out of food, & produce T3 & T4 hormone combine with amino acid. Thyroid hormones increase the heat in body & accelerates cellular metabolic system.

PARATHYROID:

1. Absorption of calcium from food by intestines. release of calcium by bones into bloodstream & conservation of calcium by kidneys. THE mail functioning causes brittle bones, kidney stones, fatigue & weakness.
2. Pineal is located deep into brain in area of epithalamus, just above thalamus, the Barea that coordinates the variety of functions related to our senses.
3. Functions of thalamus: To relay motor & sensory signals (language system) to the cerebral cortex. Also regulates sleep, alertness, & wakefulness. Without it cortex no information.
4. Functions of Hypothalamus; controls hormone system, stimulate or suppress the release of hormone & sends to pituitary gland which sends to different organs. plays a function role in Sex drive, thrutched birth, bp & heart rate

5. Pituitary (master) gland of endocrine system: through secretion of hormones controls metabolism, growth of body, sexual maturation, reproduction & also blood pressure. dysfunction: ANXIETY & depression

CONCLUSION

With the scientific perspective, the above elaboration proves that Blue colour has the life force energy, that survives the very creatures & plants. BLUE coloured life energy forces the entire animal world in blue sky, blue sea, & Blue earth to live for & live longer.

REFERENCE

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