

Topic: The Science is a Verifiable Truth and so are the Vedas

The Universal Pathway of Sanatan Dharma: Man's Connection to the Forces of Science

Just as how man proves science to exist, the Vedas prove God to exist. In Hinduism, man does not have to choose between God and science because the Vedas allow man to believe in both. Deepak Chopra compares in Power, Freedom and Grace the beliefs in the ancient philosophy of Vedanta to the beliefs in modern science: “We know that gravity exists because we experience it . . . if the soul exists, then it isn't necessary to believe in it,” (10). Gravity does not need to be seen to “believe” in. Like gravity, God is not meant to be seen or to be part of a belief. Both God and science are meant to be “experienced” and understood. Science is the foundation in all topics of Sanatan Dharma and Vedic Philosophy including: the creation of the universe and mankind, Vedic astrology, karma, the human body, and prayer.

Science argues that matter simply exists whereas some believers in God say that He created the matter of the universe. The Upanishads support the scientific theory with the law of the Three Eternal Entities that have no beginning or end: God, Soul, and Matter: “Matter, Soul and God—these three entities are uncreated; they were never born—Shet Upanishad 4:5,” (54). The Vedic law supports the first quantum of physics that “matter cannot be created or destroyed.” The universe is just a combination of the three entities co-existing with each other. One can say, in conclusion of comparing both western science and Vedic philosophy, that the universe was put together and not created. The Vedas continue stating that God is the actual energy that put the universe together. The energy that put the universe together is the very thing that Hindus call God.

The Big Bang Theory explains how the universe was put together. Similarly, the Rig Veda explains: “Before creation, all of this was enveloped in darkness, beyond being discerned, and was like empty space. It was insignificant and lay undeveloped in the presence of the Infinite Lord.—Rig Veda 10:129:3” The Vedas and the Big Bang Theory both state that the elements were dormant, but the Vedas include God as the agent. God puts matter together to make the universe. By doing so, the Big Bang occurred and the universe was created with five major essences: earth, water, air, fire and space.

Hippocrates, a Greek philosopher, who explained that an imbalance of the four humors in the body would cause a disease, introduced the five essences into the medical system. Air connects with blood, just as earth does to black bile, fire to yellow bile, water to phlegm and space to the void in the body. Hippocrates’ idea was rejected by modern science because the scientists argue that the body and the universe does not consist of these five substances alone. However, the Ayurveda, an extension of the Rig Veda, explain that the focus on the five essences was about the chemical make-up. According to Robert E. Svoboda in Ayurveda: Life, Health and Longevity, the focus was on the qualities of these essences: “Earth represents the solid state; water the liquid state; air, the gaseous state; fire, the power to change the state of any substance; and ether, the field that is simultaneously the source of all matter and the space in which it exists,” (27). For instance, because oil has a liquid quality, it falls under water because it is also a liquid. Oil also has the qualities of fire for conserving heat. All of the elements in the universe can relate to the five essences in a similar way. The Ayurveda concludes that the five essences are the make-up of the universe and our body.

The purpose of the Ayurveda is to maintain the health of human beings, whether sick or healthy. A major principle of the Ayurveda is to understand that the human body is a replica of

the universe. Understanding the universe will help one understand the body because there is an interrelationship between the two. Svoboda explains that the Ayurveda acknowledges that our body seasonally corresponds to the universe: “Ideally, a woman ovulates with the full moon . . . menstruates with the new moon . . . sleeping with your head to the east promotes meditative sleep,” (62-68). Living against one’s own human nature causes an imbalance in the body, which makes one vulnerable to diseases. Another cause of disease is due to past karmas either in this birth or the previous birth.

Karma is a science and it is translated as one’s accumulated actions. Although karma cannot be measured, it works like a chemical equation: with every chemical action, there is a chemical reaction, as said by Isaac Newton. A person pays a consequence for every deed that he or she contributes to the universe. Man gives onto the universe and the universe gives back onto man because both are interconnected. By understanding the science of this, Hinduism guides man to make good choices to receive good consequences and work their way toward achieving one’s goals. Hindus know what their karma may bring them by looking at their Vedic horoscope using Vedic astrology.

Vedic astrology pays attention how the earth, sky, constellations and planets were positioned when one was born because the universe is a blueprint of one’s karma, personality and nature. No one can change one’s destiny but everyone can use their freewill to decide what they can do with what destiny brings. Hindus use astrology to take full advantage of their lives. According to Vedic astrologer, Victor Damien DiCara, the science of Vedic astrology lies in the connection between the universe and man’s thoughts: “Every time you act the planets witness you - not just because they are up in the sky, but because they are the very molecules and brainwaves of your being.”

The ideas of man's connection to the universe may seem farfetched, but Hindus design their prayers in such a way to help man understand one's connection with God and the universe. Havans and poojas are fire rituals that involve many scientific methods to understand the universe. They involve Yajamaanas (the worshippers) who offer fuel in the form of fruit tree wood, ghee (clarified butter), saamagri (mixture of medicinal herbs) and cooked grains to a fire as they chant mantras. The fire represents the wisdom that pervades the earth (bhoor), sky (bhuhwah) and heaven (swah) of the universe.

Hindu rituals also benefit the environment. When ghee is burnt, it produces a gas called formaldehyde in addition to other curative gases that help nullify the impurities in the atmosphere. This process is another solution to prevent humanity suffering from disease. However, the chemistry of this is only successful when the fruit tree wood is fully immersed in ghee and using any other type of wood, such as pitch pine, would increase carbon dioxide production. The burning of saamagri and cooked grains produce medicinal gases as well.

Every aspect of Hinduism, from the creation of the universe and mankind, to Vedic astrology, to karma, to the human body, and to prayer makes sense because there is a scientific explanation behind them all.

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