

WATER, FUNDAMENTAL ELEMENT of BEING



Water as a metaphysical principle



*In his famous work, **Metaphysics**, Aristotel proclaims that at the beginning of philosophy, the Hellenic thinkers developed their representations of man, the world and the universe, each starting from such a fundamental element:*

- *Heraklit of Efes and Hippasos of Matapont had **Fire** in mind,*
- *Diogenes of Apollonia and Anaximene - **Air**,*
- *Thales of Milet - **Water**.*
- *Empedocles added a fourth – **Earth**, combining the three principles mentioned above.*

*In fact, **Universal Metaphysics** proclaims 5 principles: the 5th fundamental element is the Ether*

*Stagirit simplifies and synthesizes the metaphysical knowledge accumulated up to him by stating that, in fact, there are only two great principles, namely, essence / form / spirit (light) **and** substance / content / matter (darkness).*

Water as a metaphysical principle



On the other hand, in their attempt to find a unifying equation for the fundamental forces in nature, scientists have described four different types of fields, which are theoretically represented in the famous standard model for which the Nobel Prize was awarded in 1965. At the time, the outcome of the research astounded the scientific world, not least because the four cosmic forces turned out to be nothing more than different manifestations of the same single field, just as the four fundamental elements arise from the luminescent Ether. From here to relating the scientific results to the representations obtained by the mystics through meditation and asceticism was a simple step.

Water as a metaphysical principle



As the fundamental Element, in total opposition to Fire, Water is the support of liquidity and derives directly and directly from the Principle.

Its defining qualities are coolness, humidity, darkness and contraction; because of its intrinsic properties, Water generates the magnetic fluid, totally different from the electrical fluid, specific to Fire.

Like Fire, Water also has two poles, one positive, nourishing, protective, generative, and life-supporting, the other negative, destructive in its specific aspects (it favours fermentation, division, instability, etc.).

Water as a metaphysical principle



As a circulatory principle, Water is the most penetrating of the fundamental elements, its energy working predominantly on human emotions and feelings. Water is also associated with passivity, materiality and attractiveness, etc.

Water is constantly being charged with debrees, constantly being broadened. In tandem with Air and Earth, both neutral, Water represents the receptive essence, the great feminine conglomerate, passive, material, soft, welcoming, greedy, etc. In relation to Air and Earth, Fire and Water are the main elements with their striking and strictly differentiated qualities, their properties positioned in obvious contradiction.

According to metaphysical doctrine, the grounded qualities are divided bipolar between Fire and Water.

Medical reasoning arising from the metaphysical representation of the element Water

- We tried to derive the concrete properties of water as they result theoretically from the combinations of Water with the other fundamental elements.
- As a result, the derivation mechanism we propose acts like the Matrix of Discoveries and thus an infinite number of other physical properties of water can be identified, other than those specifically specified in the text as commonly used in medical practice.



Water in combination with Fire (ascending element)



In its combination with Fire, Water will produce a wide spectrum of thermal properties, starting from water in its cryogenic variant and up to increasingly higher temperatures depending on the permissibility/ supportability of the patient being treated.

Water treated in this way will raise or lower, as the case may be, the functional parameters of the human body.

The thermal capacity of the water will produce some of the most spectacular effects on the patient, stimulating the metabolism, blood circulation, etc.

Water in combination with Fire (ascending element)



In the presence of fire, the thermal register of water used in therapy includes:

- *The cold and cool thermal range as in the case of bathing in rivers, lakes, seas, oceans at water temperatures between 18 - 24 - 26°C or as in the case of cold showers when the temperature is set by the person himself/ herself. It is an application that calls for mild or moderate thermoregulation function depending on individual habits and individual cold tolerance. It produces muscle relaxation, pain relief, dilation of blood vessels, stimulation of heartbeat, breathing, metabolism, etc.*
- *The thermo-neutral range makes mild or no demands on the body's physiological ability to adapt. This is the case of warm baths with water temperature around 34 - 36°C. They have the effect of reducing inflammation, pain, inducing sleep, calming the heartbeat, etc.*
- *The hyperthermic range makes maximum demands on the thermoregulatory function. This is the case with hyperthermic baths when the water temperature is 38 - 40°C. The effect of using hyperthermic applications is to stimulate the heartbeat, respiratory rate and cell metabolism. It is indicated for people with cardio-respiratory status within normal parameters.*

Water in combination with Fire (ascending element)



In the absence of fire, water can solidify and become ice. The use of ice (crystallised water) for therapeutic purposes is known as cryotherapy. Naturally frozen water (natural glaciers or freezing of rivers and lakes with non-saline water in winter) or artificially frozen water is applied locally as opposed to liquid or vapour water which can be used for general applications.

In the diversity of the crystallisation process or phases of water from liquid to solid ice (more than 17 crystalline and several amorphous ice structures), a new phase has been discovered: the ionic oxygen crystal with ionic hydrogen (mainly protons) called "super-ionic ice", which could be the fifth state of aggregation of matter and could exist in the mass of giant ice planets in the universe.

The effects of cryotherapy are local, with some interference with general body functions. There are also general cryotherapy modalities with short durations of application (2-3 minutes) indicated for athletes, young people, people in very good health

Water in combination with Air (volatile element)



In vapor/ steam form water itself can be considered a volatile element. However, in combination with various gases, its therapeutic value and virtues are enhanced.

Mixed with various gases (oxygen, carbon dioxide, hydrogen sulphide) water will boost cellular and metabolic processes of defence or will correct pathologic disorders or blockages, etc. Nature has created miraculous combinations of the fluid and versatile water with various gases that exceed the sum of the individual values of the two components.

Carbon dioxide gives water a pleasant taste. Hydration with carbonated mineral waters has an element of pleasure that adds to its nourishing virtues.

However, there are also sources of carbonated water with a high flow rate that allow it to be used as a bath. The therapeutic effects of these baths are recognised and scientifically proven in cardiovascular, rheumatic and neurological disorders.

Water in combination with Air (volatile element)



Another gas that brings added value to water is hydrogen sulphide. Unlike carbonated waters, sulphurous waters are not exactly pleasant to the taste buds, although the effects of crenotherapy are remarkable.

The supply of sulphur to the body via the digestive tract has effects in protecting and repairing joint cartilage, detoxifying the body, combating allergies, lowering blood sugar levels, etc.

General baths with sulphurous waters have scientifically proven effects in reducing pain and inflammation in rheumatic diseases, in optimising cell metabolism, also in disorders caused by diabetes.

Natural aerosols from the water's shores or from forests contain mineral elements (sodium, potassium, iodine, bromine, magnesium and other ions) and organic elements (pollen grains, volatile oils from the bark of trees, cones and other fruits) as well as water.

Therapeutic effects of aerosols containing sulphur are scientific proven in ENT and respiratory diseases.

Water in combination with Earth (neutral and composite element)



By definition, mineral waters are solutions of mineral salts, dissociated or not, in chemical and physical equilibrium at the spring/source.

One can say, without fear of being too wrong, that they are combinations of the element water with the element earth. Depending on the amount of water, these combinations can be liquid (mineral waters proper) or solid (mud, peat, clay). Mineral waters in peloids combine and enhance the virtues of the two-component elements, water and earth.

Therapeutic mud are natural plastic masses, rocks of a grainy consistency, which in a finely divided state and mixed with water are used as a therapeutic remedy. They originate either from the underwater storage of organic and inorganic material (curative sediments) or from the decomposition of rocks under the action of atmospheric agents (therapeutic earth). Depending on the material deposited, curative sediments are of two types: biolitic (from organic material) and abiotic (from inorganic material). The category of therapeutic soils includes: clay, marl, loess

Due to their thermogenic properties and biochemical composition, mud have scientifically proven therapeutic effects: analgesic, anti-inflammatory, anti-ageing, and muscle relaxing and many other. The mechanisms of action involved in producing these effects are cellular, molecular, and epigenetic.

Conclusions

1. Periodically revisiting the deep ancestral wisdom accumulated by mankind over millennia can be a viable and effective approach to identifying new medical rationales, novel remedies and some of the most spectacular applications for today's medical problems.

2. The Matrix of Discoveries, which we have briefly presented as an application based on a cosmology derived from Hermetism and Alchemy, is a tool for combining natural factors and identifying fundamental reasoning designed to generate medical effects.

3. The concrete applications arising from the suggested reasoning, briefly showed in our presentation, is an illustration of the immense potential of approaches and solutions that a medical practitioner can use to bring about beneficial effects in terms of public health

