

Energized Dynamic Medicine

**The Science of Healing: Sustainable Natural
Medicine Beyond Synthetic Chemicals**

First Edition

Author

Ko Paandu



Title of the Book: Energized Dynamic Medicine: The Science of Healing: Sustainable Natural Medicine beyond Synthetic Chemicals

First Edition - 2026

Copyright 2026 © Ko Paandu

No part of this book may be reproduced or transmitted in any form by any means, electronic or mechanical, including photocopy, recording or any information storage and retrieval system, without permission in writing from the copyright owners.

Disclaimer

The author is solely responsible for the contents published in this book. The publishers don't take any responsibility for the same in any manner. Errors, if any, are purely unintentional and readers are requested to communicate such errors to the author or publishers to avoid discrepancies in future.

E-ISBN: 978-1-68576-670-2

MRP Rs. 180/-

US \$1.88

Publisher, Printer & Distributor:

Selfypage Developers Pvt Ltd.,
Pushpagiri Complex,
Beside SBI Housing Board,
K.M. Road Chikkamagaluru, Karnataka, India
Tel.: +91-8861518868
E-mail: info@iipbooks.com

IMPRINT: IIP Iterative International Publishers

For Sales Enquiries:

Contact: +91- 8861511583
E-mail: sales@iipbooks.com

Energized Dynamic Medicine

**The Science of Healing:
Sustainable Natural Medicine
beyond Synthetic Chemicals**

Other Publications by the Author

“Cosmic Energy and the nature’s way in Health and Medicine” by Partridge India. 2015.

ISBN: 978-1-4828-5773-3

“Cosmic Energy: What Everybody Needs to Know” -2024. LitPrime solutions. 2024.

ISBN: 979-8-88703-436-2

Forthcoming

Chronic Asthma: Addressing the Root Causes

A Comprehensive Guide to Permanent Respiratory Health

Preface

This book, *Energized Dynamic Medicine*, is written to illuminate the concept of subtle energy in medicine, a principle long utilized in traditional and folk healing systems. This form of energy exists all around us and can be harnessed to enhance health through food, breathing, and medicinal practices. In fact, we have always interacted with this energy; it is present in every breath we take and every meal we prepare. Yet, despite its foundational role in ancient medical traditions, it has largely been overlooked in modern systems, which often do not recognize or measure its influence.

This work explores the role and potential of energized medicine within the broader landscape of global healthcare systems. Many traditional practices make use of subtle energies in ways that people continue to engage with unconsciously in their daily lives. With greater awareness and understanding, these forces can be consciously applied, not only in medicine but across various aspects of life. By utilizing substances that carry or transmit such subtle energies, there is potential to enhance the health and well-being of all living systems, including humans, animals, and plants.

My understanding of this subject has evolved over a long personal journey spanning more than four decades. A turning point came through a deeply personal experience involving the treatment of a cancer case. Despite undergoing two years of treatment at a leading hospital, the disease recurred and progressed to an advanced stage where conventional options offered little hope.

At that point, I was guided by a strong intuition that a solution might exist beyond the available treatments. I found myself questioning the continuation of standard therapeutic approaches, particularly further chemotherapy. When faced with a prognosis that offered no meaningful recovery, the question arose: *why not explore alternative possibilities when conventional paths have reached their limit?*

After exploring various options and searching for herbal remedies, I eventually consulted a practitioner of alternative medicine. Under this treatment, the lymphoma was resolved, although the process took nearly three years. This experience profoundly changed my perspective on medicine and led me to question the limitations of conventional approaches.

Despite this outcome, I still lacked a clear understanding of how such treatments worked. My knowledge of medical systems at that time was minimal, and I was unable to explain the underlying principles behind the healing process.

A significant turning point occurred nearly a decade later, when I came across the book *The Ion Effect*. This work, combined with my background in nuclear physics, radiation and nuclear instrumentation, sparked a deeper curiosity. It encouraged me to explore the subject more rigorously and to seek a scientific understanding of the phenomena I had witnessed.

This book is the outcome of a long journey shaped by personal experience, extensive exploration of diverse medical systems, and nearly three decades of engagement with practitioners of alternative therapeutic practices. Through this process, I was able to reflect on and recall the simple remedies once used by people in my village, medicines that were easily available, widely known, and openly practiced without secrecy.

These observations led me to question why such practical knowledge has not been integrated into commonly used medical systems today. At the same time, it became evident that the present generation has largely lost awareness of secrets embedded in herbal practices that were familiar even a few decades ago. This revealed a significant gap between traditional and modern approaches to medicine. While there has been substantial progress in the material and technological aspects of medicine, comparatively less attention appears to have been given to the processes and methods involved in preparing and administering treatments.

Modern medicine has undoubtedly made remarkable contributions, particularly in controlling infectious diseases and managing epidemics. It has also contributed to an increase in life expectancy. However, this extension of life is often accompanied by prolonged periods of illness, dependence on medication, and frequent medical intervention. In contrast, earlier generations appeared to experience a more natural progression of life, with fewer chronic disease burdens dominating their later years.

Over time, my perspective began to distinguish more clearly between traditional and modern medical systems. Traditional systems generally had limited knowledge of internal anatomy and physiology as understood today. In contrast, modern medicine has made significant advances in these areas, supported by detailed knowledge of bodily functions, sophisticated diagnostic tests, high-resolution analytical instruments, and imaging technologies that allow direct observation of internal structures.

My comparison between traditional and modern approaches initially focused on simple aspects, such as the quantity of medicine used and the methods of preparing herbal treatments. This raised an important question: why are herbs often subjected to specific processes rather than being used in their raw form? The additional effort involved in preparing these medicines suggests that these processes serve a purpose. Such practices appear to have evolved through generations of experience, even if the underlying reasons were not always formally articulated.

Another point of reflection was the difference in diagnostic approaches. Traditional practitioners were often able to prescribe treatments based primarily on observed symptoms and patient interaction. In contrast, modern medical systems rely heavily on detailed diagnostic procedures and technological analysis. While these tools provide precision and valuable insights, it is worth considering whether they are always necessary for managing common conditions.

For example, conditions such as cough and cold, which were once managed with simple remedies, now often involve multiple consultations, tests, and medications. Despite the availability of advanced treatments, even minor health issues can become complex and costly to manage. As a result, healthcare expenses are consuming an increasing share of personal income and continue to rise over a period of time.

An important gap I observed across medical systems is the connection between a material substance and a living organism. For any medicine to be effective there must be a meaningful interface, whether through adaptation, transformation, or resonance, between the material medicine and the biological system it is intended to influence. Addressing this interface remains a challenge for all systems of medicine.

Some classical medical traditions attempt to bridge this gap through specific preparation methods and therapeutic approaches. However, even these systems would benefit from further research to better understand, refine, and standardize these processes.

Embracing the concept of Energized Dynamic Medicine offers an opportunity to explore this interface more deeply. Such an approach may contribute to the development of treatments that are not only effective but also simple, sustainable, and enduring.

Ko Paandu

June 2026,

kvp365@gmail.com

Acknowledgments

My sincere gratitude goes to Dr. Pratul Kumar Chatterjea, whose insight as an environmental protection engineer first led me to Fred Soyka's "The Ion Effect". That chance encounter sparked a lasting fascination with the world of electrical charges and the hidden power of negative ions. As the book so aptly claims, these invisible forces may truly hold the key to our moods and well-being.

I am deeply thankful to my friends, Mr. Muthusamy Rajan, Mr. Manickam Elangovan, and Mr. Velusamy Selvaraj whose wisdom and timely reviews breathed new life into this work. My thanks also to Mr. Krishna moorthy and Mr. Ajay Kumar Jain for their vital contributions to the text. To my wife, K.P. Everest: thank you for your enduring patience and for standing by me through the long hours of creation.

Finally, I honor my parents, Kolandai Ponnaa Kavundar and Theetthi Ammaal. Though their influence is often quiet and unseen, it is the foundation upon which my life has been built.

Table of Contents

Chapter No.	Chapter Name	Page No.
Chapter 1	Introduction	1-4
Chapter 2	Health, Disease and Medicine	5-8
Chapter 3	Health	9-16
Chapter 4	Food	17-30
Chapter 5	Breathing	31-34
Chapter 6	Water	35-36
Chapter 7	Around us	37-38
Chapter 8	Disease	39-48
Chapter 9	Disease Properties	49-64
Chapter 10	Energy Imbalance	65-76
Chapter 11	Medical systems	77-84
Chapter 12	Natural and Synthetic	85-100
Chapter 13	Energized Space	101-108
Chapter 14	Energized Food	109-116
Chapter 15	Energized Water	117-120
Chapter 16	Energized Air	121-124
Chapter 17	Energized Medicine. Why?	125-140
Chapter 18	How to Energize	141-148
Chapter 19	Energized Dynamic Medicine (EDM)	149-158
Chapter 20	Medicines in future	159-164
	References	165-168
	Glossary	169-170