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Methodology Articles

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what is biological function of sleep? why do we Dream? What Are Underlying Brain Mechanisms? What Is Its Relation to Anesthesia?

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Biological significance of sleep

1) Sleep is a neuropsychic state in which metabolism of body is minimum ,growth is maximum ,ageing is least and cell division is high .
2) Subconscious brain is active in sleep which make growth faster by processing and sequencing daily situation .
3) Controlled by melatonin pigmentation

Why do we dream ?

Optic lob of brain is partially functional when we are sleeping and flashes are visual memory and even some old memory also get flashed and manipulation occur due to subconscious brain

Science behind the prophetic dream

As 95 % of brain is subconscious so it manipulates our memory combine it and design
It according to our daily situation noticed which makes our dream come true .
Depends on our daily situation.

Neuropsychic paralysis

Basically paralysis is not functioning or malfunctioning of left or right or both nervous system .

Cure for depressive condition

For both side paralysis appropriate stimulant has to be given
For one side paralysis appropriate ratio stimulant and depressant has to be given according to condition
If condition is severe stimulant has to be given in more amount
If condition is moderate stimulant has to be given in less amount.

Underlying brain mechanisms during sleep

1) Optic lob , memory and subconscious brain coordination with brain
Basically in this mechanism optic lob coordinates with subconscious brain sends the