



Preventive Metaphysical Analysis of Mind-Body Relation through Psychology and Medical Science for Giving a Positive Cultivated Message to the Present Young Cohort

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Abstract

A close observation on the rapid change in the mind of young cohort has been made. Our Surveillance is before and after pandemic periods compels us to re-write some pre-occupied conceptions in the core of Philosophy and Psychology. We have worked on mind-body & mind-soul relationship from three angles that are Medical Science, Psychology and Philosophy. It is seen that the level of confidence is gradually diminishing among the youth due to different impetus and as a result many powerful strengths are going out. Proclamation of human values in a new way must be declared so that we can save a thankful number of creative lives. Discussions have been made on thoughts, distress, medical causes of suicide or suicidal attempts, personality disorders, neuropsychology to open up a new world before the present generation. Each and every characteristics of life has positive impact and here we have tried to establish this fact. Physical and metaphysical aspects are reciprocating our lives and this should be injected in the mind of present generation and an approach can be taken to incorporate the matter in the curriculum right now. We have the intention to explain metaphysical love and its high, intelligent values proclaimed strength of mind of youth to infuse our dear world with great moral values. It may also save the earth from natural decay with their surprising discoveries.

Keywords: Prevention; Neuropsychology; Mind; Soul; Body; Coping

Introduction

The world at the moment is changing rapidly in all respects and its present characteristics are taking new shapes which we are experiencing in our day to day life. It was a notion long before that truth and belief are the necessary and sufficient conditions of knowledge. But at present it's a myth only. No work or venture is left unturned. It is obvious that if something is undiscovered, someone will definitely

discover it one day. It is the so called counterfactuals. Here we can say "If Joseph Swan had not invented the modern incandescent light bulb, and then someone else would have invented it anyway".

Human mind and body are related coherently. Mind itself a non-physical part which can be explored metaphysically whereas brain has completely a physical entity. Medical science explains brain in detail regarding its structure and

mode of activities. We will try to inculcate the mind and its overall activities in our lives. We will also nurture the effect of love, desire, dreams, aims that intrinsically related with mind along with body with the help of Medical science, Psychology and lastly in the light of metaphysical aspects which comes under the purview of Philosophy. We use to enjoy two times: one when we sleep and other one when we are awake. Mind also takes different roles during these two times of action. The brain essentially stops generating conscious thought during deep sleep; the ability to restore such a pattern remains a mystery to science till today and is a subject of current research and which comes under Neuro philosophy.

We are experiencing a first life now days and at the end of the day we are calculating our loss and gain in every sphere of our activities. But if we look inside us, we will find that life cannot be confined within it. It has vast sphere where mind acts as an agent. There are infinite numbers of aesthetic components to make a life much more nice and well-timed. Love and romance have great role in a human life. Romance and love are complementary to each other. These two can form a good soul, a soul which can create a wonderful mind; mind reflects the power of our innate qualities. But our experiences at present are not very soothing regarding love affairs. One should realize that it is not a commodity; it's innate realization and definitely we can say that it can create a lot of positives. We shall work on thoughts, desire, romance, depression, stress in the light of Psychology and Philosophy along with body. Here we will try to narrate how mind and body function chemically and physiologically. We shall unfold first medical aspects, next psychological and lastly philosophical. We shall conclude our discussion where it will be shown how these three fields merge and make a life wonderful. Present generation should learn the limitless values of their lives before destroying a precious life which are increasing by leaps and bounds at the moment. There are more than hundred causes behind the screen. The time is now quite matured rather matured enough to look into the matter and to take initiative to eradicate these tendencies immediately. Otherwise we will liable and answerable to our next generations for our

Negligence and more preciously we must say 'history will never forgive us'. Both in Psychology and Philosophy mind-body problem have some common fields of activities to illustrate our agenda. We shall overview the topic of our discussion from all the angles as a whole.

Framing & Exploration

Throughout the world many Philosophers, psychologist and Doctors are doing their research works to find out the real cause of mind - body problems which is the main cause

for the disaster situation among the youths. And they are steering themselves in the wrong direction. As a result we are losing good number young talents. We will frame our analysis firstly in medical science view to explore the main cause.

Medical Analysis

In the territory of Medical Analysis mind has inevitable role when we are discussing the disasters of the present generation. Mind can be analyzed dynamically, statically along with abnormalities. Id, ego, and superego these come under dynamic aspect and skeptic nature, uncertainty come under static aspect. In the vicinity of abnormalities we have many faces and that's as follows:

- F0: Organic, including symptomatic, mental disorders
 - F1: Mental and behavioral disorders due to use of psychoactive substances
 - F2: Schizophrenia, schizotypal and delusional disorders
 - F3: Mood [affective] disorders
 - F4: Neurotic, stress-related and somatoform disorders
 - F5: Behavioral syndromes associated with physiological disturbances and physical factors
 - F6: Disorders of personality and behavior in adult persons
 - F7: Mental retardation
 - F8: Disorders of psychological development
 - F9: Behavioral and emotional disorders with onset usually occurring in childhood and adolescence
- In addition, a group of "unspecified mental disorders" [1].

(I) Psychopathology [OCD, personality disorders etc.], (ii) Distress, (iii) Ability to function, (iv) Social depression, (v) Many abnormal behaviors stem from unconscious thoughts, desires & memories, (vi) Disorders like anxiety, mood, Neurocognitive, Neurodevelopment, Personality substance use disorder and (vii) Stigma.

A good number of reasons are hidden inside a person to kill him or herself and out of which frustration due to love affairs, financial stringencies; establishments are some of the causes. Whatever may be the cause behind the scene, it can be divided into two parts: (i) Acute & (ii) Chronic.

"Even the womb, epigenetic influences can change the developing brain in ways that increase the risk of eventual suicide" said by Melinda Wenner [2]. It is observed that (1) Baby born short or low birth weight, (2) Baby born prematurely is four times more likely to commit suicide.

Journal of Epidemiology and Community Health suggests that the chemical Serotonin, which is involved in fatal brain growth, may play a role.

Serotonin [3]: It is known as 5-hydroxy-tryptamine, a monoamine neurotransmitter. It acts as hormone. It carries

messages between nerve cells in the brain and throughout the body. It plays a key-role in such body functions as mood, sleep, digestion, nausea, wound healing, bone health, blood clotting, Influencing learning, regulation of temperature, hunger and sexual desire. Its levels are too high or too low can cause physical & psychological health problems. 90% of it is found in gastrointestinal tract (Guts) and 10% is produced in the brain. Depression, anxiety, mania all are the results of Serotonin. It plays a role in sexual health together with the neurotransmitter Dopamine. Low levels of Serotonin cause suicidal behaviors OCD, Panics, Schizophrenia, intrusive, maddeningly preoccupying thoughts, hopes, terror of early love.

Dopamine: It is monoamine neurotransmitter. It is a kind of neurohormone forms in the Adrenal Gland and released by hypothalamus in the brain. It plays a vital role in the functions of memory, movement, motivation, mood, attention etc. Both high and low formation of Dopamine is the cause for Parkinson's disease, restlessness, legs syndrome and Attention Deficit Hyperactivity Disorder (ADHD).

In the Journal of Neuropsychopharmacology, Michigan State University, Leena Brundin et al said that "when Glutamate in the brain becomes more active, people may attempt suicide".

5-Hydroxy Indole Acetic Acid over production is also one of the reasons for suicide. There is a good connection between Medical science and love as love and brain are Interconnected [4]. We want to incorporate this word 'love' here because its factor level is too high behind suicidal scenario. Levels of stress hormone Cortisol increase during the initial stage or phase of romantic affairs. As cortisol levels rise, levels of neurotransmitter serotonin become depleted.

But it is our intension to observe love from a positive outlook. It has an overall positive impact on health: it decreases risk of heart diseases, controls BP, takes less time to recover from prolonged illness, relief's pain and makes life smooth and longer. So here we may say that encouraging love in a positive way is a motivation for thought and action both psychologically and philosophically.

Psychological Analysis

When we truly put on our spectacles of transparency, one can clearly recognize how the entire globe is plagued by conflict and upheaval that has persistently remained psychological and subjective in character. When one considers today's youngsters, it is evident that the environment we live in is having a great deal of negative impact on their fundamental mental health. Metaphysics is notoriously difficult to define. Coinages from the 20th century, such as

"meta-language" and "met philosophy," promote the idea that metaphysics is a field of study that nevertheless "goes beyond" quantum mechanics and is committed to topics that are outside of the commonplace issues that preoccupied Newton, Einstein, and Heisenberg. This portrayal is somewhere untrue [5]. The combined designation of the fourteen works of Aristotle that we presently consider to be Aristotle's Metaphysics is where the word "metaphysics" originates [6]. Numerous studies have shown that stress levels are high and that incidences of anxiety disorders and depression have increased. A typical and anticipated reaction to everything we've gone through, particularly the social estrangement and loss of life brought along by the pandemic would be to feel depressed and melancholy. Following all we've gone through, it may be dumbfounding if we didn't really feel nervous, depressed, or concerned. Plenty of stress researchers and scholars believe that the origins of contemporary biological definitions of stress may be linked to a short and hypothetical essay published in 1936 by the Hungarian scientist Hans Selye (1907-82), who was naturalized in Austria [7]. The study described what seemed to be a typical symptomatic sequence of indiscriminate physiological reactions to harm: the "general adaption syndrome" consisted of an initial alarm episode, followed by a period of opposition or adaptability, finally culminating in a period of fatigue and mortality. Understanding the historic GAS model, we even face the realities of how today's youth succumb to the blows of stress and exhaustion. Whilst stress is uncomfortable, it does have a positive effect on your body's response to stress, especially during the alert stage. Finding coping mechanisms for stress are crucial because it's impossible to get rid of all stressors [5]. You may take the necessary actions to control your anxiety levels and minimize the likelihood of consequences by being aware of the symptoms and phases of stress. As during the resistance stage, our body must recuperate and rebuild. If otherwise, you run the danger of becoming exhausted. Regular physical activity is viewed as a modus operandi to help you deal with strong stressors. Mindfulness and exercises involving deep breathing are often celebrated as methods for managing stress [7]. Contrary to common melancholy, however, clinical depression is rarely a typical reaction to stress or tragedy; rather, it is a grave medical condition that significantly impairs our capacity to perform in key spheres of our lives, including relationships, both professionally and personally. How can you determine whether you're depressed or simply sad?

Starting with the fact that depression is a condition that encompasses far more than just sorrow [8]. There are numerous sections of the brain whereby depression-related changes in function or morphology have been found through neuroimaging investigations. For instance, the hippocampus, a part of the central nervous system

vital to learning and memory, shrinks in individuals who experience chronic depression. Hippocampal atrophy increases with depression duration and severity [9]. It is oversimplified and incorrect to assume that it is just some sort of a neurotransmitter imbalance, such as serotonin, that causes depression. Although SSRI medications like Prozac and Zoloft raise serotonin levels in the brain within hours, it often requires them numerous weeks until they reduce psychological distress. If a serotonin deficiency were the sole cause of depression, adopting an SSRI would improve your mood within a day or two [10]. The striking revelation here is does it always come down to a pill for the cure? Or can a cure be more institutional or rather adaptive? Depression is presumably a framework pathology encompassing several courses and the linked metabolites, rather than a dysfunction of a particular neurotransmitter or even a certain neural loop [8]. Although it truly necessitates us to comprehend how the biochemical anomalies in depression are aligned with one another, a complicated combination involving genetics and environmental stressors is also to blame. Nevertheless, there is plenty we can do to address depression [10]. Antidepressants and psychotherapy are both very successful treatments for depression, however, awareness and the need to have a shared umbrella of hope and understanding is the key. Empirically validated therapeutic interventions include brief psychotherapies such as interpersonal therapy (IPT) and cognitive behavior therapy (CBT) and both have been quite thoroughly studied to be the essence of this work Singh, et al. [11].

Theoretical perspective: The physiological reaction of an organism to environmental stressors is the subject of current research in a variety of disciplines, including genetics, endocrinology, and neuroimaging. A seminal study that appeared in Nature 80 years ago is where a large portion of this complex area got its start [5]. The scientist Hans Selye outlined a typical physiological reaction in rats exposed to a wide range of hazardous substances in this succinct note. The stress reaction is what he called it Ferguson, et al. [12]. Selye's discovery paved the way for generations of subsequent breakthroughs. In his 1936 study, Selye stated rats had a natural reaction regardless of the kind of substance when challenged to indiscriminate deleterious substances such as cold exposure, operative damage, or chemical intoxication. The general adaptation syndrome (GAS) comprises three phases: alarm, resistance, and exhaustion [13]. Alarm relates to the fight-or-flight mechanism that Cannon outlined, resilience to the timeframe after which the system becomes accustomed to prolonged exposure to the strain, and weariness to a return of illnesses that happens if the stress is applied for an extended length of time. Stress is "the nonspecific response of the organism to any demand," according to Selye [14]. Although, as he stated, the very same general reaction was observed to occur beneath or in effect

to sedation in people and animals, as well as to exist in plants and microorganisms, that do not possess a neurological system. He concluded that stress was distinct from emotional experiences or neurological tension [12]. He came to the conclusion that stress plays a vital neuroprotective effect for all species. Additionally, he accurately hypothesized that whether a stimulus is desirable or undesirable; the stress reaction remains the same [13]. The important question entails determining whether the stimulus's strength calls for adaptability. The definition of stress provided by the scientist was universally acknowledged, despite some opposition. In reality, the realization that stress is not always brought on by the excitation of the nervous system led numerous academicians and medical professionals to use more specific terminology such as neurogenic strain and psychosomatic stress [15].

Freud's view: "anxiety as a result of repression" with the development of his thesis on repression, which explains how emotions associated with sexual impulses, is driven from the conscious metaphysical field as they interfere with "civilized" societal norms, Freud's perspectives on anxiety changed. The first theory of anxiety developed by Freud dates to the middle of the 1890s, long before he ever coined the word "psychoanalysis" [16]. At this early point, he didn't think of anxiety as being connected to thinking or concepts, but he did recognize that it was directly connected to libido, characterizing it as altered sexual excitement. Freud first considered this sexual excitement to be a fictitious chemical that we might equate with something like testosterone [17]. According to Freud, when the way to fulfillment is closed, the subsequent build-up of unfulfilled desire has a poisonous nature and finds release in anxiety. Freud suggests that sacrificing part of our sexual urges is necessary for us to develop into social creatures. His former "toxic theory" of nervousness being converted to sexual excitement was maintained, but with a key change [13]. Although his earlier ideas understood the source of anxiety to be extrinsic barriers to sexual gratification, the hypothesis of repression switched the focus to intrinsic factors. It is a paradigm of psychological inhibition [15]. The first theory of anxiety developed by Freud dates to the middle of the 1890s, long before he ever coined the word "psychoanalysis." At this early point, he won't realize anxiety as being connected to thinking or concepts, although he did see that it was directly connected to libido, characterizing it as altered sexual excitement. Freud considered this sexual excitement to be a fictitious chemical that we could equate to something like McEwen, et al. [13]. According to Freud, when the way to fulfillment is closed, the subsequent build-up of unfulfilled desire has a poisonous nature and finds release in anxiety.

Biology of stress: The Role of Neurotransmitters and Hormones researchers in neuroscience are becoming

increasingly interested in studying the effects of stress on the body's physiological and psychological expressions. This strategy has led to the creation of more useful research models for the clinical intervention of stress-related illnesses. Over the last five decades, researchers have studied how stress affects the neurological system. According to certain research, stress may alter the anatomical makeup of various areas of the brain and negatively impact the human neurological system. Chronic stress can cause the cortex to shrink and deteriorate [14].

Variations in remembering, comprehension, and how the brain reacts to stress are caused by various anatomical alterations.

Human manifestations have evolved coping methods to deal with stress, which is a constant occurrence in the ordinary routine. Numerous pathological consequences of persistent stress include the stimulation of the limbic-hypothalamic-pituitary-adrenal system and corticosterone release [18]. Stressful situations that are prolonged and continuous can trigger nausea and emotional disorders like depression, which further contribute to an inappropriate accumulation of free radicals and an enormous oxidative load [11].

In terms of biology, the physical abnormalities associated with stress include stimulation of the pituitary-adrenal axis, resulting in the production of cortisol steroids in response to the pituitary hormone adrenocorticotrophic hormone (ACTH) [8]. The corticotrophin-releasing factor (CRF) is native to the hypothalamus and it is generated in reaction to different stresses. The primary implementing process is ACTH activation. In persistent and extreme situations, this over-activation can result in illnesses, sadness, and perhaps even medical complications contributing to the psychopathology of anxiety [12].

The optimistic approach: Coping and the Associated Mechanisms acclimatizing to the "new normal" era of today's generation, there has been a perpetual state of change on a worldwide platform. People make an effort to adapt to worry, unpredictability, and the possibility of further sudden waves. All developing and developed countries must investigate and contrast the psychological and social patterns of adolescence, early adulthood, and middle-aged adults during this discerning period. Coping, distress, and social skills components are often examined using cluster analysis to understand how they connect to externalizing and internalizing behavior in metropolitan teenagers [18]. The vulnerability and resilience concept is highly effective in illuminating how defensive and risky intrapersonal and environmental variables influence and encourages good youth development, such as the goal of finding work [15]. The

chance of problematic actions and undesirable consequences is increased by intrapersonal and environmental risk variables. Intervention strategies, on the other hand, are people or characteristics of the environment that lessen the probability of harmful behaviors or mitigate the impacts of risk. Coping was also classified as either adaptive or maladaptive using multiple coping scales. Researchers classified the coping mechanisms into categories while keeping in mind how the pandemic situation might lead to isolation and a loss of control. Self-distraction, stress management, emotional support, instrumental assistance, tolerance, positive reappraisal, and spirituality are all examples of adaptive coping. Avoidance, substance abuse, distractibility, ranting, and self-blame were all examples of maladaptive coping. Escapism might be employed as a significant, but ineffective coping mechanism when people are isolated, according to the evaluation of the PSS Scale and the STAI scale [12].

Escapist fiction and dependency, as well as other behavioral concerns, are closely associated. In order to deal with the emotional anguish brought on by the stressful stimuli, gaming and internet addiction might provide a getaway and momentary stress relief. Toxic internet usage and binge drinking are often manifested into coping mechanisms for handling stress, disappointment, incompetence, catastrophe, or the expectation of failure. Such emotional experiences are amplified by the continual availability of stressful events. The psychological propensity, which includes the way in which the surrounding context of every stimulus is perceived, may lead to the development of a psychosocial underpinning for problematic conduct Viner [18].

Investigating and understanding the degree to which coping techniques are supported by the young generation in order to reduce stress and loneliness is primarily sheltered on Lazarus and Folkman's expertise on coping strategies. Problem-focused coping, which entails enhancing relationships, and emotion-focused coping, which entails decreasing expectations for relationships, are two distinct forms of coping tendon, et al. [14]. The act of managing certain external and internal obligations that are seen to be stressful or surpassing one's capacities is referred to as coping (Lazarus and Folkman 1984). This necessarily indicates that coping is process-oriented, meaning that attempts can evolve over time, and therefore coping can be contextual. It is fundamental to understand that preferences for coping vary depending on the circumstances. Numerous strategies for handling different pressures have been identified. Skinner et al. (2003) created a list of 400 different coping strategies in an endeavor to identify various methods of coping Viner [18]. To handle traumatic situations and change a problematic person-environment interaction in order to reduce or eliminate the stress-causing factors via

personal conduct is problem-focused coping. All controllable actions taken to lessen the emotional effects of stressful situations are included in emotion-focused coping. A further higher-order method of coping, known as meaning-focused coping, has much more just emerged. This appraisal-based method uses an individual's behavioral intentions, ideals, and existential aspirations to drive and maintain coping. It often happens when coping has failed and is employed to seek again emerging into an endless loop.

Philosophical Analysis

When we are nurturing the mind-body relation of human being then we have impose and analyses some special terminologies in view to reach the truth. Otherwise it will be a talk into to our learned friends. Let us unfold one by one the terms which we want to explore:

Desire: Human are very much prone to this word. It can be compared to fire. We know that no amount of fuel can satisfy fire. The more we find it, the more its appetite will increase. Adventure is a reckless desire and it is now seen among the youth - one can go to extreme even it is known that the adventure may create hazards. All great success ultimately begins with idea, ideas become reality and which is the fuel of human desire. It has many faces - both positive and negative. Desire to achieve goal of one's life, to do something for the downtrodden people, desire to serve the nation, etc. are definitely drive the nation towards a positive future. But there are many desires which are harmful because when a person fails to reach that level we see it results a loss.

Conscious impulse towards one's aim that promises enjoyment, satisfaction, creation in its attainment is effective. Sexual urge or appetite is also a normal desire but it is dangerous when crosses the limit - it makes a person blind and ultimately it ends with a fatal exit.

Syllogism: It is a kind of logical argument that applies deductive reasoning to arrive at a conclusion based on two propositions that are asserted or assumed to be true. A syllogism arises when two true premises (propositions or statements) validly imply a conclusion, or that main point that the argument aims to get across [19]. Furthermore from the difference in theoretic versus aesthetic components one should avoid the assumption that the Indians did not employ deductive reasoning. The Indian one did not have a tight, three premises syllogism or make verbal distinctions between subject, predicate and copula. Instead its syllogistic expression employed a technique called "logical thinking". The syllogism proceeded by a logical thinking with other inductive examples to the original question. Originally there were ten statements to the Indian syllogism, but it was later reduced to five. It was stated as follows: (a) There is fire on the mountain, (b) because there is smoke above it, (c) and

where there is smoke there is fire as, for instance, in a kitchen, (d) such is the case with the mountain, and therefore there is fire on it. So it is very much important to justify one's internal urges by himself/herself to come to a concrete conclusion. Otherwise he or she may be deviated from his point of goal.

School of thoughts: Dualism and monism are the two schools of thoughts when we nurture mind-body problem. Substance dualities like Descartes argue that the mind is an independently existing substance, whereas properly dualists maintain that the mind is a group of independent properties that emerge from and cannot be reduced to the brain, but that it is not a distinct substance. Hart [20] Monism is the position that mind and body are ontologically indiscernible entities, not Dependent substances. Dualists believe mental-phenomenon are in some respects, non-physical. Mental Intelligence could not identify with, or explained in terms of their physical body. According to Rene Descartes (1641) mind is a non-extended, non-physical substance, a "rescognita". Rene [21] Descartes was the first person to clearly identify the mind with consciousness and self-awareness, and to distinguish this from the brain, which was the seal of intelligence. There are three major philosophical schools of thoughts concerning the answer: dualism, materialism and idealism. Dualism holds that the mind exists independently of the brain, [20] materialism holds that mental phenomena are identical to neuronal phenomena [22] and idealism holds that only mental phenomena exist. Lacey [22] It is obvious that body cannot think but mind can and we would like to give attention to the fact that substance presence sometimes should be ignored to achieve the real thought. "In growing up, we grow in respect of a power which, while in some sense always ours, is something which we must make our own by gradually entering into it in the course of a movement which carries onward through time and allows us to be instead its increasing measure in the potency that pertains to that power. Our growth into increasing potency in respect of that power, as we grow more and more into our own power, and through such increasing potency, grow-up." Richard [4] in the mind - body problem there is a vital question and it is whether we are composed of two distinct components, a physical body plus an immaterial self? As per Plato and Descartes, mental characteristics belong to our immaterial component while physical one to the body. Here we can say as Hume remarked, can we find our own by introspection? We must resort to arguments. There are eight arguments for dualism [23]:

- 1) Mental properties and physical properties are so different that they must be had by different thinks.
- 2) Merely material things cannot think or feel at all, so we are not material.
- 3) Material things cannot have higher mental characteristics like the capacity to appreciate art, so we are not merely material. (1) is hopeless, (2) & (3) also fails. (2) & (3) are

the thoughts.

- 4) That things made of physical stuff alone could not exhibit the degree of behavioral complexity characteristic of thinking beings. But (4) is unresponsive.
- 5) It appeals to the alleged fact that people sometimes have out of body experiences. But all such experiences any more than an interesting variety of hallucination?
- 6) Can we establish dualism by noting that the expressions 'Jack' and 'Jack's body' are not used equivalently?
- 7) We cannot prove dualism by claiming that we have disembodied life after death, for the anti-dualist will dispute the claim.
- 8) Can we infer dualism from reflections on the imagine ability of life after death?

Here we now want to raise a question: what is our perception about mind dualism? A pertinent query relate to our paper. We would like to conclude this part of discussion with the famous enunciation of Kandel, et al. [24] "Secondary qualities, as we experience them, were held to be no more than ideas in the mind, which do not resemble anything to be found in extra-mental reality. As they are 'in objects', they are but founders to cause ideas in us. Contemporary neuro scientists are large take colors, sounds, smells and tastes to be 'mental constructions created in the brain by sensory processing. They do not exist, as such, outside of the brain'".

Soul-body-time: Here we have brought a peculiar combination as time has been included with Soul and mind. Soul is such an object which speaks to us in many idioms. It tries to communicate with us through our dreams and fantasies; our relationships; fascinations and our complexes. Soul is completely a metaphysical abstract object while mind does not. We get from Ray Cattell " But although the soul is joined to the body as a whole there is yet in that a certain past in which it exercises, its functions more particularly than in all the others'. That part is a small gland in the middle of the brain, the pineal gland. It is the gateway connecting the body and the soul, which allows bodily sensations to pass to the soul in our era, the mind" [25]. Again we may mention that the Brain functions in a nested hierarchy. So is the case with all biological systems. Therefore, "the proper model for the integration of the mind and brain is that of a nested hierarchy" [26]. The connection of the mind and the body is explained in the following words: "In the implicate order we have to say that mind enfolds matter in general and therefore the body in particular. Similarly the body enfolds not only mind but also in some sense the entire material universe" [27]. Here we can mention the way of thinking of Kant (Kant's Philosophy) regarding Soul-Body Dualism: It is stated that, "I am thinking, as an object of the internal sense, and am called soul. That which is an object of the external senses is called the body [28].

The existence of body is time bounded but whether it is true in case of soul not yet proved. For argument's sake if we consider that soul is immortal then the logical analysis of metaphysical aspects should not be ignored. And also we can say that transformations of souls with higher energy level (as it acquires some previous energy) are possible and obviously metaphysically. This soul-body and mind-body relations are time related as per observations. Previously many persons explained these concepts in different pathways. The presence of soul within realization, greater values of life, a being, rather realization of self itself. Two separate regions of being have been distinguished by Sartre. These are: being for-itself (consciousness) being in-itself (matter) Sartre has insisted that these two different types of being "that these are two types of existences, as thing-in-the world and as consciousness, is an ontological law observations is based on Jean-Paul [29]. If we philosophically want to define the three so called presence of time that past, present and future, we may unable to get it. In-itself, the left side of 2-dimensions reference frame (negative side comes from infinity) is the past (as we can say it was and most of the cases we have the proof), for-itself, the right side of the same reference frame of 2-Dimensions implies that you will happen (may happen, obviously not always true) and the origin is the present which is absolute zero. This presence of present cannot be defined as it is becoming past in each and every moment. This absolute zero is our soul, a complete vacuum and to realize it, meditations can take a vital role.

Conclusion

We have to strongly admit that the harmful behavior among the young people mainly, increasing by leaps and bounds after the pandemic situation. Present generation should learn the limitless values of their lives before destroying a precious life. We have nurtured the fact both psychologically and philosophically with the help of Medical Sciences with a positive outlook.

Educational manifestation is not our motto among the present generation of youth but our actual focus to uplift them to a world of self-respect. We mention the word respect to respect their beings. We have exerted many doors before them to avoid the tendencies to come to a conclusion at random or whimsically or emotionally within a spur of moment. Life is one and only one. One should know it medically, psychologically and last but not the least philosophically. We have mentioned the relationship of love affairs also as it is vital issues to finish a life in a fraction of second. Romance and love have distinct entities which we have to explain among the youth. Conceptual modulations should be imparted in the curriculum. Different positive and good habits can be incorporated. We have to change ourselves also

and we have to be their friends not only guide & philosopher. You have to know the ultimate goal which you can achieve and you can. You have to explore your treasure (an immense packet of qualities) which is within your-self. Every moment we are crossing the point of origin and it is becoming past; this should be realized through your soul. We are uncovering a new concept of absolute zero here: a very powerful and enlightened metaphysical world that exists within one-self. Explore it, use your power, definitely you can win. It is the high time to incorporate this idea among the young cohort. Listening of inner call will give birth of a new creator in every moment. We cannot ignore the responsibilities to throw our positive messages to this generation to prevent innumerable national loss at the moment. We have to re-write the old proverbs to make it new to give an up-to-date shape for the better world, for a better & brighter future.

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