

# A Nano-Bio-Liquid Formulation Engineered for Adaptability

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**Abstract-** *This paper presents One Problem One Drop (OPOD) with a primary focus on NNO (Nasal Navel Multi Solution) and explores the physiological significance of the nasal pathway through current understanding of nasal physiology, oxygen transport, parasympathetic nervous system regulation, the vagus nerve and the gut-brain axis. Preliminary user observations related to respiratory comfort, sleep and general well-being are also discussed as exploratory findings. The paper proposes that supporting healthy nasal physiology represents a promising preventive and curative approach and highlights the need for further studies and controlled clinical investigations to evaluate the role of NNO within the broader OPOD framework.*

**Index terms:** *OPOD, Nasal Navel Multi Solution (NNO), Nasal Physiology, Oxygen Transport, Cellular Oxygenation, Vagus Nerve, Parasympathetic Nervous System, Gut-Brain Axis, Respiratory Health, Preventive Health, Homeostasis, Cellular Metabolism.*

## I. INTRODUCTION

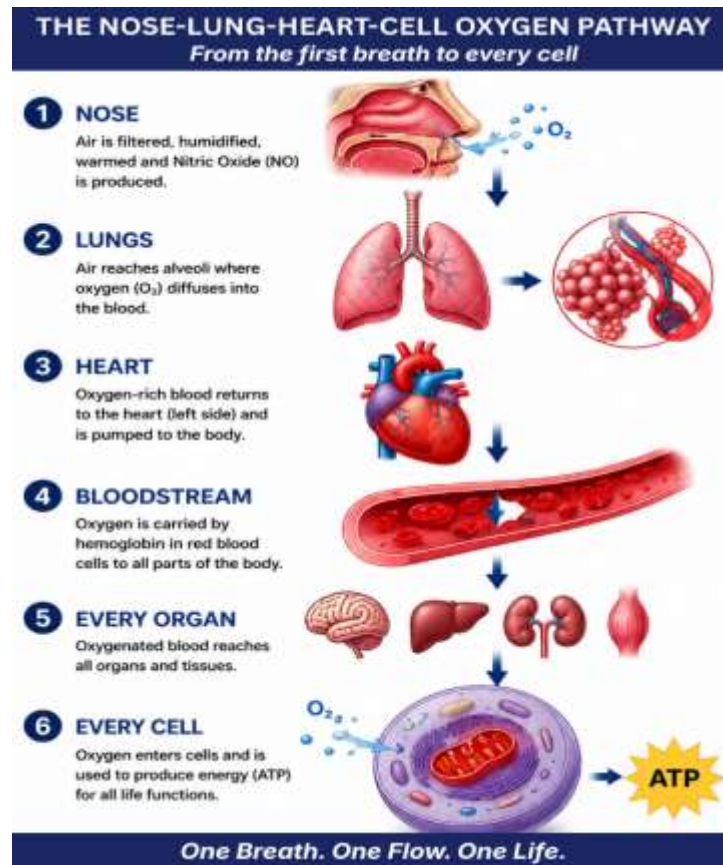
Human Health Begins with Breathing.

Every moment of life depends on a continuous supply of oxygen, making respiration one of the most fundamental physiological processes for sustaining life. Unlike food and water, which the human body can survive without for days, oxygen is required continuously by every organ and every cell for energy production, cellular metabolism and maintenance of physiological homeostasis.

The World Health Organization (WHO) estimates that approximately 99% of the global population breathes air that exceeds recommended air quality guidelines, exposing billions of people to particulate matter (PM<sub>2.5</sub>), ozone, nitrogen dioxide and other pollutants that adversely affect respiratory and cardiovascular health. Air pollution remains one of the leading environmental risk factors worldwide, contributing to approximately 6.7–8.1 million premature deaths annually, equivalent to nearly one in every eight deaths globally. Fine particulate matter (PM<sub>2.5</sub>) alone has been associated with chronic respiratory diseases, cardiovascular disorders, stroke, diabetes, adverse pregnancy outcomes and neurodegenerative conditions. (Supplemented by References Section 2A). These observations highlight that respiratory health has become a global public health priority rather than an isolated pulmonary concern.

Sleep apnea impacts around 936M people. Snoring affects up to 83% of men and 71% of women, often linked to serious health risks. Sleep talking occurs in 60-65% of people, especially children. Sleepwalking affects 7% of the population, mainly children, posing safety concern. Insomnia affects about 30-45% of adults worldwide, with around 10% experiencing chronic insomnia, leading to fatigue, mood disturbances and reduced cognitive performance.

Figure 1



Emerging evidence also demonstrates that nasal breathing influences multiple physiological systems beyond oxygen transport (As demonstrated in above Figure 1). The nasal cavity communicates with the central nervous system through olfactory and trigeminal pathways, while breathing patterns influence autonomic nervous system regulation, vagal activity, cardiovascular function, stress responses, sleep quality and gut-brain communication (Supplemented by References Section 2G and H). These interconnected pathways suggest that the nasal route represents an important yet underexplored target for preventive health strategies. (Supplemented by References Section 2I). Despite substantial advances in modern medicine, most preventive interventions continue to focus on isolated organs or disease-specific pathways. Comparatively little attention has been directed towards supporting the nasal pathway as the body's primary gateway for oxygen entry and systemic physiological regulation. Within this context, One

Problem One Drop (OPOD) is presented as an integrated preventive and curative framework, with particular emphasis on NNO. Rather than considering the nose solely as an anatomical airway, this paper examines its broader physiological significance in oxygen transport, autonomic regulation and whole-body homeostasis.

## II. LITERATURE REVIEW / SCIENTIFIC BACKGROUND

The nose represents the primary interface between the external environment and the internal physiological system. Beyond serving as a passage for inspired air, it performs multiple protective and regulatory functions essential for maintaining respiratory health. As air passes through the nasal cavity, it undergoes filtration by nasal hairs and mucus, humidification by the richly vascular mucosal lining and temperature regulation before entering the lower respiratory tract. These processes improve

respiratory efficiency while protecting delicate pulmonary tissues from environmental pollutants, allergens and pathogens. (Supplemented by References Section 2B).

The nasal cavity also contributes to innate immune defense through mucociliary clearance, trapping inhaled particles and microorganisms before they reach the lungs. In addition, nitric oxide (Supplemented by References Section 2C) produced within the paranasal sinuses possesses antimicrobial properties, contributes to pulmonary vasodilation and improves ventilation-perfusion matching, thereby enhancing respiratory efficiency. These multiple physiological functions demonstrate that the nose serves as an active biological organ rather than merely an anatomical airway.

An average adult breathes approximately 20,000–22,000 times each day, making the nasal pathway one of the body's most frequently utilized physiological interfaces. Every breath represents a continuous interaction between the external environment and the body's internal regulatory systems.

Respiration is a highly integrated physiological process involving the respiratory, cardiovascular and cellular systems. Following nasal inspiration, conditioned air travels through the pharynx, larynx, trachea and bronchial tree before reaching approximately 480–500 million alveoli within the lungs. These microscopic air sacs collectively provide an estimated 70–100 m<sup>2</sup> of respiratory surface area, allowing efficient diffusion of oxygen into pulmonary capillary blood while carbon dioxide diffuses in the opposite direction for elimination. Under normal physiological conditions, an adult extracts approximately 250ml of oxygen per minute at rest, with oxygen rapidly crossing the alveolar-capillary membrane due to favourable concentration gradients. This continuous exchange represents one of the most efficient biological diffusion systems in nature.

Once oxygen enters the bloodstream, approximately 98–99% binds reversibly to hemoglobin molecules within red blood cells, while the remaining fraction is transported dissolved in plasma. Oxygenated blood

returns to the left side of the heart and is subsequently pumped into the systemic circulation. The adult heart contracts nearly 100,000 times each day, circulating approximately 7,000–8,000 liters of blood daily through an extensive vascular network measuring nearly 100,000 kilometers in total length. This remarkable circulatory system enables rapid delivery of oxygen to virtually every tissue within seconds, illustrating the close physiological integration between the respiratory and cardiovascular systems.

The human body contains an estimated 30–37 trillion cells, each depending upon a continuous oxygen supply to maintain normal biological activity. Different organs consume oxygen according to their metabolic demands. Despite representing only about 2% of total body weight, the brain utilizes nearly 20% of the body's oxygen consumption to sustain neuronal communication and cognitive function. Similarly, the heart, kidneys, liver and skeletal muscles require uninterrupted oxygen delivery to support continuous physiological activity.

Following diffusion into tissues, oxygen enters the mitochondria where it functions as the terminal electron acceptor during oxidative phosphorylation. This process enables the synthesis of adenosine triphosphate (ATP), the universal energy molecule that powers virtually every cellular function. (Supplemented by References Section 2E). Aerobic metabolism produces approximately 30–32 ATP molecules from a single glucose molecule, making oxygen indispensable for efficient energy production. ATP generated through this pathway supports muscle contraction, nerve impulse transmission, protein synthesis, hormone production, active membrane transport, immune function, tissue repair and numerous enzymatic reactions essential for maintaining life. Conversely, reduced oxygen availability limits ATP production, forcing cells to rely increasingly on less efficient anaerobic metabolism. Sustained impairment of oxygen delivery may therefore compromise cellular function, reduce tissue performance and disturb physiological homeostasis.

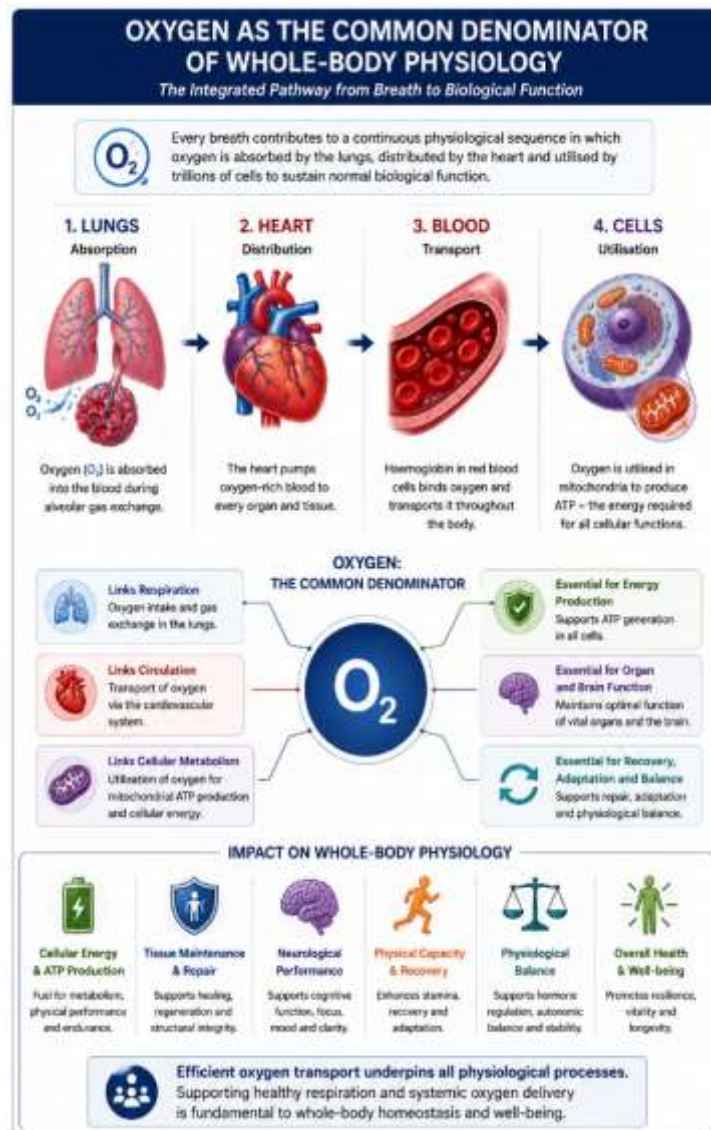
From a systems biology perspective, oxygen represents the common denominator linking respiration, circulation and cellular metabolism. (Supplemented by References Section 2D). Every breath initiated at the nasal pathway contributes to a continuous physiological sequence in which oxygen is absorbed by the lungs, distributed by the heart and utilised by trillions of cells to sustain normal biological function (as demonstrated in Figure 2).

maintenance, physical endurance, neurological performance, recovery and overall physiological balance. Consequently, interventions designed to support healthy nasal physiology warrant investigation not only for their local respiratory effects but also for their potential influence on systemic oxygen delivery and whole-body homeostasis (As demonstrated in Figure 2).

This integrated pathway highlights that the significance of healthy breathing extends far beyond the respiratory system alone. Efficient oxygen transport underpins cellular energy production, tissue

This physiological framework provides the scientific rationale for examining NNO within the broader OPOD system.

Figure 2



### III. NNO WITHIN THE OPOD FRAMEWORK

One Problem One Drop (OPOD) is conceptualized as an integrated health framework designed to support multiple interconnected physiological systems rather than addressing isolated symptoms. The framework comprises three complementary components—NNO, AO and SFO, each intended to interact with different physiological interfaces while functioning synergistically as part of a unified approach.

OPOD is a bio-nano-photon formulation integrating concepts such as biophotons and plant-derived bioflavonoids. It has been developed through a proprietary process combining solar-energized Sun–Moon noble metal ions, the rarest of rare known minerals, treated structured companion water and controlled magnetic–electrical modulation. The formulation is designed to interact with biological systems through subtle energy and molecular responses, creating a "quantum impact" or multifaceted interaction in which biological systems respond through multiple pathways rather than a single mechanism. The extent and nature of this proposed "quantum resonance" and related interactions continue to be actively investigated through multiple scientific approaches, with the involvement of scientists, technologists and domain experts.

NNO represents the first point of interaction with the human body. It is centered on the nasal pathway, which serves as the body's primary environmental interface and the gateway through which atmospheric oxygen enters the respiratory system. Since every breath begins at the nose before oxygen is transported through the lungs, bloodstream and ultimately to every organ and every cell, maintaining healthy nasal physiology represents a logical starting point for supporting systemic physiological function.

Unlike conventional approaches that primarily focus on relieving local nasal symptoms, the conceptual basis of NNO extends beyond the upper airway. The formulation was developed with the objective of supporting healthy nasal physiology, respiratory comfort and the body's natural regulatory processes

associated with breathing. By targeting the earliest stage of the oxygen delivery pathway, NNO is hypothesized to influence downstream physiological processes linked to oxygen transport, autonomic regulation and overall physiological homeostasis.

The design philosophy underlying NNO is based on a systems approach rather than a single-target intervention. Respiration, circulation, neural regulation and cellular metabolism operate as an integrated biological network, with the nasal pathway representing the first functional interface in this continuum. Consequently, supporting healthy nasal function may contribute not only to efficient airflow but also to maintaining the physiological conditions necessary for normal oxygen delivery and cellular function throughout the body.

NNO is intended to complement the functions of the remaining two components. AO is designed to support broader physiological and sensory pathways, while SFO focuses on nutritional and cellular support. Together, these three components are proposed to function as an integrated system addressing multiple physiological inputs that collectively influence human health and resilience.

The development of NNO was guided by an interdisciplinary approach integrating observations from respiratory physiology, traditional knowledge systems and contemporary scientific understanding (As demonstrated in Figure 3). The formulation is intended for application through both the nasal and navel routes, recognising these as important physiological interfaces within the OPOD methodology. Rather than functioning as a replacement for established medical therapies, NNO is proposed as a supportive approach.

Figure 3



OPOD is proposed as a self-adaptive fluid behaving as if like a liquid robot—that functions within the body without the need for external carriers. It is designed to dynamically interact with biological systems and adapt in response to the body's physiological environment, with the objective of supporting holistic health. Early observations suggest that its responses may vary according to individual physiological needs and environmental conditions, indicating the possibility of a dynamic and adaptive mode of interaction.

As a first-of-its-kind integrated system, OPOD is currently available for demonstration and is being shared selectively as an open-source innovation with sincere, socially driven collaborators committed to advancing in healthcare and scientific research.

The formulation draws on natural, low-impact energy inputs: solar energy and sound energy, combined

with controlled magnetic-electrical modulation and structured/treated water. Raw materials — plants, sea elements, rare minerals and noble metal ions — are sourced across India, from Kashmir to Kanyakumari, Kerala to Kannauj, processed at the highest possible ppm to ensure efficacy at low dosage. There are no synthetic additives, no petrochemical inputs and no industrial high-emission processing chains involved — by design, not as an afterthought.

Additional technical information, formulation details and supporting demonstration resources can be accessed through References Section – 1(A-D), listed below.

#### IV. PRELIMINARY OBSERVATIONAL FINDINGS

The concepts presented throughout this paper are supported by preliminary observational findings

collected during the development and pilot implementation of One Problem One Drop (OPOD), with particular emphasis on NNO. These observations were gathered from more than 500+ users representing different age groups, occupations and environmental settings. The primary objective of these observations was to evaluate user experiences, safety, practicality and potential areas warranting systematic scientific investigation.

Observational pilot across 500+ participants. Over 90% to 100% of participants reported instant and immediate relief from primary symptoms such as nasal congestion, allergic rhinitis, sinusitis, nasal blockage, dryness and irritation of nasal passages, mouth breathing, snoring, disturbed sleep and supportive relief in symptoms associated with obstructive sleep apnea (OSA). DNS issues and nasal polyposis are also included in this list, with very good responses observed in these conditions as well. The beauty lies in its simplicity—one drop, one problem—addressing a wide variety of conditions, including aspects of vitality and well-being. Therefore, it is stated that its impact is “quantum,” as it appears to self-mould and mend for results that seem almost unbelievable—indeed, it bewildered the team too.

(As demonstrated in Figure 4)

Importantly, these observations were reported across individuals of different ages and backgrounds, suggesting that the potential physiological effects of NNO may not be limited to a single population. Equally significant, zero adverse events or negatives were reported during the preliminary observation period, supporting the need for more structured safety and efficacy evaluations.

Figure 4



This work can lead humans to say goodbye to any kind of airborne problems, forever, including COVID!

This is presented as a conceptual framework for future exploration. The consistency of these user-reported observations provided the rationale for exploring physiological mechanisms discussed in this paper, including the relationship between nasal physiology, oxygen transport, autonomic nervous system regulation and whole-body homeostasis.

The observational findings constitute the initial stage of scientific inquiry. Accordingly, the present observations should be regarded as hypothesis-generating evidence intended to stimulate independent validation, interdisciplinary collaboration and rigorous clinical investigation into the potential role of NNO within the broader OPOD framework.

We Share These Early but Encouraging Results with Full Openness to Scrutiny and Would Welcome the Opportunity for Accredited Institutions and Reviewers to Test, Validate, Or Help Refine the Work Further as It Moves Toward Larger-Scale Studies.

## V. RESEARCH ELABORATIONS

The conceptual foundation of this work is based on a simple physiological sequence:

Nasal Pathway → Lungs → Oxygen Exchange → Heart → Bloodstream → Every Organ → Every Cell  
To explore this concept, the present paper integrates published scientific evidence with preliminary observational findings collected during the development of OPOD. Current literature relating to nasal physiology, oxygen transport, vagus nerve function, parasympathetic regulation, gut-brain communication and cellular metabolism was reviewed to establish the biological rationale for the proposed framework. (Supplemented by References Section 2F).

Proposing this not merely as a preventive tool but as a curative complement — two modes of the same adaptive system, unified by the same underlying intelligence. If validated, this would represent a rare class of intervention that serves health across its entire arc: before disease, during disease, in recovery and even after disease has ceased and eased- that is post-recovery, including apparent non-recurrence without further use, has also been notably noticed and it may even be called permanently curative besides preventive.

Such results, claims and feedback, however, need to be validated further to ascertain the extent and significance of these outcomes and any associated qi impact claims, which may potentially be implemented or applied to other diseases and health situations. This makes it more enthusiastic and excited, suggesting a new opening altogether for health, happiness and harmony in human life. These outcomes and claims may seem absolutely insane and extraordinary, yet seeing the work and observations till now encourages to continue exploring and validating them in various ways, making us even more excited about the possibilities ahead.

Note: OPOD is an engineer's product, engineered by engineers. The author, a Chartered Accountant (CA) by qualification and an engineer by mindset, is part of the multidisciplinary engineering team behind OPOD. His approach combines analytical discipline with a lifelong enthusiasm for learning from nature, having grown up immersed in natural environments since childhood.

Preliminary observations suggest that responses vary according to individual physiological conditions and environmental contexts, indicating the possibility of dynamic system-level interactions. This has led to the conceptual description of OPOD as a “SELF ADAPTIVE BEHAVIOR LIKE AS IF A LIQUID ROBOT” ROBOT (Yes! Truly and really—seeing and experiencing is what will make one believe. This is an open offer and invitation for any test, trial and experience of the taste of this "pudding"!). (As demonstrated in Figure 5)

Figure 5



Within this context, NNO is positioned as the respiratory component of the broader OPOD framework. Rather than proposing a disease-specific intervention, NNO is conceptualized to support healthy nasal physiology and the physiological processes associated with efficient breathing. Rather than targeting isolated symptoms, the framework seeks to support Interconnected Physiological Processes Associated with Respiration, Autonomic Regulation, Metabolic Function, Environmental Adaptation, And Overall Resilience.

We welcome scrutiny, mentorship, scientific evaluation, research collaborations, strategic partnerships and mission-aligned supporters who are

willing to co-create and share a commitment to improving human well-being.

In essence: We Believe in Letting the Work Speak for Itself —Opod is beyond formulation, beyond comparison and beyond convention — redefining human resilience and everyday well-being at quantum scale.

## VI. LIMITATIONS

The present work is ready with prototypes supported by preliminary observational findings from 500+ users. The observations were based on real-world user experiences without randomization, placebo

control or blinding. Objective physiological measurements were not systematically collected, and therefore causality cannot be established. Consequently, the proposed mechanisms should be regarded as hypothesis-generating and require validation through well-designed mechanistic and clinical studies.

## VII. CONCLUSION

This paper presents One Problem One Drop (OPOD) with a primary focus on NNO, proposing that supporting healthy nasal physiology may influence physiological processes extending beyond the respiratory system through interconnected respiratory, cardiovascular and autonomic pathways. By integrating current knowledge of nasal physiology, oxygen transport, vagus nerve function, parasympathetic regulation and cellular respiration with preliminary observational findings, the paper offers a systems-based perspective for understanding the potential significance of the nasal pathway in preventive & curative health.

Robust experimental research, independent validation and well-designed clinical trials remain essential before definitive conclusions regarding efficacy can be established. PROOF OVER PROMISES. We invite anyone to test, challenge and validate the results themselves. Effects are often instant, creating trust and adoption organically. Our conviction does not arise from validation — it arises from certainty of function, usability and intent. Whether adoption happens now or a hundred years later, such breakthroughs often emerge only once in a century. We are prepared for whatever it takes to take this forward.

Continued interdisciplinary collaboration among clinicians, physiologists, neuroscientists, engineers and researchers will help further elucidate the biological mechanisms underlying NNO and its role within the OPOD framework. Advancing this understanding may contribute to the development of innovative strategies aimed at supporting respiratory health, systemic physiological resilience and overall human well-being.

A Note of Caution: Many People Call Us Crazy for Speaking, Demonstrating and Presenting the Product with Such Dangerous Confidence. We Understand Their Skepticism. However, We Are Not Presenting Merely an idea or A Theory. We Are Presenting a Product and Working Prototypes That Are Ready to Be Used, Tested, Tracked, Tried, verified—And Then Either Turned Down or Ticked.  
P.S.

This work extends beyond scientific exploration and is guided by the philosophy of "Vasudhaiva Kutumbakam" (The World is One Family), recognizing that human health, environmental sustainability and the well-being of all living beings are deeply interconnected. The broader vision of OPOD is to contribute to society through service, scientific inquiry and social entrepreneurship, with the objective of creating accessible, preventive & curative health solutions for the greater public good. The framework has been developed in the spirit of Servant Leadership, where innovation is intended to serve humanity before commercial interests. Guided by the principle of "No Results, No Revenue," the initiative reflects a commitment to accountability, measurable outcomes and continuous scientific validation.

While OPOD is a proprietary formulation, it has intentionally been developed as an open-source and unpatented initiative to encourage independent evaluation, interdisciplinary collaboration and responsible scientific advancement. Some of the concepts presented may appear unconventional or extend beyond prevailing scientific frameworks; however, the intent is not to make extraordinary claims, but to encourage careful investigation, transparent discussion and evidence-based assessment.

Additional technical information, formulation details, methodologies, supporting documentation and demonstration resources are available through the references provided. Further details may be shared with researchers, clinicians, institutions and relevant authorities for scientific discussion, independent validation and responsible evaluation in the interest

of advancing knowledge and contributing to the greater good of society.

Future partnerships are envisioned to strengthen research, validation and responsible scaling while preserving the core purpose of benefiting society. Should future commercialization occur, the intent is to reinvest resources into research, education, conservation, sustainability and innovations that contribute to the welfare of humanity and all living beings.

We do not ask people to simply accept our claims. Instead, we extend an open invitation:

Test it. Question it. Challenge it. Validate it. Improve it. Or reject it if the evidence does not support it.

Guided by ancient Indian principle “SARVAJAN HITAY, SARVAJAN SUKHAY” (Welfare for All, Happiness of All) and inspired by the belief that innovation should serve humanity, OPOD is only the first step in a much larger journey. Our aspiration is not merely to create products, but to contribute to a future where health, resilience, sustainability and human development become accessible to all.

While this is a proprietary formulation, it is meeting the essential parameters of any well-designed & curated product—This is a humble challenge! It is fully recognized that some of the concepts and perspectives being proposed may appear unconventional, out-of-the-box, or beyond prevailing frameworks of thought. The intent is not to make extraordinary claims, but to encourage careful evaluation, independent testing, and evidence-based assessment.

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