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## Human awareness quality from changing of the time

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### Abstract

The essay has written by the name of "Human Awareness Quality from changing of the time ". The time is one of the most numinous and the most important concept. For the discovering of the time value that is enough which Allah the almighty has sworn to it in the most complete scripture. One of the instances which has given special grace for the time from the view of the experimental sciences, which is the different concept like life cycles, and biological clock control the majority of the important activities like the time of sleep and awakening. the aim of this research is also to introduce the more function of the biological clock in the existence of the light or inexistence of the it, this research is on the issue of the little awareness from the biological clock of the body and incorrect timing of the sleep and awakening and negative effects of it on the activities of the brain and another activities of the body. In this research has used from the library method of the research because by the using of this method can get better result about this issue. In the result of this research had brighten which the majority of the internal activities of the human organism has touched the biological clock of the human body. This clock like control the sleep and awakening process, it has indirectly effect on the activities of the brain, blood pressure, infusion of the hormone and metabolism process.

**Keywords:** Human awareness quality, changing, time

### Introduction

We humans are better understanding our world day by day and have come to realize that the phenomenon of the universe and its effect on different scales are different for the living things; but there are many secrets still to be discovered. This will help us for understanding of our better situation. One of these fascinating and mysterious phenomenon is time and knowing about the time change, which is always a subject of debate in different sciences. Due to the cognitive and physical significance of time, the distant past has occupied the mind for many years and has offered different theories of time since ancient times. In this way if the time is the most mysterious concept, it is also the most important idea. For knowing the value of time, it is enough that Allah has sworn in the holy directed book of humankind. From that time Humans consciously and unconsciously have been aware of time value and knew that time is the valuable phenomenon of the world. Therefore with the growth of human thought today, the word time has become one of the most used daily words.

### The five rhythms that govern human abduction

Ultradian (animals less than 24 hours in rhythm): Animals maybe have different biological hours that can even accurately determine which of the two intervals is less than one second in the same way as possible for measuring short distances from one applying a stopwatch, and to measure longer times than the clock and to balance even longer periods, there appear to be different biological clocks for different aspects of behavior (Bergson, 1990) [2]. Once-every-second heartbeat, limited breathing in seconds, brain waves (fractions of a second), 90-minute periods including hunger, urine and sleep deficiency, metabolism, hormonal activity, and all activities are potential contributors to an internal biological timing mechanism. In light of ongoing studies in the field, it can be said that there is no single biological clock in human function, but rather a neural "clock shop" with different timers for short, long and relevant times (Chabak, 1385) [3].

### Circadian rhythm

One of the clearest examples of timed behavior is sleep and wakefulness, followed by daily rhythm. The behavior of other animal hunting and feeding examples is repeated every 24 hours. There are other understated physiological processes that have their own course.

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In humans and many animals, it reflects day and night variations, such as the degree of body heat in the coldest time of the night and the hottest time in the afternoon; A type of control expressed by an internal biological clock (Ekhtyari, 1390)<sup>[4]</sup>.

#### **Circa Seption (seven day rhythm)**

It includes heart rate, blood pressure, and body temperature and hormone levels again. Even body transplant rejection rates increase every seven days.

#### **Circa triginatan (One month rhythm)**

This rhythm encompasses the regular cycle. A regular menstrual period lasts on average (29) days, which is consistent with the lunar cycle.

#### **Circa Annual (One year rhythm)**

In this rhythm, for example, depressions develop during the winter season, or the children grow older in the summer. Also, pregnancy and childbirth can also include this rhythm.

#### **The origin of the biological clock**

All living things on earth, from the algies to the human have been evolved to be in coordination with the spin of the earth and it's day and night. Biological clocks help living things not get caught up in the sunrise or sunset; but how are these clocks created in our bodies and other living things? How evolution and natural selection did organize it during millions of years? New research addresses these big questions.

It seems like there is a big clock in the human brain. It can coordinate his sleep and waking time with the lightness of the environment; but apparently rather than the big clock in the brain, there are other clocks in our body. A Baron Barm halm, a chronobiologist at the University of Glaskow in Scotland, says: there clock in our liver, glands, spleen and even in body fluids.

Biological clocks are very important. Now the question is why these clocks remain secret and what are the scientists' views on the origin of these clocks? Many scientists are in favor of the idea that different living things have independently made their biological clocks. The living creatures may have done this to protect their vulnerable D.N.A from destructive rays under the red sun, but some other researchers think they must have a clock. This watch is perfect for keeping cells away from harmful substances and providing them with other benefits.

Biological clocks are not round and do not have a clock. These are made up of R.N.A molecules and proteins. At specific times of the day, specific protein clocks are activated to produce the messenger R.N.A molecules. These molecules are used by the cells to make other protein clocks. Eventually, the amount of protein clocks reaches the point where the construction of the R.N.A messenger stops. These protein clocks are degraded by other proteins and lost; they are lower than the cutoff level of the R.N.A messenger molecule. Thus the re-production of the R.N.A messenger begins and this era continues. Living creatures, such as cyanobacteria, samurai, plants, and insects have their own biological clocks, and the time of the protein clocks of these organisms is very different from one another. However, they all take day and night as an indicator. R.N.A uses messenger to make other proteins.

#### **How Clock Jeans Work**

Clocks are made of proteins that are involved in the regulation of circadian rhythms. Identification of these jeans has begun (40) years ago. In 1970 (Konoka and Benzer) identified three types of mutated fruit flies that had abnormal circadian rhythms. Subsequent research has shown that all three mutations were related to a Gini Loux called Period. Period gins (PER) produce the highest amount of protein, near dusk and the lowest amount at the beginning of the day. In the fruit flies CLK ( ) and (cyc) jeans (Period) are activated, and there is a time-named gin. The proteins (PER and Time) combine to accumulate in the nucleus of cells, disabling the genes (cyc and clk). As a result, the time-per-turn is switched off and the production of proteins (PER and TIM) is stopped and the CIR CYC is restarted by the reduction of PER and tim, and a new daily period begins. This era of mammals is a little complicated. CLK (CYC) works with a gin called (Bmal), and mammals still have three types of gin (Per) (Langstaff, 1387)<sup>[7]</sup>.

#### **Biological clock donor**

In common knowledge, we say that Zeitgeber is the primary. There is ample evidence that the inner clock is lit with light. In its brief flash of light, the biological clock of an adult animal's body darkens again, pushes it forward or backward. It is related to the fact that when the light exposure occurs. However, if no light is normal, other environmental stimuli, such as daily heat fluctuations as timers, may internalize the timer. These stimuli in the environment (brightness, darkness, temperature, and air humidity) are rated as circadian timers; it should be noted that in some mammals the concentration of maternal hormone is the first timer that regulates fetal growth (Khuda Panahi, 1393)<sup>[5]</sup>.

#### **The mechanism of biological clock function**

**The following members share the biological clock setting:**

##### **Suprachiasmic Nucleus (SCN) nucleus**

In mammals, there is a pair of very small neurons in the hypothalamus called supra-axiomatic nuclei; each supra-ecosystem has a volume of (0.3) m3. Its neurons are cerebral plexuses and are very small. If the supra-ecosystemic nuclei stimulates as electrical stimuli, the biological epoch will shift in an unpredictable way. If both super-ecosystemic destruction of biological activities of physical activity such as sleep, wake, eat and drink are destroyed. Since the behavior is usually based on light and dark times, there must be a neuro-sensitive mechanism that regulates the brain clock. The supra-axiomatic nucleus of this task operates through the hypothalamic retinal tract. The retinal ganglion axons of the axons directly interact synaptically with the dendrites of the supra-axiomatic nuclei. So, retinal shocks are essential to regulate sleep and wakefulness in order to adapt to day and night shifts. Records of the activity of supra-axiomatic nuclei show that many of them are responsive to light. Unlike visual neurons, supra-axiomatic neurons have a large non-selective receptor field that responds to the brightness of optical stimuli. The potential of the activity of supra-axiomatic nuclei is like clockwise, when clock does not exist, clock fails, but time detection is difficult (Barnes, 1387)<sup>[1]</sup>.

### **Pinal Gland**

It is located in the back of the third ventricle of the thalamus and releases a hormone called melatonin (in the dark), which is the precise sign of the melatonin impulse at night (and therefore day). Melatonin is secreted into the blood and then passes through the spinal cord to the suprachiasmatic nucleus. In animals living in non-tropical regions, the time of day and night varies by year. So, the release of melatonin also reflects the days of the year. Animals that reproduce in a given season; at the appropriate time of the term, the release of the melatonin activates the hypothalamic-pituitary axis of the gonads. The interruption of the synimethylatonin by light is via the effect of the hypothalamic retinal filaments on the suprachiasmatic nucleus and then by the suprachiasmatic nucleus on the sympathetic nerve fibers. [www.tebyan.net](http://www.tebyan.net)

### **Physiological structure of biological clock**

Researchers have identified temperate areas in the hypothalamus that are thought to be effective in maintaining circadian rhythm. The most important example is the supra-ecosystem. Although this organ is very small, but it has an effect on our behavior, the timing of this brain structure is easily proven; for example: rats are carnivorous animals (sleeping and active at night). The animal still sleeps at the same rate, but its circadian pattern disappears, the animal sleeps at random times throughout the day and day, as light is the instrumental time for the rhythmic clock, and the ultra-ecosystemic light receives light from the visual apparatus and secretes it from the myelin hormone. Pine tree, (which is sensitive to light) at night (or after a few minutes exposure to light). The biological clock is regulated in the ultra-ecosystemic core (Martin, 1383).

### **Set of the biological clock in the blind**

As with the physiological structure of the biological clock, if it is necessary to light our inner clocks with local time, this raises an interesting question for the blind. What will happen to them when they do not see the light? About 76 percent of blind people are reported to have difficulty sleeping during normal hours of sleep, and these problems are cyclic in nature. A scientist named Korn reported a number of investigations in which blind people were not naturally tuned to their internal rhythmic timer; you spend the night during the week, but most of the time after sleep, during the day. Therefore, it seems that the lack of natural vision in the blind creates problems, meaning that their body time is diverted and their sleep and wake cycles are different from those with normal eyesight.

### **Conclusion**

As a result of this research, it became clear that most of the activities of living things, especially humans, are controlled by a phenomenon called time and become poisoned in the name of the biological clock of the human body. In the biological clock arrangement of the human body physiologically, such as the suprachiasmatic nucleus, the poplar gland and the eye, along with donors such as Norscheim, this mechanism is different in the blind. In general, this action is influenced by physical factors such as: decrease or increase of heat and cycle or light period during the circadian period. Recently, it is important to understand time in the physical, physical or psychological dimensions, and one of the ways of managing the body is awareness of

the importance of time, especially the understanding of the biological clock that regulates the physiological activities of the body. The biological clock does exist not only in human beings but also in other creatures such as plants, animals, and even microorganisms because it has a very wide-ranging discussion of issues. So, in this article, due to insufficient time and space, the pages have only been discussed. How this watch works in humans is enough.

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