

# Meditation for Healing of Human System: A Review

<sup>1</sup>Ankit Kotia, <sup>2</sup>Kaushlendra Pratap Singh

<sup>1</sup>Division of Research and Development, Lovely Professional University, Jalandhar, India

<sup>2</sup> Heartfulness Meditation Trainers, Lucknow, India

## Abstract

Present paper comprehends recent articles on the effect of meditation on human system. Meditation practice provides a holistic ways for growth of physical and spiritual being. Authors used heart rate, fMRI, mathematical formulation, simulation and other methods to monitor the effect of meditation. Observation shows there were significant improvement in personal health. Meditation proves the way better sleep cycle, heart rate, blood pressure as well proven as additive therapy for improvement in disease.

## Keywords

Meditation; ECG, Stress, Anxiety

## 1. Introduction

Meditation is simple practice to focus without effort. This enables to use energy in concentrated form. Human brain with nearly 100 billion neurons, are remain in crowded due to constant thoughts. The sum total of simultaneous activity at different neuron makes energy unfocused. The enhancement in material properties due to ordered behavior is well known [1-3], however analysis on the effect of ordered neurons is yet interesting to explore.

Arya et al. [4] performed a careful study on post meditation effect on heart. They observed significant decrease in low frequency band (LFnu), the ratio of power in low frequency band to power in high frequency band (LF/HF) and also increase in high frequency band (HFnu) values. Maximum heart rate is also decrease significantly. Meditation practice provides improvement in ability to controlling anxiety, depression and emotional stress, along with enhancement in healing power in disease like bronchial asthma [5].

The present study comprehends the techniques and effect of meditation. The review focused on the recent studied (in last 3 years) on the effect of meditation on physical and mental health. Initial section provides techniques used and next section discussed the effect of mediation.

## 2. Effect on Mental Health

Stress is a reality which is inevitable in a fast-paced globalizing world of competitive organizations and society. With the uncertainties of COVID pandemic, mental health has become one of the most talked about topic of the time. VUCA i.e., volatility, uncertainty, complexity, and ambiguity have new definitions in today's scenario. As we strive to cope up with the world outside, we required to pay equal attention to

the world inside. Our inside world is governed by our Mental Health. Mental health is defined by the World Health Organization as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”. Therefore, mental health is not only essential for us but also for the community as large. We all require tools which can help us in managing and handling our day-to-day activities.

Mental well-being is the concept which refers to effective psychological functioning and experience. It is a state of wellbeing which is positive and brings the spiritual and emotional resilience. It is important for personal satisfaction which enables us to withstand pain, dissatisfaction, disappointment, and sadness.

Meditation which can be defined as effortless focus is one of the most effective tools in today’s time for the wellbeing of our mental health. Meditation is non-invasive intervention that has minimal adverse effects risk. Meditation can be administered to all age groups whether they are school going kids, university students, adults, middle aged or elderly population for coping up with mental health issue. Meditation helps in improving our cognitive health. Meditation is a neutral practice which can be joined by people of all faiths and beliefs. It is easy to develop the habit of meditation with regular and punctual practice. Regular Heartfulness practice not only helps self to build resilience but also create and egreore of joy conducive for high performance..

**Table 2: Impact of meditation**

<b>Author</b>	<b>Remark</b>
Chu et.al. [6]	- Meditation experience was negatively associated with perceived stress and negative mental health.
Sanchetee et al. [7]	Meditation recommended for promotion of mental health in elderly.
Totzeck et.al. [8]	- Long-term analyses revealed a significant decrease of depression, anxiety, and stress for Loving-Kindness Meditation (LKM) completers
Chételat et al. [9]	Alzheimer's Research & Therapy: Prevention is a priority to reduce the burden of dementia.

## Conclusion

The review comprehends the recent (last 3 years) studies on the effect of meditation on human system. Authors have used fMRI, heart rate, blood presses and other physical parameter measurement for identifying the effect of meditation. Also, observational scales are independently or accompany with measurement are used to identify the effect of meditation practice. Meditation practice provides a holistic

way for bringing well-being and reduces anxiety. Studies shows that the regular practice of meditation improves the physical and mental health, along with infuse positivity and enhance performance of children to professionals.

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