

From Editor's Desk

Meditation and Health

In today's era of competitive challenging and demanding world, stress is an inadvertent part of our lives. Stress adversely affects our health. Though, it is realized that an element of stress encapsulates the motivation which is significantly contributory to meet the challenges however, an increased form of the same may elevate to chronic stress. To combat stress, one of the effective and primitive enablers is meditation. Meditation is an ancient practice which equips to focus the mind on a particular object, activity or thought. It is a natural healing phenomenon which leads to emotional calmness and mentally agile state.

Meditation originated in the Vedic era of India, is thought to be a comprehensive natural health care system. It can control not only the structural configuration of neural cells but also many functional domains like cognition, memory, and emotion. Its gradual and progressive control on the release of various neurotransmitters, harness individual's mind, and strength and thus conserving mental resources for conscious application toward learning, growth, and healing. Meditation relieves anxiety, regularizes sleep improvises stress, fatigue and general habitat culminating in a healthy being. It reduces blood pressure and common menopausal symptoms. Important to mention that, it is the inherent practice of meditation which develops appropriate decision making and brings clarity. The various types of meditation are viz. concentration, heart-centered, mindfulness, tai chi, qigong, transcendental and walking meditation.

In hospital setups, the physical stress conditions are exacerbated by distressing thoughts and uncomfortable emotions. This could be calmed through meditation by activating relaxation response (parasympathetic effect). A set of cascade turns on like deepening of breathing, relaxation of muscles, slowing of metabolism, pulse rate and a decrease in blood pressure. Furthermore, researchers claim that meditation has dramatically reduce not only an individual's pain perception but also modulates the pain transmission pathway. Because of the multifaceted healing potential of meditation, this age-old body-mind practice could be an excellent adjuvant to the conventional treatment protocols for maintaining holistic health and wellness. So the need of the hour is to appreciate and apply meditation practice in the effective and meaningful way in routine clinical and medical educational setting.

An adage aptly defines, "Meditation will change your life for the better, enhance your physical health, improve your sleep and help you achieve your goals both material and spiritual."