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IMPORTANCE OF MEDITATION ON PHYSICAL AND MENTAL WELLBEING

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ABSTRACT

Meditation is gaining popularity across many Western nations especially in the USA. An increasing body of research suggests that meditation has several health benefits and these findings have attracted the attention of the medical community. The meditation method was first created in India and described in the ancient *Vedic* books from the *Vedic* era. Meditation is one of the therapeutic modalities used in *Ayurveda* (Science of Life), a comprehensive all-natural health care system that originated in India during the pre-*Vedic* period. The term "meditation" is used today to refer to a wide range of various disciplines. According to *Vedic* science connecting with one's innermost Self is the true aim of meditation.

KEYWORDS: *Ayurveda*, consciousness, meditation, wellbeing

INTRODUTION

Everyone aspires to have a healthy lifestyle which is an enduring perception. Few people manage to lead this healthy lifestyle throughout their lives. According to World Health Organization (WHO), “health” is defined as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.[1] However in the modern world stress is a result of the numerous inconveniences, expectations, deadlines and frustrations that come with existence. Stress can be a physical, psychological and physiological response to events in life but in order to have a healthy lifestyle distress must be managed.

One well-known Yogic technique for lowering stress and anxiety is meditation.[2] The psychoneuroimmunological benefits of yoga and meditation could be part of the process underlying the relaxing response. The foundation of psychoneuroimmunology (PNI) is the relationship between the mind, body, and self-healing.[3] That proposes a person's vulnerability to illnesses is a function of their poor emotional state.[4] The neurological system may have

mediated this effect by influencing the immune system and behaviour. According to studies conducted thus far, meditation may be able to modify the imbalance that exists between the mind and the body by influencing the psychoneuroimmunological consequences of stress.[5]

ध्यान :

तत्र प्रत्ययैकतानता ध्यानम्।। (पा. यो. सू. विभूतिपाद 3 / 2)[6]

धारणा किये गये ध्येय विषय पर ज्ञान की एकतानता (लगातार चिन्तन) ध्यान कहलाता है अर्थात् जिस स्थान पर धारणा की जाती है उस स्थान विशेष पर वृत्ति के समान रूप से निरन्तर बने रहने को ध्यान कहते हैं।

सर्वभूतेषु समदृष्टिश्च इतिध्यान लक्षणाम्। सिद्धिसिद्धान्तपडिति 12/38 ।।[7]

समस्त प्राणियों में समदृष्टि की भावना रखना ही ध्यान कहलाती है

ध्यान के भेद

स्थूलं ज्योतिस्तथा सूक्ष्मं ध्यानस्य त्रिविधं विदुः ।

स्थूलं मूर्तिमयं प्रोक्तं ज्योतिस्तेजोमयं तथा ।

सूक्ष्मं विन्दुम ब्रह्म कुण्डली पर देवता (घेरण्ड संहिता 6/111)[8]

1. स्थूल ध्यान– इष्ट देव गुरु की मूर्ति का ध्यान अर्थात् मूर्ति आदि स्थूल पदार्थों का ध्यान
2. ज्योति ध्यान– अग्नि, ज्योति या तेजोमय शिव शक्ति का
3. सूक्ष्म ध्यान–बिन्दुमय ब्रह्मकुण्डलिनी का ध्यान करना।

शाण्डील्योपनिषद् के अनुसार ध्यान 2 प्रकार का है–

1. सगुण ध्यान
2. निर्गुण ध्यान

For meditation practice video link is given below.

https://youtu.be/V8vWIcuC8-k?si=hmSeCVMZNFytHKHl



TYPE OF MEDITATION

There are eight popular types of meditation practice:

- Mindfulness meditation
- Spiritual meditation
- Focused meditation
- Movement meditation
- Mantra meditation
- Chakra meditation
- Visualization meditation
- Sleep meditation

EFFECT OF MEDITATION ON MENTL HEALTH

- Improving concentration
- Lowering negative thought
- Improve intellectual property
- Increase IQ level
- Enhancing self-awareness
- Increase mind satisfaction
- Reducing overthinking
- Reducing anger, fear
- Increase observation power
- Change in mind programming

EFFECT OF MEDITATION ON PHYSICAL HEALTH

- Bringing down blood pressure[9]
- Strengthened immune system
- Healing the body
- Increase the physical stamina
- Increase working capacity
- Reducing laziness
- Increase tolerating power

EFFECT OF OVER MEDITATION

- Hypersensitive nervous system
- Vibration in the body
- Feeling emotionless
- Social withdrawal
- Headache
- Gastrointestinal problem

Though meditation has been practiced for thousands of years, scientists have just lately learned about its benefits for the brain. According to certain studies, meditation can alter the structure of the brain.

Three parts of your brain are affected by meditation in measurable ways:

- Meditation may lead to increase in gray matter density. Muscle control and sensory perception, including emotions, memory, speech, seeing, hearing, and decision-making, are governed by grey matter.
- The prefrontal cortex, which is in charge of judgment.
- The amygdala regulates emotional response.
- The hippocampus is in charge of memory and learning.

Conclusion

According to the ancient *Vedic* writings meditation is a form of awareness training that causes consciousness to expand beyond the everyday experience of duality. It is an encounter with unity that lessens stress and improves the effectiveness and inventiveness of the inner faculty. This exercise is performed without the use of the mind to guide the action. When engaging in physical activity the mind does not actively instruct the muscles to become stronger rather the action of exercising itself automatically strengthens the muscles. Similar to how outcomes in this exercise of consciousness or meditation are attained automatically rather than by mind control or other mental manipulation. The practice of meditation reaches the deepest level of the inner Self beyond the mind.

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