

**ROLE OF MEDITATION IN CARDIAC HEALTH****<sup>1</sup>Dr. Shilpa Kantilal Ingle and <sup>2</sup>Dr. Sampada Sandeep Sant**<sup>1</sup>Assistant Professor, Kriya Sharir Department, Government Ayurved College, Nanded, Maharashtra State, INDIA.<sup>2</sup>Professor and H.O.D., Kriya Sharir Department, Government Ayurved College, Nanded, Maharashtra State, INDIA.**\*Corresponding Author: Dr. Shilpa Kantilal Ingle**

Assistant Professor, Kriya Sharir Department, Government Ayurved College, Nanded, Maharashtra State, INDIA.

Article Received on 30/11/2016

Article Revised on 21/12/2016

Article Accepted on 11/01/2017

**ABSTRACT**

Meditation has history of thousands years. It works on improvement of four dimensions of our being i.e. physical, mental, emotional and spiritual. Meditation is followed by people in various types such as guided meditation, transcendental meditation and mindfulness meditation. It is a scientific technique through which one can achieve a state of inner calmness, physical relaxation and psychological balance. Stress, anxiety, anger, hatred, worries if continue for longer period then they can accelerate the disease at the level of body or mind. Stress is an integral and inevitable part of modern day life. Repeated exposure to episodes of stress can give an adverse effect on health in general and cardiovascular functions. Gaining a new perspective on stressful situations, building skills to manage the stress, increasing self- awareness, focusing on the present, reducing negative emotions are other very fruitful benefits can be achieved through the meditation. Psychological stress has also been found to responsible for imbalance in autonomic nervous system. Mental stress, anxiety causes increased sympathetic activation or poor vagus nerve control over heart. Imbalance between sympathetic and parasympathetic nervous system leads to vasospasm and has been associated with high blood pressure, coronary heart disease and myocardial infarction. Regular practice meditation might be a strong path for the healthy destination.

**KEY WORDS:** meditation, stress, emotional health, cardiac health.**INTRODUCTION**

Meditation is a form of deep relaxation. It offers physical and mental relaxation and gives emotional well being also. It produces a deep state of relaxation and a tranquil mind. Through Meditation one can achieve a state of inner calmness, physical relaxation and psychological balance. It reduces stress and anxiety which helps in lowering heart rate, pulse rate, blood pressure while reducing harmful hormones. The human mind and heart are essentially questing, seeking, desiring, questioning. It is by the questing- questioning that the heart- mind is opened up and through this opening all the world can enter. Listening to the deeper question and desires, longings and urges and articulating them takes time and patience and efforts. Such listening and articulation is the basis of spiritual life. Our concerns are of immediate self – concerns of security, comfort, power, prestige and of control fear which always give extra unwanted pressure to our heart and nervous system. The ability to concentrate calms the surfaces of our consciousness. This is the most necessary in making correct decisions, and for receiving external impressions and information the right way. Also when the mind is deeply absorbed, it does not easily yield to the influence of external circumstances.<sup>[1]</sup> Meditation is widely accepted as a method to reduce mental tensions and achieve inner peace and tranquility, leading to spiritual, emotional

growth. It can control the mind and overcome stress and once peace and happiness comes about as a natural consequences. The beginning stages of meditative practice involves becoming acquainted with a particular altered state , which involves a habitual development of calm and concentration.<sup>[2]</sup> Appropriate posture in walking , standing, sitting, sleeping should be maintained always for physical health. Such a posture will aid your breathing and circulation as well as assist you in relaxing and conserving energy. Meditation gives an approach toward life with more calmness, more tolerance, less physiological reaction to stress.<sup>[3]</sup> If people go through the day in a more effortless way, they take on less stress. And what is aging but accumulated stress.<sup>[4]</sup>

**Aims –**

1. To understand the effect of stress on general health and role of meditation on it
2. To understand the role of meditation in cardiac health.

**Objectives –**

1. To study the effect of meditation on cardiac as well as general health.
2. To focus the role of meditation on non- drug hypertension people.

One who wants to develop the recollection of peace with mindfulness of breathing should go into solitary retreat and recollect the special qualities i.e. the stilling of all sufferings.<sup>[5]</sup> Continuous modes of thinking and speaking produce body behaviours and postures and eases or diseases. The persons who has a permanently scowling face did not produce that by having joyous, loving thoughts. Older people's faces and bodies show so clearly a life-time of thinking patterns.<sup>[6]</sup> Heart represents the center of love and security and blood represents the joy in the body, flowing freely. When there is long lasting emotional, psychological problem which is unsolved hypertension may develop and solution by new thought pattern is 'I joyously release the past and I am at peace and my heart beats to the rhythm of love, calmness, supreme relaxed state at all levels'.<sup>[7]</sup>

### DISCUSSION

Stress is an integral and inevitable part of modern day life. Repeated exposure to episodes of stress have an adverse impact on health in general and cardiovascular functions. Mental stress, anxiety causes increase in sympathetic activation and poor vagus nerve control over heart. Imbalance between sympathetic and parasympathetic nervous system leads to vasospasm and has been associated with coronary heart disease, myocardial infarction, hypertension. Psychological stress has also been found to be responsible for imbalance in autonomic nervous system, causing sympathetic dominance over parasympathetic leading to acute coronary events. A sudden release of stress hormone may play a role in causing the disorder. Coronary heart disease occurs when the flow of oxygen rich blood to your heart is blocked or reduced by a buildup of fatty material in the coronary arteries. Hypertension is one of the cardiac problems, which may be due to changed lifestyle but not always be stress related. Meditation and progressive muscle relaxation works in people with non-drug hypertension very effectively. Levels of hormone DHEA-S, which peaks in the early twenties, then declines. Men with high levels have been shown to have less cardiovascular and heart disease and lower mortality rates, and in women less breast cancer and osteoporosis. In early stages of meditative practice one does learn to relax the muscles in the shoulders first and then to relax the body's major muscle group. Then deep relaxation in which mind-body process drops one in a significant forms of relaxation at finer scales<sup>[8]</sup>. Only meditation can bring the special states of concentration. It gives you the ability to perceive and relax at the subtle scale. Regular meditation practice helps in stress reduction, may help to reduce high blood pressure. Hypertension is a disease in its own right, known because it has no obvious symptoms. Yet it contribute to other form of cardiovascular disease. For many people, the first indication of high blood pressure may be heart attack, stroke or kidney failure. It is not always with stress only sometimes another pathology is also associated, so it's important that in significant elevation, patient should not stop their medication but should follow the meditation

regularly. One who practice the meditation techniques regularly, for 20 minutes per session twice a day at least for three months, can reduce their hypertension with 10-14 mm of Hg fall in systolic blood pressure and 5-6 mm of Hg fall in diastolic blood pressure.<sup>[9]</sup>

### CONCLUSION

Meditation helps to improve the tolerance of exercise in patients with coronary heart disease. It lowers the blood pressure more significantly than other relaxation techniques or lifestyle modification. It is a natural, mechanical and physiological way. It is as effective as many medications in reducing hypertension and maintaining the cardiac health. It is a better way of dealing with the tensions and anxieties that permeate everybody life and explode during the pressure cooker holiday season. Meditation act as an antidote to seasonal stresses and strains, and as a way of improving the cardiac health, general health and general outlook of life. It can help to get off the medications completely or dramatically reduce the number of medication.

### REFERENCES

1. Meditation, Luis S.R. Vas., Pustak Mahal, ISBN-978-81-223-0691-0, 2008, page no. 51
2. Meditation, Luis S.R. Vas., Pustak Mahal, ISBN-978-81-223-0691-0, 2008, page no. 215.
3. Meditation, Luis S.R. Vas., Pustak Mahal, ISBN-978-81-223-0691-0, 2008, page no. 56.
4. Meditation, Luis S.R. Vas., Pustak Mahal, ISBN-978-81-223-0691-0, 2008, page no. 57.
5. The Path Of Purification, Bhadantacharya Buddhaghosa, Samyak Prakashan, ISBN - 81-88794-53-0, 2010, page no. 317
6. You Can Heal Your Life, Louise L. Hay, Hay House Publishers (INDIA) pvt. Ltd., ISBN- 978-81-905655-8-5, 2010, page no. 123.
7. You Can Heal Your Life, Louise L. Hay, Hay House Publishers (INDIA) pvt. Ltd., ISBN- 978-81-905655-8-5, 2010, page no. 155, 175
8. Meditation, Luis S.R. Vas., Pustak Mahal, ISBN-978-81-223-0691-0, 2008, page no. 217.
9. Meditation, Luis S.R. Vas., Pustak Mahal, ISBN-978-81-223-0691-0, 2008, page no. 54.