

## Meditation on prevention and treatment of physical and psychological illnesses

Nima Molla Mohyeddin<sup>1\*</sup>, Helia Tayefeh Mehdikhan<sup>2</sup>, Fereshteh Yazdani Sarijeh<sup>3</sup>

<sup>1</sup>Payam Noor University of Karaj, Bachelor of Psychology, Iran

<sup>2</sup>Phd student of General Psychology, Islamic Azad University, Science & Research Branch,

<sup>3</sup>MA student of Educational Psychology, Bandar Abbas Azad University, Iran

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### ABSTRACT

Today, based on complex and industrial society, people face to amount of stress and psychic tension which causes mental and psychological problems. Current study shows effects of meditation on prevention and treatment of physical and psychological illnesses. Data were collected from Scholar Google; among collected information and articles some of them were investigated to show effect of Meditation on illnesses. According to strong and powerful relationship which exists between body and psych, psychic problems happen as physical disease in the body. So, we face to multiple ranges of illnesses in which their reasons are rooted in psychic hurts; anxiety and stress are the important reasons for happening. In such disease, complementary medicine facilitates the process of prevalent medicine. Meditation as complementary medicine has important role on agonistic and exercise motions which influence further on endocrine through relaxation practices and seemingly agonistic and exercise motions which influence further on endocrine.

**KEYWORDS:** Yoga, complementary medicine, meditation, psychic health, relaxation, health psychological

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### 1. INTRODUCTION

The relationship between psych and body has been attractive for many doctors, psychologists and philosophers from the past. Body and psych have close relationship with each other, and damage of one causes the other's damage and vice versa, each one causes the facilitation of improvement process of other. Indeed, today researchers believe that body and psych are not separate existence. Change in emotional moods accompanies change in physiological responses and alteration in physiological actions has emotional changes. Today, for clinical treatments a kind of holistic approach are supported which based on the view that for comprehensive realization of health and illness should consider and study people as mind-body series who have continuously interaction with physical and social environment. It should be noted that in the contribution rate and the nature and the problems related to two sides, psyche and body, there were no same idea and view. Attention to the psyche and body's heal this important. Today, meditation is considered as kind of sport which notice simultaneously, to the psychic and physical sides of human and it can be suitable complementary medicine within general and modern medicine together. Meditation is not only a healing which focuses on psych and body's health in which by doing some actions nervous system and glands are influenced, but, also, is one of the useful ways for increasing health of stressful society at modern society, and it brings relaxation. The meaning of alternative medicine is whole healing methods that are not in the modern medicine or their effectiveness has been not established. By passage of time, human has performed multiple methods to treat and hygiene; traditional medicine to Homeopathy, Herbal therapy, Gem therapy, water therapy, meditation therapy, energy therapy, Iranian traditional(old) medicine. All of alternative & complementary medicine methods have parts in the healing process that are considered as missed chain or undefined parts which are not supposed to investigation. It is clear what is asked from patient in the medicine, and its effect also, is capable to scientific record and repeatable and capable to experience, but improvement is not justifiable from the scientific point of view. Meditation therapy was considered as one of the alternative medicine. The aim of meditation is coordination of mind, body and psyche. It is believed that mind and body are close to each other in the yoga and if they have suitable instrument and placed in good condition, they come to balance and they are treated. So, meditation is considered as a treatment instrument. Meditation helps to person to know his body's situation. The body becomes flexible via meditation and it helps to keep calmness against stress. During centuries, famous meditation Masters, studied the mood and details of the body and then offered moods and actions which can be learned easily. Hindus call such actions Asana which have predictable effects on body's functions and prevent the appearance of illnesses or treat them. Domain of meditation Asanas is wide; moods and actions are different. Each Asana has 3 main parts: a body's action, a process of thought control, and process of breathing control. Human blood circulation process and its flux rate are reinforced by meditation exercises. These exercises

stimulate hypophysis is that exists below brain which is the center of inner secretion system or endocrine hormones. Experts of meditation emphasize that breathing is the base of life; not only conveys oxygen into the body but also reinforces the automatic neural system and it gives them vital energy [1]. This method is useful for preventing and healing Schizophrenia, Restlessness Nervous and behavior, inattention in children and teenagers, anxiety, obsession, depression, back pains, Dyspepsia, chronic allergies, high blood pressure, asthma, weakness and fatigue, Migraine headaches, numbness in hands and feet, types of Arthritis, joint problems, hormone deficiency, also, is effectiveness on reduction of depression and anxiety of cancer and Multiple Sclerosis Ms. Regular and lengthy perform of meditation can create physical and psychological changes on the body and arbitrary attempts can harm the body instead of help.

### 1.1. Meditation recognition

Meditation has thousand years history (between 2 to 15000 years before the Christ it is known to be appearance of meditation). Despite the word meditation once was brought in Aryan writings, but, some historians believe that meditation was before Aryans in India and almost four centuries before Christ. A scientist namely Patanjali described the octet processes of meditation which is the base of meditation in the book called Meditation Sutra. Thereafter the book was translated into Arabic by Abu Rayhan Biruni who introduced meditation as method which is for the purity of the soul and body.

### 1.2. What is meditation?

Meditation has been taken from word "yoj" (an instrument that hanging to griffon neck in order to control it and plow field), and the meaning of it, is freedom and the method which controls breathing and reach to unity [2].

### 1.3. The processes of meditation

To spiritual development, human perfection, and self-scrutiny, meditation introduces 8 processes, 8 human being parts that are known as Ashtanga meditation: -Yama; Social and ethical teachings (Abstinence)

- Niyama; Social and ethical teachings (Obligations)
- Asana; meditation actions
- Pranayama; breathing methods and control of energy
- Pratyahara; methods of prevent of libido, emotions
- Dharana; methods of thought control and concentrate
- Dhyana; achieve to contemplation and silence of the mind
- Samadhi; achieve to purity, unity and clairvoyance

### 1.4. How is the meditation exercises?

According to level and motivation, there are different methods and exercises in meditation, but, totally, apart from self-scrutiny which is necessary for meditation, meditation system based on 5 principals [2].

- Asana (physical actions): contains groups of exercises which cause to inflection of ligaments, and reinforce joints, muscles, tendons, and all parts of the body.
- Pranayama (breathing): Pranaya or orders of breathings are interruption in regular rhythms of inhale and exhale. Pranayama is the subtle vital energy.
- Diet: preparing suitable fuel, using food, air, water and sunlight properly, being simple and natural, easy to digest, increasing health, help to digestion and absorption of food.
- Relaxation: the natural way of recovery of missing power in the mind and body activities.
- Meditation: meditation is ability to banish thoughts and ideas. Self-control peace of mind, control of nature via concentration and quietness.

### 1.5. Brief description about kinds of Meditation

-Bagha meditation: achieve to unity via love to human and God, Bagha meditation is love meditation, moving from heart.

-Hata meditation: aim of Hata meditation is, coming to unity through keeping healthy of the home of spirit; that is, the body. Hata meditation is considered as strong meditation, because, it needs more physical exercises than other kind. It is the most famous because of descriptive that people gives about it in the west. It emphasizes on concentration of actions (Asanas) and control of breath (Pranayama) to flow vital energy in Nadies of Etheric body and it concentrates on the third and fourth processes of Ashtanga meditation 8 levels. In addition, its aim is remove obstacles in order to construct later processes, that is, Prati Ahara ( removing of senses), Dharna (concentration), Dhyana (meditation), Samadehi (balance).

Hata meditation is the best way to start to the meditation principle, it is important to realize that, if two processes of it (Yama & Niyama) are neglected, it will have no the ideal result.

-Karma meditation: achieving to unity via work and action channel, function without expectation

For wayfarer of this manner, activity (work and practice) is important and he does the work for no trade, but for his love to work he does, and in the doing time his mind doesn't calculate time and other problems, he believes that his work is necessity of all, so he works for satisfaction of God, without expectation within fairly attitude and Self-purification.

-Mantra meditation: achieve to unity via repetition of spiritual sounds vibration, and God's names.

Mantra is the sound of the great power that the seeker of light receives it from giver of light and like the seed he implants it inside him and with mantra repetition, brings his mind out of consciousness limited format to the mobility and growth.

-Kriya meditation: achieving to unity via purge which causes to relaxation and purity

The word Kriya means movement or activity. The thing which has important position in the meditation scientific and practical system is "concentration"; it can be defined as follow: concentration is the focalize mind on internal or external subject which is the important and difficult issue, because the mind used to go from a subject to another. One of the factors that help mind to concentrate is its relaxation fully. Kriya meditation is the system that with performing its regular exercises, mind comes to relaxation, when someone is relaxed he or she lies on his/her Unconscious. The aim of Kriya meditation is not attempt to bring mind into a point or inner, but trying is for moving in the opposite side, that is, moving consciousness from one point to other point from the base. From the Kriya meditation point of view, keeping health of the body is important, therefore Hata meditation is known as introduction for comfortable doing of Kriya meditation.

The current study shows and investigates effects of meditation on prevention and treatment of physical and psychological illnesses. According to strong and powerful relationship which exists between body and psych, psychic problems happen as physical disease in the body. So, we face to multiple ranges of illnesses in which their reasons are rooted in psychic hurts; anxiety and stress are the important reasons for happening. In such disease, complementary medicine facilitates the process of prevalent medicine.

## **2.Method**

Data were collected from Scholar Google; among collected information and articles some of them were investigated studied to show effect of Meditation on prevention and treatment of illnesses.

## **3.Discussion**

Meditation as complementary medicine through relaxation practices and seemingly agonistic and exercise motions which influence further on endocrine, has important role on acceleration the process of improvement. To whom is not recommended meditation? People who have joint problems due to some tissue illnesses such as "Marfan syndrome" "should not do meditation, because joint problems are increased by more tension during meditation exercises. Patients with such illness can do walking, Tai Chi and swim. Generally the joint pain is symptom that must be considered important. If your joint of knee or thigh joint has sound or pain during meditation exercises, it is better for you to do other physical exercises.

### **3.1.The Effect of Meditation on Illnesses**

#### **3.1.1.Affect of meditation on women at society**

According to the fact that the society is on the subject of informational and cultural attack, and also, the family is considered as the important base of someone's health, increasing calmness in family is effectiveness on the tension reduction in the society and finally the health of whole society. On the other hand, women are the important base of the family; they have main and significant effect on giving calmness to their children and husband. So with increasing of women's calmness important step is taken on peace and general health of the society. Researches show that meditation have impressive role on the promotion of tolerance and psychological welfare components of women as family internal managers[3].

#### **3.1.2.The effect of meditation on breast cancer**

Meditation can be used as complementary medicine in the reduction of anxiety for patients with breast cancer receiving chemotherapy. Chemotherapy is one of the important ways of healing of patients with cancer, but its complications and side effects influence physical, psychological and social proceeds levels [4]. Patients with cancer have weak quality of physical and mental life and are stressful, as a result they encounter with psychological problems such as depression, anxiety, fatigue and anger [5]. Fear and anxiety due to identifying cancer, secondary physical and sexual problems which are results of different surgeries and complications of chemotherapy, are the prevalent issues that cause such complications [6]. Anxiety intensity in the patients was reported from average to severe [1]. Today, it is more emphasized on relaxation methods in which the patient is able to do them independently, and also they have no complications, negative results and undesirable pharmacological interventions [7, 8]. Use of Hata meditation and Nidra meditation as alternative medicine has positive effect on reduction of anxiety in patients with breast cancer receiving chemotherapy [1].

#### **3.1.3.Effect of meditation on MS**

MS(Multiple sclerosis) is the progressive disease in which the brain, spinal cord and the other parts of nerve get involved, and yet reason of the disease is not clear, this disease is seen in women more than men. MS has more

physical and psychological complications; one of the most important is depression and is followed by continuous impatience which causes to get upset of patient and his family. Depression causes to appear stress; as a result every body's social life is affected. Impatience always, is accompanied with depression, grief, a sense of futility[9]. On the other hand, this futility sense increases when somatic disability limits one's activity. According to the fact that prevalence of depression is more significant in MS patients than ordinary people, more researches have been done in order to give ideal solutions for treating. Always, treating ways are within complications or are not affordable commercially [2]. One of the effectiveness ways is meditation therapy. Researches which has been done show that meditation has positive effects on patients with MS and since patients with MS are limited in doing of body activities due to somatic problems such as balance reduction, numb, paralysis of a member, severe spasm, and early fatigues. They were suggested performance of meditation exercises for reduction of physical and mental complications[2], also meditation has important role on reduction of depression, increasing on concentration level and increasing libido [5].

#### **3.1.4. Effect of meditation on blood pressure and blood sugar**

Researches which have been done demonstrate that selected meditation exercises during specific period cause to significant improvement of blood sugar rate of diabetic patients with diabetes II. Many researchers believe that after meditation and relaxation, an enzyme called Dopamine Hydroxylase is decreased at hypothalamus; reduction of this enzyme decreases environmental activity on answer to senses and other stimulations and helps to decreasing of blood pressure. Also attention to the relaxation techniques causes to reduction of sympathetic nervous system activity and increasing of parasympathetic nervous system that can be possible reasons of blood pressure reduction [8].

### **Conclusion**

The modern society structure is such that people get involved daily tension and stress, so they are faced with problems which imperil their psychological health. Whereas the body and mind are not apart from each other, and are in the close relationship, psychological illnesses are appeared as physical diseases and thus day to day the number of patients following treatment and healing way increase at medical places. In the last two decades many medical and scientific studies have been established the role of meditation beneficial exercises for treating some illnesses. It seems that meditation helps to improve the psychological situations for control, reduction, managing stress, negative and positive tensions and mental balance. Therefore use of meditation for treating, beside general medicine, helps to increase hope rate and cooperation of patients during healing time. Present ways which staffs learn meditation treatment places and how to use it can be the important step for increasing health levels.

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