

**EFFECT OF MEDITATION AND ITS BENEFITS****Dr. Shubha Chourse\*<sup>1</sup> Dr. M. M. Mali<sup>2</sup> and Dr. Rachna Jain<sup>3</sup>**<sup>1</sup>P.G. Scholar, <sup>2</sup>Lecturer, <sup>3</sup>Professor,

Dept. of Swasthviritta &amp; Yoga Rani Dullaiya Smriti Ayurved P.G. Mahavidhyalaya &amp; Chikitsalaya, Bhopal, (M.P.).

**\*Corresponding Author: Dr. Shubha Chourse**

P.G. Scholar, Dept. of Swasthviritta &amp; Yoga Rani Dullaiya Smriti Ayurved P.G. Mahavidhyalaya &amp; Chikitsalaya, Bhopal, (M.P.).

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**ABSTRACT**

Meditation definitely helps to overcome the root cause, which is in the mind. But to heal the organic damage, conventional medicine which acts at the physical level is also necessary many diseases starts in the psyche due to its misidentification with the bodily vehicle, which leads to negative thinking anxiety and stress. Meditation is the practice of turning your attention to a single point of reference. It can involve focusing on the breath, on bodily sensation, or on a word or phrase known as a mantra. In other words, meditation means turning your attention away from distracting thoughts and focusing on the present moment and peace.

**KEYWORDS:** Meditation reducing stress, anxiety and increasing peace.**INTRODUCTION**

Meditation means to rest, uninfluenced between the extremes of the mind and suddenly just 'be' instead of 'becoming' The difference between this and the previous limb is that, in concentration there is a conscious effort to exclude all thoughts that are not relevant to our chosen object. In meditation there is a constant flow of impression from the object and of awareness towards the object, without any effort of the will. Typical object chosen are the heart lotus, the inner sound, the sense-of-I. The process of perception and intellect, one's meditation deity (Istadevata) or the supreme being.

First we meditate on the position of the body in space, which is asana. Then we meditate on the life force moving the body. Which is pranayama, The next stage is to meditate on the senses through drishti and listening to the breath, which is pratyahar, Meditating on the binding together of all aspects of the binding together of all aspects of the practice is concentration (dharana).

These practices allow us to 'retreat inside' from the hurly burly of the world and find peace within. This is a necessary beginning for the further practices, which are:

- ❖ One-pointed awareness(dharana)
- ❖ Meditation (dhyana)
- ❖ Enlightenment (Samadhi).

These are increasingly deep stages of consciousness, up to Samadhi-the transcendental state. Most people are now here near attaining that, but the practices 'on the way' are all good for us.

The seven step of Ashtang Yoga placed under internal Yoga, needs close supervision of a self realized master. It has been explained in detailed by Lord Krishna in Gita. All the religions of the world preach about meditation. In day to day life this word is familiar the masses. It sound simple by meaning but is very complex in practice. It may take years together to gain even slightest advancement in meditation. But under the guidance of a self realized master the meditation improves at the jet speed.

**"A true yogi should see with the eyes of wisdom in meditation that how the lower birth animals face difficulties. A yogi is able to peep into the future through meditation."**

(Manusmriti, ch.6, verse72)

At another placed in manu smriti is written,

A yogi attains the (Brahm) God through meditation leaving aside the result of deeds and misdeeds of loved ones and others etc. Meditation is a vast subject.

(Manusmriti, ch.6, verse78)

**What is Meditation**

1. To focus one's thoughts on, reflect on ponder over
2. To plan or project in the mind, intend, propose.

In yoga, this is exactly what meditation is not. In fact, it is only when we take our awareness away from those everyday thinking process that we are able to move into true meditation.

Meditation is the act of involution or going inside. The first step in Meditation is to observe one's body. From this observation, we realize that observer or seer and the

seen are different. We now know that we are not the body. But rather we have a body.

The next step is to observe the mind. Once this observation is established we reject identity with the mind because we the seer or observer, must be located outside the seen. From here we start to observe the next deeper layer the ego. This is challenging at first, but with meditation experience and practice we soon observe isolate and study that actually within us that say 'I'. Using the metaphor of a computer, the ego (ahamkara) is the operating system on which the application body and (manas) are run. The body and mind function only against the backdrop and mind evolve out of ego.

Now we go one step further with our meditation. Intelligence once sharpen can be observed then the intellect can realize that an external agent is observing it. This external agent is called consciousness (purusha) or the self (atman) and consists only of awareness. Since awareness is without form or quality, we cannot observe or see it, This consciousness is the deepest and ultimate layer this was confirmed as fact by the ancient rishis and liberated masters it can be tried and tested by and mediator.

Anyone anywhere can practice meditation as it does not require any special equipment, nor is meditation limited to a space. One can practice meditation whether at home, while at the office, when waiting at a doctor's clinic or even while riding back home in a bus.

I practice it with some religious practice. I pray in the beginning and then I meditate with "mantra" rather than just breathing and saying Om. Om is of course a mantra, but I begin with Gayatri and then Om and then silent Om.

There are individual differences in what type of practice suits a person. Generally, it is believed that participants of a meditation course adhere strictly to the specified type of meditation taught. However, it can be a source of error as far as a researcher is concerned because of the factor of individual differences. Meditators may bring in their own variations into what they do.

Meditation cannot be described in a simplistic way. It cannot also be understood in an either/or manner and therefore, questions like whether meditation is a state or a technique, and whether meditation refers to a particular practice or to a whole set of practices may not be answered categorically. West (1986) has attempted to understand the "meditation career histories" of a number of subjects in terms of different conceptual continua.

#### **Physiology of Dhyana (Meditation)**

This step is the result of all other steps so far here there is no consciousness of self brain visualizes unique experiences which are beyond explanation conscious, subconscious and super conscious stages of brain work

together at this stage true knowledge of known and unknown are revealed to the brain and permanently established brain is able to see the limit less things and distances.

#### **Types of Meditation**

Meditation is a generalized for various way to relax one's state of mind.

#### **Guided meditation**

This type of meditation is also called as guided, Imagery or guided visualization. In this form of meditation a person focuses his attention to from mental images of places/ situation etc.

#### **Body scan or progressive relaxation**

Progressive relaxation, sometimes called body scan meditation promote generalized feelings of calmness and relaxation, it may also help with chronic pain because it slowly and steadily relaxes the body.

#### **Mindfulness meditation**

In this type of meditation a person is not concentrated to focusing on one single subject rather sound images or feeling that pass through the mind.

Research has found that mindfulness can:

- ❖ Reduce fixation on negative emotion.
- ❖ Improve focus.
- ❖ Improve memory.
- ❖ Lessen impulsive, emotional reactions.
- ❖ Improve relationship satisfaction.

#### **Breath awareness meditation**

It is a type of mindfulness meditation that encourages mindful breathing. this goal is to focus only on breathing and to ignore other thoughts that enter the mind.

#### **Mantra meditation**

In this type of meditation a person silently repeats mantras that help a person in relaxing doing at home. may also improve mental health by reducing anxiety and depression.

A2008 study of veterans with chronic low-back pain, for instance, found that yoga reduced pain, increased energy, and improved overall mental health.

#### **Benefits of Meditation**

The benefits of meditation are experienced throughout every dimension of the person, with meditation the physiology undergoes a change and every cell in the body is filled with more prana (energy). This results in joy, peace, enthusiasm as the level of prana in the body increases.

**On a physical level meditation**

1. Lowers high blood pressure, lowers the levels of blood lactate, reducing anxiety attacks.
2. Decreases any tension- related pain, such as tension headaches, ulcers, insomnia muscle and joint problem.
3. Increases serotonin production that improves mood and behavior.
4. Improve the immune system.
5. Increases the energy level as you gain an inner source of energy.

**Mental Benefits of Meditation**

Meditation bring the brainwave pattern into an alpha state the promotes healing the mind becomes fresh, delicate and beautiful. It cleanses and nourishes you from within and calm here, whenever you feel overwhelmed, unstable or emotionally shut down, with regular practice of meditation.

1. Anxiety decreases.
2. Emotional stability improves
3. Creativity increases.
4. Happiness increases.
5. Intuition develops.
6. Gain clarity and peace of mind.
7. Problems become smaller.
8. Meditation sharpens the mind by gaining focus and expands through relaxation.
9. A sharp mind without expansion causes tension anger and frustration.
10. An expanded consciousness without sharpness can lead to lack of action, progress.
11. The balance of a sharp mind and an expanded consciousness brings perfection.

**Spiritual Benefits of Meditation**

Meditation doesn't have a religion and can be practiced by anybody regardless of the faith they follow.

- 1) Effortless transition from being something to merging with the infinite and recognizing yourself as an inseparable part of the whole cosmos.
- 2) In a meditative state you are in a space of vastness calmness and joy and this is what you emit into the environment bringing harmony to the creation planet.
- 3) Meditation can bring about a true personal transformation as you learn more about yourself, you will naturally start discovering more about yourself.

Muscles and joints relax: Although one usually thinks of the physical practices of yoga as being the ones that help to relax the muscles and joints of the body, the meditation practices help to do this as well. Many people have practiced yoga nidra, at first physically tense and agitated and found that at the end of only half an hour the physical tensions have disappeared, even though (and maybe because) the person was not told to relax physically during the practice.

**Stress relief**

The autonomic-endocrine axis: The practices of meditation have been scientifically proven to move the functioning of the body from the stress response of the sympathetic nervous system and endocrine glands –‘fight or flight’ mechanism, towards the relaxed parasympathetic nervous system –‘rest and digest’ mechanism. In this way we become much more relaxed physically and mentally , thereby opening the horizon of our life and preventing so many of the illnesses that are caused by.

**Physical illness**

Has proved the benefits of meditation in helping to relieve physical illness, and often returning the person to health. This has been shown over a wide range of illnesses, including cancer, meditation is designed to help us evolve to our highest potentials, and is designed to help us evolve to our highest potentials, and really about wellness rather than illness. However, the same factors that are stopping us from realizing our full potential are the same ones that cause stress and imbalances in our lives and as a result, cause most illness and disability. Meditation can certainly help in therapy here and these illnesses are usually the most difficult to treat by medical means.

**CONCLUSION**

Meditation is a practice of concentrating one's focus upon an object, sound visualization, breath or attention in order to reduce stress, relax the body and the mind, increase awareness of the present moment and inculcate spiritual growth. Meditation help the body and mind go into a deep state of relaxation and tranquility. Meditation has been practiced for a long time it is commonly practiced for relaxation and stress and anxiety reduction. It helps stress persons restore their calm and inner peace. when the power of the intellect and the heart are harmoniously blended. All creativity proceeds from it and its good and beautiful result benefit mankind.

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