

## Meditation: A potential Stress Buster

Vikash K Verma<sup>1</sup>, Rajeev K Singla<sup>1</sup>, Varadaraj Bhat G<sup>2</sup>

<sup>1</sup>*Shri Gopichand College of Pharmacy, Ahera-Baghat-250609, U.P, India*

<sup>2</sup>*Manipal College of Pharmaceutical Sciences, Manipal University, Manipal-576104, Karnataka, India*

*Correspondance Address: Rajeev K. Singla*

*Email Id: [rajeevsingla26@gmail.com](mailto:rajeevsingla26@gmail.com), [V.verma00@gmail.com](mailto:V.verma00@gmail.com)*

### Summary

Our bodies need a level of stress to perform well, But as truly says, anything in excess could be fatal. Stress management is the key to success in nursing programs. So many therapies were followed to get relieve from stress. But meditation proves itself to be the potential stress buster which not only enhances the stress threshold, but also considerably a vaccine to fight against various cognitive disorders and other social problems. Meditation assumes to be the world's most widely used self regulation therapy. So recommendation is to follow meditation therapy as a stress buster as it will help each individual to have sound mind with a sound body.

**Keywords:** Meditation, Stress Management, Stress Buster, Anxiety

### Stress Management:

When a person is subjected to a stress producing effect known as stressor (a challenge, pressure, stimulus, external influence, etc.) it is registered in the brain. The brain gives various parts of the body instructions for a chain of reactions known as stress reaction or stress response.

Different theories have different meaning about stress. Stress is a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize. Stress, a psychiatric disorder, can be in the form of anxiety, the latter being manifested by the mood of fearfulness, behavior marked by restlessness and avoidance of situations, increased arousal with insomnia, excessive preoccupation with thoughts on the theme of insecurity, and a wide range of somatic symptoms which are based on muscular tension, hyperventilation leading to paraesthesiae and faintness, and symptoms based on overactivity of the autonomic nervous system [1].

As far as era is getting flooded with new entries, a throat cut competition is taking place which is generating fear, the latter one slops down the performance, .as it be true to say that blood of a human being is frozen at a level of minus temperature same as the financial blood of organization was frozen due to that cold fever named as recession. Its oftenly observed that People stay very confident with attributes towards their performance level and always accept to attempt and give their 100% but sometimes it becomes quiet difficult when they are expected something more than that 100%. That expectation could possible a potential cause of the stimulus, an inductive factor of the stress. Different people have different level of tolerance and adoption capability, accordance to their pattern, responds towards these expectations.

Stress could have a positive aspect but at the same time could negatively effect the individual health. Positive in the manner to improve one's decision making capacity and mind sharpness but could also lead to the personal dissatisfaction, happiness of one's life, situation handling capacity which will overall reduce the performance. So there suppose to be strong correlation ship between stress and health, stress and performance. A long term stress may be a cause of depression.

Most people think of stress as a mental state but it is in fact, very largely, a physical condition. Managing stress is all about taking charge: taking charge of your thoughts, your emotions, your schedule, your environment, and the way you deal with problems. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun – plus the resilience to hold up under pressure and meet challenges. In fact, the simple realization that you're in control of your life is the foundation of stress management. Finally, quantum physics experiments now prove that one can physically manifest in one's life whatever one persistently think about.

Stress management proposed to be done by variety of methods like yoga therapy, music therapy, art therapy, massage therapy, meditation therapy, aroma therapy etc. but meditation comes out to be the best one out of all these as it is a self's regulation therapy. One can be the self therapist and moreover, meditation not only overcome the stress problem, but the same time it helps as the vaccine(Inducing power to fight against many diseases and social problems).

**Meditation:**

It is probably the world's most widely used self's regulation therapy. Self management implies instruction to the patient on how to master his anxiety and how to become his own therapist. The term 'meditation' is often equated with the transcendental variety (Mantra meditation) introduced to the west by the Maharishi Mahesh Yogi in the 1960s. Meditation may make information processing in the brain more efficient. Meditation could also improve the brain's capability to regenerate and renew itself, even at the time of old age as seen in the recent discovery neuroplasticity. Electroencephalographic alterations, skin electrical resistance, breathing alterations and cardiovascular responses were assessed in each one of the technique. Meditation involves positive attention focus(Self-Focus skill), Logic relaxation offering analysis , judgement and expectation during the exercise. Overall a non sensorial self perception mode would be there [2]. According to the recent study, The Transcendental Meditation technique may be an effective method to reduce blood pressure, anxiety, depression, and anger among at-risk college students [3].

Meditation is based upon acquisition of the skill of focused attention in the setting of a passive attitude. Trance is the characteristic of all meditational systems. The method rests upon the self induction of trance. The trance is a state of narrowed attention on a single experience or mental image; attention to external stimuli is reduced but not wholly abandoned [1].

Despite its evergrowing use in health-related areas, procedure characterized as meditation have been little or not at all defined operationally, which hinders its use in a standardized manner. In the last years, meditation turned from a solely mystic process of spiritual quest to a complementary effective method in several health situations

To be characterized as meditation, the procedure must contain the following operational parameters: Utilizes a (1) specific technique (clearly defined), involving (2) muscle relaxation somewhere during the process and (3) logic relaxation: a necessarily (4) self-induced state, using a (5) self-focus skill (coined anchor)[4]. It is a step by step process of reaching perfection. For meditation, one need not to adopt any new religious orientation. It's a successor of Kundalini{Sanskrit Kundala = Coiled}, which over generations came over to refer to the latent power of spiritual realizations buried deep down in the human body, perpetually under pressure to rise up and manifest its ultimate truths, power and bliss [5]. The important thing which should be carefully controlled as not to do meditation for at least two hours after meal. The latter could be explained as digestive process elevates metabolism while meditation reduces it so as to experience deep relaxation. It has been suggested that the deep relaxation induced by the meditation experience is nature's way of counterbalancing the fight or flight response. It seems as universe has provided us with a way to nullify the stress producing reaction.

The essential preliminary to a self-help technique is that the subject should understand the method, should realize that relief will come through his/her own efforts, and should wish to receive this form of treatment [1]. Meditation is broadly classified as Breathing meditation, Mindfulness meditation, Transcendental meditation. Breathing meditation is to increase the supply of oxygen in one's system. Right breathing process could cures internal infections like cough, cold and also helps in proper functioning of internal organs. Mindfulness meditation (Ultimate Meditation) is to relax one's mind completely and bring harmonious and calmness state of mind. For learners, it should first be done for five minutes and gradually increase with practice. It simply involves cultivating one's ability to pay attention in the present moment and allows one to disengage from mental 'clutter' and to have a clear mind. It makes it possible for one to respond rather than react to situations, thus improving our decision making and potential for physical and mental relaxation. It has been observed that focused attention characteristic of mindfulness meditation based stress reduction exercise would enhance relaxation and sense of participatory agency on the part of patients during their treatments, and might result in the reduction or reversal of possible stress related emotional and cognitive factors contributing to the exacerbation of the subject's condition [6]. As consciousness has proven itself to be the ultimate tool for encountering and participating in the underlying forces, that empowers our life as we commune directly with the basic scientific realities of life. Transcendental meditation is unique, simple, effortless technique for improving all areas of life like health improvement, concentration, and reduces stress and anxiety with greater mental orderliness, clarity and creativity. It a practice of focusing on a single thought or phrase, rather than trying to eliminate thought all together. A meditation technique with such a broad range of physiological and psychological effects, including relaxation and reduction of anxiety, might alter the experience of pain (Stressor). It has been observed that patient with high blood pressure who learned the transcendental meditation program showed a significant reduction of systolic and diastolic blood pressure , just after three months. A recent study had shown that the employees who learned the transcendental meditation program showed improved job performance in comparison with the control subjects [7]. Transendetal meditation practice also reduces the major stress hormone cortisol, both during meditationand longitudinally outside of meditation.The relevance of this to cognition is that studies have shown that increasing

cortisol levels impairs memory and that prolonged cortisol elevation may induce hippocampal atrophy with associated deficits in hippocampal dependent memory tasks [8-14].

### Conclusion

This paper deals with the stress management and meditation as the potential tool for stress management. As it has been proven now that meditation would be a good stress buster which will improve the daily life's job performance of individual.

### References

- [1] Philip Snaith. Anxiety Control Training. *Advances in psychiatric treatment*. 1994;1:57-61.
- [2] Johnson W. *Riding the Ox Home*. Beacon Press, San Diego, 1982.
- [3] At-risk college students reduce HBP, anxiety, depression through Transcendental Meditation. *American Journal of Hypertension*. December, 2009.
- [4] Roberto C et al. Meditation in Health: an operational definition. *Brain research protocols*. 2004;14:58-60.
- [5] John selby. How to master kundalini meditation. *East west natural health*. 1992;22(5):70-76.
- [6] Jon K Z et al. Influence of mindfulness meditation based stress reduction intervention on rates of skin clearing in patients with moderate to severe psoriasis undergoing phototherapy and photochemotherapy. *Psychosomatic medicine*. 1998;60:625-632.
- [7] *Academy of Management Journal*. 1974;17:362-368.
- [8] Jevning R, Wilson A F, Davidson J M. Adrenocortical activity during meditation. *Hormones and behavior*. 1978;10(1):54-60.
- [9] Maclean C R K et al. Effects of the transcendental meditation program on adaptive mechanism: changes in the hormone levels and responses to stress after four months of practice. *Psychoneuroendocrinology*. 1997;22(4):277-295.
- [10] Walton K G, Levitsky D. A neuroendocrine mechanism for the reduction of drug use and addictions by transcendental meditation. *Alcoholism treatment quarterly*. 1994;11:89-117.
- [11] Walton K G et al. Stress reduction and preventing hypertension: preliminary support for a psychoneuroendocrine mechanism. *The journal of alternative and complementary medicine*. 1995;1(3):263-283.
- [12] Lupien S J, McEwen B S. The acute effects of corticosteroids on cognition: integration of animal and human model studies. *Brain research and Brain research review*. 1997;24(1):1-27.
- [13] Lupien S J et al. Cortisol levels during human aging predict hippocampal atrophy and memory deficits. *Nature neuroscience*. 1998;1(1):69-73.
- [14] So K T, David W O. Three randomized experiments on the longitudinal effects of the transcendental meditation technique on cognition. *Intelligence*. 2001;29:419-440.