

**PHARMA SCIENCE MONITOR****AN INTERNATIONAL JOURNAL OF PHARMACEUTICAL SCIENCES**Journal home page: <http://www.phamasm.com>**MEDITATION – THE BEST MEDICATION FOR HOLISTIC HEALTH**

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ABSTRACT

Health is the basic human right of all individuals. The balance of humors, digestive power, vital tissues and proper elimination of waste products, state of having ideal sensory and motor perceptions and balanced psyche and spirituality are the characteristics of totally healthy individual. It indicates that a person should be healthy in all aspects viz. physical, mental, emotional, social and spiritual. In this era of advancement the stress and other psychosocial problems are showing upward trend. Yoga is a means of balancing and harmonizing the body, mind, emotions and soul. There are various traditional methods of meditation. The Jyoti Meditation on Ajna Chakra is one of the easiest methods of meditation for all age groups, gender, religion and socio-economical groups. The holistic health approach of meditation does not only eliminate the health problems of this life, but also gives a right angle of vision towards the aim of human life i.e. salvation. This paper presents the method and benefits of meditation, and glimpses of scientific researches proving the specific health benefits worldwide.

KEYWORDS: Ajna Chakra, Health, Holistic, Jyoti Meditation.

INTRODUCTION

A healthy human being can live productive life in the society. Health is a state of physical, mental, social, intellectual, emotional and spiritual well-being. Traditional western medicine deals with diagnosis and treatment of diseases, screening for common diseases, as well as some aspects of disease prevention. Ayurveda and Yoga primarily focused on health promotion and disease prevention. Meditation plays a major role in preventative medicine. Spiritual energy, conceived within each person, has the power to make us whole. Meditation is the way by which one can tap into this latent power. A man once touched by this inner force can experience improved health of the body, senses, mind and soul. Then he can radiate that peace to others, to become a source in bringing about healing of the whole universe. Maharshi Patanjali proclaims that if an individual regularly follows non-violence then all creatures of his surroundings also remove hatred from one another.¹

Chakras are the higher energetic centres at specific areas in our body. In most of the people these psychic centers lie dormant and inactive, while concentration on these chakras stimulates the

flow of energy and activate them. Activation of these chakras regulates the specific areas in the brain and allowing the person to experience higher levels of consciousness, which are normally inaccessible. The consciousness (energy) starts journey from Muladhara chakra, passes upward through Swadhisthana, Manipura, Anahata, Vishuddha, Ajna chakra, ultimately reaches to Sahasrara chakra and attains liberation or moksha.

AJNA CHAKRA

Ajna chakra is sixth one, a narrow gate which opens the way for our consciousness to ascend to its final destination (Sahasrara chakra).

Ajna means - Knowing, Command

Location - Between the two eyebrows (Bhrumadhya)

Synonyms - Shiva Netra, Third eye, Single eye, Gyana chakshu, Triveni

Number of Petals/Yoga Nadis - 2

Letter on Petals (Vibration of Yoga Nadis) - Ham and Ksham

Colour - White

Beej akshara or Seed - Om

Presiding God - Param Shiva (Shambhu)

Goddess - Hakini (Shakti)

Kosha - Anand-mai Kosha

Corresponding Plexus – Cavernous Plexus

Result of Concentration – Mind becomes steady and strong, full control over mind

MEDITATION (DHYANA)

From continued concentration by dharana, there grows a continuous flow of perception, called Meditation or Dhyana. It is of two kinds - Gross and Subtle.

The gross or objective meditation consists in meditating on the personal aspect of God, Ishta, a Godman or a Guru (the living Master-saint).

In the subtle meditation, the attention is fixed on the Shiva netra, the still point in the body behind and between the two eyebrows (Ajna chakra). After some practice at the bindu, the dark spot becomes illuminated and gradually the un-manifest becomes manifest. From here begins what is termed the Jyoti Meditation (Luminous Meditation).

TECHNIQUE OF JYOTI MEDITATION

One can meditate at any time, at any place and at any age, as they wish.

- Select a comfortable pose, in which one can sit for the longest time without moving.
- Close the eyes very gently, keeping eye-balls on a horizontal plane.

- Concentrate 8-10 inches ahead with single-pointed attention between the two eyebrows (Ajna Chakra).
- When we close the eyes and focus attention the mind will interrupt concentration by sending thoughts about problems, work, family, about the past, present, or the future.
- Now still the mind by mentally repeating any name of God.
- Repeat the names slowly, not in quick succession, so your attention is not disturbed.
- After regular practice, one can realize the eternal light (Jyoti) of God within.

BENEFITS OF MEDITATION

Physical Benefits

While fully concentrated in meditation, we lose awareness of any pains and discomforts in the body. We come out of meditation with renewed strength and vitality. Meditation helps us physically, putting us into a relaxed state, with a decreased arousal of sympathetic nervous system. Clinical trials of meditation in several stress related problems have verified improvement including hypertension, insomnia, asthma, phobic anxiety, chronic pain and cardiac tachyarrhythmias.² Many doctors and specialists prescribe meditation in the treatment of stress-related illnesses such as heart diseases, respiratory diseases, gastro-intestinal problems, migraine etc. Meditation practice decreases the overall death rate of by 23% in older persons with high blood pressure.³ After a ten week program of meditation, slightly over half of the enrolled cases of fibromyalgia found improvement, giving some hope to those with chronic pain.^{4,5}

Mental Benefits

All mental disorders become worse by stress and meditation is the best way to balance our mind by relieving stress. Cortisol (stress hormone) level decreased over the first several months after learning to meditate.⁶ Meditation relaxes mind and body, so we can live more efficiently and peacefully in this world. Researchers have found that our brain waves measure from 13-20 Hz during stressful situations and between 5-8 Hz during deep relaxation state. A study indicates that theta waves were abundant in frontal and middle parts of the brain during meditation, proving that our brain enters a state of deep relaxation.⁷

Intellectual Benefits

Intelligence is the capacity to learn from experience and adapt to the surrounding environment. Meditation helps to enhance the intellectual functions, like Communication Skills, Decision Making Ability, Productive Thinking, Reasoning Capabilities, Discriminating Power, Analytical Skill, Memory etc. A preliminary study proved that meditation effects on cognitive function and cerebral blood flow in subjects with memory loss.⁸

Emotional Benefits

Six basic emotions play a major role in our daily life. They are happiness, sadness, anger, fear, disgust and surprise. Healing power of Meditation can mitigate and eliminate emotional pain. After meditation, our happiness becomes less dependent on outer circumstances. Man is not obsessed either by attachment or detachment, and like a lotus flower, floats above and over the slime of common existence. A study on two hundred healthy adults was focused on the effect of meditation on mood and psychological distress, and found positive results.⁹

Social Benefits

The world is in need of healing by ending violence and conflict. We cannot control what others do; we can only control what we do. When we meditate, we become more ethical. If we can heal our body, mind and soul through meditation, we will have added one more, healthy human being to the society. The people we meet in our families and communities will be impressed by the transformations we have undergone. Others will witness our peace, harmony and joyousness, and they will want to find out how we gained such treasures.

Spiritual Benefits

The spiritual benefits, which are derived by meditation on Ajna Chakra, cannot be described in words. Through meditation we contact the “love of God” within. We realize that “God is our protector”, we don’t have to face problems alone “God is with us”. We experience that God is in the form of light and sound. The Godman appears within, and one sees the secrets of eternity like an open book. The ultimate purpose of meditation, spirituality and indeed life is to achieve self-knowledge and to reunite our soul with God. For this our soul must go on an inner journey through the inner regions guided by the inner light and sound. Those who reached the light came back to have their life transformed. They became more loving and caring, took better care of their health, and went more into service-oriented professions.¹⁰

CONCLUSION

Meditation on Ajna chakra is a technique of focusing one’s attention from outside world to inside vista. Spending regular and accurate time in meditation helps us in holistic way to improve the health in all dimensions i.e. Physical, Mental, Intellectual, Emotional, Social and Spiritual. It helps us to develop concentration and gives us a sense of divine love, peace and eternal joy. Meditation is the platform to connect with God and realize the innate spiritual essence of our beings. Through meditation we experience the light of God in all creatures. We become a source of peace and ambassador of love to heal the entire world. Along with elimination of health

problems in this life, meditation also destroys all the karmas of the past lives and helps to achieve moksha, the actual and final goal of human life.

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