



IMPACT OF FASTING AND PREKSHA MEDITATION ON HAEMATOLOGICAL PARAMETERS OF HEALTH

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ABSTRACT

Background: The best achievement in life is to have a good health and disease preventive life. For thousands of years, meditation is ancient holistic relaxation practice has been used as an effective therapeutic tool that counteracts the adverse clinical condition of human being. Meditation has been reported to be beneficial in treating stress related disorders, improving autonomic functions, lower blood pressure, obesity, anxiety, psychosomatic disorder, increase strength and flexibility of muscles, improve the sense of wellbeing, slowed ageing process, control breathing, reducing signs of oxidative stress and improving spiritual growth.

Objective: The aim of present study was to investigate whether regular practise of Preksha Meditation and Fasting for one can improve haematological parameters of health.

Material and Method: The study group comprised 38 healthy adults aged between 35 to 55 years. They were doing Preksha Meditation and alternate fasting for 1 year. Assessments of various parameters were done before and after fasting.

Results: Regular practice of Preksha Meditation and Fasting significantly improved the Haematological parameters of health in terms of Weight loss, controlled Blood pressure, improve Haemoglobin, control Sugar, Urea and creatinine, and improve Lipid Profile i.e. Total cholesterol, Serum TG, LDL, HDL, VLDL level in blood.

Conclusion: We can conclude that Preksha Meditation with Alternate fasting is more effective therapy for human health.

KEYWORDS : Preksha Meditation, Fasting, Lipid profile, Weight.

INTRODUCTION

Praksha Meditation is one of the meditation technique, it is spiritual and scientific process derived from Jain Agamas. Lord Mahaveer stated "Sampikkhaeappagamappaenam" means 'see you thyself' or perceive and realize yourself, which later becomes the principle of the Jain yoga tradition, and formulated as Preksha Meditation by Late Acharya Tulsi and Acharya Mahaprajna[1]. The word Preksha is derived from the root iksa, which means 'to see'. When the prefix 'pra' is added, it becomes pra + iksa = preksa, which means to 'perceive carefully and profoundly' [2].

Preksha Meditation is not just for achieving physical, mental, and emotional well-being but a key to spiritual treasure trove.

Life style disorders like cardiovascular diseases, diabetes, obesity, urological and livers function diseases represent a major health problem of society, counting as one of the main causes of death. In fact, an increase in the mortality risk from these disorders has been found to be associated with elevated concentrations of triglycerides, total cholesterol, glucose, urea and creatinine [3-4].

On the other hand, the important implications of stress generating situations on changes in blood lipid levels have been widely documented [5]. Psychological stress has therefore been reported to cause augmentation of the concentration of total cholesterol, LDL, and triglycerides in healthy individuals [6] and in those with a greater risk of suffering from cardiovascular diseases [7].

Apart from its relationship with blood lipid levels, cardiovascular risk has also been related to specific serum enzymes [8,9] and renal function parameters [10,11]. The serum enzymes GOT (glutamic-oxaloacetic transaminase), and GGT (gamma-glutamyl transferase) are often part of the blood tests used to assess hepatic function. Increased value of these biochemical parameters was typically associated with liver pathologies; however, they do not specifically measure hepatocyte function, but rather hepatocellular damage [12]. Similarly, serum levels of urea and creatinine are generally considered to be indicators of renal function, although these measures may also be altered in liver [13,14]. and muscle disease, respectively. Interestingly, serum levels of enzymes and urea, aside from pathological condition, may be modulated by behavior [15,16].

There are many scientific evidence confirming that a reduction of stress through different types of behavioral or psychosocial

interventions can decrease the concentrations of several biochemical parameters of clinical interest and help diminish the risk of cardiovascular disease [17,18]. In particular, the behavioral approach has been reported to be effective in reducing blood lipids, especially high cholesterol levels [19].

Given the potential clinical implications of the aforementioned approach, in recent years considerable interest has been directed towards examining the effects that various ancient eastern psychosomatic techniques can exert on biochemical parameters of relevance to physical health [20]. In the sense, decreases in blood pressure, heart rate [21,22], and cardiovascular reactivity have been reported in subjects who practiced meditation. Various forms of meditation have also been found to be effective in reducing stress symptoms in subjects with diverse physical and psychological pathologies [23], including cancer patients.

Material and Methods

The study was carried out on 38 healthy adults which were enrolled in study according to under mention criteria from Balotra District Barmer.

- Age group- 35 to 55 years
- Sex - Male & Female
- Religion - Swetamber Jain
- Socio-economical condition – The subject were of similar socio-economical condition.

STATISTICAL ANALYSIS

The obtained data were analysed statistically comparison between groups were made by using Student's 't' test. For intra group comparison paired t test was used. A 'p' value ≤ 0.05 were accepted as indicating significant difference between the compared values.

Result

The obtained data were analyzed statistically, and we found as significant decreased in mean value of Weight from 62.689 ± 10.610 to 52.137 ± 8.061 , Systolic blood pressure from 122.41 ± 10.291 to 127.2 ± 14.487 , Diastolic blood pressure from 77.724 ± 8.378 to 81.62 ± 9.317 , haemoglobin from 9.779 ± 0.912 to 11.025 ± 0.567 , blood sugar fasting from 87.707 ± 15.241 to 96.756 ± 23.881 , blood urea from 31.465 ± 4.154 to 20.406 ± 3.513 , serum creatinine from 0.627 ± 0.183 to 0.758 ± 0.05 , serum total cholesterol from 172.78 ± 15.259 to 186.89 ± 7.632 , serum triglycerides from 83.982 ± 8.008 to 103.169 ± 8.105 , LDL cholesterol from 113.2 ± 15.63 to $124.34 \pm$

7.095, VLDL cholesterol from 16.413 ± 1.615 to 20.603 ± 1.627 and serum LDL/HDL ratio from 4.095 ± 0.548 to 2.861 ± 0.245 after experimental intervention.

Table 1: Intra group comparison of mean values of different parameters at pre and post stage

Parameter	Observation	Mean	SD	R	Sed	T-Value
Weight	PRE	62.689	10610	0.769	1.26	8.374*
	POST	52.137	8.061			
Systolic Blood Pressure(mm/hg)	PRE	122.41	10.231	0.356	2.685	-1.785NS
	POST	127.2	14.487			
Diastolic Blood Pressure(mm/hg)	PRE	77.724	8.378	0.435	1.753	2.223*
	POST	81.62	9.317			
Haemoglobin\ (Gm)	PRE	9.779	0.912	0.204	0.18	6.922*
	POST	11.025	0.567			
Blood Sugar(mg/dl)	PRE	87.707	15.241	0.227	4.688	1.931 NS
	POST	96.756	23.881			
Blood Urea(mg/dl)	PRE	31.465	4.154	-0.303	1.151	9.606*
	POST	20.406	3.513			
S.Creatinine (mg/dl)	PRE	0.627	0.183	-0.412	0.038	-3.377*
	POST	0.758	0.05			
Serum TC (mg/dl)	PRE	172.78	15.259	0.216	2.882	-4.895*
	POST	186.89	7.632			
Serum TG (mg/dl)	PRE	83.982	8.008	-0.05	2.177	-8.811*
	POST	103.169	8.105			
Serum HDL (mg/dl)	PRE	42.578	5.098	0.014	0.96	0.08 NS
	POST	42.655	0.936			
Serum LDL (mg/dl)	PRE	113.2	15.63	0.239	2.886	3.856*
	POST	124.34	7.095			
Serum(VLDL) Cholesterol (mg/dl)	PRE	16.413	1.615	-0.032	0.432	9.688*
	POST	20.603	1.627			
Serum LDL/HDL Ratio(mg/dl)	PRE	4.095	0.548	0.362	0.095	12.946*
	POST	2.861	0.245			

* - Significant at the level of $p \leq 0.05$; NS – Nonsignificant

Discussion

The present study indicate significant improvement in weight, Blood Pressure, Haemoglobin, Blood Sugar, Blood urea, serum Creatinine, Serum TG, LDL, HDL, VLDL, LDL/HDL Ratio was there. It suggest the improvement and indication of over the health. through the practice of Preksha Meditation. The washing out of CO₂ and the promotion of decarboxylation and oxidation mechanisms whereby quieting of respiration centers is achieved, have been suggested to play a key role in the effects on urea induced by this yoga breathing technique [24].

Practice of Yogasana improves biochemical profile indicating anti-stress and antioxidant effect, important in production of degenerative disorders [25]. Earlier studies have shown that practice of Yoga is associated with significant decrease in cholesterol among subjects with cardiovascular diseases, atherosclerosis, angina, hypertension and Type 2 Diabetes Mellitus at different duration of Yoga [26,27].

Conclusions

Preksha Meditation may be used as a non-pharmacological therapeutic and safe modality as an effective lifestyle adjunct to medical treatment to improve quality of life of patients. It is to be

emphasized that it is very effective for prevention as well as management of all pervading stress and stress related disorders.

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