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**Meditation Effects On Human Health**

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**Abstract:**

In this report I will discuss Stress and anxiety can make everyday life a challenge. They're the mental monsters that harm the well-being of millions daily, leading to long-term effects on health. In the hopes of finding a way to combat stress, researchers are investigating if a single, hour-long meditation session can counteract the negative effects of anxiety and stress.

**Introduction:**

Meditation can be defined as a practice where an individual focuses their mind on a particular object, thought or activity to achieve a mentally clear and emotionally calm state.[1] Meditation may be used to reduce stress, anxiety, depression, and pain.[2] It may be done while sitting, repeating a mantra, and closing the eyes in a quiet environment .

Meditation has been practiced since antiquity in numerous religious traditions and beliefs. Since the 19th century, it has spread from its origins to other cultures where it is commonly practiced in private and business life. Meditation is under psychological, neurological, and cardiovascular research to define its possible health effects. <sup>(1-2)</sup>

**Discussion:**

1:In a small study that's being presented today at the 2018 Experimental Biology meeting, researchers found evidence that a single session of mindful meditation can help reverse the physical and psychological toll of stress on the body. Over the past decade, meditation and mindfulness have become popular regimens in healthy living. They've evolved from being just a fad to a legitimate player in the fight against cardiovascular disease and other conditions exacerbated by stress.

2:John J. Durocher, PhD, assistant professor of physiology in the department of biological sciences at Michigan Technological University and Hannah Marti, a recent graduate of Michigan Technological University, led the research. They measured the 14 participants' anxiety using a system called the Beck Anxiety Inventory (BAI) before and after they underwent a 60-minute introductory mindful meditation session. The researchers found that meditation had significant effects on both physical and mental symptoms of anxiety. Participants reported far less anxiety on the BAI, but they also had physical indicators of less stress. After one hour of meditation, researchers found that there was a significant change on blood vessel wall stiffness — indicating less stress or pressure on their arteries — immediately after meditation. This reduction was also seen an hour after the meditation as well. As a result of these early findings, the researchers suggest people can start to see psychological and physical benefits from a single introductory session of mindful meditation — and possibly even lower their cardiovascular risk. While this study is small and yet to be published in a medical journal, the researchers say it can help open a new pathway of research.

3:mindful meditation has been shown to help not only stress and anxiety, but other conditions often exacerbated by chronic stress as well. It can reduce pain, boost the immune system, and ease inflammation in chronic conditions. It can even help increase gray matter in the brain, build focus and concentration, reduce loneliness, and even cultivate willpower. "There is an increasing body of research that is providing an evidence base for the utility of meditation and mindful meditation, and even combining it with traditional treatments like cognitive behavioral therapy as a treatment for anxiety," said Dr. Ramani Durvasula, professor of psychology at California State University, Los

Angeles. “Given that anxiety is in fact a ‘head game,’ it would follow that it could also be managed by techniques that focus on distraction, refocusing body sensations, and thinking differently.”

**Conclusion:**

Meditation programs may help reduce anxiety, depression and pain in some patients but may not lead to a boost in positive feelings or overall health, according to a new review study.

each study included a group that participated in meditation (usually for a few weeks or month), as well as a control group that participated in another activity that required similar time and effort, such as learning about nutrition or performing another type of exercise.

most participants had a mental health condition (such as anxiety or depression) or a physical health condition (such as lower back pain or heart disease).

Participants who practiced mindfulness meditation for about eight weeks to six months showed small but meaningful reductions in anxiety, depression and pain.

**References :**

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