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A Comparative Study of Effects of Transcendental Meditation (TM) And Yogaasnas on Autonomic Activity

Mohini Khullar, Shilpa Khullar

Department of Physiology, Manav Rachna Dental College, Faridabad and Department of Physiology Maulana Azad Medical College, New Delhi

Abstract:

Present day lifestyle is the major contributing factor towards stressful living , both at mental and physical levels. Stress is known to cause imbalance in neuroendocrinal mechanisms (responsible for maintaining physiological stability during environmental change) ,resulting in ill health .1 Over a few decades, non-pharmacological “self induced relaxation techniques” have gained popularity in ‘stress management’ over drugs. These techniques might be having an influence on adaptive mechanisms, such as autonomic activity.Beneficial effects of yogaasnas and T.M on physical and mental health are reported in literature and these practices are advocated in psychosomatic illnesses arising out of stressful situations . T.M as introduced by Maharishi Mahesh Yogi 2 is a widely studied meditation technique as it is systematic and easy to study. It involves neither concentration nor contemplation. Yogaasnas are alleged to enhance parasympathetic activity and TM to suppress sympathetic activity. No published data regarding the effects of a combined practice of the two techniques is available. To study the effects of a combined practice of yogaasnas and TM on autonomic function a comparative study was done in 24 young healthy females.

Reference

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