

Review Article

Meditation for Millions (Saral Meditation)

H. L. Dhar

Abstract

A simple effortless meditation, easy to perform to be practiced for 20 minutes in 24 hours with wide ranging benefits for a better and longer quality life. Each and every effect claimed has been scientifically evaluated and repeatedly confirmed. In addition to health and general wellbeing, simple practice improve intelligence, performance, creativity, personality, vitality, mental alertness, behaviour, efficiency and inner beauty and reduce tension, stress, sleeplessness, disease and aging process. Regular practice for 3 years makes you younger by 6 years and also looks younger. One year practice control hypertension and diabetes improve pulmonary function in asthmatics and reduce stress on heart. EEG shows marked increase in Alpha wave in the brain, an indication how it increase intelligence and creativity.

Saral Meditation has been demonstrated on mass scale to over one lakh people including in Bangladesh, one such demonstration was presided by the Vice-chancellor of Dhaka University. Now it has gone online through Face book from Sanfrancisco.

Meditation therapy based on Saral Meditation has been reported to reverse Coronary artery blocks, dementia and toxic effects of drugs and other therapies in cancer patients is beyond the scope of this article.

Introduction

Meditation has been known for thousands of years, but scientific evidence of its effects is quite recent. Initial evidence came from Transcendental meditation(TM) 1, 2. However, Saral meditation is based on TM but without mantra and other formalities and that it is to be practiced once instead of twice as in TM. The author learnt TM from Maharshi Mahesh Yogi when he went on deputation to the Maharshi Vedic University, Netherlands to deliver lectures on 'Vedic approach to Health' worldwide in 1994. He wanted permission to teach TM to his students but told, it requires 3 month's training to give mantra. After coming back he did extensive studies on meditation, interacted with number of authorities on meditation both in India and abroad including Lama Gang Chang, author of meditation for world peace and simplified TM without mantra and other formalities but incorporating a new idea which was proved later to be involved in reducing the practice once^{3, 4} It does not interfere with one's own belief and do not require Guru and puja etc.

Clinical evaluation

Since Saral meditation differs from TM- without mantra and practiced once, it

Director, Holistic Health Centre & Research, Dadar, Mumbai-400 028, Consultant Geriatrician & Meditation therapist, Shushrusha Hospital, Dr. Tilak Hospital & Mhaskar Hospital.

was obligatory to study each and every effect. Initial study was done on intelligence, performance and cardiac function as per TM. All the parameters were evaluated in 52 students followed by training on Saral meditation and they were

told to practice morning and evening for 20 minutes and those studies would be repeated after one year. However, during the repeat study after about 15 months, it was revealed that majority of the students practiced only once as they had to report for duty early in the morning and the author had nothing to say. But when analysis was done by the statistician it was found to be significant on intelligence and performance but its effect on blood pressure and heart rate did not change⁵ which was expected as all of them were young girls admitted after thorough health examination. This was followed by extensive studies involving all research staff as well as his PhD students over the years using parameters of TM and beyond with wide ranging effect which has been reviewed recently with 44 references.⁶ Simple practice has been reported to increase mental alertness and confidence,^{3,7} reduce disease and aging process,^{8,9} blood pressure, blood sugar and keeps the heart in check.¹⁰ It improve behaviour and relationship and memory¹¹⁻¹³ and reduce stress, sleeplessness and loneliness in the elderly.¹³⁻¹⁵ One year practice control blood pressure in hypertensive, blood sugar in diabetics and reduce bronchomotor tone in asthmatics.¹⁶⁻¹⁸ One of the outstanding finding was regular practice for 3 years makes you younger by 6 years and also look younger.^{8,11,12,15,19} It brings out inner quality and beauty making you look better and fresher, younger and smarter with increased alertness.^{3,7} Another land mark work first time anywhere was, one year practice increases Alpha wave in the brain

and balances action between right and left brain.**15,19**

Mechanism of action

Saral meditation is based on facts and attempt has been made to explain the mechanism of action. It has been reported in literature that 95% of world population function in Beta level of the brain wave for normal activities and less than 5% highly intelligent people can perform in Alpha level.²⁰ Based on this the author took a research project at Bombay Hospital on 'Effect of Saral meditation on EEG' in collaboration with EEG dept.¹⁴ volunteers were selected aged between 45-60 years. No one had any brain disorder or head injury. All of them were subjected to EEG, However, only 11 had reported. Then they were given Saral meditation, asked them to practice for 20 minutes daily preferably in the morning. After one year EEG was repeated but only 9 reported. Result showed marked increase in Alpha wave compared to control in the same individuals 21 and co-ordinates between left and right brain.¹⁵

A number of endocrine reactions have been identified in meditative response of Buddhist meditation including blood levels of lactate, cortisol and nor-epinephrine resulting in a state of decreased tension-an anxiety symptom in normal subjects'.²² Increased levels of gamma amino butyric acid (GABA), melatonin and dihydroepiandrosterone (DHE) have been reported in TM.²³ GABA is an inhibitory neurotransmitter causing tranquillising effect acting through specific areas of brain. Melatonin has been associated with variety of functions in

maintaining health and age related disease. DHE is an anti-stress hormone. Apart from sex hormones, many other hormones are produced in the brain; most important is endorphin of particular interest. Beta endorphin, body's pain killer are produced in the pituitary and hypothalamus and their levels are increased during meditation.²⁴ Endorphin secreted during meditation also reverses the aging process.¹⁵ One of the important effect of Saral meditation is increasing memory 1 and reverse memory loss²⁵ which could be due to endorphine by keeping the brain cells intact and healthy.²⁶

It has been reported that TM and mindfulness meditation based stress reduction may produce clinically significant reduction in systolic and diastolic blood pressure through reduced adrenergic sympathetic receptor sensitivity producing a decreased response to stressful situations.²⁷ Calmness of brain due to reduced frequency of brain waves also contributes to reduced hypertension.²⁸ Saral meditation causes significant reduction of stress^{5,13,15,29} as well as brain wave frequency⁷ increasing Alpha activity²³ and Theta wave during deep meditation.³⁰

Regular practice of integrated Yoga has been reported to reduce blood sugar.³¹ Medical meditation has shown to cause insulin release.³²

TM reduces plasma cortisol (stress hormone) level which improves glycaemic control.³³ Saral meditation is known to reduce stress and has been shown to

produce anti-stress activity post meditation causing persistent fall in blood sugar.³¹

Inference

Saral meditation is like a daily bath for refreshing your mind and body with alertness about one's conscience to do what is right which comes automatically and instantly without efforts. It is like gaining spirituality without conscious efforts to be spiritual.

It makes you healthy with less incidence of disease. Even if you become ill, recovery will be enhanced and relapse will be rare. It will increase your life span and look younger than age. Regular practice will increase your memory and efficiency. Just devoting 20 minutes, you will be saving hours and will be able to finish your works perfectly in less time. A student can perform better devoting less time in reading. Your behaviour will be more and more pleasant and relationship in the office and in the family will improve. If you are in the army or any other defence establishment, your strength and capability will increase with presence of mind in extreme situations. In other words, simple practice of Saral meditation will make you a better person, make your life worth living.

Inner quality will improve automatically without efforts and super-consciousness will prevail in the long run. Normally, there are two level of consciousness, either you are conscious or unconscious (sleep). But there is another level of consciousness called super-consciousness attained through meditation, making you more conscious

while awake with full of wisdom distinctly superior from others.

Practice of Saral meditation

Step-1: Select a quite room or a place (if not available get up in the early morning), Wear clean clothes without shoes, phone off the hook.

Step-2: Sit strait, close eyes. Focus your attention at the junction of nose and forehead.

Step-3: Remain conscious of your breathing-both inspiration and expiration. Mind may roam about - let it be, but be conscious of breathing when it comes back.

Step-4: As days go on, breathing will be calm, slower with lesser and lesser amplitude-a stage will come as if breathing has stopped completely but conscious within - stage of absolute silence - the tranquillity.

Step-5: When meditation is completed-relax in any comfortable position - slowly open your eyes and close slowly - repeat once more before taking normal position.

Step-6: While not at work (work is meditation) and mind is free - try to remain conscious of breathing (new element).

Conclusion

Saral meditation is for the millions to benefit, already demonstrated to more than a lakh people and online through book. By devoting 20 minutes you get energy for the whole day to perform better and with satisfaction. It reduces the frequency of brain cycle and balances body and mind with general well being and alertness in taking right decision at right time. Regular practice increases life span worth living with achievements. In the long

run you can reach the state of super-consciousness without being aware of it.

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Urticaria

Urticaria is classified as acute when it resolves within six weeks and chronic when its duration exceeds six weeks.

The prognosis for eventual recovery from spontaneous and inducible urticaria is excellent. However, the time course is unpredictable and may extend to years, often following a relapsing and remitting course.

For patients with chronic spontaneous urticaria (CSU) a differential full blood count and inflammatory markers are all that are routinely recommended. It is also reasonable to test thyroid function and check for circulated thyroid autoantibodies as there is an association between CSU and thyroid autoimmunity.

For older patients with intermittent chronic urticaria (ICU) and young children with acute urticaria, a food diary, investigation for circulating specific IgE to suspect foodstuffs and latex, and skin prick testing may be considered.

H1 antihistamine therapy is recommended as first-line symptomatic treatment for urticaria. It should be taken continuously rather than on demand, in the lowest effective dose.

Although the long-term use of oral glucocorticoids in urticaria is **not** recommended, a short course of prednisolone (up to seven days) for the treatment of acute exacerbations or to cover important events is reasonable.

In individuals with a history of severe potentially life-threatening angio-oedema, an epinephrine autoinjector should be supplied for self-administration in an emergency, and the patient or carer carefully instructed in its use.

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