

EFFECTS OF SELECTED MEDITATION PRACTICES ON SELECTED PSYCHOLOGICAL DISORDERS – A REVIEW

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ABSTRACT

AIM

To analyse the effects of Transcendental meditation, Mindfulness meditation, OM meditation in diseases like Alzheimer's disease, Bipolar disorder, Schizophrenia.

HYPOTHESIS

Meditation practices may influence the psychological illness of a patient in a positive way.

BACKGROUND

Alzheimer's disease in cerebral cortex and presence of neurofibrillary tangles, plaques. Donepezil, Galantamine are the drugs used with side effects: anorexia, abnormal dreams, muscle cramps. Bipolar disorder is characterized by recurrent episodes of mania and depression in the same patient, at different times. Drugs: Donepezil, Galantamine, side effects: anorexia, abnormal dreams, muscle cramps. In Schizophrenia, cortical brain regions affected : involved in language processing, change in levels of neurotransmitters, gray matter reduction. Drugs used for Schizophrenia : Haloperidol (difficulty in urinating), Clozapine (diabetic conditions). Transcendental meditation increases GABA level and produces calming effect. Mindfulness meditation is associated with more adaptive emotion regulation and believes. Some facets of mindfulness are also associated with self reported motivation. Om meditation: During deep meditation, gamma waves (controls the extraordinary states of mind) are produced and increasing neuroplasticity and grey matter.

METHOD

Various articles and peer reviewed journals from classical texts and electronic databases like Pubmed, Google Scholar and Speaking Tree were reviewed using various keywords.

RESULTS

When the various psychotic disorders are treated with conventional medications and the arising side effects hampers the person in a different way. Yogic methods can be used as an alternate to conventional medications or can be used along with conventional medications to positively treat the patients.

Keywords: psychotic diseases, meditation, alzheimer's disease, bipolar disorder, schizophrenia