

# Yoga, Meditation, Medicine and Beyond

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## *Abstract*

Health is not merely absence of a disease or infirmity, but a state of complete physical, mental, and social well-being. Yoga & meditation are necessary for both patients and doctors alike, along with professionals in other fields. In spite of this, it is neglected from our day to day practice. Stress is the most important factor in our day to day life which leads to depression and anxiety, which if uncontrolled, leads to increased suicide rates which are highest among doctors, as compared to other professions.

Yoga and meditation are the tools which we have to reduce stress, depression and anxiety and also reap the physiological, psychological, psychomotor and cognitive benefits. Research proves that yoga and meditation help in maintaining the right balance of neurotransmitters in the, which keep a sense of well-being and happiness amongst the individuals who practice it. There are simple ways to incorporate yoga and meditation in our day to day life. Suryanamaskar, pranayama, meditation can be performed anytime and anywhere. It is said 'What you think, is who you are'. Meditation teaches us to think in the right direction. Meditation is the art which helps us to uproot negativity and reinforce positivism, in our day to day life.

In our current chaotic life, yoga and meditation are the best ways for physical, mental and spiritual well-being.

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