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Role of meditation for healthy life style

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Abstract

Meditation for health purposes is a mind-body practice in complementary and alternative medicine (CAM). Practicing mindfulness and meditation may help you manage stress and high blood pressure, sleep better, feel more balanced and connected, and even lower your risk of heart disease. Meditation and mindfulness are practices-often using breathing, quiet contemplation or sustained focus on something, such as an image, phrase or sound-that help you let go of stress and feel more calm and peaceful. Think of it as a mini-vacation from the stress in your life stress is your body's natural alarm system. It releases a hormone called adrenaline that makes your breathing speed up and your heart rate and blood pressure rise. It kicks us into action, which can be a good thing when we're faced with a real danger or need to perform. But that "fight or flight" response can take a toll on your body when it goes on too long or is a regular occurrence. Mindfulness meditation provides a method for handling stress in a healthier way.

Keywords: meditation, stress, blood pressure

Introduction

You can't see or touch stress, but you can feel its effects on your mind and body. In the short term, stress quickens your heart rate and breathing and increases your blood pressure. When you're constantly under stress, your adrenal glands overproduce the hormone cortisol. Overexposure to this hormone can affect the function of your brain, immune system, and other organs. Chronic stress can contribute to headaches, anxiety, depression, heart disease, and even premature death.

Though you may not be able to eradicate the roots of stress, you can minimize its effects on your body. One of the easiest and most achievable stress-relieving techniques is meditation, a program in which you focus your attention inward to induce a state of deep relaxation.

Meaning: Meditation is the process of quieting the mind in order to spend time in thought for relaxation or religious/spiritual purposes. The goal is to attain an inner state of awareness and intensify personal and spiritual growth. In practice, meditation involves concentrated focus on something such as a sound, image or feeling.

Meditation involves concentration and relaxation-both of which are enhanced by yoga. Just as there are many styles of yoga, so too are there a variety of ways to meditate. The first stage of meditation is to find a focal point or method of focusing in order to free oneself from distractions. Some methods of focusing include:

- **Sound:** Repeating a mantra, phrase or other sound.
- **Visualizing:** Picturing an object with eyes closed, such as a lotus flower or the energy points in the body (chakras).
- **Gazing:** Looking at an actual object with eyes open. Candles, flowers or pictures are common objects used in gazing.
- **Breathing:** Observing the breath and what it feels like-the sensations-as it travels in and out of the body.

There is something that can definitely help you improve your healthy lifestyle quotient. It's meditation, as a lot of people share. So let's have a look at some of the aspects of a healthy lifestyle and how meditation can help you in these areas:

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Healthy Food

Well, food is a very important source of energy; so eating the right amount and the right type of food at the right time can go a long way in determining your health. Most often just to pamper our taste buds; we end up eating food which might not always be so healthy. Many people have shared that with regular practice of meditation, eating healthy food more often has become easy for them.

Quality and Quantity of Our Sleep

What is the first thought that comes to you when you are very tired? 'I wish I could take a short nap,' isn't it? Well, along with a sufficient amount of sleep (7-8 hours/day), the quality of sleep (how deep your sleep is) is also an important factor that contributes to your overall health.

Meditation increases the quality of your sleep. How? One of the major reasons for improper sleep is stress. Stress Hormones reduce when you meditate regularly. As a result there is a calming effect on the mind and the sleep is deeper and more restful.

Keep Active

Aren't there just so many things to do in a day? And we also obviously want to do everything to the best of our ability. Some days we are naturally very active and some days we tend to get lazy. Many who meditate regularly share that meditation naturally keeps them more active and happy during the day. Even when they feel tired, low or bogged down, just a few minutes of meditation charges them up again

Enough Time to Unwind Yourself

Have you noticed that your productivity increases when you give your mind and body a chance to relax? But most often we complain that we have no time, there is just so much to do, isn't it? Well one of the best ways of unwinding yourself is meditation. Just sitting with your eyes closed for 20 minutes can make your mind calm and peaceful.

Along with meditation, there could also be some other ways of unwinding yourself; a hobby or anything that relaxes you-say reading a book or playing with your neighbor's dog. Now the good news is that meditation makes you more efficient in your work so you are able to do things faster than usual leaving enough time for leisure.

Joy at Work

Think about it, when do you most enjoy doing your work? One time obviously might be, if it is an area of your interest. But isn't it also when you are able to give your best to it. Because when you do it, you feel satisfied, and that satisfaction makes you happy.

Now how do you give your best? One answer is meditation. The formula is simple-Meditation increase focus improves efficiency, efficiency improves output and productivity, improved output increases job satisfaction.

Good Social Health

Have you heard the line 'Man is a social animal'? Well, our social health is also an important component of our health. It is based on how we get along with people. Isn't it nice to have people around with whom we can share our joys and sorrows with? You can fall back on your social circle, especially in times of need.

So how can we have a good social circle?-Socializing and being friendly is our nature. But we can always enhance this quality. Meditation makes us sensitive towards others, it

develops a quality of acceptance in us; it improves expression & Communications. With all these qualities we are better able to bond with others and start sharing healthy relationships.

Less Illness

At one level regular meditation improves immunity so the chances of getting sick reduce. At another level, even if you get sick, meditation fastens the process of healing.

Meditation Tips

- All of us want to naturally keep healthy, right? Keep pondering upon the few things mentioned above. This will help you observe the positive changes that you will experience with meditation.
- Meditating at-least once a day is advisable. You could either get started with meditation on your own or you could learn meditation from an expert. An expert will guide you to have a deeper experience in meditation.
- You could make a meditation buddy with who you can meditate together. Meditation buddies help you keep up with the practice.

Conclusion

All of the benefits of meditation listed combine to help you become a healthier person. Reducing blood pressure, anxiety and depression helps you to handle pain and illness better and as an individual you can expect to become calmer and more centered, which will help you process decisions that lead to a healthy, long and fulfilled life.

Meditation is often overlooked as a genuine way to improve the quality of life but the reasons listed demonstrate that it should be experimented with and embraced. Our healthy holidays provide you with the opportunity to do just that. You can discover the power of meditation through many of our stress free holidays aimed at recharging and restoring your body by combining meditation with other holistic activities, spa treatments and health consultations.

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