



Review Article

METANALYSIS ON MEDITATION IN POST- COVID PSYCHOPHYSICAL SYMPTOMS W.S.R TO PRANAYAMA

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ABSTRACT

The COVID-19 pandemic has transferred the outlook of every individual toward materialistic things. After each departing day, there are some points for optimism and agony both. The Covid-19 has changed the mental makeup due to sudden lock down and crises in the economy. Researchers are doing their best to slow down this contagious disease. Slowly the recovery rate is also boosting up. Different pathy comes together to find the right solution somehow, symptomatic management is quite possible with integration. But, now a new challenge is approaching as post-recovery phase symptoms or follow-up symptoms which mainly include the psycho-physical conditions. Among the recovered individuals from infection of the corona, various mental symptoms like depression or stress are the most striking one. Different modules were functioning in both traditional and contemporary sciences for inner peace or reducing the psycho-physical symptoms. Based on different studies performed on various parameters makes the meditation most reliable. The present metanalysis is carried out to find the role of the meditation or *Dhyana* in managing the post-COVID psychological symptoms w.s.r to breathing practices.

After completion of the study, it was found that the practice of meditation in post recovered persons will not only bring inner solace by reducing the physiological symptoms but will also reduce spending on health.

INTRODUCTION

It is universal truth that life is full of uncertainty but no one has think about the current situation that everyone in the world will face the same problems. Despite of grave pathological symptoms this Covid-19 also associated with certain unavoidable circumstances like separation, loss of life, downfall in economy, unemployment. In such a situation where social aloofness is taking a hard toll on the mental ability of humans, everyone wants some relief and eyeing the medical fraternity for some magical remedy. A person, who has suffered from this pandemic, has undergone a great commotion including economic setbacks, health and especially on the physical level,

after the isolation, undergoing unconfirmed protocol of treatments, and thereafter also facing social stigma on discharge. The recovered persons have to revive their life, which goes around like attaining the milestones of life just like a developing toddler. Covid-19 patients develop psychophysical symptoms like depression, fear, and anxiety in their post-recovery phase which persists for longer duration. From time immortal the chase of humans about self-improvisation has taken him towards the path of meditation as a sole reliever. Meditation is one of the components of *Astanga* (eight limbed) *Yoga of Patanjali*, which explains it as, non-judgmental, non-presumptuous, sequential movement of thoughts, and flow of awareness.

METHOD

To validate the role of meditation in post Covid-19 recovery phase metanalysis was done as follows;

A search of relevant available validated scientific literature, several systematic reviews, meta-analyses, randomized controlled trials from Med-

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line/Pub-Med, and Google Scholar on the practice of meditations were searched. Eight articles were available on the web related to the subject.

RESULTS

Article by Carf A, Bernabei R explains the post recovery symptoms and their significance. With the reference of research letter symptoms like fatigue and headache are found as post recovery symptoms as per standard protocols. The main concern of the study was to assess the physical health and to signify the importance of post-COVID-19 rehabilitation in hospitals^[1].

An article by Balachandar, V., Iyer Mahalaxmi, Mohandevi Subramiamand- detailed study that shows the effect of meditation on the multi-organ system in post-COVID-19 scenario. The present study also describes the problems faced by the patients in their post recovery phase like feelings of paranoia and fear the condition that persists in their subconscious minds. In quarantine period, patients have to discontinue their physical contact with their own persons, which might increase the chances of psychological symptoms. In same study some specific recommendations are also conveyed to the recovered patients to overcome the psychological symptoms like practicing yoga and meditation^[2].

An article by Behan, C. (2020) details the role and benefits of the meditation on health before commencement of the pandemic. This study explains the role of meditative practices in general well-being as well as on different types of ailments both on physical and mental levels^[3].

An article by Nancy Morrow-Howell, Natalie Galucia and others especially focused on the recovery of the elderly population from pandemic revealing the greater emotional effect due to increased social isolation and anxiety symptoms, and increased risk of hypertension, cardiovascular disease, obesity, cognitive decline, and death^[4].

In a letter to editor, by Patel, Nupur B. (2021); Patnaik, Itish, it was found that *Asana*, *Pranayama* and *Dhyana* reduce the fight or flight response of stress by increasing the vagal stimulation. Its anti-inflammatory activity includes reduction in natural killer (NK) cell, C-reactive protein (CRP), and T-cell cytokine (IL-12, IL-6), and an increase in anti-inflammatory cytokine (IL-10). Studies have shown that yoga enhance the production and activity of melatonin, hormone-possessing antiviral, immune-enhancing, and anti-inflammatory property^[5].

Another study by Sharma H. Meditation: Process and effects, mentions the effect of meditation on different organ systems of the body, especially the

effect on the brain, breathing physiology, and even gene expression^[6].

An article by Verma B (2021), Rehabilitation is very much needed for the recovered patients. Yoga helps to reduces psychological stress and also helps in strengthening the immune system. Consistent practice of the yogic breathing techniques (*Pranayama*) increases the lung's airflow, air capacity, stamina and efficiency. Yoga could also be helpful in improving respiratory functioning. Author conclude that *Asana* (postures) and *Pranayama* (breathing patterns) based on yoga has been outlined as effective method of exercises for post COVID rehabilitation^[7].

Article published in Irish Journal of psychological medicine gives a great view of the role of meditation in times of crisis like the current pandemic. Here evidence- based meditation techniques like Mindfulness- Based Stress Reduction (MBSR) and Mindfulness- Based Cognitive Therapy (MBCT) have shown reduced anxiety depression and post-traumatic stress disorder stress blood pressure, cortisol levels, and other physiologic markers of stress^[8].

Government of India, Ministry of AYUSH also launches the guideline for the *Yoga* practitioners for COVID-19. In these guidelines, *Yoga* practices for prevention, rehabilitation and to increase immunity was elaborated. The module was prepared in which *Asana*, Breathing exercises & *Pranayama*: Sectional breathing *Nadishodhana Ujjayi Bhramari* was included. It shows the significance of the yoga in Covid-19.^[9]

DISCUSSION

The importance and significance of the Meditation described in different Vedic texts since immortal time. The concept of "meditation" is very diverse and attains different modifications with the time.

It shows similarity with the concept of deliberation, concentration, and meditative movement exercises. In Yogic text *Pranayama* and *Dhyana* is described with beautiful expression which is now-a-days counted under breathing exercises and meditation respectively. These techniques work at diverse levels such as on mind, intellect, and emotions. According to the classics, the true intention of *Yoga* is to unite oneself to one's deep inner self^[10]. Different scientific articles published on meditation also mention the significant changes in the brain area concerned with Psycho-physical symptoms, after long-term practice of meditation. The prefrontal cortex, the cingulate cortex, and the hippocampus i.e. limbic system of the brain show activity consistent with improved emotional regulation.

A metanalysis by Behan, C. (2020) on different randomized studies prior to pandemic. In this study, different types of meditations either singly or as adjuvant therapy with a different schedule of durations were discussed. In conclusion it was found that growing scientific interest in meditation showing that this practice has lasting changes in cognition and emotion. Another article also discusses the effect of meditation on different organ systems of the body. Here they mention that the process of meditation goes beyond the mind to the deepest level of the inner self.

CONCLUSION

After literally research on various articles on effect of meditation in post COVID symptoms, it was found that both physical and psychological health is imparted. Sudden change in lifestyle and uncertainty of the condition creates the fear and anxiety in the individuals. Unexpected life loss develops the condition of sorrow and depression. Physical pain can be managed by medicines but challenges come while dealing with the psychological health. So, it is mandatory to find the reliable option. Here comes the role of meditation, which is now evidence proven healer of the mind and not only lowers the physiologic markers of stress but also creates an optimistic feeling and wellbeing.

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