

the people is not fully satisfied.

Manmohan Singh announced that the government will establish a regulatory body for the industry, which is finalised soon.

discuss...

New medication

Indian Express 3/2/11

Amrita meditation technique lowers stress hormones, says study

Express News Service
Kochi, February 2

A NEW meditation technique developed by the Mata Amritanandamayi Math lowers stress hormones, according to a study recently published in the international journal, Evidence-Based Complementary & Alternative Medicine.

The five-year study, titled "The Effect of Meditation on Psycho-Physiological Variables", examines the effect of the technique known as Integrated Amrita Meditation (IAM) on various psychological, physiological and biochemical parameters.

According to the study, practitioners of IAM experi-

ence a reduction in stress-hormone Adrenaline within 48 hours of beginning the practice. The study also showed a decline in stress-hormone Cortisol following eight months of practice.

Other physiological results documented by the study include a decrease in the heart and respiratory rate of practitioners, as well as increase in IgA levels, which are associated with immunological benefits.

The study was conducted by the research scholar Vandana Balakrishnan under the guidance of Dr. Harish

Kumar, Head of the Department of Endocrinology, Prof. L Saraswathy (HoD), and Prof. G K Suseeladevi of the Department of Physiology, at the Amrita Institute of Medical Sciences

(AIMS) in Kochi. Prof. K R Sundaram, HoD, Department of Biostatistics at AIMS, provided the statistical support.

The results of the study have given rise to further research, including a study on the effect of IAM technique on relieving stress amongst cancer patients undergoing treatment, as well

as the impact of the technique in relieving hypertension.

IAM technique is taught free of charge throughout the world by the representatives of the Mata Amritanandamayi Math, the non-governmental organisation of renowned humanitarian and spiritual leader Mata Amritanandamayi Devi.

It comprises a combination of yogic postures, breathing practices and mental-concentration exercises.

The article titled "Impact of Integrated Amrita Meditation Technique on Adrenaline & Cortisol Level in Healthy Volunteers" is available on the journals website hindawi.com.



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