



Evidence-Based Complementary and Alternative Medicine



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Evidence-Based Complementary and Alternative Medicine
Volume 2011 (2011), Article ID 379645, 6 pages
doi:10.1155/2011/379645

Research Article

Impact of Integrated Amrita Meditation Technique on Adrenaline and Cortisol Levels in Healthy Volunteers

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Received 9 September 2010; Revised 27 November 2010; Accepted 8 January 2011

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Abstract

The objective was to find out the effect of Integrated Amrita Meditation Technique (IAM) on the stress hormones: adrenaline and cortisol. One hundred and fifty healthy subjects were randomized into three groups. Blood was collected at 0 hour, 48 hours, 2 months, and 8 months after the first visit. Adrenaline was analyzed by ELISA and cortisol by Chemiluminescent method. In the IAM, PMR and control groups 44, 44, and 36 came, respectively, for the baseline visit. Within group, cortisol and adrenaline levels reduced in the IAM 48 hours onwards and the fall sustained until 8 months (). ANCOVA (Repeated measures) on adrenaline taking the four levels of observation showed a highly significant () drop in the IAM group. The mean cortisol values between groups were not statistically significant (). IAM Technique was effective in reducing adrenaline and cortisol levels within group comparisons.