

Physiological Effect of Dhyana Yoga

- e. Changes in Body Temperature
- f. Alleviation of Pain
- g. Exceptional Body Control

Cardio Protective Activity of Dhyana

Other risk factor associated with hypertension and CVD are also controlled by Dhyana. It has been opined that Dhyana reduces Serum cholesterol, oxidized lipids, etc. [14,15]. Significant lipid lowering effect is observed in older, long-term TM practitioners (n=18; average age 67 years) compared to controls matched for age, education, and sex (n=23), while controlling for dietary fat and nutritional supplements

Doshas thus maintained in normal status controls all physiological and psychological and thus following changes are observed after practicing Yoga [4].

1. Cardiovascular System
 - a. Heart Rate
 - b. Redistribution of Blood Flow
 - c. Regulation of Blood Pressure and reduction in Hypertension
2. Cortical System
 - a. EEG: Alpha Activity
 - b. EEG: Beta Activity
 - c. EEG: Gamma Activity
 - d. EEG: Hemispheric Synchronization
 - e. EEG: Dehabituation
3. Blood Chemistry
 - a. Adrenal Hormones
 - b. Thyroid Hormones
 - c. Total Protein
4. Endocrine and Respiratory Systems
5. Muscle Tension
6. Skin Resistance and Spontaneous GSR
7. Other Physiological Effects
 - a. Brain Metabolism
 - b. Salivary Changes
 - c. Effectiveness in the Treatment of Disease
 - d. Treatment of Cancer

Here it may be concluded that regular practice of dhyana reduces cardiac risk in hypertensive patients.

References

1. Acharya Charaka, Charaka Samhita, Nirvana Sagar press third edition (1941)
6DWWYDP—WP— DU—UDP FD WUD\DP•WDWWULGDQGDYDW_ OÀNDVWLVWKDWL VDP\ÀJ—WWDWUD
VDUYDP SUDWLVWKLWDP__ __ &K 6X
2. Acharya Charaka, Charaka Samhita, Nirvana Sagar press third edition (1941)
DU—UDP K\DSL VDWYDPPDQXYLGK—\DW• VDWYDP FD DU—UDP_ WDV—W NDWLFLWVDWYD
EK•G—QDQIN—EKLQLUG••QD QLGDU DQ—UWKDPDQXY\—NK\—V\—PDK __ __ &K 6KD
4/36.
3. Acharya Charaka, Charaka Samhita, Nirvana Sagar press third edition (1941)
KU G\DP \DW V\—G\DGDX DV\DP VUÀWDV—P \DW SUDV—GDQDP_ WDWWDW V•Y\DP