

Effectiveness of meditation programs in empirically reducing stress and amplifying cognitive function and boosting individual health status: A review

Reshu Gupta

RUHS College of Medical Sciences, India

Abstract

Meditation had long been believed to possess a multitude of putative beneficial effects which it could bestow upon its practitioner, but it was not until the 1960's that scientific exploration into the process began. Rigorous increase in randomized controlled trials on mindful interventions has been observed in past two decades. It has been shown, with increasing evidence, to harbor a myriad of positive effects, a few including, but not limited to, stress reduction, cognition enhancement, an increase in memory, boosted intelligence, etc. Such profound positive influences have led to it being rather commonly deployed to promote general health and treat stress and stress related conditions. Meditative modalities are broadly classified as those stressing on mindfulness, concentration or automated self-transcendence. Certain popular modalities such as transcendental meditation follow the use of a mantra such that one transcends to a state where focused attention is absent. In contrast, others such as mindfulness-based stress reduction are based on present focused awareness or mindfulness. While it is not clear if these differences influence the result of practice, all classes are broadly considered 'meditation' and studied as such. The session shall evaluate the increasing evidence of mindfulness intervention by reviewing and discussing the effects of indfulness interventions on boosting memory, recall, learning and reducing stress levels along with the psychological and neurobiological mechanisms of such interventions. This shall provide a robust understanding of the process involved in benefits of practicing mindfulness.



Biography:

Reshu Gupta works as Assistant Professor in R.U.H.S. College of Medical Sciences-India.

Speaker Publications:

1. "Caveolin and cavin family members: dual roles in cancer? Biochimie 107, 188-202
2. "Chk2-mediated G2/M cell cycle arrest maintains radiation resistance in malignant meningioma cells, Cancer letters 313 (1), 64-75
3. "Association of TNF- α and TNFR1 promoters and 3' UTR region of TNFR2 gene polymorphisms with genetic susceptibility to tobacco-related oral carcinoma in Asian Indians, Oral oncology 44 (5), 455-463.
4. "Downregulation of uPA/uPAR inhibits intermittent hypoxia-induced epithelial-mesenchymal transition (EMT) in DAOY and D283 medulloblastoma cells, International journal of oncology 38 (3), 733-744

[24th International Conference on Neurology & Neurophysiology](#); Berlin, Germany- March 16-17, 2020.

Abstract Citation:

Reshu Gupta, Effectiveness of meditation programs in empirically reducing stress and amplifying cognitive function and boosting individual health status: A review, Neurophysiology 2020, 24th International Conference on Neurology & Neurophysiology; Berlin, Germany- March 16-17,2020

<https://neurophysiology.neuroconferences.com/abstract/2020/effectiveness-of-meditation-programs-in-empirically-reducing-stress-and-amplifying-cognitive-function-and-boosting-individual-health-status-a-review>