

EFFECT OF SINGING BOWL MEDITATION ON CARDIAC HEALTH – A REVIEW*

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ABSTRACT

In today's era, every individual have some or other stress in their lives. Stress can be due to academic demands; work pressure, financial issue, family issue, etc. are increasing exponentially in our society. This increase in stress can lead to several health problems. Specially, people with the age group <25 are more prone to the stress which turn into anxiety and depression ending with suicides. According to a recent survey youngster's (age 18-24) are more likely to report the symptoms of anxiety and depression. Therefore, it is important to inculcate meditation in day to day lives. Meditation can be done in several ways but using sound waves are proved as the best form of meditation to reduce anxiety and depression. That's why Himalayan Singing Bowl is proposed for therapeutic intervention and then analyzes how it will improve one's physical and mental wellbeing. The current study delineates the effect of singing bowl meditation on cardiac health.

KEYWORDS

Singing bowls, anxiety, depression, meditation, mental health, cardiac health.

Introduction:-

Mental health plays a major role in any individual's ability to achieve good physical health. Mental health is the key holder of a person's emotional, cognitive, psychological, behavioral states, and social well-being. A person's ability of handling emotions and stress can be defined and controlled by the state of its mental health.

What is Mental Illness?

Mental illnesses is mainly categorize into depression disorder, anxiety disorder, eating disorder, bipolar mood disorder, personality disorder and schizophrenia disorder. These illnesses affect one's ability to participate in health-promoting behaviors. Therefore, people suffering from any of

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these mentioned disorders ruins it's social, emotional, and physical well-being. With all these, one ultimately affects its physical health leading to chronic diseases and other complications. Therefore, mental health needs to be taken seriously and to be treated in primary basis. Into a latest report released by WHO shows that about 7.5 percent of Indians having some mental disorder. Furthermore, the report predicts that by end of this year roughly 20 percent of India will suffer from mental illnesses. It has been proven, that 56 million Indians suffer from depression while 38 million have anxiety disorders. Looking into the statistics the situation seems to be uncontrollable due to the lifestyle people are following. Therefore, some modifications and social restrictions are very much required. Hence, to upkeep and restore good mental health, an early disease diagnosis is highly essential

Objective:-

In the current pandemic situation, where mental health is more superior to physical health it is important to understand the effectiveness of singing bowl meditation into mental illness, if not handled properly this can lead to several other physical complications.

How Mental Health is related to Cardiac Health?

Stress and tension is always a culprit to induce anxiety and depression into human body affecting mental health leading to diabetes, heart disease etc. therefore it is important to include some meditation system like mindfulness-based meditation in day to day living. Such system helps to overcome the anxiety by providing deep relaxation to the body. It helps to control blood pressure and activate parasympathetic nervous system. People suffering from depression and anxiety have been observed rapid growth into uncommonly sticky platelets. These sticky platelets cause blood clotting in patients. In chronic heart patients, due to clotting atherosclerosis accelerates which increases the chance of heart attack. Many proposals for treating mental illness at an early stage were given by a lot of scientists across the world. According to reports, at an early stage with proper treatment the stickiness of the platelets can be reduced and restore so as to reduce the cardiac disorder. This has been scientifically proved that the Himalayan singing bowls releases electromagnetic waves of some specific wavelength which have profound wellness effects on states of mental health.

What is Himalayan Singing Bowl?

Sound therapy with Tibetan singing bowls is an ancient form of regeneration. In the beginning singing bowls were made of alloys of different metals. These bowls were in use from past 6000 years in Far East. The bowls have some mysterious acoustic phenomenon, discovered by "spiritual tourists" in the Himalayas. A wooden mallet also known as "strickers" are used to strike bowls. These strikers were rotated around the rim of the bowl. Apart from Tibetan bowls, there

are also Nepalese, Japanese, Bengalese and crystal bowls (made out of glass). But Tibetan or Himalayan singing bowls produce one of the strongest musical instruments used in the therapy for healing. They are known as singing bowls due to its exotic sound which continues to float even after we stop playing them.

Why are these bowls so special?

Tibetan bowls are made out of alloy that consist of five to seven precious metals, each metal represents each plants from our solar system: lead (Saturn), tin (Jupiter), iron (Mars), copper (Venus), mercury (Mercury), silver (the Moon) and gold (the Sun). The sound of the bowls varies with the size of the bowl and its composition. The ratio also changes its tone, vibration and quality of the sound. In therapies, bowls were used according to their shapes and size, and accordingly its mallet selection was made.

How Singing Bowl Work?

The sound of Tibetan singing bowls and the gong harmonizes and allows deep relaxation of both sides of the brain. It stimulates stress relief on all levels and the elimination of toxins from the body

Material and method:-

- A room with good soundproof interiors is required while maintaining 25 Degree Centigrade temperature.
- The subjects will ask to lie down with eyes closed.
- 7 Tibetan Singing Bowls will be placed around the subject.
- The bowls were hit with a mallet.
- ECG machine will be needed to note the cardiac activities.

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