

**Review Article**
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## Meditation a Fast Way to Reduce Fear and Stress

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**Abstract**

The meditation claims that it leads to better anti-inflammatory response and healthy aging by proper telomerase regulation. There are also benefits and positives in physical and mental health. The variety of diseases to be studied should be increased. It affects immunology, genetics and various aspects of physical and mental health including depression, substance abuse, eating disorders, conflict between couples, anxiety disorders and obsessive-compulsive disorder. Sit quietly and focus on your natural breathing or a word or mantra that you repeat silently. Let thoughts come and go without judgment and focus your attention on the breath or mantra. Physical sensations. Notice subtle physical sensations like itching or tingling without judgment and let them go. Pay attention to each part of your body sequentially from head to toe. Sensory. Pay attention to sight, sound, smell, taste and touch. Name them without judgment, such as "sights", "sounds", "smells", "tastes" or "touch" and let them go. Human beings have between 12,000 and 50,000 thoughts per day, and 80 percent of them are negative. Emotional experiences deeply affect our physical states, for example, when we feel anger, our eyes close and our face burns. The training has positive effects on the physical and mental health of adults, such as reducing mood and anxiety disorders, distress and blood pressure. Magnetic alternating current stimulation applied at different frequencies (beta, theta and gamma) while theta and beta-tACS caused participants to rate emotional images as more pleasant (higher valence), while only theta-tACS reduced subjective arousal ratings (more calm). Regular practitioners have younger and brighter skin due to freedom from fear and stress.

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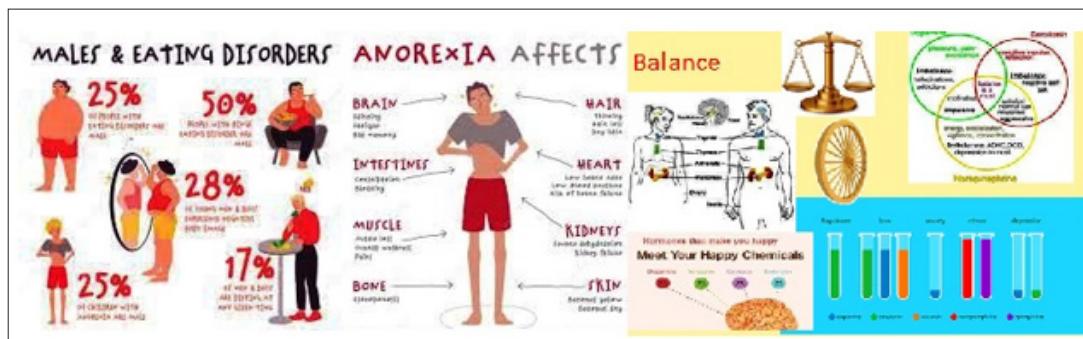
**Received:** September 15, 2025; **Accepted:** September 25, 2025; **Published:** September 29, 2025

### Meditation Claims to Have Benefits and Positivity in Physical and Mental Health

Buddhism, which has been adopted globally, is part of the answers to most life situations, a means to resolve conflicts and peace movements serve as modern proof of the enduring teachings it contains. There are many examples in which Buddhist teachings have been seen as facilitators of healing and reconciliation, even though they have sometimes proven difficult to apply in political spheres. When we examine the historical and contemporary points of contact between Buddhism and politics, we find that the path it presents can be built more easily if followed ethically as well as in an inclusive framework. While many parts of the world are still in political unrest and struggling to unite, Buddhism's teachings on nonviolence, compassion and awareness are more relevant, useful and timely today than ever before. As Buddhists deal with the complex political scenario and ethical principles, people must engage with each other for a more just and peaceful society. As the world faces political unrest and division, the teachings of Buddhism provide a timeless guidance to positively face these challenges. By engaging with others through compassion, awareness and ethical responsibility, individuals and communities can work together towards a more just and peaceful society. The analysis also revealed that efforts at reconciliation may vary by geographical area. But for the welfare of humanity, more long-term efforts are expected to take into account the needs of indigenous people in education according to local needs and available resources. There have been many positive changes in Western education at the higher secondary level, but this work must continue at a more efficient rate as well as ensure longevity for future generations of indigenous students. So that they can join hands in society to handle the mainstream of day-to-day life [1]. Meditation,

yoga and initiation are proven ways of overcoming abnormal eating and common conditions of human beings. Meditation, yoga and initiation are proven methods of overcoming abnormal eating habits and common human conditions. Eating disorders are considered mental syndromes that have some relationship to obesity [2]. This review describes the current clinical and scientific knowledge related to the clinical description of these disorders, the causes of each disorder, diagnostic features and effective methods of treatment. Anorexia nervosa is a very serious eating disorder associated with serious medical complications. It is very difficult to treat anorexia nervosa successfully, even when intensive treatment methods are used. Orthorexia nervosa also differs from anorexia nervosa in that it does not disproportionately affect one gender. Studies have shown that orthorexia nervosa is equally common in both men and women, and there is no significant gender difference between the two [3].

Hence, the list of all the meditation and initiation participants was obtained and they were contacted through email and WhatsApp with an invitation to participate in this study. Online informed consent was taken. The survey was sent as a Google form link. The survey was in the English language. Students were well versed in English as medical studies are in the same language (English). Students were contacted three times over a period of two weeks with reminders to participate in the study. The response was 70% initially, 20% with the second reminder and 10% with the third reminder. All of them were given the phone number of the principal investigator to seek help for mental health concerns. Those who were found to have mental health issues were given feedback and offered treatment.



Reported in their study that eating disorder status in our study participants was significantly associated with BMI, body shape, quality of life and self-esteem [4]. Women tend to choose a slimmer physique than their current body shape as the ideal body figure because society considers appearance to be more important in women. Parental, peer influence, media, and cultural interventions further reinforce this [5]. Previous research has established a relationship between a person's own opinion of their own physical appearance, their body mass index, and their sense of self-worth [6]. Eating disorders are among the most common psychosomatic diseases and are often associated with negative health outcomes. The use of yoga as a treatment method in eating disorders is controversial. The interviewee was a 38-year-old female patient who suffered from anorexia nervosa and had various psychosomatic-psychiatric diagnoses in her medical history. The patient reported that yoga helped her regain lost spiritual contact and she learned to see and feel herself again. She stated that yoga helped her gain access to her body and its needs and cope with her traumatic experiences. She also reported that her anorexia treatment changed her perspective regarding her stomach. Case reports also confirmed the positive effects of yoga on eating disorders. Individuals with anorexia nervosa fear being overweight or being viewed as overweight, although they are actually underweighted [7]. The QUAD-5 describes this perceptual symptom as a disturbance in the way one perceives one's body weight or shape [8]. In research and clinical settings, this symptom is called body image disturbance [9].



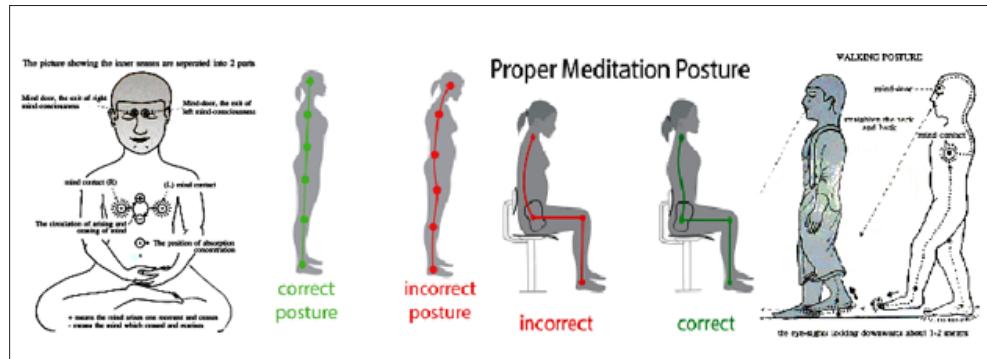
Treatment for anorexia involves getting the patient back to a healthy weight, treating their underlying psychological problems and addressing behaviors that contribute to the problem [10]. Although medications do not help with weight gain, they are used to deal with the anxiety or depression associated with it [6]. Various therapies may be useful, such as cognitive behavioural therapy or an approach where parents take responsibility for feeding their child, known as Maudsley family therapy [11]. Sometimes people need to be hospitalised to restore weight [8]. The evidence of benefit from nasogastric tube feeding is unclear. Such an intervention can be highly distressing for both anorexia patients and healthcare staff when given against the patient's will and under restraint [12,13]. Some people with anorexia have a single episode and recover, while others may have episodes for years. Many episodes resolve or improve with weight gain [8].

Orthorexia nervosa is a proposed eating disorder characterized by an excessive preoccupation with eating healthy foods [14,15]. The term was introduced in 1997 by American physician Steven Bratman, who suggested that dietary restrictions undertaken by some people for the purpose of promoting health may paradoxically lead to unhealthy consequences, such as social isolation, anxiety, loss of the ability to eat in a natural, instinctive way, decreased

interest in the full range of other healthy human activities, and, in rare cases, severe malnutrition or even death [16].

Sit quietly and focus on your natural breathing or a word or mantra that you repeat to yourself. How to practice-Meditation and its clinical benefits on mental health This section is discussing the benefits that can be achieved by meditation on our mental health. Meditation is derived from Buddhist culture, where they believed that happiness or joy is something that can be achieved by immersing oneself in the nature of reality and focusing on the present. It has also been shown that meditation increases happiness by markedly increasing positive emotional response within the human body [17]. The question remains whether this positive emotional reinforcement affects our mental health clinically. We studied the effect of meditation on mental health. A pilot study was conducted to check the efficacy of a smartphone-based app for checking mood symptoms of cancer patients after meditation and the readings were taken at baseline and at two-week intervals. The study had 35 participants, of which 18 were controls, and 17 were meditators. The results revealed a proportional increase in attention span and improvement in mood symptoms. In addition, a scale reported improvements in sleep, concentration, and mood

in the meditation group compared to the intervention group. It also showed improvement in mood symptoms after meditation [18]. The effect of meditation on mental health is not limited to only minor symptoms of anxiety, but it also reduces the impact of suicidal thoughts and behavior. To check this A systematic review was conducted in December 2020 to examine whether meditation affects suicidal thoughts and behavior. A total of 14 studies from various databases were included, and all of them showed a reduction in suicidal behavior and thoughts, especially in people who had major depressive disorder [19]. In today's world, a very under-discussed problem that exists in our society, which is also considered a global concern nowadays, is loneliness [20].



A study was conducted to investigate whether meditation helps develop social relationship processes. In this study, meditation skills such as monitoring and acceptance of the present moment can be helpful in improving social relationships. The intervention was smartphone-based and included training in monitoring and approval, only monitoring, and active control over the present moment and acceptance. 153 subjects were randomly placed on 14 different smartphone devices, and were followed for three days before and after the intervention. Dynamic measurements of loneliness and daily social interaction were obtained. From the results It was found that monitoring and acceptance reduced loneliness by 22% compared to the monitoring only and control training. In addition, it increased two or more interactions per day and one more in-person interaction compared to the active only and monitoring only groups [20].

Meditation and its effect on the immune and genetic systems the immune system is not the only system that is affected by meditation. Some studies suggest that meditation affects the length of telomeres [21]. Telomeres are proteins that protect our chromosomes from cell death. Increased psychosocial stress increases cell death due to shortening of telomeres. Nevertheless, meditation is proven to help increase the lifespan of healthy cells due to improved regulation of telomere length [22]. So far, two out of 19 cross-sectional studies have shown an increase in telomere length, and nine out of 11 studies have shown an increase in telomerase-related telomere length. When the survey of telomerase-related increase in telomere length is looked at for increased duration and intensity, only two out of nine studies found an increase in telomerase-related telomere length, and the remaining studies did not show any significant changes [23]. To further verify this conclusion, in another study, 70 trained meditators were selected from meditation training centers from different parts of the island. Similarly, 30 age and gender matched non-meditators were used as a comparison group, and the results showed that the group of meditators showed better quality of life. Moreover, telomerase levels were increased in the group of meditators compared to non-meditators [22]. These studies demonstrate that meditation increases telomere length and telomerase levels, increasing cellular life by preventing telomere shortening. The telomere effect is not the only effect of meditation on our genes, as meditation affects the cells in our system at an epigenetic level [22].

Upon observation, it was seen that meditation reduces the methylation of the tumor necrosis factor gene related to psycho-

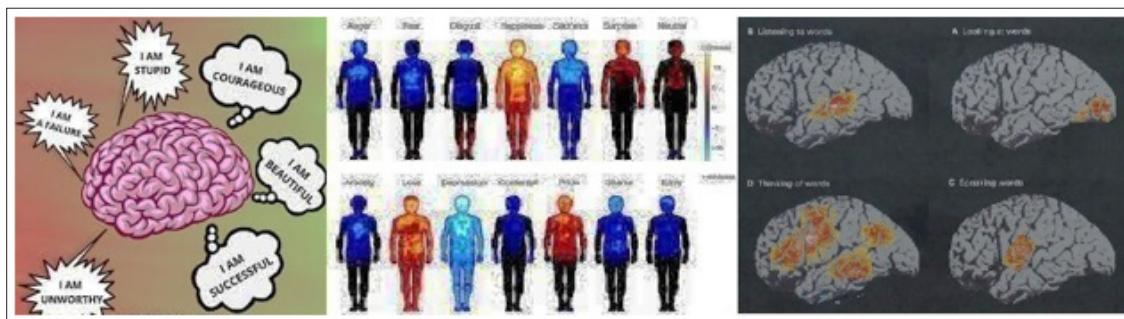
social stress in women. In addition, a decrease in the methylation of cells involved in immune metabolism was also observed, which may help enhance the immune system [22]. The extensive immunological and genetic effects of meditation show how deep these products are, as our immunity and genetics are considered an important part of our overall health, and affecting both systems can be very useful in modern medicine.

### **Meditation and its Clinical Benefits on Physical Health**

This section is to focus on the effects of meditation on various diseases and whether or not there will be any clinical benefit from incorporating such practices in your treatment. One of the widespread multi-factor diseases is hypertension. Hypertension is usually thought to be caused by poor lifestyle and increased sensitivity of the autonomic system, and one of the most important factors is stress. Meditation is a great way to reduce the harmful effects of hypertension [24]. A systematic review and meta-analysis of RCTs was conducted to assess the effect of meditation on systolic and diastolic blood pressure. It included six studies, which showed a statistically significant effect on the reduction of diastolic blood pressure compared to control on the other hand, the results for systolic blood pressure were statistically significant at a very modest level. Moreover, people who were taking anti-hypertensive medication showed better effects on systolic blood pressure with meditation compared to people without any prescription [25]. Another study was conducted in Korea. This time both hypertension and diabetes patients were selected as subjects and the effect of mindfulness-education-based meditation (BEM) versus education classes (control) was studied. In this study, 48 patients with diabetes or hypertension were looked at. Then glutamic-oxaloacetic transaminase, serum glutamic-pyruvic transaminase, gamma-glutamyl transpeptidase, high-density lipoprotein (HDL), low-density lipoprotein (LDL), expression levels of inflammation-causing genes and prepared a report on physical and mental health. A significant reduction in LDL levels was observed. Meditation has many benefits, such as improving the immune system and inflammatory processes by reducing cytokines and proper shortening of telomeres, which has also helped in healthy aging. In terms of physical health, meditation has been beneficial in various multi-factor diseases like diabetes, hypertension and fibromyalgia. It has also helped in reducing blood cholesterol levels and increasing high-density lipoprotein (HDL) levels. Improvement was also observed in systolic and diastolic blood pressure. Mental health is another aspect affected by meditation, as the positive feeling generated by

meditation helps in overcoming various mental problems like social anxiety disorder, post-traumatic stress disorder (PTSD), anxiety and depression. Overall, it appears to have some effect on all health areas. However, the magnitude of its effect is not known. More varied and detailed studies should yield more beneficial clinical results [26].

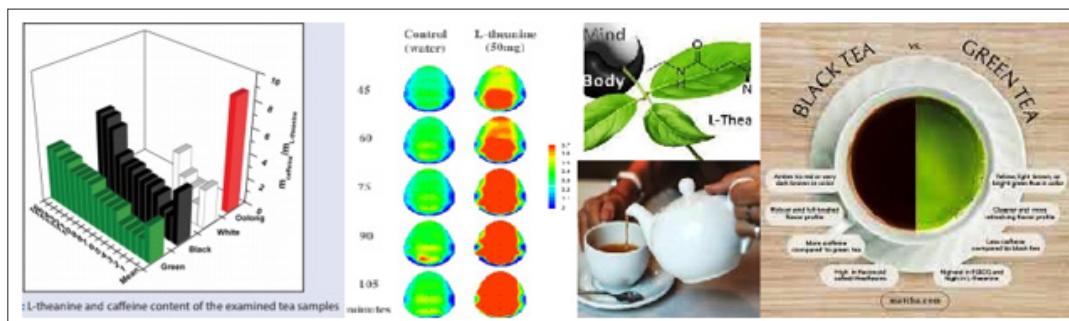
Focus on the senses sight, sound, smell, taste, and touch. Name them without judgment. Knowledge of our inner and outer world is possible with the help of the senses. Five of these are external senses, and two are internal senses. These senses receive various stimuli and send them to specific areas of the brain for interpretation in the form of nerve impulses. To name the senses without judgment in meditation, you can do a simple five senses exercise. Sit comfortably, take deep breaths, and then focus your awareness on things you can see, then hear, then feel (touch), then smell, and finally, on any tastes present in your mouth. The image of an object projected on the retina is two-dimensional. Three-dimensional perception is a psychological process that depends on the correct use of certain monocular and binocular cues. Perception refers to the processes of interpretation and informed construction of information received from sensory organs. Humans perceive their world in the context of their motivations, expectations, cognitive styles, and cultural background.



It is widely reported that humans experience a considerable number of thoughts per day, estimated at around 12 000 to 60 000 thoughts per day. A large portion of these thoughts, often reported as around 80%, are considered negative. Furthermore, a high percentage of these thoughts, reportedly up to 95%, are repetitive, meaning that the same thoughts are experienced repeatedly [27]. found that participants systematically reported valence-related sensations of bodily lightness for positive emotions (joy, love, pride) and sensations of bodily heaviness in response to negative emotions (e.g. anger, fear, sadness, depression) with specific anatomical topographies. Further experiments showed that both computers (using machine learning approaches) and humans recognize emotions better when classification is based on combined activity and valence-related BSMs. However, the only way to know the meaning of a particular pattern of brain activity would be to recognize its similarity to a known brain-activity template representing that type of thought. Yet very few such templates are available, and preparing them is time-consuming and expensive.

**How to Change Brain Waves -** Becoming aware of the five types of brain waves is the first step to learning to change them at will. We can then focus on activities related to each brain wave category. For example, Delta Waves - Find the most comfortable bed, eat a light plant-based meal, and prepare for a good night's sleep! Theta Waves - On a nice warm day, take a walk in the woods with your blanket or hammock and find the perfect spot for an afternoon of rest and relaxation. Alpha Waves - Drive down a slow country road that you've driven a hundred times before. While walking, breathe deeply and enjoy your favorite classical music. Beta Waves - Make your to-do list and get to work! Gamma Waves - Play a tough concentration-stimulating game or work on learning a challenging new skill.

**How to Change Brain Waves Step -** Take a cup and fill it with one of the beverages that directly affect your brain waves. We've listed them in order from least to most beneficial. Alcohol negatively affects your brain-wave function, especially at night. A study by the Melbourne School of Psychological Sciences on alcohol consumption, brain waves and sleep found that drinking alcohol in the evening stimulated alpha waves during sleep. Lack of good sleep at night often leads to poor performance the next day. Coffee affects brain-wave function both positively and negatively. Research found that beta frequency increased significantly after drinking coffee. Shouldn't that surprise anyone? It's true. Although green tea and black tea come from the same plant, the way these teas are processed and oxidized makes a huge difference in taste, color and even health benefits. Black tea is usually considered to be thicker and stronger, while green tea is considered to be a milder tea often described as having a rich umami flavor. Both black and green tea have their own unique taste, color and benefits, so which tea should you drink? Read on to find out which tea is right for you! Both green tea and black tea contain a specific group of antioxidants called flavonoids, a type of polyphenol. Studies show that antioxidants protect against damage caused by free radicals and may help reduce the risk of many diseases and conditions, such as heart disease, cancer, high blood pressure, and high cholesterol. But tea also contains L-theanine, an element found only in tea leaves and bay bolete mushrooms. L-theanine can put us exactly where we want to be, in a calm, focused alpha-wave state.



People who meditate achieve this state more often, and so do tea drinkers! According to Dutch research, tea consumption significantly improves brain function and consciousness. (See picture for difference in alpha wave activity between L-theanine takers and the control group). L-theanine increases dopamine secretion and alpha waves by crossing the blood-brain barrier. All five brain wave categories delta, theta, alpha, beta and gamma have different roles. However, alpha waves produce a truly remarkable mental state during the day. Our options for altering brain waves at will are plentiful - we can do this through meditation, music, activities that produce specific mental states, or our beverages. Quantitative analysis of caffeine and theanine is necessary to assess the stimulant effect of tea, however, chemical profiling will require further identification of secondary metabolites have to be determined [28].

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