

# World Congress on Complementary and Alternative Medicine

December 02-03, 2019 | Dubai, UAE

## A literature review of research yoga and meditation

**Thanh-Mai Vo**

St. Louis University, USA

Meditation is a mind and body practice that has a long history of use for relaxation, improving psychological balance, coping with illness, and enhancing overall health and well-being. Studies show that meditation is associated with improvement in a variety of psychological areas, including stress, anxiety, addiction, depression, as well as reducing blood pressure, pain, stress hormone levels and overall health.

Yoga is a unique form of physical fitness. It has many physical benefits, including relaxation, reducing blood pressure, and alleviating arthritis pain, and improving mental health. There are data that prove yoga's benefits. According to a randomized controlled trial at Johns Hopkins, 2 groups of participants were assigned to a wait list or to twice-a-week yoga and an at-home yoga practice. After 8 weeks, the yoga group showed a significant reduction in pain as well as better moods, improved physical functions, and increased energy levels.

Both yoga and meditation help mitigate stress by decreasing activity in the sympathetic nervous system typically responsible for constricting blood vessels and raising blood pressure and the heart rate. This presentation will review the current literature and research available on the medical benefits of yoga and meditation.

mheggeness@kumc.edu