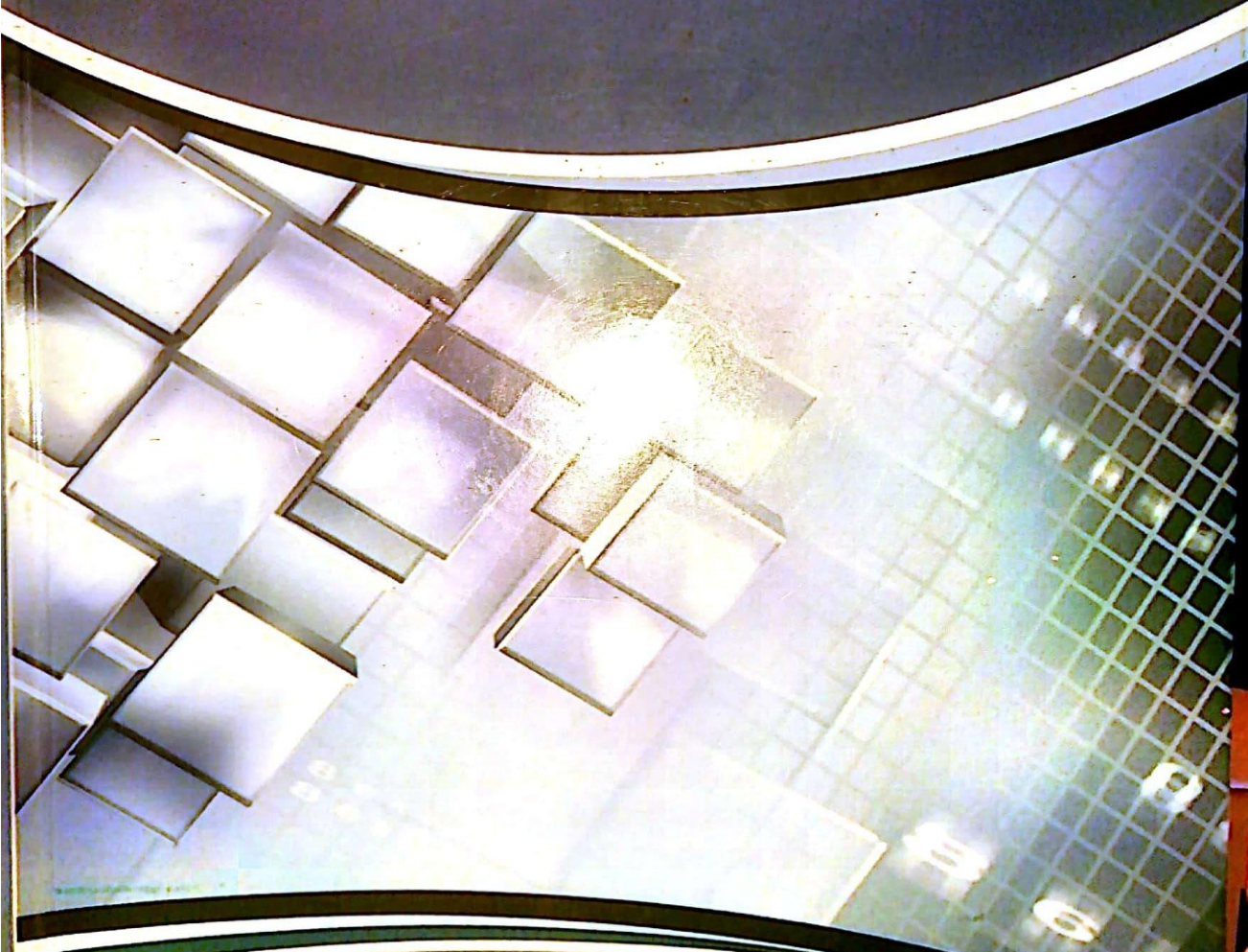


# **Dimensions of Jain Philosophy and Indian Culture**



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# Role of Preksha Meditation in improvement of blood count and Biochemistry of Adults

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\*Dr Pradyumna Singh Shekhawat

## Abstract

*Good health and freedom from disease is the best achievement of life. For thousands of years, yoga an ancient holistic relaxation practice has been used as an effective therapeutic tool that counteracts the adverse clinical conditions of human beings. Yoga has been reported to be beneficial in treating stress related disorders, improving autonomic functions, lower blood pressure, obesity, anxiety, insomnia, psychosomatic disorders, increase strength and flexibility of muscles, improve the sense of well being, slowed ageing process, control breathing, reducing signs of oxidative stress & improving spiritual growth.*

*Present study aimed to investigate whether regular practice of Yoga and Preksha Meditation for one month can improve hematological blood chemistry parameters of adults. The study group comprised 40 healthy adults aged between 20 to 35 years. They were trained for 1 month in Yoga and Preksha Meditation. Assessments of various parameters were done before and after Yoga and preksha Meditation practices, were significantly evaluated, statistically by using student's test. Result shown that regular practice of yoga for 1 month significantly improved the RBC, WBC, Platelet count, Hemoglobin level, Glucose, Urea, Creatinine, Total cholesterol and Triglyceride.*

**Key words :** *Yoga, Preksha Meditation, RBC, WBC, Platelet count, Hemoglobin level, Glucose, Urea, Creatinine, Total cholesterol and Triglyceride.*

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