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Study on Zen meditation for drug detox based on meridian energy analysis

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Holistic Detox Association (HDA) is a nongovernmental organization which provides various types of support for drug rehab. HDA offers a series of programs beneficial for addicts to get their lives back in order. Zen-meditation practice, one of the core programs, is a healing scheme via brain-mind reformation rather than conventional medication or behavior control. While the program was underway, we collected the meridian energy data of the participants before and after a 20-minute practice of Zen meditation offered by the orthodox Zen Sect, supervised by patriarch Wu Jue Miao Tian. The basic practice includes abdominal breathing and *Mailun* (particular energy spot) concentration to activate enormous good potency beneficial to the body and mind. The participants may accordingly refuse the drug and its negative effect on their own. Totally sixty-three participants (56 males and 7 females, age 21–57 years) were recorded. The participation in the experiment was completely voluntary. All participants signed the agreement form at their own free will. All procedures are consistent with the Declaration of Helsinki and were approved by the Institutional Review Board of National Chiao Tung University. Based on the Twelve Meridian theory, meridian energy data were recorded from 24 laterally symmetric acupoints. Preliminary results indicate 1) WuXing (five-element theory) efficiency and autonomic nervous system balance improve after Zen meditation, 2) group average of each meridian energy increases in 16 out of 24 meridians, and 3) more than one-half participants have the overall meridian energies increase (mostly, the energy of lung and pericardial meridian).

Biography

Pei-Chen Lo has completed her PhD in 1990 from University of Florida, Gainesville, FL, USA, majoring in Biomedical Signal Research (particularly, electroencephalograph EEG). She was the Research Associate in EEG Lab, University of Utah Medical Center from 1990 to 1992. She became an Associate Professor of Electrical Engineering at National Chiao Tung University in 1992 and a Full Professor in 2001. She began practicing Zen meditation with Patriarch Wu Jue Miao Tian in 1994 and started the research on Zen-meditation EEG and cardiorespiratory functions in 1998. She published more than 30 papers with respect to Zen-meditation physiological and mental states.

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