

International Conference on

CLINICAL, COUNSELING PSYCHOLOGY & MENTAL HEALTH

August 12-13, 2019 | Tokyo, Japan

Effect of raja yoga meditation on psychological and functional outcomes in spinal cord injury patients

Ekta Chalageri

Spiritual Applications Research Centre (SpARC wing) of RERF of PBKIVV, India

Introduction & Objective: The people injured with spinal cord are suffering at many aspects physically, mentally, emotionally, socially and financially and their care givers too. Raja-Yoga Meditation (RYM) is a powerful tool for holistic healing. This therapy is unique because it heals a person from within. Raja-yoga transforms the biochemistry of the brain in turn having a harmonizing effect on the whole organism. The study is to explore new dimensions for healing through RYM in Spinal Cord Injury (SCI) patient's along with their caregivers in order to increase quality of life with inner strength. The primary objective of this study was to find out effect of RYM on spinal cord injury patients.

Method: This is pre-post observational study with two groups (1) Patients with conventional rehabilitation with RYM (2) Patients with only conventional rehabilitation in SCI patients. Caregivers also assessed pre-post intervention to find effect of RYM. A total of 100 SCI patients and 100 caregivers were recruited based on eligibility criteria and ready to give consent for the study. The age of SCI patients ranged from 16 years to 60 years. 50 subjects were assigned in each group. The duration of study was four weeks. The sessions were conducted for 45 minutes each at premises of ISIC for six days per week. Meditation practice was done for 20 minutes through a guided commentary and motivation was given through Brahma Kumaris spiritual knowledge for 25 minutes. Pre and post assessment was done using standard tools namely Perceived Stress Scale (PSS), Hospital Anxiety and Depression Score (HADS), Scale (HADS), Spinal Cord Independence Measure (SCIM), WHO Quality of Life BREF (WHOQOL-BREF), Numeric Pain Rating (NPR).

Results: Out of all parameters studied, PSS ($p < 0.001$), HADS ($p = 0.001$), QOL-BREF ($p < 0.001$), showed statistically significant changes for patients measured before and after the intervention in both the arms. SCIM ($p = 0.513$) and NPR ($p = 0.055$), significant changes were observed within the arm measured pre-post assessment; however they did not show the significant difference between intervention and control arm. Caregivers parameter studied PSS ($p < 0.001$), HADS ($p = 0.004$) and observed significant changes in both the arms.

Conclusion: Significant differences were observed in psychological scales before and after raja yoga meditation. It suggests the use of RYM might help spinal cord injury patients for better and early recovery.

Biography

Rajyoga Meditation practitioner since 22 yrs. Faculty, Research coordinator and core group member of Spiritual Application Research Centre (SpARC) wing, Delhi NCR. Research area: Study the effects of Raja yoga meditation in different domain of society and make them skilled. Keeping in view the new forms of challenges facing humanity, my direction of work is focused not only on training but also in research on synchronization between science and spirituality to help people in rejuvenation and coping up with such challenges. Therefore, Ekta Chalageri started working in scientific research and pursuing in counseling and family therapy and simultaneously proceeding with internship in research methodology.

ekanthvasi@yahoo.com

Notes: