

# Meditation: A Perception to Prevent the Chronic Adverse Health Effects of Hectic Busy Life of Women

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As defined by the World Health Organization, 'Health is not merely the absence of disease or illness but, it is an ample state of physical, mental and social well-being.' It is recognized to be an execution concerning maintenance of equilibrium between physical, mental, and social well-being. The popular term wellness is used to denote this optimal state of health.

Due to an increase in competition and adoption of modern lifestyle, stress has become an inevitable part of the individual's life. This is especially true for working women who are the building blocks of a society. They play a vital role for the adequate economic and social development of the nation. Women are making their place in diversified fields such as in the top management in a corporate, lawyer, teacher, doctor etc. These women, however, have to maintain a dual responsibility of managing household chores and handling work responsibilities. It is even more difficult for them to strike a balance between their working and personal lives; thus they are likely to experience greater levels of stress as compared to the males. Studies also suggest that women have a greater chance of experiencing symptoms like fatigue, irritability and depression than men.

Women are stereotypically labelled as multitaskers and often find themselves with overwhelming workloads, which can seem impossible to go through. Most Indian women are conditioned to give their hundred percent both at home and at work and this pressure sometimes generates a feeling of guilt in them.

Long time work pressure may have a vast negative impact on the physical and mental health. Under pressure, the work efficiency is also greatly reduced. It also reduces the throughput of society. Therefore, it has become essential to find a way to deal with this pressure and stress in women's life.

Many women in our civilization put themselves and their desires last on their list of priorities. Most women learn to multitask out of

necessity. However anxious or discouraged they may feel but yet, they sense that their children, family and domestic duties come first before they can consider time for their own pursuits. This is a mistake because if she doesn't take care of herself and value her own needs, it will lessen her ability to care for the people she loves.

If left unchecked, these feelings of stress and frustration may contribute to chronic adverse health effects such as anxiety and depression which can weigh down our mind, keep us from taking action and thwart our motivation. Hence, ignoring this stress and pressure can lead to a wide array of health issues – both physical and psychological. It can also lead to burnout in the workplace.

Amongst the various different techniques that can be adopted to stay fit and healthy in this fast growing world full of stress, '**Meditation**' is a great way of relaxing the entire body and mind and hence maintain a balance between professional and personal life. Daily meditation helps a person to become more resilient to the stressors of everyday life. It can produce a deep state of relaxation and tranquil mind. It gives a feeling of calmness, peace and balance that can benefit both our physical and emotional well-being - our overall health. Research has found many reasons why one should start meditating on a daily basis:

Meditation *stimulates areas of the brain* associated with memory, concentration, learning and emotional regulation. Meditation is like a workout for our brain. Overtime it improves the overall brain health and mental capacity. It increases the capacity to concentrate and also boosts the attention to a detailed level of accuracy.

Meditation can *encourage creative thinking*. It helps to separate our emotions from work so that we can think more clearly and develop new ideas. Thus, we can perform better at work. It increases our focus and attention and improves our ability to multitask and gives a huge productivity boost.

It is a powerful aid in *breaking the negative thought loops* and leave our mind free to focus on

other important things. It allows to recognize and tame our negative emotions and achieve a kind of mental equilibrium. Through meditation, we can not only observe and accept our own emotions but, also can understand how those around us are feeling. It also increases our patience and tolerance power. This enables us to handle the conflicts in any relationship in a better way and helps to become attuned communicator. Meditation enables us become more conscious and more determined about our actions. It imparts us how to respond, rather than react, to situations in our life.

Meditation can be a good way to *reduce high blood pressure* along with medical treatment, healthy diet and exercise. It may not directly lower the blood pressure but, the practise helps to fight stress and anxiety which are both considered to be the culprits of high blood pressure. Meditation lessens the responsiveness of body to stress related hormones and improves our stress management skills by relaxing us. This ultimately helps us to deal with the chronic feeling of stress and alleviate the risk of serious illness like heart diseases, arthritis, asthma, skin problems and even cancer. Moreover, meditation has powerful anti-anxiety benefits as it helps one to remain calm and allows to break down the racing thoughts that anxiety brings. Ultimately, meditation also aids in treating the symptoms of depression or lowers its risk by helping to fight with situations of stress and anxiety, which are both triggers for depression.

Regular meditation has proven to help *boost our immune system*. Studies have demonstrated higher counts of antibodies in the blood of those who meditate. Researchers have observed a link between meditation and pain relief and they recommend regular meditation in addition to medical treatments for chronic pain and disorders.

Finally, to conclude with, the current Indian era witnesses every woman making extra efforts in order to deal with her day-to-day duties and responsibilities. Since women have to function at manifold levels, they tend to become tired, annoyed or exhausted after an extended period of time. Herein it can be specified that there exists a remedy for tension, stress and worries and that is termed as meditation for women.

Meditation plays a major role to pacify women, to release the unwanted stress and to focus upon the positive things in life. In addition, benefits of meditation also accompany a lady to improve her effort, her attention and concentration – the three fundamental elements that are essential when steering daily duties, both in a personal and professional domain. Women can actually overcome daily tribulations and manage to move up the ladder of success with the help of relaxation techniques and affirmative thinking. Previously believed to serve as the exclusive domain of monks and spiritual seekers, meditation is gradually being studied by researchers and recommended by physicians as a means to help woman to equilibrate and manage the multifaceted layers of life.

***“In the midst of movement and chaos, keep stillness inside of you.”***

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***“We can’t always change what’s happening around us,  
but we can change what happens within us.”***

***-Andy Puddicombe***