Stress Reactions: Its Management
by
Preksha Meditation & Yoga

Chapter-6
Summary and Conclusion
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(I) A scientific study was conducted:

a) To assess the therapeutical effect of Preksha Meditation and Yoga on stress reduction.

b) To establish an effective and viable therapy capsule for stress management in executives and other professionals.

c) To co-relate the altered psychological state of subjects undertaking Preksha Meditation and Yoga with physiological and biochemical changes in relation to stress.

(II) A concise details of various components related to the topic under consideration are provided in the chapter of Introduction. It includes salient feature of Stress reactions and its physiological, biochemical and psychological changes and philosophico-scientific principles related to Preksha Meditation and yoga.

(III) In the second chapter, known as Review of Literature, relevant scientific studies related to the proposed topic has extensively been reviewed.

(IV) In chapter of Methodology justification for the present study has been provided, along with the statement of the problem which is as under-

“Stress Reactions & Its Management by Preksha Meditation & Yoga”.

(V) While working on the aforesaid problem the following objectives were set to achieve-

a) To evaluate efficacy of selected intervention module of Preksha Meditation and Yoga in terms of changes in physiological parameters (i.e. blood pressure, pulse rate & respiratory rate), biochemical parameter (i.e.stress hormone-Cortisol) and psychological parameters (i.e. frustration-RAF & anxiety –SCAT).

b) To postulate the possible mechanism of action of the efficacy of Preksha Meditation and yoga for maintaining and promoting good health and spirit.
(VI) In regard to proposed study the following hypothesis were drawn-

a) The experimental group of subjects will show declining trend in blood pressure both systolic and diastolic.

b) Pulse Rate (PR) and Respiratory rate (RR) will be decreased after regular practice of Preksha Meditation & yoga.

C) Stress hormone (SH)-cortisol level will reduce when compared to pre-evaluation phase.

d) Frustration and anxiety level will be reduced as compared to their basal values i.e. pre-evaluation phase values in the subjects practicing Preksha Meditation and yoga regularly.

(VII) As the subhead of Methodology details regarding subjects selection, research design, Preksha Meditation and yoga module, parameters of assessment and statistical technique applied for the evaluation of the results obtained have been mentioned as material and methods in details

(VIII) The chapter of Results includes details of observations at different phases of follow up period.

a) A significant decline in blood pressure (systolic and diastolic) was observed in both the male & female subjects after 30 days of Preksha Meditation and yoga practice. This trend was continued even after 90 days and 180 days.

b) A significant continue reduction was noted in Heart rate, Pulse rate and Respiratory Rate in both the group of experimental group after the regular practice of Preksha Meditation & Yoga module for 30 days,90 days and then for 180 days.

c) Quantitative saliva Cortisol (Stress hormone) level in subjects of experimental group decreases significantly as compared to base line value after practice of Preksha Meditation and Yoga.

d) The regular practice of Preksha Meditation and yoga intervention has yielded a significant decline in the level of frustration (RAF) and anxiety (SCAT) in both the group of experimental subjects.
e) All the above hypotheses were accepted.

(IX) In the chapter **Discussion** the findings of the study are discussed in detail in the light of earlier relevant studies, and following conclusion was drawn.

The regular practice of Preksha Meditation has influenced the stress producing mechanisms there by causing the reversal of stress states. The possible pathway of mechanism may involve hypothalamic-autonomic route and also crucial role of neurotransmitters and endocrine glands. The findings related to various physiological parameters applied in the study have been further supported by the enhanced level of psychological well being in terms of reduced level of anxiety and frustration.