

MEDITATION OVER MEDICATION



When our body betrays us, and we start passing through some certain illness, it may seem as though there is no other way to fight back except through medication. What if there is another way? Instead of taking mood stabilizers, sleeping drugs, painkillers, muscle relaxers, and other medications all the time, what if we could practice how to focus our attention on the present moment and silence the pains in our brain.

Anxiety

Mediation can be used alone or as a supplement to medication. Research shows that meditation reduces anxiety symptoms better than or as well as benzodiazepines which is an anxiety medication [\[1\]](#). People consider meditation as a better alternative because most anxiety medications do cause addiction and physical dependence. This makes meditation a better way to deal with anxiety for those who don't want to depend on medication. It has also been found that mindful meditation harnesses the parts of the brain that regulate emotion, control cognition, and decrease negative thought processes. In A 2014 study, anxiety medication did not work for half of the clinical anxiety disorder patients who took the prescribed drugs without meditating [\[2\]](#). The other half experienced a reduction in their anxiety by 22%, and all they did was a 20-minute session of meditation. This shows that with continuous meditation practice, our brains can build emotional resilience and adapt to changes around us.

Sleep disorder

Good quality sleep is important for stress reduction, cognition, healthy eating, and weight loss. If you're having a hard time sleeping, you should consider meditation. Research shows that meditation can improve sleep efficiency, sleep latency, and improve insomnia [\[3\]](#).

Inflammatory disorder

People who suffer from inflammatory disorders like rheumatoid arthritis, muscular neck pain, osteoarthritis, muscular low back pain, and fibromyalgia, suffer from lots of pain that can hinder them from doing their day-to-day activities without discomfort. If you're suffering from any of these, you should consider practicing meditation to supplement your medication. Research shows that meditation can influence cell-mediated immunity, specific markers of inflammation, and biological aging [\[4\]](#).

Depression

Meditation can be just as effective as antidepressants, especially with people who relapse into depression after being on medication for a long while. Research shows that people who are trying to maintain their remissions do not rely on antidepressants. Instead, they substitute medication for meditation [\[5\]](#). This really hammers home the point that mindfulness is as effective as antidepressants in preventing a relapse into depression.

Post-traumatic stress disorder (PTSD)

A study was carried out where 74 military personnel with PTSD were split into two groups. The first half did a 20-minute transcendental meditation session, and the other half did not. Results showed that those who did the meditation slowly became more relaxed and active, and at the end of one month, most of the participants were off their medication. At the end of 6 months, there was a 21% difference between the two groups, and those who didn't do the meditation experienced a more severe PTSD [\[6\]](#).

Stress Reduction

Stress can affect our health negatively, so managing our stress is important. Instead of taking medications to bring down your stress level, take some time to rest your mind through meditation. This will help you feel better equipped to handle everyday stress. Research shows that it takes approximately eight weeks of meditation to reduce the negative aspects of psychological stress and reduce the “fight and flight” response [\[7\]](#). So, get started today.

Overall, research shows that meditation is beneficial to human health and can help reduce the symptoms of insomnia, stress, depression, weight gain, and inflammatory disorder. Though most of this research has methodology issues and limitations, which means high-quality research needs to be carried out. However, there's no harm in practicing meditation while taking your medication.