Medication, Meditation & Psychotherapy

Living In The Now

The Science Behind It

Living In The Now

Define Spirituality

Living In The Now

Spiritas (Latin) = Breath

Spirituality = Breathwork

Living In The Now

For Our Discussion

Spirituality = Meditation With or Without Breathwork

= Spiritual Laws of Nature

Living In The Now

All Suffering Is About The Past

All Suffering Is About Thinking

Living In The Now

Memories From The Past

Interfere In

Living In The Present

Occupied With

Thinking of The Future

Living In The Now

Memories From The Past

Carrying Negative Interpretations

Living In The Present

Creation of Fear Of The Future

Thinking of The Future

Living In The Now

Memories From The Past

Carrying Positive Interpretations

↓

Living In The Present

No Fear Of The Future

↓

No Thinking of The Future

(The Future Looks After Itself)

Living In The Now

~~Memories From The Past~~

Living In The Present

~~No Thinking of The Future~~

Living In The Now

Living In The Now

Psychiatry

Helps In The Process

By Suppressing The Memories from The Past By Interfering In the Physiology of The Nervous System

(Chemical Explanation of Suffering)

Living In The Now

Psychotherapy

Helps In The Process

By Altering The Memories Or their Interpretation from The Past

By Changing Attitudes, Emotions and Perceptions

(Thought/ Meaning Explanation of Suffering)

Living In The Now

Meditation

Helps In The Process

By Processing The Emotions & Feelings of Events in The Past

By Accelerating The ‘Metabolism’ of Suffering

(Rising Above The Suffering)

Living In The Now

Meditation

Helps In The Process

By Relaxing The Mind and The Body And Distracting Them from Negative Feelings & Thoughts

By Changing The Way of Feeling & Thinking

(Alternative Explanation)

Living In The Now

Common Factors In Psychiatry, Psychotherapy and Meditation:

- Reduce Suffering
- Change Thinking
- Change Perceptions
- ? Change Feelings

(**Not Seek Happiness** When You are Suffering)

Living In The Now

Psychiatry

Psychotherapy

Meditation

Have their own places in Healing

One cannot substitute the other.

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Meditation

‘Some types of meditation might work by affecting the autonomic (involuntary) nervous system. This system regulates many organs and muscles, controlling functions such as heartbeat, sweating, breathing, and digestion’.

-National Center For Complementary & Alternative Medicine

http://nccam.nih.gov/health/meditation/overview.htm

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Meditation

‘Since the limbic system contains the hypothalamus, which controls the autonomic nervous system, reduction in limbic arousal may explain how meditation reduces stress and increases autonomic stability to stress. Ultimately, meditation strengthens and enhances the ability to cope with stress.’

-Dr. Jooyoung Julia Shin, M.D. Physiology of Meditation. http://ejmas.com/pt/ptart_shin_0400.htm

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Meditation

‘The results indicate that the practice of meditation activates neural structures involved in attention and control of the autonomic nervous system.’

-Lazar et al. *Functional brain mapping of the relaxation response and meditation*. Neuroreport 2000 May 15;11(7):1581-1585 (ISSN: 0959-4965)

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Psychotherapy

‘A normalized balance between sympathetic and parasympathetic functioning is important for good health. When patients relive pain over time, thereby normalizing their metabolism, they demonstrate better health and a more balanced system’

Dr Arthur Janov.(1990) The New Primal Scream. P.191.

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Psychotherapy

‘The sixth shared feature of all psychotherapies is facilitation of emotional arousal, which seems to be a prerequisite to attitudinal and behavioral changes.’

- Jerome D Frank, MD, Therapeutic Factors in Psychotherapy.Focud. 2006; 4:306-311.
- http://focus.psychiatryonline.org/article.aspx?articleid=50633

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Psychotherapy

‘When the fight or flight response is evoked,it brings into play the sympathetic nervous system, which is a part of the autonomic nervous system....Relaxation Response an opposite involuntary response that causes a reduction in the activity of the sympathetic nervous system’.

- Herbert Benson MD. The Relaxation Response.p 72-73.

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Abreaction

Catharsis

(Mainly looked at from psychological perspectives and not physiological perspectives)

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The Autonomic Nervous System

- Sympathetic
- Parasympathetic

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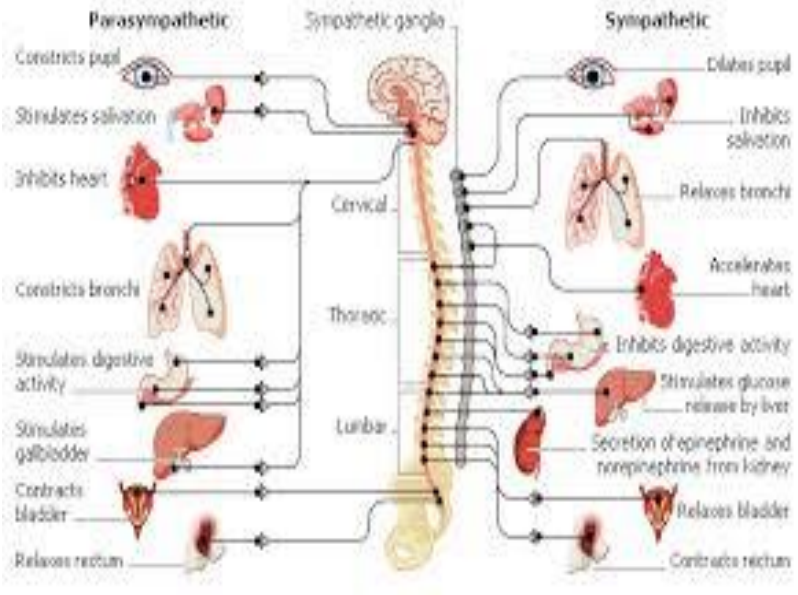
Autonomic Nervous System



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Autonomic Nervous System

Sympathetic system

- Heart and blood pressure increases
- Respiration accelerates, blood sugar is released from the liver
- Adrenalin, noradrenalin are released from the adrenal glands.
- Fight or flight

Parasympathetic system

- Heartbeat slows
- Blood pressure reduces
- Respiration levels
- Your body experiences visceral responses typical of periods of rest and relaxation.
- Rest and digest

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Neurotransmitters

Sympathetic

- Adrenaline
- Noradrenaline
- Dopamine

Parasympathetic

- Acetylcholine
- Serotonin

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Neurotransmitters

- 5 HT or 5 Hydroxytryptamine is a metabolic intermediate in synthesis of Serotonin.
- Dopamine is a precursor of Noradrenaline and Adrenaline.

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Psychiatric Drugs

(From MIMS Ireland April 2013)

SSRI= Selective Serotonin Reuptake Inhibitors

- Paroxetine, Fluoxetine, Sertraline.

5HT/NA Reuptake Inhibitor

- Venlafaxine

Dopamine Antagonist

- Domperidone

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Psychiatric Drugs

(From MIMS Ireland April 2013)

Anticholinergic

-Biperiden, Procyclidine

Acetylcholinestrase Inhibitors

- Donepezil, Rivastigmine

Selective Dopamine Agonist

- Pramipexole

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MEDITATION, EMOTIVE PSYCHOTHERAPIES AND PSYCHIATRIC MEDICATIONS ARE MAINLY EFFECTIVE FOR THEIR ROLE IN THE AUTONOMIC NERVOUS SYSTEM.

Medication Or Meditation? The Praying Mentis Way

Living In The Now

AUTONOMIC NERVOUS SYSTEM IS EITHER SUPPRESSED OR EXPRESSED IN ALMOST ALL FORMS OF MENTAL HEALTH TREATMENT MODALITIES