## Science of Meditation

In this video, I'll explain some of the major scientific discoveries relating to meditation. We'll answer questions like, scientifically, "how long should I meditate?" I'll explain meditation's impact on stress physiology, our nervous system, and our neurocircuitry.

## References and further reading:

- Kasala, E. R., Bodduluru, L. N., Maneti, Y., & Thipparaboina, R. (2014). Effect of meditation on neurophysiological changes in stress mediated depression. Complementary therapies in clinical practice, 20(1), 74-80.
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- Mitchell, J. T., Zylowska, L., & Kollins, S. H. (2015). Mindfulness meditation training for attention-deficit/hyperactivity disorder in adulthood: Current empirical support, treatment overview, and future directions. *Cognitive and behavioral practice*, 22(2), 172-191.
- Morgan, N., Irwin, M. R., Chung, M., & Wang, C. (2014). The effects of mind-body therapies on the immune system: meta-analysis. *PloS one*, *9*(7), e100903.
- Sinha, A. N., Deepak, D., & Gusain, V. S. (2013). Assessment of the effects of pranayama/alternate nostril breathing on the parasympathetic nervous system in young adults. *Journal of clinical and diagnostic research: JCDR*, 7(5), 821.

## **Glossary**

Adrenal Gland Flow State

Pituitary Gland Reticular Activating Formation (RAF)

Adrenaline Vagus Nerve

Central Nervous System (CNS) Autonomic Nervous System (ANS)

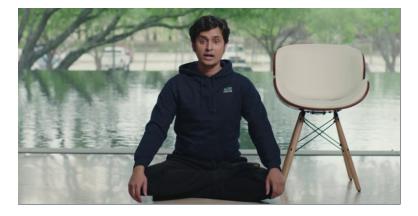
Hypothalamic Pituitary Adrenal (HPA) Eustress

Axis

Frontal Lobes Limbic System

Ventral Medial Prefrontal Cortex Association Cortices

## **Meditation Videos**



P00 - Posture