

Effect of Arham Purushakar Meditation in symptomatic improvement in Patients with Renal End Stage Disease on Hemodialysis Therapy-Case Series

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Abstract:

The study was undertaken to ascertain if a short term intervention of Arham Purushakar Meditation (APM) results in the improvement of clinical conditions of patients with renal end stage disease on hemodialysis. The study was conducted at Bhagwan Mahavir Dialysis Centre in association with Bhagwan Mahavir Medical Research Centre (BMMRC) after obtaining the approval of the Institutional Ethics Committee. 111 Patients with end stage renal disease were enrolled for the study after obtaining their consent for participation. Then patients were categorized into meditation group with 64 patients and control group with 47 patients. The meditation group practiced meditation for three months and the control group received only hemodialysis. The patients who practiced meditation regularly showed improvement in their health problems such as muscular cramps, vomiting, swelling of face and legs, hypertension, etc. Thus this study presented evidence for the beneficial effects of short term intervention of APM on the general health conditions of the patients suffering from renal end stage diseases.

Key words: Arham Purushakar Meditation, Chronic renal failure, CRF, Hemodialysis, Meditation, Renal End Stage disease, Yoga.

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Introduction:

Arham Purushakar Meditation is a unique, universal, but simple, easy to follow method of meditation technique revived from Agamas and developed by Jain Upadhyay Shri. Shri. Praveen Rishiji (Sapna Kothari et al, 2018). This technique of meditation uses the visible spectrum of colours to cure diseases. This centuries old concept used successfully over the years to cure various diseases in man. Colour is a form of energy, which produces certain physiological changes in the body that help in controlling the diseases.

The present study was carried out to delineate the possible beneficial effects of APM on the clinical conditions in patients with end stage renal disease (Modi and Jha 2006, Kher 2002).

Earlier different types of meditation were tried for the patients on dialysis and beneficial effects were reported (Maria Carolina Cruz et al, 2011, Zoe Thomas et al 2017, Elisabete Kawakami et al 2016, Sana Hawamdeh et al, 2017).

Material and Methods:

101 Patients with end stage renal disease in the age group of 25-65 years were enrolled at Bhagwan Mahavir Dialysis Centre, Ramdev Rao Hospital, Kukatpally, Hyderabad to study the efficacy of APM on clinical conditions in patients of end stage renal disease who are on hemodialysis therapy. Four interesting cases are included

in this case series

The investigation was undertaken after obtaining the approval of the Institutional Ethics Committee (Registration Number of IEC ECR/450/Inst/AP/20131RR-16) of Bhagwan Mahavir Medical Research Centre. Patients who were enrolled for the study were explained about the objective of the study and those who were willing to participate in the study were included after taking their informed consent. The patients were interviewed, clinically examined and details on age, sex, medical history, surgical history, family history, socioeconomic status, literacy, etc. were recorded using a standard questionnaire (Reddy PP et al 2018). In addition, information on health problems associated with the disease was collected.

Then the patients who gave consent were divided into two groups' i.e study Meditation group and Control group. The Meditation group included patients who consented to practice of ArhamPurushakar Meditation along with dialysis and the control group included patients who received only hemodialysis therapy.

Patients included in the study group (meditation group) were counseled about the importance of the ArhamPurushakar Meditation in the treatment of various diseases by counselors who were experts in this area and then they were trained till they acquired the meditation technique.

Patients who were included in the

meditation group were asked to practice meditation for 45 minutes before/ during hemodialysis every alternate day (three times) in a week for three months. The patients were also provided information on the role of meditation in health care and were advised to practice the technique at home during the sessions to master the technique.

Detailed information on the health and psychological problems was collected from all the patients enrolled for meditation after 3 months of APM intervention. The patients included were trained how to do Arham Purushakar Meditation by the Volunteers. Then they were asked to do meditation before they undergo dialysis or some times during dialysis. They were also motivated to practice meditation at home.

Results:

The results showed improvement in health problems in the patients undergoing hemodialysis after 3 months of Arham Purushakar Meditation practice. There was a significant decrease in systolic and diastolic blood pressure after the meditation practice. Similarly reduction in health problems such as muscle cramps, swelling of face and legs, etc was found. Here with we present some interesting case reports of patients who showed improvement in more than two clinical conditions.

Patient – 1

The male patient aged 42 years was admitted in Hospital for gastrointestinal

problems. After performing certain investigations, he was found to be suffering from Chronic Kidney Disease. He complained swelling of face and ankle. He had history of frequent vomiting. His BP was 140/90 to 160/90. He also complained of severe head ache and poor sleep. He was put on medication for six months and later found that he has end stage renal failure. Now he is on hemodialysis, three times a week.

The patient started APM since September 2017 with the above complaints. He did meditation at dialysis session and also at home. The intervention of APM resulted in lot of improvement in his medical conditions. Now his BP is almost normal (130/80). There is a decrease in head ache and vomiting episodes. The swelling in the face also decreased. However he still complains disturbed sleep. The serum creatine also showed a slight decrease from 18 to 16.2 mgs/dl.

Patient-2

The male patient aged 46 years was hypertensive. He was irregular in taking hypertensive drugs that led to his kidney failure. So he was not able to do his routine work and he lost his job. He had history of vomiting, tension and stress and severe sleep disturbances besides high BP (180/100).

The patient is on hemodialysis thrice a week. The patients joined the meditation group and started practice of APM since September, 2017. Now the patient is showing improvement after regular

meditation practice. His BP has come down to 130/80. He is not complaining of vomiting. His sleep quality was improved. There is a change in his attitude towards life and thus he is looking forward to take up a job and earn for comfortable living.

Patient-3

The 33 year old female patient is hypertensive and had history of frequent head ache, muscle cramps and stress since 2016. Her BP was 150/90. After conducting various investigations, she was diagnosed as patient with chronic kidney diseases (CKD). The patient is on hemodialysis. She started practicing APM since October 2017. Now she is having no muscle cramps and head ache. She says that she did not have that much tension. Her BP has come down to 130/80.

Patient -4

The male patient aged 61 years was hypertensive and having type-2 diabetes mellitus since 15 years. He showed history of ankle swelling which was not responding to treatment. He also complained shortness of breath and sleeplessness. On examination, his creatinine level was found to be high (>17.00). On the advice of his doctor, the patient with kidney failure is undergoing hemodialysis thrice a week.

The patient started practicing APM and showed improvement in his medical conditions. The sugar levels have come down to normal values (He informed that his sugar levels were as high as 350 mg at times). The BP has come down to normal.

He is able to have sound sleep and also he was relieved off breathing problem. He says once he was a man of short temper and now he is very cool and peaceful.

Discussion

In general, all the patients who practiced meditation regularly showed improvement in more than one clinical condition/characteristics suggesting the beneficial effects of APM practice in patients with end stage renal disease undergoing hemodialysis. These observations are in agreement with the results of our preliminary study carried out on the effects of APM in CKD patients undergoing dialysis. (Sapna Kothari et al., 2018). It is established that every organ system will have its own vibration energy and disease will occur when the energy is low. By applying, different colours during Arham Purushakar Meditation, energy levels can be increased and diseases can be treated. Every colour has a certain frequency of wavelength and energy is associated with it. Thus once the colour is absorbed, it stimulates the neuroendocrine system and releases hormones (Sapna Kothari et al, 2018) and the neurotransmitters control the disease.

Further studies in more patients for longer duration and on different parameters are need to be carried out for its scientific validation. Studies not only on physical conditions but also on hematology, biochemistry and quality of life should be undertaken for more scientific output.

Conclusion:

Arham Purushakar Meditation is highly useful for symptomatic improvement in health conditions in patients suffering from end stage renal disease undergoing hemodialysis.

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