

Effectiveness of SKT meditation innovation exercise on spatial disorientation: Thai traditional medicine

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Aims: This study is aimed to test the effectiveness of SKT3 and SKT5 meditation innovation exercise in Thailand to improve a severe motor and sensory health problems to spatial disorientation.

Background: Spatial orientation in flight is difficult to achieve because numerous sensory and motor stimuli (visual, vestibular, and proprioceptive stimuli) due to vary in magnitude, direction, and frequency. Any differences or discrepancies between visual and vestibular sensory inputs resulted in a sensory mismatch can produce illusions and acute vestibular perception lead to spatial disorientation. SKTs, a group of meditation innovation were a set of Thai traditional medicine, is a 3 years research project conducting to heal chronic illnesses and the end of life patients nationwide is accepted to heal spatial disorientation.

Methods: A hopeless severe case of spatial disorientation with unable to walk, sit, eat, and sleep, and progressive paralysis liked feature, a full scale intensive treatment from 3 hospital, was referred to be practice SKT 3 and SKT 5 meditation exercise by a physician. Three times a day for 20-30 minute session practicing of SKT3 and SKT5, non- invasive traditional medicine were trained. Motor and sensory testing and symptoms evaluation were recorded everyday for 3 month.

Results: After practicing SKT3 and SKT5 meditation exercise, the function of visual illusions is reduced, hearing problem and posture disorientation is 30% improved, and quality of life of patient related to eating, standing, sleeping is improved within 1 week. The improvement of walking, posturing, hearing, sleeping, memory losing, walking status were reported after 1 month regularly practicing 3 times a day. Eighty percent of spatial orientation is met after practicing for 1 month. Ninety percent holistic improvement of visual and vestibular functions is improved as a normal healthy people within 3 month practicing the meditation exercise.

Conclusions: SKT3 and SKT5 can heal spatial disorientation within 3 months. A big sample size needed to prove the effectiveness of SKT3 and SKT5 related to others visual and vestibular problems.

Biography

Somporn Kanthardussadee Triamchaisri took Ph.D. in Neuroscience from Institute of Molecular Bioscience from Mahidol University and Postdoctoral special studies from UCSF. She is a former director of Dr.PH International Program in Public Health Nursing, a head of Public Health Nursing Department, President of the Thai Public Health Nurses Association. She is a project director of SKTs Meditation exercise among chronic illness and end stage of life healing (2010-2014). She is the founder of SKTs Meditation exercise. She has published more than 25 papers in local and international journals and has been serving as an editorial board member and reviewer of international journals, and international conferences.

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