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Chan-Ding for drug rehabilitation and its brain-basis hypothesis

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Chan-Ding practice effectively treated the drug addicts in a Drug Rehab Center in central Taiwan. Drug abuse and addiction can change the brain functionality and the structure of neuronal networking. The neuronal circuits involved in drug abuse and addiction have been identified to closely correlate with 1) ventral tegmental area (VT) and nucleus accumbens (NAs), the reward center, responding to both good and bad experiences, 2) the dynamical interaction between amygdala and hippocampus responsible for emotional-arousal long-term memory, 3) orbitofrontal cortex (OFC) as an important role in impaired decision making, futile expectancy and excessive craving caused by substance abuse, 4) subcallosal cortex (SCC) neuronal activity relating to the down-regulation of any negative emotional experience, and 5) prefrontal cortex (PFC) and anterior cingulate gyrus (ACG) incapable of eliciting inhibitory control of OFC. All the above addicted brain functions could be reformed by Tri-Mailun activation in Chan-Ding practice. We propose a brain-basis hypothesis on the effectiveness of Chan-Ding in drug rehab. Chanxin Mailun (the third ventricle) emits light with tranquil harmony to rewire the addicted neural circuitry into non-addicted brain. Zhihui Mailun enables the physical body to be in tune with nature that boosts the energetic, optimistic mind-body intervention. Fayan Mailun elicits the compassionate feeling and removes the ego veil.

Brain abiding by ego always pursues pleasure with no end. Chan Ding into the Nirvana state makes the addicted brain totally reformed into the detached, blissful brain. According to the wisdom of Chan Master Wu Jue Miao Tien, drug addiction often becomes karma memory deeply abiding in brain neural networks responsible for subliminal consciousness. It can be released by Chanxin-Fayan-Zhihui Mailun practice in Chan-Ding. Successful rate of drug rehab by conventional medication treatment is very low since medical treatment cannot heal the subliminal consciousness. Approximately 80-90% of drug inmates return to drug rehab centers. Chan-Ding differs from the other meditation techniques in that the true practice can only be accomplished by the Buddhist Heart-seal Imprint from Chan Patriarch. Through heart-to-heart seal enlightenment, Chan-Ding practice is aimed at the ultimate goal of unification with true nature deeply inside the heart by way of transcending the physical, mental, psychological, and subliminal consciousness states.

Under the supervision of Shakyamuni Buddhist Foundation, Taipei Special Education Care & Support Association in cooperation with Ministry of Justice sent three experienced Chan-Ding instructors to help 37 drug inmates between the ages of 40 and 60 years in a Drug Rehab Center in central Taiwan. After 4-month Chan-Ding lectures, the result revealed by the questionnaire survey showed remarkable effectiveness of Chan Ding as follows: 1) 68% inmates experienced the state of empty and tranquil mind without any wild thought, 2) more than 40% inmates easily attained deep physical and mental relaxation, and 3) 70% inmates had the peaceful and calm feeling. Accordingly, they felt more confident in fighting with drug Addiction.

Biography

Pei-Chen Lo completed her PhD in 1990 from University of Florida, Gainesville, FL, USA, with the research focus on biomedical signal research (particularly, electroencephalograph EEG). She was the research associate in EEG Lab, University of Utah Medical Center from 1990 to 1992. She became an Associate Professor of Electrical and Control Engineering at National Chiao Tung University in 1992 and a full professor in 2001. She began practicing Chan Ding with Chan Patriarch Wu Jue Miao Tien in 1994 and started the research on Chan-Ding EEG and cardiorespiratory functions in 1998. She had published more than 20 papers with respect to Chan-Ding physiological and mental states.

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