

# Importance of Meditation in Human life

Susanna Feruglio\*

Department of Languages and Literatures, Communication, Education and Society, University of Udine, Udine, Italy

## Commentary

Reflection is a strategy for preparing consideration and mindfulness, just as accomplishing an intellectually clear and genuinely tranquil and stable state, by means of the use of a method like care, or zeroing in the brain on a particular article, thought, or action. Reflection has been hard to portray for scholastics since rehearses contrast between and inside customs. Reflection may assist you with forgetting about your concerns for the afternoon and discover internal peacefulness. Perceive how you may rapidly figure out how to contemplate and utilize it whenever you need it.

For millennia, individuals have been ruminating. Contemplation was made to help with the perception of life's blessed and mysterious energies. Contemplation is generally used these days for unwinding and stress decrease. Contemplation is a sort of elective treatment for the brain and body. Contemplation can assist you with accomplishing a significant degree of unwinding just as a quiet brain. During contemplation, you concentrate your consideration and clear your psyche of the obfuscated thoughts that might be annoying you and producing strain. Physical and passionate prosperity might be improved because of this methodology. Meditation has grown more popular in many Western countries, particularly the United States. A growing amount of studies suggests that meditation has a variety of health advantages and these findings have generated attention in the medical sector. Meditation is a practise that dates back to India's ancient Vedic era and is documented in Vedic literature. Meditation is one of the techniques employed in Ayurveda (Science of Life), a holistic, natural health-care system that dates back to India's ancient Vedic era.

The word "meditation" has come to apply to a wide range of different approaches. Contemplation, concentration, the use of natural sounds such as the ocean, guided meditation, contemplative movement activities such as Yoga and tai chi, qigong, breathing exercises and Mantra are just a few examples. These approaches function on a variety of levels, including the senses, the mind, the intellect and the emotions. Some strategies are simple to learn and apply, while others are more challenging and may lead to people abandoning the practise sooner rather than later.

Meditation has been utilised to achieve enlightenment from the dawn of humanity. It has been promoted by wise people as a method of escaping misery. Meditation has been shown to be beneficial for a variety of life goals, from recovering a devastating breakup to boosting everyday productivity, according to personal experience and current science. Modern-day meditators refer to it as "soul nourishment" and claim that it can open doors to a better existence.

- **Cortisol levels are reduced:** According to studies, mindfulness meditation decreases cortisol levels, the stress hormone. Cortisol decrease can assist with general pressure, tension and gloom.
- **You'll be able to deal with stress more effectively:** Washam claims that meditation gives a sense of peace to the mind and body, which can help to alleviate stress.
- **It helps to reduce anxiousness:** According to wellness coach Traci Shoblom, "meditation is simply the ultimate, portable anti-anxiety treatment." Close your eyes and practise breathing exercises for a few minutes to switch off the anxiety-inducing processes in your brain.

**How to cite this article:** Feruglio, Susanna. "Importance of Meditation in Human life." *J Ment Disord Treat* 7 (2021): 176.

**\*Address for Correspondence:** Susanna Feruglio, Department of Languages and Literatures, Communication, Education and Society, University of Udine, Udine, Italy. E-mail: [susa.ferug@uniud.it](mailto:susa.ferug@uniud.it)

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**Received** 08 September 2021; **Accepted** 22 September 2021; **Published** 29 September 2021