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Meditation, yoga and spiritual fitness heal dementia and brain disorders

Abstract:

Older adults underestimate their level of life stress and early adversity, and kind of the impact that has. For some people, early adversity can affect their entire lives, but for other people, it seems like it catches up to them once they're aging. our frontal lobes helping moderate our emotional responses. But the frontal lobes are also one of the main areas of the brain that begins to decline with age in terms of function. By sitting in any posture, standing, lying or walking for few minutes meditation include general wellbeing improvement, like decreasing depression and anxiety and improving sleep hygiene. By meditation like this one, you're turning on the frontal lobes as you repeat the sounds and touch your fingers. Another area that becomes activated is the thalamus, which is a very core structure of the brain that helps regulate neuronal information flow. Most beneficial aspect of meditation training is increased self-control of emotions and attention. Psychologists are fond of touting the popular phrase "willpower is like a muscle," meaning that the more a person practices delaying gratification, the easier it becomes to deny oneself in the short term for a better payoff later. As per the genetic makeup and climatic conditions different person will observe different sensation on body parts. The Gamma, Beta, Alpha, Theta and Delta ray regulate the brain activities as per sleep and function Fig. And so when you have these areas turned on, what that is basically doing is helping you better concentrate and regulate different parts of the brain. If you right now focus for the next few seconds or minutes on your breathing-breathe in and breathe out very slowly results in you're going to reduce your heart rate, blood pressure and calm your brain down. So it is important to make sure that you can fully engage the practice whether it is meditation, prayer, yoga, or some other spiritual practice

Biography

Sumedh Thero (Dr Banwari Lal Suman) Ph D (Agro) Ex Prof. Principal Scientist (Agronomy) ICAR-Indian Grassland and Fodder Research Institute, Jhansi, Trainer Teacher Vipasana Meditation & Monks ordination; 2009 to Continue. Organized National Seminars, Author of 32 Books in Hindi & English, over 350 research, popular articles. Founder Ancient Buddhism ISSN 2395-471X Supervised ; 2 Ph. D. 7 M. Sc. Visited; Myanmar in Dec 2004, USA 2006, Nepal 2019, Sri Lanka 2012, 2017, 2018, 2019, Thailand 2017, 2024. Monastery: Sumedh Bhoomi Buddha Vihar, Dr Ambedkar Park, Jhansipura, Lalitpur-284403 India Address 702 Masihaganj, Sipri Bazar, Jhansi 284003, India