

A study reveals that Heartfulness Meditation keeps the heart healthy

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A first of its kind study in Delhi suggests that Heartfulness Meditation has a positive effect on managing heart rate, heart rate variability and blood pressure, impacting overall health

Heartfulness
Through meditation, harmony



Heartfulness Practices are a set of yogic meditative practices having a positive effect on heart rate variability, blood pressure and heart rate. This was the conclusion of this first of its kind study conducted by the **National Resource Centre for Value Education in Engineering (NRCVEE)** at **IIT Delhi**, and the **Department of Non-Invasive Cardiology, Max Super Specialty Hospital, Saket, New Delhi**. The data pointed towards the fact that there was a significant effect of the Heartfulness practices of Cleaning and Meditation on the heart rate, blood pressure and heart rate variability, which is an indicator of cardiovascular as well as overall health.

The authors concluded that a 30-minute session of Heartfulness Meditation and Cleaning produces significant modulation of the autonomic nervous system towards parasympathetic dominance, so as to favourably moderate basic vital parameters. The results also indicate that these practices helped improve the feeling of overall happiness and well-being following the Meditation sessions, without being demanding (See Figure 1).

The findings of the study have been published in the *Indian Heart Journal*, the official journal of the Cardiological Society of India (Indian Heart Journal 70 (2018) S50–S55). The study was authored by **Narendra Kumar Arya, Kamlesh Singh and Anushree Malik**, from the NRCVEE, and **Rahul Mehrotra**, Head, Department of Non-Invasive Cardiology, Max Super Specialty Hospital, Saket, New Delhi.

Commenting on the study, **Kamlesh D Patel (Daaji), the Heartfulness Guide**, said, “*While meditation is now readily recognized as a practical, safe and effective tool to reduce stress and manage health, this research is the first attempt to study Heartfulness practices and their effect on cardiovascular measures. Several studies have shown the beneficial effects of Heartfulness Meditation on physical health, psychological health, emotional intelligence, and sleep etc., but there was a gap in the literature on studies pertaining to the impact of the Heartfulness practices of Cleaning and Meditation on heart rate variability. This study is the first step to filling this vital gap.*”