

International Conference on **ALZHEIMER AND DEMENTIA**

July 12, 2021 | Webinar

**Neurological stroke rehabilitation and recovery by way of meditation****Ven Sumedh Thero***Lohia Hospital, India*

Meditation Reduce depression, tiredness, and fatigue, improve attention, emotion regulation, and mental flexibility and Grow your brain as well as improve information processing. Yoga is a mind-body practice that is sister practice of meditation originated in India, and which has become increasingly widespread in the Western world. Recent evidence highlights the positive effects of yoga for people with a range of physical and psychological health conditions. A recent non-Cochrane systematic review concluded that yoga can be used as self-administered practice in stroke rehabilitation. Many meditators have reported that they feel that meditating at the end of their day helps manage their pain. Others report that they are sleeping better, are able to manage their anxiety throughout the day and feel more connected to their physical body in regards to noticing where they compensate for pain.

Meditation goes beyond simple relaxation techniques, although that is definitely one of the main benefits. I develop the system called Ven Dr Sumedh Thero system of ordination/Meditation i.e. based on my own experience in India, Sri Lanka, Thailand, Vietnam by meditating as brain exercise and mental energy conservation. Meditation gives us the opportunity to observe our thoughts instead of being stuck in the details of them where we tend to mentally live out hypothetical situations about our unknown future or ruminate in a past that we cannot change. More often than not, as a whole, we do not recognize our thoughts; instead we are completely absorbed in them. When we meditate, I ask everyone to close their eyes and feel their breath. I guide everyone into really feeling the breath, the quality of it, and the different temperatures of it as it enters the nose and then leaves the nose. After we connect to the breath, we scan the body systematically from the top of our head all the way down. We plug into sensation by feeling the temperature on our skin, noticing every little noise we hear, recognizing any movement as well as light or shadows behind the eyelids. We focus on where we tend to hold onto tension, such as the shoulders, jaw, hips and hands. Lastly, we label the thoughts simply using the words "past" and "future". It does not matter whether we are recognizing that thought exists five minutes in the future, five weeks, years or months; we label it "future" and reconnect back to the breath and the sensations of the body.

vensumedh12@gmail.com