

## Ankit Puri Says: Yoga & Meditation Help To Heal



**New Delhi, Delhi Jan 6, 2023 ([Issuewire.com](https://www.issuewire.com))** - Ankit Puri, a **Mental Health Advocate** says, meditation is a practice that helps us to build and sustain internal energy, as well as cultivate patience, forgiveness, and compassion. People also use meditation to gain other helpful habits and feelings, like positive moods and perspectives, self-discipline, healthier sleeping patterns, and even increased tolerance for pain. Meditation helps you to keep a great state of mind, which, in turn, keeps the body from breaking down. He talks about some studies that he has read, which also show that meditating and practicing yoga improves your general well-being and resilience to stress factors. Yoga has positive effects on mental health, while meditation may benefit your body as well. While meditation works mostly on your thoughts and mental patterns, yoga moves the body and may help you to get in shape. Regular meditation helps to reduce stress, enhances focus, and leads to better awareness of your thought patterns and processes. He is thankful to **Shilpi Taneja** of Transcend Yoga Studios to guide & mentor him.

Both yoga and meditation have been found to have similar benefits, helping improve both mental and physical health in different ways. '**Medical News Today**' has recently reported a large body of research that points out a number of different benefits to both yoga and meditation, including combating cognitive decline, acting upon genetic factors that make individuals susceptible to stress, improving lower back pain, and alleviating depression. Yoga and meditation are very helpful, sometimes even more so than medications, in relieving symptoms of traumatic stress. While talk therapy is championed by one of these systems or another, the consistent practice of Yoga and Meditation has been found helpful in most of these systems, though it is a gradual process. As a mind-body practice, Yoga spans all of these fields, and it may prove an instrumental tool on your path to recovery.

Because it is focused on, yoga has the power to ease the concerns surrounding mental health, and it is effective at changing our thoughts and habits, much like meditation. Yoga could be said to include meditation techniques due to the focused attention that is applied when holding poses. Meditation helps calm a mind that is affected by residual trauma stress, while yoga and meditation both heal the body by releasing the tension that has been held for so long. In the long run, the relaxation response resulting from meditation lowers stress-related inflammation. Meditation helps decrease anxiety, for one, and this may lead to potentially positive changes in the body. Meditation can help bring more peace to your day, and it may be helpful for managing symptoms of some health conditions. Meditation can also help your body heal more quickly by decreasing your metabolism, keeping blood pressure in check, and regulating your heartbeat, all of which speed up the process of recovery from heart problems and diseases.

Meditation has the power to heal the brain and boost mood. By becoming more connected with your thoughts and feelings, it is possible to meditate your way out of an addiction. Some people report dramatic results with therapeutic meditation, and others just enjoy the reduced stress that comes with sitting down and centering their minds. Meditation continues to be an important practice to manage and heal medical conditions such as depression, sleep problems, hypertension, asthma, anxiety, and migraine headaches. Patients suffering from health conditions such as asthma, anxiety, and high blood pressure may enhance their healing process by practicing meditation. Although the human body has natural healing abilities, i.e., new cells replacing damaged ones and repairing themselves, meditation is a practice in spiritual science, supported by multiple studies throughout the years showing how it enhances the natural healing processes of the human body.

While meditation has not been proven to treat any particular disease, some people have reported it may help when used in conjunction with more traditional treatments. It can help to relax the body, relieve tension, and put you in a state of peace where you are more likely to fall asleep. Mindfulness meditation typically involves meditation, relaxation, physical activity, and breathing exercises in order to regain and sustain your equilibrium. Other active forms of meditation include tai chi Qigong (both traditional Chinese physical therapies) and yoga. Being peaceful is a major contributor to all the good things in life, like a peaceful mind, a contented soul, a restful night's sleep, etc. Those with traumatic experiences, may actually benefit from practicing yoga and meditating, since the benefits are just what they need for healing.

For life coaching, and mental health help, you can read articles on [My Life in wRaps](#).

Ankit is available to guide you free of cost via his Instagram [@theankitpuri](#) & an autobiography, which is very affordable.

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