

Zusammenfassung wissenschaftlicher Studien über die Technik der Transzendentalen Meditation (TM) (Originalmethode nach Maharishi Mahesh Yogi)

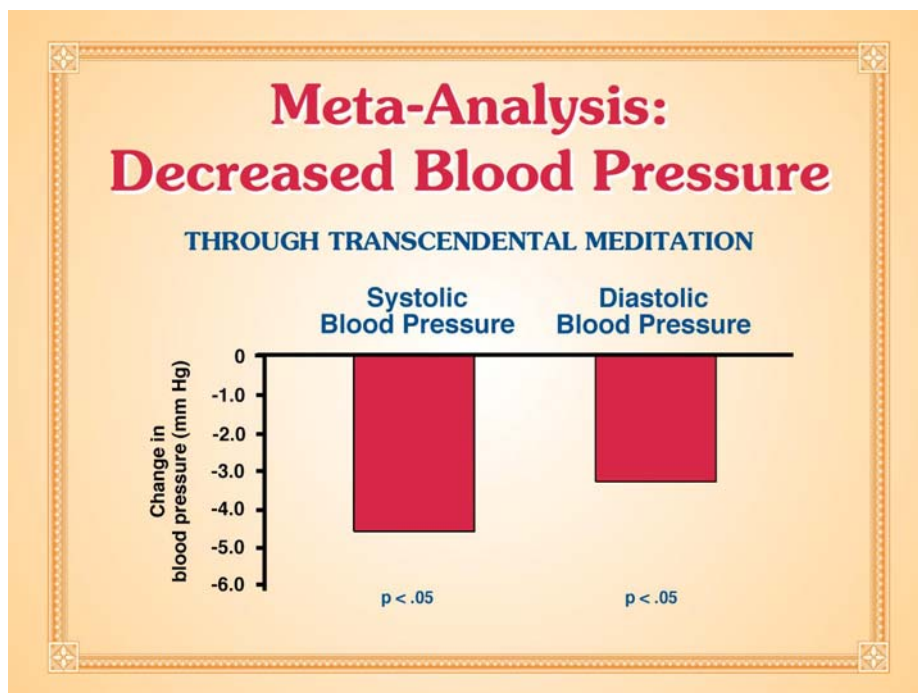
AUSWAHL: METAANALYSEN

In den letzten 40 Jahren wurden mehr als 600 wissenschaftliche Studien über die Technik der Transzendentalen Meditation und TM-Fortgeschrittenentechniken an über 250 Universitäten und Forschungsinstituten in 27 Ländern durchgeführt – davon 5 Metaanalysen. Diese Arbeiten wurden in mehr als 100 Wissenschaftsjournalen weltweit publiziert und sind in den Bänden 1 – 6 der „Scientific Research on Maharishi’s Transcendental Meditation and TM-Sidhi Programme: Collected Papers“ zusammengefasst. Die Ergebnisse dieser Arbeiten belegen sehr deutlich die überaus positiven Auswirkungen in den Bereichen individueller und kollektiver Gesundheit.

1) **Blood Pressure Response to Transcendental Meditation:** A Meta-analysis

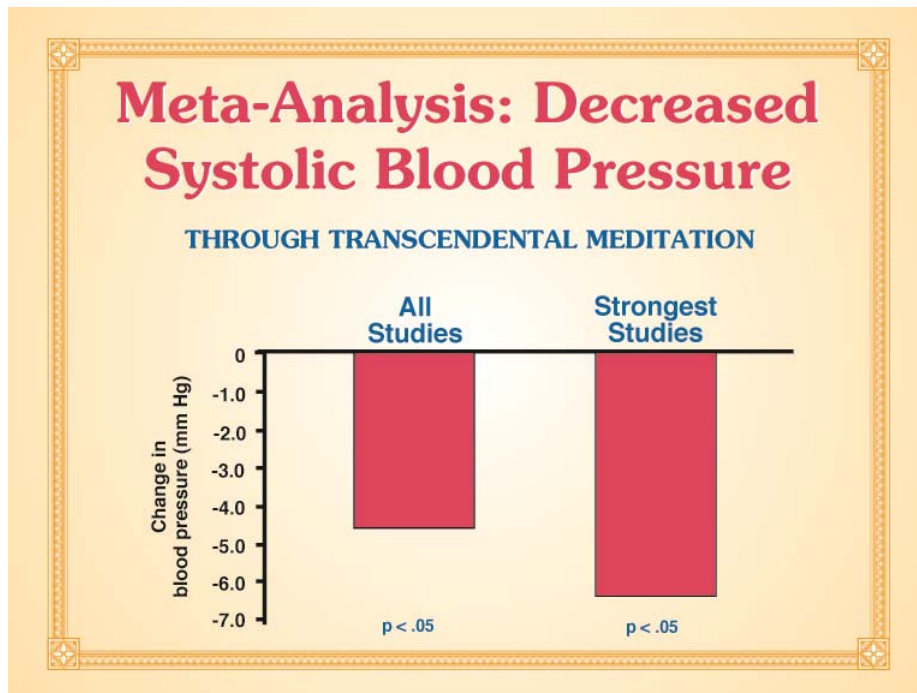
The regular practice of Transcendental Meditation may have the potential to reduce systolic and diastolic blood pressure by ~4.7 and 3.2 mm Hg, respectively. These are clinically meaningful changes.

Reference: James W. Anderson, ed al.; *American Journal of Hypertension*, March 2008; Volume 21:310-316



This study was a meta-analysis examining the effect of all published randomized, controlled clinical trials on the effects of the Transcendental Meditation program on blood pressure, comprising nine studies with 711 subjects. The Transcendental Meditation Programme was found to have a statistically significant impact of reducing both systolic and diastolic blood pressure.

Reference: *American Journal of Hypertension* 21: 310–316, 2008.



Meta-Analysis: Decreased Systolic Blood Pressure

This study was a meta-analysis examining the effect of all published randomized, controlled clinical trials on the effects of the Transcendental Meditation program on blood pressure, comprising nine studies with 711 subjects. The Transcendental Meditation Programme was found to have a statistically significant impact of reducing systolic blood pressure. Among the three studies with the strongest research designs, the finding was slightly larger, giving another indication of the substantial nature of the effect.

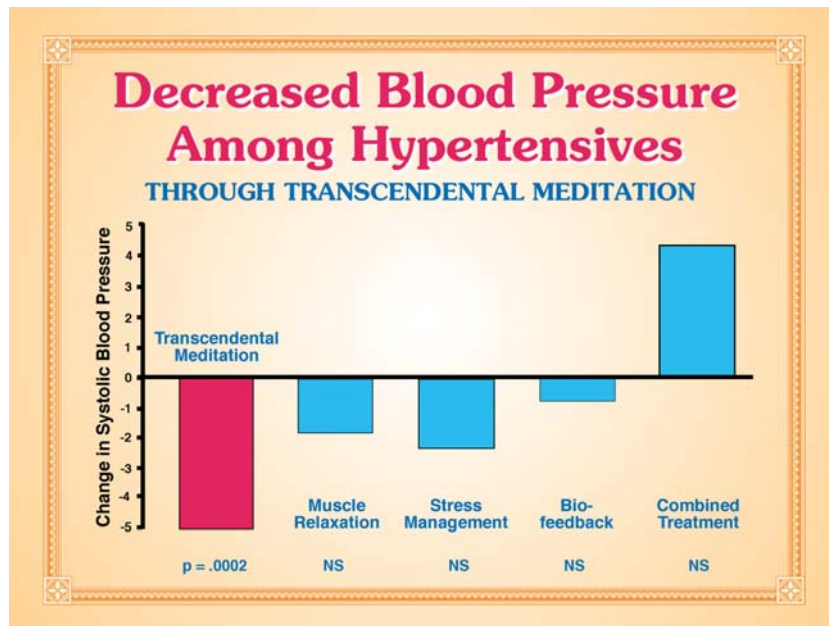
Reference: American Journal of Hypertension 21: 310–316, 2008.

2) Decreased Blood Pressure Among Hypertensives

This meta-analysis located in the published literature 107 studies on stress reduction and blood pressure, of which 17 studies containing 23 treatment comparisons among 960 subjects met standard criteria for well-designed randomized control trials in which there were multiple studies for each treatment category for hypertensive patients. Among these studies, only the Transcendental Meditation Programme was found to have a statistically significant impact of reducing high blood pressure among hypertensive subjects.

Reference: Rainforth MV, Schneider RH, Nidich SI, King CG, Salerno JW, Anderson JW.

Stress reduction programs in patients with elevated blood pressure: a systematic review and meta-analysis. *Current Hypertension Reports* 9: 520–528, 2007.

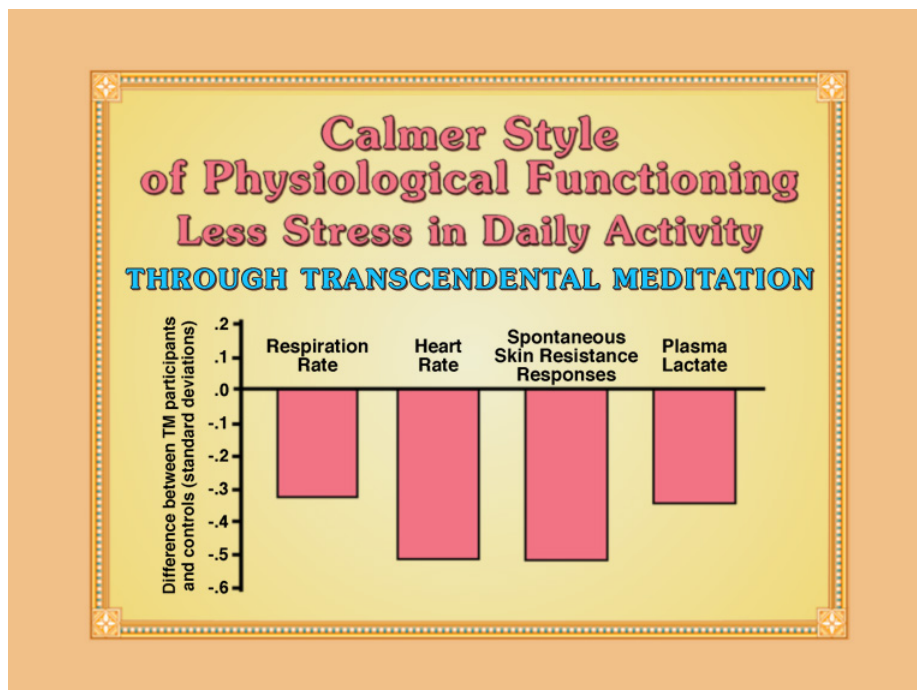


Reference: Current Hypertension Reports 9: 520-528, 2007.

3) Calmer style of physiological functioning

A meta-analysis found that those who practise Maharishi's Transcendental Meditation Programme, in contrast to controls, show outside of meditation a calmer style of physiological functioning, as indicated by lower levels of respiration rate, heart rate, spontaneous skin resistance responses, and plasma lactate.

Reference: Dillbeck MC, Orme - Johnson DW. Physiological differences between Transcendental Meditation and rest. *American Psychologist* 42: 879-881, 1987



A meta-analysis found that those who practise Maharishi's Transcendental Meditation Programme, in contrast to controls, show outside of meditation a calmer style of physiological functioning, as indicated by lower levels of respiration rate, heart rate, spontaneous skin resistance responses, and plasma lactate. Reference: *American Psychologist* 42: 879-881, 1987.

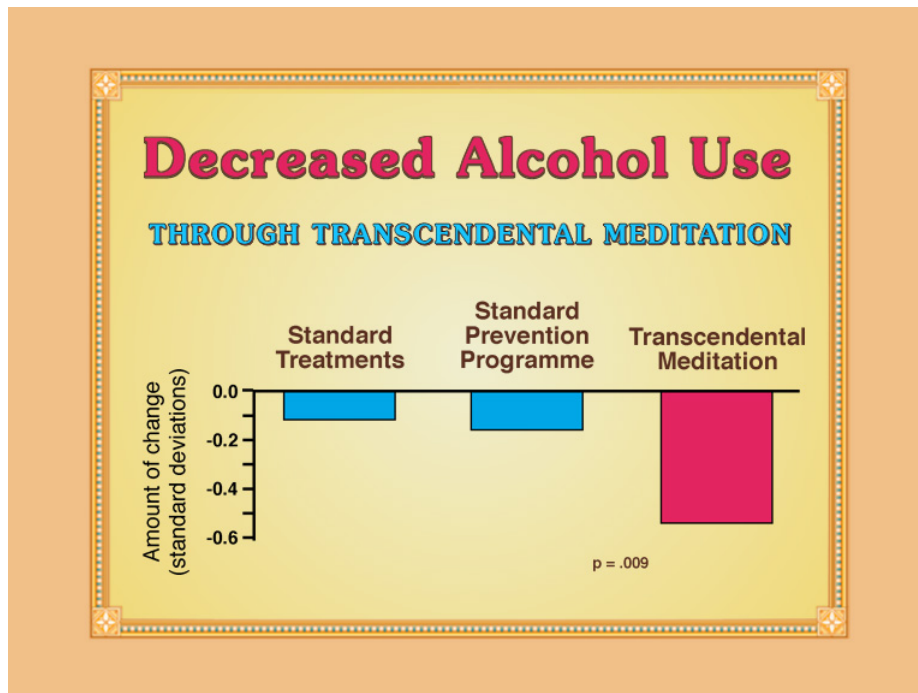
4) Reduced alcohol, cigarette and drug abuse

A meta-analysis of studies on reducing alcohol, nicotine, and drug consumption found that the Transcendental Meditation technique produced a significantly larger effect on stopping consumption than conventional treatment and prevention programs specifically designed to motivate people to quit. Moreover, in contrast to the time course of conventional programs, whose initial success rates drop off precipitously in the first three months following completion of treatment (and continue to decline gradually thereafter), the time course for the Transcendental Meditation technique showed that abstinence patterns were maintained or increased up to 2 years later (the longest period studied).

4.1) Reduction of alcohol use

A meta-analysis of all research studies on the Transcendental Meditation Programme related to alcohol use, in comparison to meta-analyses of standard alcohol treatment and prevention programmes, found a significantly greater reduction of alcohol use among those who learn the Transcendental Meditation Programme, even though this programme does not involve any guidance about change in lifestyle or habits.

Reference: Alexander CN, Robinson P, Rainforth MV, *Alcohol Treatment Quarterly*, 11: 13-87, 1994

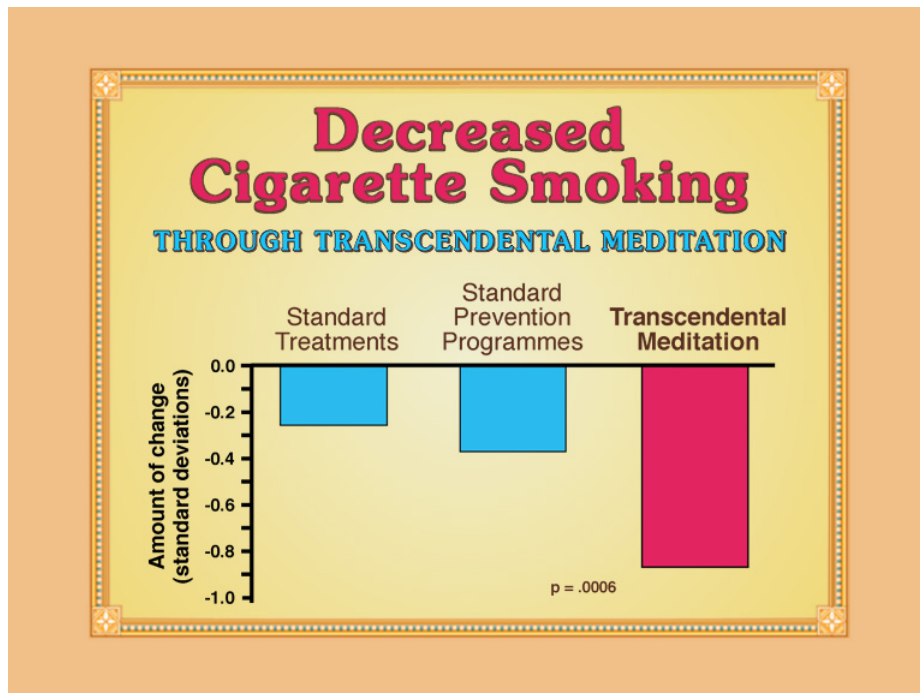


Reference: Alexander CN, Robinson P, Rainforth MV, *Alcohol Treatment Quarterly*, 11: 13-87, 1994

4.2) Decreased Cigarette Smoking

A meta-analysis of all research studies on the Transcendental Meditation Programme related to cigarette smoking, in comparison to meta-analyses of standard treatment and prevention programmes for smoking, found a significantly greater reduction of cigarette use among those who learn the Transcendental Meditation Programme, even though this programme does not involve any guidance about change in lifestyle or habits.

Reference: Alexander CN, Robinson P, Rainforth MV; *Alcoholism Treatment Quarterly* 11: 13-87, 1994.

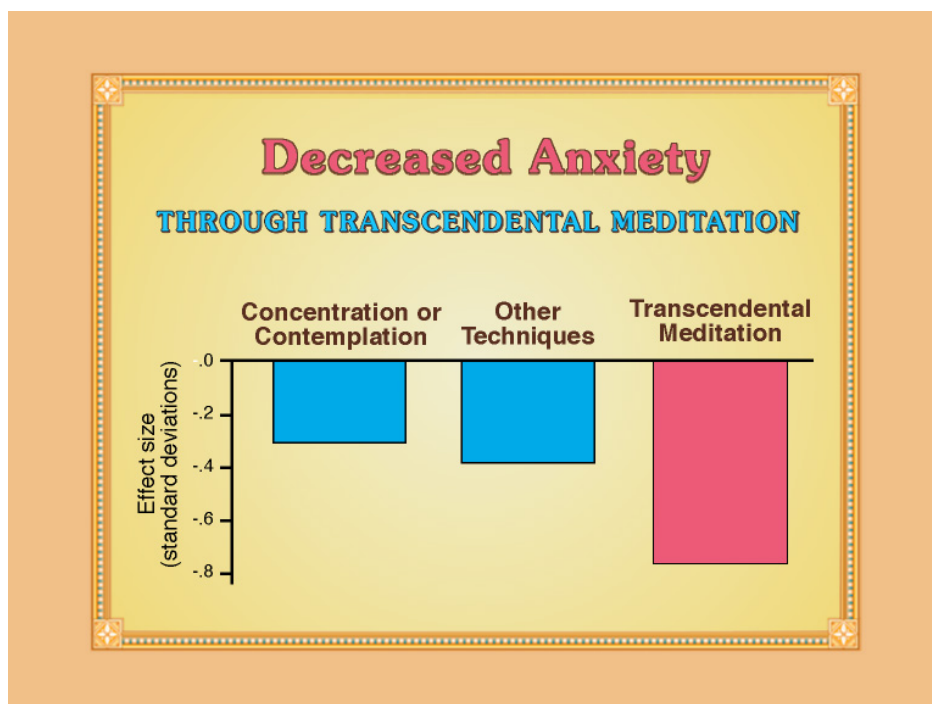


Reference: Alcoholism Treatment Quarterly 11: 13-87, 1994.

5.) Decreased Anxiety

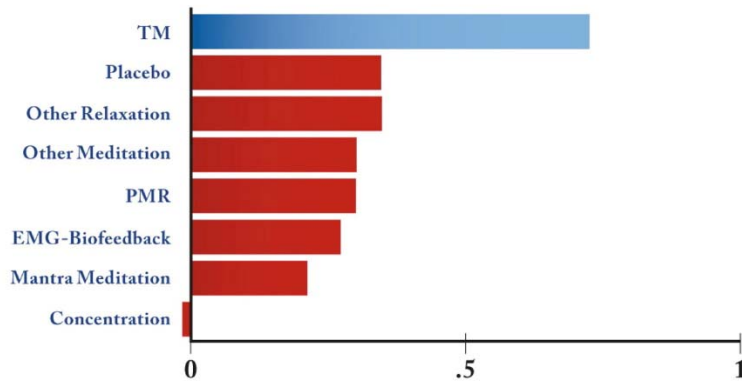
A meta-analysis published in the Journal of Clinical Psychology reviewed over 100 research findings, and found the Transcendental Meditation technique to produce more than twice the reduction in trait anxiety (i.e., chronic stress) than produced by any other meditation or relaxation technique.

Reference: Eppley, K. R., Abrams, A. I., and Shear, J. Differential effects of relaxation techniques on trait anxiety; *Journal of Clinical Psychology* 45: 957-974, 1989.



Reference: Eppley, K. R., Abrams, A. I., and Shear, *Journal of Clinical Psychology* 45: 957-974, 1989.

EFFECTIVENESS IN REDUCING TRAIT ANXIETY Meta-Analysis 146 Studies



Journal of Clinical Psychology. 1989; 45:957-974

KONTAKT

Dr. med. Lothar Krenner
Arzt für Allgemeinmedizin
Österreichische Ärzte-Gesellschaft für Ayurvedische Medizin
Maharishi Vedische Medizin
Mitglied des Dachverbandes Österreichischer Ärztinnen und Ärzte für Ganzheitsmedizin
Piaristengasse 1
A-1080 Wien
T: 01-513 43 52
F: 01-513 96 60
eMail: lothar.krenner@speed.at
Internet:
www.ayurveda.at (Hauptseite)
www.ayurveda.at/krenner (Ordination)
www.ganzheitsmed.at (Dachverband für Ganzheitsmedizin)