



Effects of Psychoneurobic on Idiopathic Cytopenia of Unknown Significance (ICUS)

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ABSTRACT

The present study was conducted to assess the effectiveness of PsychoNeurobics & meditation in the management of Idiopathic Cytopenia Of Unknown Significance. This open end interventional study was carried out in Vedic center, Gujarat, India. Fifty two patients suffering from ICUS were selected. The trial group practiced PsychoNeurobics daily for 90 minutes for 6 weeks. The CBC of subjects undergoing intervention was compared at the start and at the end of 6 weeks. After intervention with PsychoNeurobics for a period of 6 weeks the study group showed an improvement in hemoglobin level and all CBC parameters. PsychoNeurobics, being a lifestyle holistic incorporating exercise, targets the decreased hemoglobin levels through integrated approaches.

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1. Introduction

Anemia at older age is complex and range from bone marrow failure syndrome to chronic kidney disease and from nutritional deficiency to inflammatory processes including inflammaging in immunosenescence. In a smaller number of cases no clear-cut etiology is identified these patients are referred to as unexplained anemia or idiopathic cytopenia of unknown significance. Even a mild anemia may substantially affect physical and cognitive capacities and quality of life in underestimated aspect is that because of age-related changes, organ function such as erythropoietin production in the kidney may become sub optimal. In fact many underlying disorders such as myelodysplastic syndrome other blood cell disorders cancer chronic kidney disease or certain gastrointestinal diseases develop more frequently at advanced age.¹

In India the absolute number of elderly person is high between 1961 and 2011 the absolute number of elderly person increases more than 4 fold from 24.7 million to 103.8 million.² PsychoNeurobics rejuvenate the nervous system and gives the illusion of sharpening sensory perception. The mind during meditation should be like a lamp in a windless place where the flame doesn't flicker.

As blood is vehicle of oxygen, so mind is vehicle of prana. This is the whole secret of revitalizing and rejuvenation of body. Prana or hypothetical life force is consciously infused into body, this results in recharging of organ tissues and cells.³

2. Materials and Methods

2.1 Setting

Patients reporting to the department of Holistic medicine, Vedichealing, Vadodara, India, in the year 2021 was the participants of this open end interventional study. The Holistic medicine department aims at bringing lifestyle modifications in patients with non-communicable diseases and also offers regular PsychoNeurobics & meditation classes for all the patients in its care. The study was conducted after the approval of the Ethics Committee and all subjects volunteered for the trial.

2.2. Study Sample

The guidelines of the WHO were used to recruit 52 patients with ICUS. Patients who are smokers, alcoholics, pregnant, on long-term steroids and those

with known nephropathy, congenital diseases, thalassaemia and cerebrovascular diseases were excluded from the study. 52 patients with ICUS attending the Vedic healing center were taken for study which includes of 27 males and 25 females. The experimental group was advised to follow lifestyle modification in the form of 90 minutes daily practice of PsychoNeurobics for a period of 6 weeks at the Vedic healing center.

2.3. Methodology

Detailed history of the patients including age, gender, and disease including duration and complications, treatment details including drug, dosage and duration of treatment were noted. Body weight and height were measured using standard protocols. The patients were advised to visit center and 5 ml blood samples were withdrawn from each patient under all aseptic conditions and collected. The samples were analyzed for complete Blood Count by Cell counter Blood analysis & Hemo Cue Hb 201+ system.

PsychoNeurobics classes were conducted and adapted execution to the needs and abilities of the participants. The experimental subjects were instructed a series of PsychoNeurobics exercises and guided chakra alignment measures. They were instructed to practice them daily for 90 minutes duration. PsychoNeurobics treatment consisted of practice of Blissful and Enlightening PsychoNeurobics meditation with activation of Swadhisthan chakra to be practiced for 90 minutes duration. There were no alterations made in the treatment and dietary habits during the study period.

The CBC Of all the participants was measured at the end of 6 weeks. Data were entered in Microsoft Excel and SPSS Version 12 was used for analysis. Paired and unpaired t tests were employed to compare measures. A p value of <0.05 as significant and a p value of <0.01 was considered highly significant.

3. Results

A total of 52 ICUS patients, 27 males and 25 females of mean age 45 years participated in the study. There were 2 drop out and there were no changes in 2 subjects. After a period of 6 weeks showed a significant increase in hemoglobin level.

4. Discussion

The present study was aimed at studying the effect of practicing PsychoNeurobics in patients with ICUS for 6 weeks. The practice of PsychoNeurobics in these patients resulted in increase in hemoglobin. Alternately, carefully controlled treatment measures with exercise, dietary modification and oral drugs can be expected to improve ICUS disorder.

The effect of PsychoNeurobics on many psychosomatic ailments has been widely reported. Meditation raises hemoglobin levels.⁴ PsychoNeurobics has a beneficial effect on erythropoiesis. The dynamic meditation during PsychoNeurobics is postulated to rejuvenate bone marrow cells, increase erythropoietin by triggering erythropoiesis and hence, correct the hemoglobin in ICUS.

Repeated stress is known to lead to persistent elevation of cortisol which may cause anemia. Psychoneurobics has been reported to lower levels of sympathetic hormones and reduce cortisol. Pranayama reduces sympathetic tone, increases parasympathetic activity and also helps an individual reduce stress.^{5, 6} Meditation also brings about a hypo-metabolic state and reduces stress induced sympathetic over activity.⁷ Better ability to overcome stress resulting in lowered cortisol levels can be cited as possible mechanism for improvement in hemoglobin in patients practicing PsychoNeurobics. PsychoNeurobics practice is also proved to affect mental balance of an individual allaying apprehension, stress and bringing about hormonal balance and feelings of well being.⁸ This sense of well being is attributed to its ability to increase endogenous melatonin secretion. This can explain the probability of greater compliance with its practice even in long-term and its use as an effective intervention in control of the disease.

5. Conclusion

The present study has shown an efficacy of improving the hemoglobin state associated with ICUS. PsychoNeurobics, being a lifestyle incorporating exercise and stress management training, targets the decreased hemoglobin through integrated approaches resulting in improved CBC parameters, and macro-vascular complications in ICUS.

5.1. Strength of Study

The PsychoNeurobics practice session was designed after extensive literature review by specialists and was a perfect combination of meditation and breathing exercises targeted at the disease under study. Excellent compliance of study sample and there were two drop outs. Experimental group patients voluntarily reported to Vedic center and were self-motivated for the practice of PsychoNeurobics.

5.2. Limitations of the Study

Dietary data were not recorded. Long-term study was not possible due to threat of non-compliance of the patients.

Conflicts of Interest

All authors have none to declare.

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