

中華佛醫藥文化

The Journal of Chinese Buddhist medicine cultural

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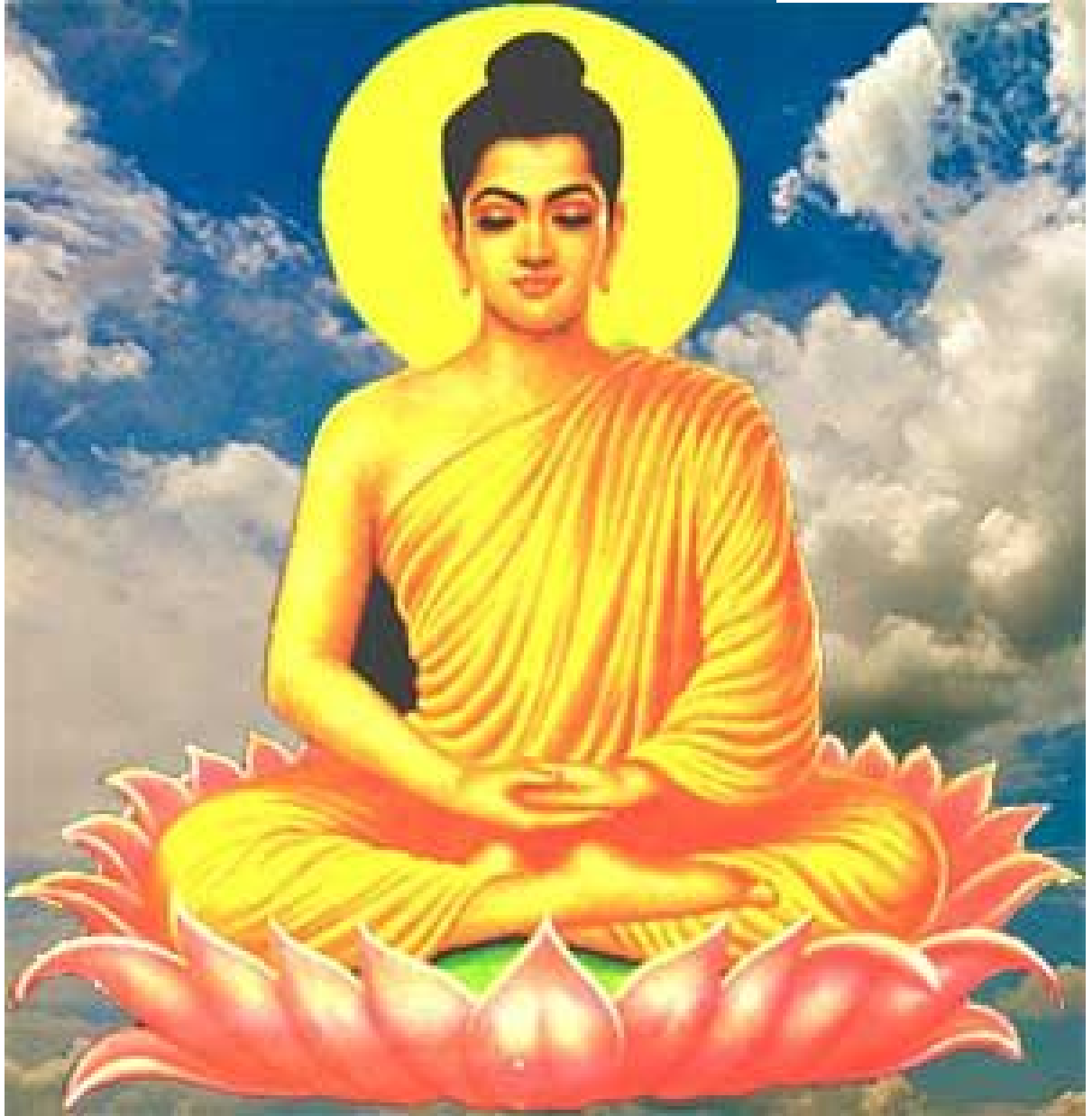
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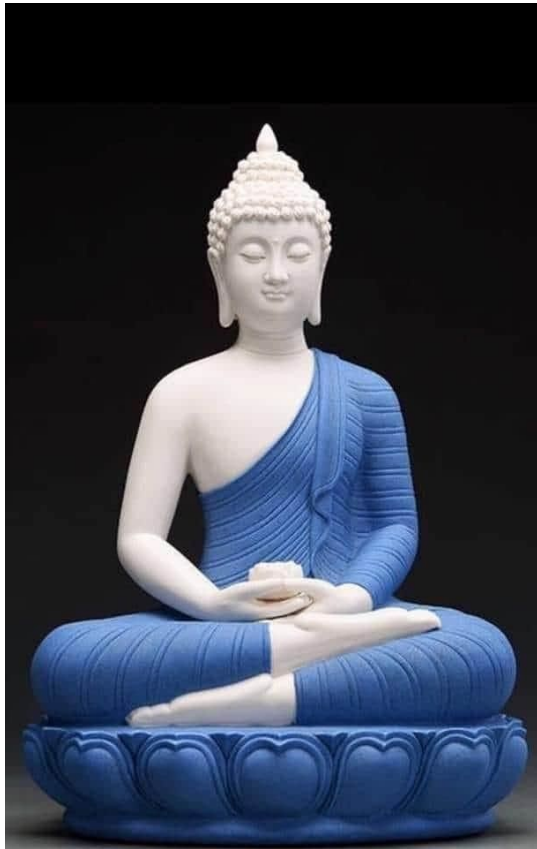
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22. Buddha Medicine and Mind-Body systems.....1

23. Zen Medicine-spiritual health care system assumption .....7

24.Using Mindfulness Meditation to make your immunity.....13

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## Buddha Medicine and Mind-Body systems

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One of the conventional public health care systems is religion-related health care. In East Asia, with a long history, Buddhism-related natural medicine becomes essential health wisdom or "Buddha of Healing." Of interest, according to the survey, there is no evidence of the present use of Buddhism-related natural medicine in China.

### 1. Body and Mind Medicine

Making sense of Buddha Medicine of understanding "body" and "mind" begins with acknowledging that standard Western definition is primarily irrelevant. The Western concept of dichotomy is between body and mind, physical and spiritual. In modern scientific terms, the

physical level is generally, though by no means universally, assumed to be the significant level for any explanatory model. Consciousness is treated as somehow derived from neuronal activity but remains distinctive and essentially unexplained.

Buddha Medicine conceptualizations of body and mind tend to be less rigid and less dichotomized. The Buddha Medicine, here as elsewhere, is more concerned with supporting the Buddhist practitioner's onward development than with providing a conclusive structure of explanation. Thus, Buddha's Medicine practice engages the body through posture and *meditation*, hand movements, and physical exercises and practices. Speech is involved through the recitation of mantra and liturgical text, and the mind through visualization or creative imagination and other exercises at the level of consciousness. To ask what falls in each category is not the point of the exercise. The human organism is a unity. It is not separate from its environment since all aspects of the organism are part of the universal process of dependent origination. All phenomena arise in dependence on each other.

## 2. Consciousness and psychology

"Mind" can also be a misleading term since it tends to privilege consciousness's cognitive and rational aspects. The English word

"mind" does not map closely onto any single Sanskrit or Chinese word. Mind in the triad of body, speech, and mind, which is in Buddha Medicine or its honorific psychology, corresponding to Sanskrit *manas*. In the context of Buddha's Medicine practice, the voluntary aspect is probably the most central. For this reason, the translation "heart-mind" has sometimes been proposed. Whatever the virtues of that suggestion, it reminds us that we are not concerned purely with a mind as a cognitive process.

This heart is usually translated into English as "consciousness." It represents the aspect of the human organism that continues between one life and the next, carrying the karmic impressions of one life onto the following one. In the context of a functioning human organism, Buddha's Medicine practice is again more concerned with the inter relationship between heart-mind, or consciousness, and the material level than with analyzing them separately. It is believed that the relationships between them mean that a form of spiritual practice that works at both levels is likely to be more effective than one that operates only at one level. Much of Buddha's medicine practice involves the assumption of flows and connections between the practitioner and the wider environment, often visualized and experienced in the transfigured figure of the

Buddha. Thus, in the context of Medicine Buddhism, we are generally thinking of a unified mind-body field, within which various levels and aspects can be distinguished relatively. And which is again separated from its broader context only relatively and provisionally. When the practitioner visualizes himself or herself, the aim is to become one with an enlightened form that transcends the mind-body field of the individual and is, in a sense, an aspect of ultimate reality.

### 3. Bodhi or awakening

Thus, the subtle body provides a central model within Buddhism Medicine and the related tradition for understanding the relationship between body and mind, the processes of birth, life, and death, and the progress toward the central Buddhist goal of Buddhahood, bodhi, or awakening. Thus, at the time of death, the inner *lung* associated with the four elements - earth, water, fire, and air – dissolves in turn. Earth here refers to the complex and solid aspects of the human organism, such as bone; water to the fluid components; fire to inner processes such as digestion; and air to the system of inner winds or *lung* as a whole. As this process takes place, the various kinds of sense consciousness associated with each element also cease to function since their supporting winds

are no longer present, and the corresponding sensory capacities and forms of awareness are also lost.

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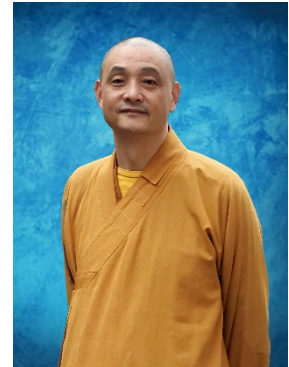
## Zen Medicine- spiritual health care system assumption

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Physician as a theologian might be the next dimension of modern medicine, according to proponents of “spiritual health care.” Zen Medicine, one of Spiritual health care is therapy, *Shaping the Direction of Spiritual Health Care.*

### **1. Zen Medicine associated with age and enhance antioxidant activity**

Electroencephalographic neuroimaging, biological, and clinical studies on Zen meditation found increased alpha and theta activity, generally relating to relaxation, for many brain regions, such as the

frontal cortex. Theta activity seemed to be related to experience, being more significant in Zen practitioners and advanced masters. Moreover, Zen meditation practice could protect from consciousness decline usually associated with age and antioxidant activity. Zen meditation was found to lower down stress and blood pressure from clinical practice and be efficacious for various conditions, as suggested by positive findings in therapists and musicians.

To date, actual evidence about Zen meditation is scarce and highlights the necessity of further investigations. Comparison with further active treatments, explanation of possible mechanisms of action, and the limitations of current evidence are discussed.

## **2. Zen health care- therapeutic means of listening**

Zen health care closes the gap between patient and provider by focusing on self-awareness as an essential encompassing aspect of healing and wellness. The vast spiritual health care field does not begin with an issue that must be cured but instead employs a therapy of listening which diagnosing disease. And the spiritual health care advocates argue and focusing on holistic health and well-being. Which is not an attempt to impose, intervene or control.

We looked at Zen health care practice and realized that we had to focus on the entire person — the body, mind, relationships, and spirituality at every age and every experience. It's a view of spirituality and support for the person in their journey through the health care system.

### 3. A broad view of spiritual health care

It's normal to take a broad view of spiritual health care. The presumption that exclusively pastoral care will come from people who still associate the word spiritual exclusively with religious understandings. That's not to say that Zen health care precludes a religious element. It emphasizes a sense of respect and dignity. If a person wants religious rituals that they believe positively affect their health care journey, we provide those. It's not related to a religion or a faith, or a belief. Zen Health is suitable for anybody because it is an individual thing, whether religious or not.

As currently envisioned, Zen health care providers would emphasize spiritual concerns with patients experiencing any level of treatment by simply requiring about the patient's level of spirituality. Nothing precludes doctors from using it because they want to provide people with the tools.

Patients are usually in a state of anxiety, whether from awaiting a test, undergoing a procedure, or facing end-of-life care. There is a deal of stress and anxiety, regardless of how good the professionals are, the doctors are, and the nurses are. The anxiety induces a physiological and emotional response from the patient, which health practitioners can help alleviate by addressing spiritual needs.

While Zen Health practitioners are experts on diagnosing diseases, the practitioners understand the “human experience of illness — the anxiety, the fear, even the dread. Allowing people to speak about that and take the time with them to listen, be emotionally present, be supportive, even to talk about how they are feeling and without judgment supporting them. Those are essential factors in helping people to face what they are facing.

If people understand that Zen Health spirituality has to do with who they see themselves to be, what kind of support they have through family, friends, or community. What kind of hopes and dreams they have and their meaning in life helps people see where the difference lies.

Toole notes there has traditionally been little formal

education to prepare medical graduates to provide Zen health care. Still, a growing number of physicians are embracing the notion to get a better understanding of patient needs. There is undoubtedly a vast realm of study related to Zen health spirituality. Whether physicians and medical students want to open their doors is not something we can directly control. Still, it's certainly something we can encourage.

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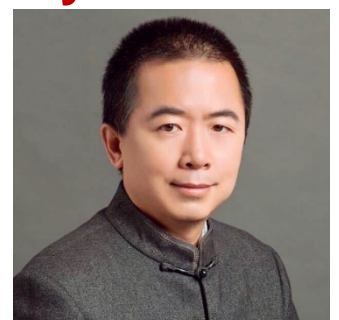
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## Using Mindfulness Meditation to make your immunity boost

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**Abstract:**

There is many research conveying Mindfulness Meditation's positive impact upon the immune system and well-being. Beyond the many practitioners' experiences, there is increasing evidence that mindfulness Meditation impacts our immune system. A vast literature of controlled studies has found that mindfulness meditation is related to improved immunity across reduced markers of inflammation, Increased number of CD-4 cells, slow aging by Increased telomerase cell activity.

Keyword: Mindfulness Meditation, Immunity, Train mind

Our body's immune system is one of the most important centers of our physical wellness and our defense system. It is precisely designed to distinguish between harmful unwanted pathogens and healthy cells and tissue. It is so wise that the immunity has even been called to our "floating brain." It can communicate with the brain through chemical messages that float around inside our bodies. That means that if our immune system is weakened,

perhaps due to stress or anxiety, the whole-body system won't operate as usual.

### **1.Mindfulness Meditation improves the immune system**

David S. Black, professor at the Department of the Preventive Medicine University of Southern California, found initial evidence that mindfulness Meditation modulates some select immune parameters across 20 RCTs and more than 1600 participants. Specifically, Mindfulness Meditation appears to be related with reductions in pro-inflammatory processes, increasing defense parameters, and enzyme activity that guards against cell aging. In reviewing the research, Professor Black found that mindfulness Meditation can reduce markers of inflammation. Increasing the number of CD-4 cells, which are the immune system's helper cells, could involve submitting messages to other cells telling them to destroy infections. Aging and telomerase cell activity: Mindfulness Meditation help promote the stability of chromosomes and prevent their deterioration, which leads to cancer and premature aging.

These results are promising and potentially pave the way for using mindfulness-based techniques to boost the immune system, enhancing our defense against Covid-19 infection and disease.



The additional study suggested that the mindfulness Meditation treatment effects on CD4+ T lymphocytes are independent of ARV treatment status. These data showed the possibility that mindfulness Meditation training may directly affect CD4+ T lymphocyte distributions (e.g., via effects on hematopoiesis, T-cell redistribution dynamics, or T-cell turnover in lymphoid tissues). These results indicate that Mindfulness Meditation produces a change in the basal immune system and more significant acute effects as the dose of training increases.

## **2. Train Your Brain and Mind**

The ANS is the neuro system that controls our internal organs and regulates body functions like digestion, blood flow, and pupil dilation. The central nervous system regulates the innate immune system by elaborating anti-inflammatory hormone cascades in response to bacterial products and immune mediators. It is widely known that the central nervous system (CNS) modulates the fight-or-flight response. For example, the sight of a charging lion stimulates adrenergic responses that increase cardiac output, mobilize energy supplies, and support other protective mechanisms necessary for survival. Recent evidence supports a comparable

paradigm for the role of the CNS in modulating the response to microbial invasion.

### **3. Possible Mechanisms of Increased Immunity**

Richard Davidson, an esteemed professor at the University of Wisconsin-Madison, also investigated whether Mindfulness Meditation could alter the immune system. In his research, people were either part of a group receiving mindfulness training or a control group. After eight weeks, the mindfulness group showed more excellent antibodies to respond to and prevent potential illness. It's trying to get carried away by the research implications suggesting that mindfulness can help improve immune functioning..

1. **Decreased Stress:** Research has confirmed that our mind impacts the immune system via chemical messages from the brain. So negative thinking styles and certain emotional states can hurt our immune system. But practice is helpful in decreased stress, decreased rumination, and increased ability to deal with difficult emotions.
2. **Targeted Brain/Immune System Connection:** More specifically, research indicates that mindfulness meditation increases activity in the prefrontal cortex and the brain, which

act as our immune system's center. When our brains are stimulated through mindfulness, the immune system functions are more effective.

3. Activate the Second Brain: Mindfulness can boost immunity via the gut microbiota, which are critical players in developing and maintaining the immune system. Researches have shown that stress tips our microbial balance, putting us at risk for dysbiosis, protecting us from one of our crucial defenses against infectious disease. Mindfulness Meditation impacts our immune system by helping to maintain healthy gut microbiota diversity that is often upset by stress.

No matter the exact mechanisms of Mindfulness Meditation, there is a lot of evidence that practicing mindfulness meditation can help boost our defense against disease and fosters wellness. We want to promote the addition of a new wellness adage: "Mindfulness Meditation each day keeps the doctor away."

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