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## SPIRITUALITY AND ELECTRIC ACTIVITIES: ROLE OF SPIRITUALITY TO INCREASING THE PSYCHO IMMUNITY OF AIDS PATIENTS

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### Abstract:

*This research documenting the neural changes during the spiritual practices and connection of various spiritual practices with psycho immunity of Aids patients. AIDS stands for acquired immunodeficiency syndrome it is a disease in which the body immune system breaks down and is unable to fight off infections, known as "opportunistic infection" that's why other illnesses take advantage of a weekend immune system.*

*Researches says that there are many positive changes become during the spiritual practices like activation of prefrontal cortex activation of thalamus and the inhibitory thalamic reticular nucleus and a resultant functional differentiation of the parietal lobe. Spiritual practices also the cause of neuro chemical changes the neuro chemical changes contribute to the amelioration of anxiety and depression. (Mohandas 2008) These types of changes help us in curing the AIDS by making our psycho immunity strong. AIDS is caused by a virus named (HIV) Human immunodeficiency virus.*

*HIV challenges a person at all dimension of personality like physically weak, tired, passive and mentally depressive, anxious, obsessive, hopeless, socially shamed, loneliness, socially phobic and spiritually the fear of death attachment with subjects. Spiritual practices help us to strong our week psycho immunity by faith on god, prayer, belief on karma theory and optimistic attitude or practice of karma yoga, bhakti yoga, raj yoga. A study support this line (Joshi 2009) people with AIDS, those who had faith in god compression toward others, a sense of inner peace and were religious had a better chance of surviving for a longer period of time than who did not live with such belief systems. Some studies have also shown that those with HIV report greater use of spirituality when compared with similar HIV negative individuals and greater engagement in spiritual activities is tied to decreased emotional distress, lower depression, greater optimism and overall better psychological adaptation in HIV individual. Joshi (2009)*

*Thus the present research paper tries to find out the effect of spirituality on HIV positive patients.*

### KEYWORDS:

Spirituality, Electric Activities, Psycho immunity, AIDS, Patient.

### INTRODUCTION:

"We tend to focus just on what medical professional can address -physical functioning and mental health. In the scheme of thing, I think, spiritual well-being is also an important component of someone's quality of life".

Dr.Joel tsevat (University of Cincinnati USA) This research article address the importance of spirituality in HIV AIDS, it indicate that without spirituality no resource or support-be that physical vigor, mental sharpness or prosperous social status- can ensure positivity and righteousness in ones inter personal dealings and challenges and consequent stresses. Spirituality is the essence of all religious teachings. It should not be confused with observance of rituals, communal customs, ceremonial sacraments' and doctrines. Self study and improvement of thinking and actions in the light of illumined teaching of elevated souls is an integral component of spiritual practices. (Sharma 2007)

There are many spiritual practices like prayer, asana, pranayam, yama, niyama, meditation, karma yoga, yagna, swadhaya, satsanga etc. Researches indicate that during these practices changes become on each level of personality, base of these changes are neurotransmitters it helps in neural activities also called electric activities. Spirituality affects all neural institutions positively, increase frontal lobe activity, decrease parietal lobe activities ,due to positive changes in hypothalamus, thalamus, reticular formation, cortex and all systems of body prevents life force (prana) and gradually enhances vital energy, inner strength and willpower.

A spirituality fit person is therefore not only free from stresses, depressions and all emotional and mental complications protected from dissipation of his vital energy and hence from all infirmities but he/she also become physically and mentally stronger, alert and dynamic.(Sharma 2007)

**Neurology of spirituality-** Neurology of spirituality means, when, how and which neural changes becomes during the spiritual practices. When the impulses of mental imbalance become intense, the flow of digestive juice may imbalance, we know that every system of the body is fully dependent on digestive system that's why negative changes become in whole body. During the imbalance spiritual practices increases positive changes by removing harmful neural changes. Depression in persons with HIV is associated with accelerated HIV disease progression (Leserman, 2003; Lyketsos et al., 1993), decreased immune functioning .Evans et al (2002)

Table 1 indicates the researches related with neural changes.

**Some words- PET-:** positron emission to tomography. MRI: magnetic resonance imaging. SPECT: single photon emission computerized tomography. PSPL: posterior superior parietal lobe. TM: Transcendental Meditation.

**Table 1: collected from Mohandas E. (2008) Neurology of spirituality**

Name of researchers	Findings	Method of sample
Herzog et al 1990	Increased frontal parietal and frontal occipital activation ratio, slight decreased for posterior anterior ratios.	PETyogaMeditation (8)
Jeving et al 1996	Increased frontal and occipital blood flow	TM (34)
Lou et al 1999	Increased CBF anterior parietal fusiform gyros occipital cortex decreased in DLPFC, OFC, ACC, Lt temporal Lt, IPL, striates and thalamic regions B/L hippocampus activation.	PET yoga nidra(9)
Lazar et al2000	Increased DLPFC, ACC parietal HC temporal striatal hypothalamic activity 20% decreased in global blood flow	MRI Kundalni yoga(5)
Khushu et al2000	Increased PFC activity decreased activity in none	MRI Raj yoga(11)



Baerensten et al 2001	Increased activation lt. frontal par central interior parietal lateral temporal ACC,HC activation also in Rt. Gyros para centralis decreased activation occipital especially right decreased activation post cingulated Rt. frontal cortex	MRI onset of meditation (5)
Newbergetal2001	Increased cingulated DLPFC interior and OFC thalamus decreased PSPL increasing Lt. DLPFC correlated with decrease in Lt. PSPL.	SPECT, tibetan meditation(8)
Azari et al 2001	Activation of R-DLPF, DMFC ana Rt.precuneus, religious experience a cognitive process mediated by circuit involving DLPF, DMFC, and medial parietal cortex.	PET psalm 23 recitation(12)
Kjaer et al2002	Increase raclopride binding in ventral striatum increase dopamine binding.	PET 11c raclopride binding(yognidra.5)
Newberg2003	Increased blood flow in PFC inferior parietal lobes inferior frontal lobe.	SPECT franciscan prayer(3)
Lazar 2003	Increased cingulated activation. rt. activation in mind fullness.	MRI mind fullness and kundalni(33)
Ritskes et al 2003	Increased activation DLPFC, basal ganglia. Decreased in right interior superior occipital gyrus ACC.	MRI zen (1)
Lazar et al 2005	Brain regions associated with attention.	MRI Buddhist insight meditation(20)
Kakigi 2005	Decreased activity in thalamus and total brain.	MRI meditation
Orme Johnson 2006	Pain in thalamus and total brain.	MRI, TM (24)effect of brain reactivity to pain

Table 2 Neuro chemical changes during spiritual practices adapted from Newberg and eversen2003

Neuru chemical	Observed changes
Dopamine	Increased
Serotonin	Increased
Melatonin	Increased
DMT	Increased
Nor adrenaline	Decreased
Acetylcholine	Increased
Glutamate	Increased
NAAG	Increased
GABA	Increased
Cortisol and CRH	Decreased
AVP	Increased
Endorphin	Increased

**SPIRITUALITY AND HIV AIDS-** HIV is a significant psychological and physiological stressor. (Nott. Vedharact.al. and Robinson et.al.1995) Human immunodeficiency virus is a member of group of virus called retrovirus. Infect human cells and uses the energy and nutrients provided by those cells to grow and reproduce. Individual suffering with AIDS often feel shame and guilt. (Cochman2002) these are associated with all psychological disorders, many studies shows that importance of spirituality in HIV. (Arnold,Margolian2002: Ironson,Soloman&Balbin2002:Kaldijan, Jekel,Friedman 1998: Kalpan,Marks, Mertens1997) There is no impressive solutions for HIV infection progression have characteristics of both a chronic physical condition and terminal illness; moreover this illness has profound effects on both physical and mental health. (Joshi2009)

According to (robin1999) spiritual practices can have a positive influence on health. One possible mechanism by which participation in spiritual activities fosters a beneficial health effect is the relaxation of

the sympathetic nervous system (SNS) and enhancement of immune function.

**Table 3 all findings are collected from Religion and AIDS: A review of literature**

**(Dr.shobhana joshi and shilpa kumara 2009)**

Name of researchers	Findings
Sidestroke& Martinson1987	Cancer patients use spiritual practices to cope with illness.
Yates et.al1981	A religious belief is associated with less pain and greater happiness among patients with advanced cancer.
Iron son et al 2002	Shows that those who had faith in god, compression toward others a sense of inner peace and were religious Had a better chance of surviving for a long time than those who did not live with such belief system.
Iron son et al 2002	Indicate that helping others was related to better physical health out come with HIV.
Mullen smith and hill (1993)	Have demonstrated that spirituality resources were positively correlated with a sense of coherence and a sense of life as comprehensive manageable and meaningful which in turn was negatively correlated with psychological distress.
Sevensky1981	prayer is also effective, close relationship with god provide opportunity for contemplation and meditation it also assist in repairing damaged re lationship and give static hope of ultimate victory.
Dein&Stygall1997	Life threatening illness has indicate that individual often turn toward spirituality to cope.
hall1998	A spiritual belief system can serve to mention a positive attitude there by lessening the fear of death intend stage of HIV.
Fryback at.al.1999	Spirituality has been observed to improve psychological well -being and health related quality of life in person living with HIV/AIDS
Denail 2003	Prayer had worked in HIV positive; the subject felt happy and healthy and was leading a normal life.
Sowell et. al. 2000	Found positive association between spirituality and quality of life has been observed in person with HIV.
Ironson et al 2002	Spiritual practices are helpful in increasing the psycho immunity of HIV patients.
Rabin1999	Spirituality is related with immune system it affect our health by enhancing one's ability to cope with stress.
Galietta 2002	Found negative association between spirituality and depression, aids is associated with depression.
Breitbart2002	Spirituality help us to strong our emotional maturity and psycho immunity.

## DISCUSSIONS-

Spirituality because of its reach in to the deeper depths of emotions has intense impact on ones aspirations and thought process. Spiritual attitude trains us to live harmoniously with our environment and to meet the challenges of life, at social levels. It thus elevates clarity and focus of mind and sharpens its incisive intellectual potentials. Sharma(2005) We all must have experienced it in our day to day transactions that a relaxed and balanced mind is more productive than one that is agitated and tensed. Spirituality helps us to be relaxed and this relaxed state of mind increased psycho immunity of HIV

patients. Ayurveda, the ancient Indian science of life and health care known to be the earliest science of medicine is derived from the Vedic knowledge of spirituality. Mantra therapy, yoga therapy, healing by the vital spiritual energy of the yogis, saints and spiritual masters, prayers have been integral part of treatments recommended and practiced in ancient India. The neurology of these practices shows that practitioner can get holistic health by these.

The role of spirituality in health care has several dimensions: 1. Spiritual healing 2. preventing impact of spiritual practices 3. Overall well being and improvement and enhancement of vitality, immunity and physical and mental potentials by augmenting spiritual strength. Sharma (2007) health wealth and spirituality.

HIV challenges a person at all dimension of personality like physically week, tired, passive and mentally depressive, anxious, obsessive, hopeless, socially shamed, loneliness, socially phobic and spiritually the fear of death attachment with subjects. Yoga in its totality is a practical science of spiritual progress. It makes you realize yourself and know and use your total potentials and powers. Ones your mind is trained to recognize all this with the help of meditation and other higher-level yogic endeavors, all your selfish desires, ambitions, attachment, greed, envy, anger, negative instincts, etc loosen their grip and are gradually uprooted completely. This unfolds the beginning of absolute well-being.

### CONCLUSION-

With the help of many empirical studies, conclusion can say that spirituality plays an important role in the health and well-being of people living with HIV AIDS. This paper confirms that spirituality is an indispensable tool for providing hope, meaning fullness, calm, peace, and ability to adjustment.

Psycho immunity is the center of mans power. Its strength is limitless. If it is possible to make the proper use of this strength, then the man goes on progressing and progressing alone the desired path. The waves produced in the mind are so powerful that one can achieve plenty of material prosperity with their help. As much as the psycho immunity is powerful, so also it is extremely delicate. To protect it and maintain its activity, it is necessary to prevent it from UN required heat.

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