

# THE HINDU

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## **“Transcendental Meditation extends lifespan”**

(PTI): A new study has proved that Indian saints were right about transcendental meditation as the relaxation technique, which is a non-drug stress-reduction method, not only reduces death rates by 23 per cent, but also extends lifespan.

“Research has found the Transcendental Meditation programme reduces risk factors in heart disease and other chronic disorders, such as high blood pressure, smoking, psychological stress, stress hormones, harmful cholesterol and atherosclerosis,” said Robert Schneider, who leads the study and also heads the centre of natural medicine and prevention at the Maharishi University of Management in Iowa.

“These reductions slow the aging process and promote the long-term reductions in death rates.”

The study, which is funded by the US government appears in today’s issue of American Journal of Cardiology.

The study pooled the findings of two previous trials that followed 202 elderly people in the US over 18 years.

Some practised Transcendental Meditation, while others tried different techniques, such as progressive muscle relaxation.

The Transcendental Meditation group had 30% fewer deaths from heart disease and 49 per cent fewer from cancer.

Previous research has found that Transcendental Meditation can lower stress hormone levels and blood pressure.

“This study builds on that and shows the final outcome of these physiological and psychological changes is a longer life span,” said Dr Schneider.