

Epilepsy control prayer type exercise health and social care essay

[Health & Medicine](#), [Disease](#)



Epilepsy is caused by sudden bursts of electrochemical activity in the encephalon, which interrupt the 'conversation' among nerve cells.

Consciousness, memory, sense, address, temper, motion, and gestures can all be affected during the one or two proceedings that the ictus lasts.

Walking, jogging, running and stationary bicycling are peculiarly safe, but particularly `` Prayer type yoga exercising '' clearly benefits epileptic dwellers to command epilepsy because it frequently reduces ictus frequency, relieves depression, decreases societal segregation, and promotes cardiac and general wellness. This paper proposes the survey about yoga `` Prayer '' , which is not truly an exercising but similar to yoga, assisting in commanding of epilepsy and besides physically, mentally, spiritually relaxation can besides be achieved through this method. Spiritual spiritual believe and patterns have an of import impact on both physical and mental wellness.

The consequence of exercising on ictus frequency and abrasiveness [1, 2] has been demonstrated, and exercising may confabulate a protective consequence on epileptic patients [3, 4] . Patients who contribute in physical activity present fewer ictuses than inactive patients, but neither the cause nor the consequence are established [1] . However, the alterations in the EEG created by exercising and the reduced response to hyperventilation after exercising are associated to steel cell acidosis [5] , bespeaking that physical exercising suppresses activity and raises the ictus threshold. In addition, effects of physical exercising in human being with epilepsy has been demonstrated [6, 7] and physical preparation during the chronic period reduces the frequency of ictuses [7] . Brain metamorphosis during ictuses and

interictal periods provides a signal of the cardinal nervous system structures responsible for the coevals, extension, and control of the epileptic activity.

Epilepsy is a general term used for a group of upsets that cause instability in electrical signaling in the encephalon. Such as such an office edifice or a computing machine, the encephalon is a extremely complex electrical being, powered by approximately 80 pulsations of energy per second. There are many kinds of ictus i. e. Partial or focal ictuss, complex partial ictus, simple partial ictuss, absence ictuss, tonic-clonic ictuss, myoclonic ictuss, childish cramps, atonic or a kinetic ictuss and feverish ictuss. Before a ictus, many people experience a warning mark called an aura, which may affect a peculiar odor, feeling or ocular consequence. Additionally after a ictus, a individual may be confused, tired, or sleepy, experience musculus achings or tenderness, and may non retrieve what happened.

Participating in physical activity and exercising has of import benefits, including preventing, handling and cut downing hazard factors for conditions such as coronary bosom disease, diabetes, high blood pressure and degenerative arthritis. Physical activity can besides positively impact terrible conditions, such as malignant neoplastic disease, and support life style alterations, such assmokingsurcease [11, 12] . Furthermore, people with epilepsy face extra barriers to exert, as epilepsy well impacts their wellness and lifestyle [13, 14] . Many patients with epilepsy are physically inactive owing to frights of exercise-induced ictuss or counsel given by household members and wellness experts [15, 16] . Patients with epilepsy who overcome these barriers and concerns, nevertheless, stand to profit from

physical activity in a figure of ways, with improved cardiovascular wellness among the most outstanding [17] .

A survey in Scandinavia reported that, where 10 % of the population with epilepsy is prone to holding ictuss induced by strenuous exercising, another 30 % to 40 % of the study population experienced reasonably reduced ictuss following regular physical exercising [18] . Patients with epilepsy can by and large be confident to prosecute in physical activity, yet because of the specialnesss of each person 's epilepsy, audience with adoctormust predate activity [18] .

Epileptic utilizations different ways of aerophilic exercising i. e. Dancing, Swimming, Pilates and yoga, Team athleticss, Weight preparation, Golf, Tennis, Squash, Racket athleticss, Rowing, kayaking, Cycling, Aerobics classes, Walking and jogging, but this paper nowadays another YOGA supplication type exercising, which is really nice as comparison to another exercisings, suited and easy for any one, any clip and besides can execute anyplace.

II. Related Background

Yoga physical exercising is by and large accepted to lend to general wellness and well-being superior temper, life quality and decrease in symptoms of anxiousness, unhappiness and depression [8, 9] . Positive physiologic effects, including improved cardiovascular fittingness are good standard [8] . However, during physical activity (nonvoluntary hyperventilation) , the increased respiratory rate is a creative activity of the greater metabolic and

respiratory demand. This compensatory mechanism is wholly different from the procedure of non-physiological hyperventilation [10] .

Many people with epilepsy do not take part in physical exercising classes and live a sedentary life [24, 26] . Loneliness, isolation, low self-esteem, depression, and anxiety [27, 29] are considerable barriers to an active life.

Furthermore, obstacles for some individuals with epilepsy who desire to lead an active life are the impression that physical activity provokes seizures and besides do they are prone to injuries [24] . Several surveys have shown a low grade of engagement in physical activities among people with epilepsy [25, 26] . Although the chief concern with respect to physical exercising by individuals with epilepsy has been exercise-induced seizures, other factors such as deficiency of preparation installations, jobs with transit, low motivation, and fright of qualified teachers who know how to manage such jobs are noted [25] . Assorted surveys have been designed to analyze this topic comparing physical and societal activities among patients with epilepsy based on questionnaires and/or clinical surveys [24, 30] . They besides assess physical fitness by utilizing standardised trials of physical endurance [30, 31] and physical preparation plans [32] . Epidemiologic information in the literature shows the relationship between epilepsy and physical exercising based on different populations from assorted states [25] . Observed that patients with epilepsy from a Norse population were half as active physically as the normal population and their physical fitness corresponded to their sedentary life style. Other surveys have confirmed these findings demonstrating that people with epilepsy have a low grade of

engagement in physical activities [24, 33] . The existent benefits of physical activities and aerophilic exercising are achieved by increasing bosom rate and take a breathing hard for an drawn-out period of clip. During this aerophilic activity the organic structure produces more energy and delivers more O to musculuss. Heart beats faster and increases the blood flow to musculuss and so back to lungs.

Prayer is by and large understood as a communicative act between worlds and the Godhead. Yet as a communicative act it is slightly curious in that God 's (the addressee 's) presence and action is frequently rather unsure. Anthropologist Webb Keane notes, "In contrast to face-to-face brushes of conversation analysis, the presence, battle, and individuality of religious participants in the address event can non ever be presupposed or guaranteed [34] . Prayer frequently seeks to convey about interaction between human existences and other sorts of existences that would (or should) non otherwise occur. Even belief in the ubiquity of deity does non guarantee that one can interact with it " [34] . In contrast to interactions between worlds, supplication by and large involves uncertainty about whether and how the Godhead listens and responds, doing these dealings remarkably complex [35] .

Prayers are besides speech Acts of the Apostless, governed by peculiar sorts of address genres. As Keane 's quotation mark suggests, the fact that supplications can be distinguished as Acts of the Apostless of communicating with a Godhead histrion (presence or agent) organizes the certainties and

uncertainness within these speech Acts of the Apostles in different ways [36] .

Recent psychological literature concentrating on supplication and faith wages relatively small attention to non-agentic, subjective constructs of deity. Building on psychobiological evolutionary theoretical accounts of faith's outgrowth as a response to peculiar biological and psychological riddles, Gods are interpreted and posited as speculations that play certain maps [37] .

Increasing grounds suggests that religious and spiritual beliefs and patterns have an of import impact on both physical and mental wellness [19] . Data suggest that faith and spirituality may be protective against physical and psychological unwellness every bit good as of import tools for get bying with life stressors [19] . More specifically, spirituality has been shown to increase resiliency to depression in persons enduring from terminal unwellness religionism has been correlated with improved psychosocial accommodation in malignant neoplastic disease patients [20, 21] . In add-on, religious patterns, such as mindfulness speculation, have been associated with emphasis decrease and improved header among several populations, including chronic hurting patients, persons with panic upset [22] and overworked medical pupils [23] .

III. Methodology and Results

Yoga consists of a figure of `` Asanas '' or organic structure places, which one retains for a coveted length of clip while either declaiming `` Mantras '' or

take a breathing in a rhythmic mode. Its benefits have been researched by many physicians who now recommend it to their patients, by many medical schools such as Harvard, and by many foundations such as the Menninger Foundation.

The Muslim supplication has five places, and they all (every bit good as the recitations we make while executing the supplication) have a corresponding relationship with our religious and mental good being, harmonizing to modern scientific research. Muslims pray five times a twenty-four hours, which each supplication made of a series of positions and motions, each set of which is called a rak'ah. The benefits of executing specific motions and recitations each twenty-four hours come from the right rendering of the place or action itself, the length of clip the place is held, and from careful and right recitation techniques. Each of the five supplication places has a corresponding yoga place, and the places together `` trip " all seven `` chakras " (energy Fieldss) in the organic structure.

The TAKBIR and AL-QIYYAM together are really similar to the `` MOUNTAIN POSE " in yoga, which has been found to better position, balance, and self-awareness. This place besides normalizes blood force per unit area and external respiration, therefore supplying many benefits to asthma and bosom patients. Fig 1.

Takbir Mountain Pose

Figure 1. Takbir in supplication and Mountain in yoga.

The arrangement of the custodies on the thorax during the Qiyyam place are said to trip the `` SOLAR PLEXUS '' chakra or nervus tract, which directs our consciousness of ego in the universe and controls the wellness of the muscular system, tegument, bowels, liver, pancreas, gall bladder and eyes. When the custodies are held unfastened for du'a, they activate the bosom `` chakra, '' said to be the centre of the feelings of love, harmoniousness and peace to command love and compassion. It besides governs the wellness of the bosom, lungs, Thymus, immune system, and circulatory system.

Fig 2.

Qiyyam Solar Plexus

Figure 2. Qiyyam in supplication and Solar Plexus in yoga.

The place of RUKU is really similar to the `` FORWARD BEND '' Position in yoga. Ruku stretches the musculuss of the lower dorsum, thighs, legs and calves, and allows blood to be pumped down into the upper trunk. It tones the musculuss of the tummy, venters, and kidneys. Forming a right angle allows the tummy muscles to develop and prevents limpness in the mid-section. This place besides promotes a greater flow of blood into the upper parts of organic structure - peculiarly to the caput, eyes, ears, nose, encephalon, and lungs - leting mental toxins to be released. Over clip, this improves encephalon map and 1spersonality. This is an first-class stance to keep the proper place of the foetus in pregnant adult females. Fig 3.

Ruku Forward Bend

Figure 3. Ruku in supplication and Forward Bend in yoga.

The SUJUD is said to trip the `` CROWN CHAKRA " which is related to a individual 's religious connexion with the existence around them and their enthusiasm for religious chases. This nervus tract is besides correlated to the wellness of the encephalon, nervous system, and pineal secretory organ. Its healthy map balances 1s interior and exterior energies. In Sujud, we besides bend articulatio genuss. Therefore triping the `` BASE CHAKRA " , this controls basic human endurance inherent aptitudes and provides indispensable foundation. Sujud helps to develop healthy and positive thought along with a extremely motivated position of life, and maintains the wellness of the lymph and skeletal systems, the prostate, vesica, and the adrenal secretory organs. We besides bend the `` sacral chakra " during Sujud. Thus benefiting and chanting the generative variety meats. Fig 4.

Sujud Crown Chakra

Figur 4. Sujud in pray and Crown in yoga.

The place of AL-QAADAH, (Julius) is similar to the `` THUNDERBOLT POSE " in yoga, which houses the toes, articulatio genuss, thighs and legs. It is said to be good for those prone to inordinate slumber, and those who like to maintain long hours. Furthermore, this place assists in speedy digestion, aids the detoxification of the liver, and stimulates peristaltic action in the big bowel. Fig 5.

Tashahhud Thunderbolt Pose

Figure 5. Qiyyam in supplication and Thunderbolt Pose in yoga.

Last, but not least, the SALAM as `` THROAT CHAKRA '' in yoga is activated by turning the caput towards first the right and so the left shoulder in the shutting of the supplication. This nerve way is linked to the pharynx, cervix, weaponries, custodies, bronchial, and hearing - set uping single creativeness and communicating.

It is believed that a individual who activates all nervus tracts at least one time a twenty-four hours can stay good balanced emotionally, physically and spiritually. The physicians and medical practitioners suggest for the epileptic YOGA, but in this paper we proved that pray has really close similarities with PRAYER. Since this is the end of all sincere Muslims, we all should endeavor to achieve the flawlessness of stance, recitation and external respiration recommended in the Hadith while executing our supplications the really same techniques of flawlessness taught in popular yoga, Tai Chi, and many other exercising classes. A

IV. Decision

Interestingly, for the 1000000s of people enrolled in yoga categories, the Islamic signifier of supplication has provided Muslims for 14 centuries with some of yoga 's same (and even superior) benefits. This simple signifier of `` YOGA '' offers physical, mental, and religious benefits five times a twenty-four hours. `` Prayer is one of the greatest and most first-class agencies of nurturing the new nature, and of doing the psyche to boom and thrive. ``

These were some really meaningful words spoken by Jonathan Edwards over

200 old ages ago in his celebrated discourse on supplication. Times have changed and so his society, but Edward 's message remains dateless. Prayer has non changed nor has its astonishing benefits.

This paper shows that those who pray are physically, mentally, emotionally, spiritually healthier than those who do non pray. Those who suffer depression, anxiousness, and even terminal unwellnesss frequently have a quicker healing clip, and more successful endurance rate. Possibly it is this brooding procedure that gives prayer one of its most outstanding benefits. `` Prayer that is invariably and diligently attended to be one of the best agencies of taking non merely an good-humored and pleasant life ; but besides a life of much sweetfamilywith Christ, and of abundant enjoyment of the visible radiation of his visage " , says Edwards in his address. To set it rather merely, when we pray, we are turning closer to the Lord we love. We are easing the battles in our lives and bettering our relationships, all the piece acquiring to cognize Him by larning His word, and using it to our lives in many meaningful ways.

However, this is fact that non every supplication will acquire all those good substances and endocrines. If you are interrupted in the center of the supplication, you ca n't obtain the full benefit. In amount, supplication is a sort of still speculation, yet traveling speculation gives better consequence. When you pray, it involves three maps - the oral cavity when you chant, ear as you hear the intonation, and eyes are closed. But in traveling speculation, you will hold to command more of your maps. The more you can command them, the better you can equilibrate your head and organic structure.

V. Mentions

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