

عنوان مقاله:

Mind Over Genes : The Impact of Meditation and Mindfulness on Mental Flexibility and Gene Expression

محل انتشار:

چهارمین کنفرانس بین المللی اسرار زندگی هولستیک با رویکرد علوم پزشکی، تغذیه و بهداشت روانی (سال: 1403)

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خلاصه مقاله:

Meditation and mindfulness have emerged as holistic approaches that offer significant benefits for mental health. These practices are known not only for their immediate effects on stress reduction and cognitive function but also for their profound influence at the molecular level. This review delves into the complex interaction between meditation, mindfulness, and gene expression, with a particular emphasis on mental resilience. The core objective of this article is to elucidate the mechanisms by which meditation and mindfulness practices regulate gene expression patterns associated with mental resilience, cognitive adaptation, and psychological disorders. By integrating findings from extensive research, we aim to provide insights into how these mind-body practices may sculpt the genetic landscape and contribute to both mental and emotional health. The review encompasses studies on meditation, mindfulness, and genes implicated in stress and anxiety responses. Furthermore, it assesses the epigenetic processes that are modulated by meditation and result in alterations of gene expression profiles within neural circuits. Recognizing meditation and mindfulness as promising epigenetic tools for mental well-being, this article underscores their impact on gene expression, offering potential avenues for personalized interventions and the optimization of mental health. In summary, understanding the intricate interplay between mind and genes provides valuable insights into the transformative potential of meditation and mindfulness practices. As we explore the molecular pathways associated with mental flexibility, we uncover a harmonious relationship that invites us to unlock inner peace through the modulation of our genetic resilience.

کلمات کلیدی:

Meditation, Gene Expression, Mindfulness, Cognitive Flexibility, Mental Health

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