



## A STUDY ON THE EFFECT OF ARHAM PURUSHAKAR MEDITATION ON WELL BEING OF PATIENTS WITH CHRONIC KIDNEY DISEASE UNDERGOING HEMODIALYSIS

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### Article history:

Received: 15th December 2018

Received in revised form:

22th December 2018

Accepted: 21st December 2018

Available online:

31st December 2018

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These authors have no conflict of interest to declare.

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### Abstract

To assess the effect of Arham Purushakar Meditation (APM) on symptoms of anxiety, depression and quality of Life in Patients with Chronic Kidney Disease (CKD) undergoing hemodialysis.

### Material and Methods:

Patients with Chronic Kidney Disease in the age group of 18 to 75 years were selected and studied at Bhagwan Mahavir Dialysis Centre, King Koti, Hyderabad to understand the efficacy of APM on the well-being of patients undergoing hemodialysis.

The patients were explained about the objective of the study and those who were willing to participate in the study were enrolled after taking their informed consent. The patients were clinically examined and information on symptoms of ill health, anxiety, depression and quality of life was recorded. After the stipulated period the symptoms were evaluated.

The patients were categorized in to two groups i.e Meditation group and Control group. The meditation group included those patients who practiced APM before dialysis and the control group included those patients who received only hemodialysis. The patients of the meditation group practiced meditation before hemodialysis three times per week for three month while the control group received only hemodialysis for three months. Then the symptoms of ill health, anxiety, depression and quality of life were assessed in both the groups.

### Results:

The results showed improvement in the symptoms of anxiety, depression and quality of life in patients who have done Arham Purushakar Meditation when compared to the control group who have not done meditation but received hemodialysis.

### Conclusion:

The results clearly showed significant improvement in well being of patients who performed meditation confirming that Arham Purushakar Meditation is an effective complimentary therapy for patients undergoing hemodialysis.

**Key words:** Chronic kidney disease, Arham Purushakar Meditation, Clinical symptoms, depression, anxiety, quality of life.

## **INTRODUCTION**

Chronic kidney disease (CKD) is emerging to be an important chronic disease worldwide (Ruggenti et al., 2001) due to rapidly increasing incidence in diabetes and hypertension (Wild et al., 2004). In India, the incidence of CKD is likely to pose a major problem for both healthcare and the economy in the years to come. It has been recently estimated that the age-adjusted incidence rate of End Stage Renal Disease (ESRD) in India is 229 per million population (pmp) (Modi et al., 2006). About 100000 new patients enter renal replacement programs annually in India (Kher et al., 2002). Hemodialysis is the only one source of treatment to CKD patients to eliminate the wastage from the blood periodically.

In the current scenario of health care industry around the world, Yoga, Naturopathy and Meditation were tried as complementary therapies in addition to the regular allopathic treatments to patients. Many studies were taken up on the effect of Yoga and Meditation for different diseases like Diabetes, Hypertension, Cardiovascular Diseases, Gastric problems, etc. While some studies presented evidence for the positive effects of yoga and meditation, some other studies did not.

Arham Purushakar Meditation (APM) is simple, easy-to-follow, unique and universal meditation colour therapy technique revived from the Agamas and developed by Upadhyay Shri. Praveen Rishiji.

It assists in opening up one's inner vision thereby facilitating internal transformation and self-purification, leading one on the path of divine self-realization and the preliminary studies showed a significant decrease in sugar levels in diabetic patients practiced APM. But no studies were taken up on the effect of APM in CKD patients undergoing dialysis in south Indian population.

Thus the present study was under taken to understand the effect of APM on symptoms of ill health, anxiety, depression and quality of life in CKD patients undergoing hemodialysis.

## **Materials and Methodology**

Patients with CKD in the age group of 18 to 75 years were selected and studied at Bhagwan Mahavir Medical Research Centre and Bhagwan Mahavir Dialysis Centre Govt. Hospital, King Koti, Hyderabad to understand the efficacy of APM on well-being of patients undergoing hemodialysis.

The Patients who were enrolled for hemodialysis were explained about the objective of the study and those who were willing to participate in the study were included after taking their informed consent. The study was conducted only after getting the approval of the Institutional Ethics Committee. The patients were clinically examined and information on age, sex, medical history, surgical history, family history, socio economic status, literacy, etc. was recorded using a questionnaire especially prepared for this purpose. In addition, information on symptoms such as thirst, heart rate, B.P. Fatigue, Appetite, Sleep pattern, urination, head ache, body pain, swelling of face, eye problems, anxiety, depression and quality of life was recorded.

**Inclusion Criteria:**

Patients in the age group of 18-75 years who were fit physically and mentally only were included for the study.

**Exclusion Criteria:**

The patients who were physically not fit and having chronic hypertension and diabetes, cancer, neurological disorders, ischemic heart disease, post coronary artery bypass grafting, those with co morbid CAD, morbid obesity, uncontrolled diabetes, uncontrolled hypertension, those with single working kidney, congenital renal malformations, h/o carcinoma in the past, or any other renal pathology or surgery in past, patients with HIV, Leprosy, Tuberculosis were excluded from the study. Patients with dementia, acute psychotic symptoms and acute suicidal tendency were also excluded.

Then the patients who gave consent were divided into two groups i.e Meditation group and Control group. The Meditation group included the patients who agreed to do Arham Purushakar Meditation and the control group included patients who received only hemodialysis.

Patients included in the meditation group were counseled about the importance of the meditation in the treatment of various diseases by counselors who were experts in this area and then they were trained till they acquired the APM technique.

The patients were also provided information on the role of meditation in health care and were advised to practice the technique at home during the sessions to master the technique.

Patients who were included in the meditation group were asked to do meditation for 45 minutes before hemodialysis three times a week for three months. The control group of patients were given only hemodialysis.

**Results:**

The results showed improvement in clinical symptoms and quality of life and decrease in the symptoms of anxiety and depression in patients underwent hemodialysis after performing APM regularly for three months. Here we present six very interesting cases that showed significant improvement in well being.

**Case 1:**

C, is 37 yrs old female patient with CKD. 4 years back she developed sudden headache, vomiting and giddiness. On examination her BP was found to be high and took medication for hypertension. In April 2016, she complained shortness of breath and soon was diagnosed as a case of chronic renal failure. Now the patient is on dialysis.

The patient complained thirstiness and used to take water against the advice of doctors. She had muscle cramps, stress, mild head ache, no urine output. She did not show interest in the daily activities like cooking, and also showed no interest to mingle with family members and never used to go to friends or relatives indicating depression.

After 3 months of APM practice the patient showed improvement in many of these symptoms. There was a decrease in thirstiness and as a result she consumed minimum water as advised. The muscle cramps reduced. Having good sleep; output of some urine drops was noticed. Now, the patient says that she is carrying out all the daily activities by herself.

She goes now and then to meet friends and relatives.

The psychological assessment of the patient showed improvement in quality of her life. The anxiety and depression levels reduced.

**Case 2:**

B, is a 32 years old female patient. She complained chills, weakness, fever, and vomiting. On examination her creatinine level was found to be 18.00. Since 2010, she is on dialysis.

Before start of meditation her condition was very bad. There was swelling in the jaws and could not even open her mouth and found extremely difficult to eat food.

The patient was anxious about the health, her future and also that of family members. The patient was severely depressed. Showed no interest in the daily activities and reluctant to attend social functions or meet friends and relatives. She said at one stage she was socially boycotted by the family members. After APM practice she showed improvement in her physical characteristics. The swelling of Jaws reduced and now she is able to eat. Her appetite increased. She also showed interest in cooking, watering plants, watching T.V, in knowing matters related to friends and family members. The patients showed improvement in the quality of life. Anxiety and depression reduced.

In the beginning, attendants used to carry her to the hospital. Then she used to come with the support of some helper and now after starting meditation she comes independently without any helper.

She advised her children also to do meditation. She strongly feels that by doing meditation the performance of her children in studies will improve.

**Case 3 :**

S, is 34years old male patient .In the year 2010, he developed lower backache and fever and had consistent backache. On examination it was found that he has only one functional kidney. He had conservative therapy for six years and since Sept. 2017 he is undergoing dialysis. He has also family history of CKD. Both father and sister suffered from the same problem. He told that his friends don't treat him properly because they think that he has a major health problem. He was feeling bad as no marriage alliances were coming forward. He was suffering from inferiority complex.

After meditation (APM) the patient showed improvement in his attitude towards friends. His intake of water reduced to half from 2000ml to 1000ml per day.. Improvement in quality of life and sleep quality improved.

**Case 4 :**

N, is 74 years old male patient. He suffered from persistent backache and fever. Soon he was diagnosed as CKD. No family history of CKD but he is suffering from diabetes since 30 years. He also underwent urinary tract surgery. He did meditation regularly. He complained muscle cramps, weakness, stress, giddiness, loss of sleep before meditation. After APM, he showed improvement in all the above parameters. On interaction with the patient, several times we observed that there was tremendous improvement in quality of life. He is very cool and pleasant. He says that meditation played an important role in his life. He also says his memory power and concentration improved a lot. He is now socially active and meets people

regularly and attends social functions. Improvement noticed in his body pains and burning in feet. He attends dialysis unit without the assistance of any helper and he is highly confident that the meditation improved his life further. Psychological assessment showed that his quality of life and sleep quality improved. Now his tension and anxiety levels also decreased drastically.

**Case 5 :**

V, is a 77 years old (MBBS) highly educated male patient. He suddenly developed high BP, body pains and swellings all over the body. He became very weak and could not even walk. Necessary investigations were carried out and diagnosed as CKD (creatinine level -18.00). No family history of CKD. He is diabetic since 1986. Now undergoing dialysis thrice a week. He complained muscle cramps, nausea, weakness, skin problem, leg pain, giddiness, irregular sleep, headache, body pains, swelling of face and legs, loss of appetite, etc before doing meditation.

After meditation for 3 months his appetite increased, his concentration, energy level, sleep quality increased significantly. The patient did meditation regularly. He came out of mental depression. He is now able to interact with his relatives and friends happily and attends all social functions. He has peace of mind and prepared to take events that occur in the life with ease. He has high BP when he enrolled for the meditation programme and now his BP is normal. The patient is always cheerful and answered all questions asked with confidence and pleasure and showed improvement in all the above parameters.

**Case -6 :**

R, is 35 years old male married patient. He suddenly developed low BP, stomach ache, fever, body pains, weakness and took alternate medicine for several days. Soon it was found that both kidneys shrunk and deranged. His creatinine level was 18.0. His wife deserted him and now the patient is on dialysis. He enrolled as participant in the meditation programme.

The patient after APM showed improvement in many aspects. His high BP came to normal level. His thirstiness decreased and his water intake also decreased to less than one fourth. Muscle cramps, skin problems, pain in legs decreased and sleep quality improved. His memory power improved. Now he is independent. He attends the dialysis sessions without the assistance of any helper. He rides bicycle. He carries out all daily activities and also attends social functions.

**Discussion:**

The results of the study indicated that APM plays an important role in decreasing anxiety and depression and in improving quality of life of the patients undergoing hemodialysis. This is the first communication on the efficacy of Arham Purushakar Meditation in patients. Earlier studies were carried out on the effect of different types of the meditation (Breathing meditation, Mindful Meditation, Transdential meditation, Buddhist meditation) in patients undergoing hemodialysis. While some studies demonstrated the effectiveness of meditation and yoga, some other studies did not show any effect in patients undergoing hemodialysis. The differences in the results might be due to variations in the adopted technique, ethnicity, sample size, duration of the technique, etc. However, the overall results of the present study showed that Arham Purushakar Meditation is an effective alternate complementary therapy for well being of patients undergoing hemodialysis and brings a difference in the lives of the patients.

**Conclusion:**

The results of the present study provided ample evidence for the effectiveness of the Arham Purushakar Meditation as complementary therapy for well being of CKD patients undergoing hemodialysis.

**Acknowledgements:**

We are highly indebted to Upadhyaya Shri. Praveen Rishiji who revived the technique from Agamas for his valuable guidance, supervision and suggestions from time to time in conducting this study.

We are thankful to the patients for their whole hearted support in carrying out the study. We are also thankful to Shri. Gautham Jain and other members of the management of Bhagwan Mahavir Dialysis Centre for providing necessary facilities to conduct this study and to Sri Varun Surana, Sri. Rukka Reddy, Smt. Ranjana, Smt. Reshmi, Sri Paras, Sri. Sai Kiran, Smt. Sharadamba for their help in many ways in conducting the study and preparation of the manuscript.

We are also grateful to Shri. Motilal Jain, Chairman, Shri. Mahendra Ranka, Vice-Chairman and Shri. Sushil Kapadia, Managing Trustee of Bhagwan Mahavir Memorial Trust for encouragement and support.

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**How to cite this article:**

**Sapna Kothari et al; A study on the effect of Arham Purushakar meditation on well being of patients with chronic kidney disease undergoing hemodialysis; *Journal of AYUSH 2018:7(4) 19-26.***