

Article Review



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ARTICLE REVIEW

In the article "Alterations in Brain and Immune Function Produced by Mindfulness Meditation" the researchers' question included the changes of mental and physical health in response to meditation. This problem was chosen because it had not been studied deeply before. A randomized and controlled study on the effects on brain and immune function was made. Forty-eight members of the group that was studied had average age of 36. The participants' age was from 23 to 56 years. All but two members were white. This group of people participated in special regular trainings in mindfulness meditation, and then their brain electrical activity was measured. The training reduced the anxiety among the members of the group and they had greater activation of the left side of the brain. In addition, they had a large rise in antibody titers. However, the study had some limitations. Additional research should be made (Davidson et al., 2003).

a. I have confidence in the researchers' findings. Meditation influences the brain activity and the immune system. However, the findings have some limitations. The group studied was very small. The age of the examinees ranged from 23 to 56 years. Therefore, the study did not focus on the people who are older or younger. All but two members were white, and it is a limitation, too. Moreover, the meditation training was not long. Thus, it is not clear what would be the results of people who meditate regularly during a long period. In addition, the members of the group were not professional meditators, and the results of the professionals could have been different.

b. To my opinion, the study does not generalize to other people that were not the subject of the research. As it was mentioned above, the ages of the participants ranged from 23 to 56 years. There were no participants below 23 years and above 56 years. Therefore, it is the



limitation of the study. The brain activity and the immune systems of people of different ages are different. Thus, the impact of meditation on children, as well as old people is not clear from the study. Nevertheless, it may differ from the results of the group studied. All group members were employees of a biotechnology corporation in Madison, Wisconsin. Therefore, the results of the study may not generalize to people of other occupations. Moreover, among all the members, only two were not white. Therefore, the study does not represent completely the results of meditation influence on different ethnicities. Finally, the group members were not professional meditators. They participated only in special trainings. As a result, the influence of long and professional meditation practices on brain and immune activity is not clear.

C. In the big picture, the study shows that the meditation practices are useful for the brain activity and immune system. For example, meditation can reduce anxiety and improve antibody titers. The society in general can use the results of the study to implement meditation in everyday life and to make use of it. Some people think that meditation is just entertainment. They do not consider it useful. However, the study can show them the opposite. I think it would be useful to popularize meditation among common people in different countries. Different groups can be involved. I think if common people would often use meditation and pay more attention to it, it would improve the general level of the society's mental and physical health.

arynx, epiglottis and the pharynxes.



REFERENCES

Davidson, R. J., Kabat-Zinn, J., Schumacher, J., Rosenkranz, M., Muller, D., Santorelli S.F., ... Sheridan, J.F. (2003). Alterations in brain and immune function produced by mindfulness meditation. *Psychosomatic Medicine*, 65(4), 564-570.

