VĒDANĀNUPASSANĀ MEDITATION IS AN ANALGESIC

Sumedha Viraj Sripathi Ukwatta
Postgraduate Institute of Humanities and Social Sciences, University of Peradeniya, Sri Lanka
sumedhaviraj19@gmail.com

Human pain and suffering are produced by the brain. We do not see with our eye. We see with our brain. When we consider the five sense faculties this statement is true, because we see, hear, smell, taste and touch with our mind. According to this rule humans should have the ability to control what they see, hear, smell, taste and touch with the help of the mind. In this way pain and suffering are made by the mind. An American neuroscientist tried designing machines for the blind to get a sense of the world from tiny electrical pulses delivered to the tongue. And today, in Israel, scientist Amir Amedi thinks he is just a few years away from a commercial device for the blind to 'hear' the sights around them. Yet other researchers are exploring how we could 'see' magnetic fields or infrared light. The key to all this seeming-science fiction understands how the brain perceives the world – and it turns out to be a lot more versatile than expected. 'This shows the brain is a flexible task machine. Meditation fully goes with the mind. The mind controls the whole body as a central processing unit. Practicing meditation allows a man to get into the Central Processing Unit and take over its control. There are different methods to control the sensory perceptions through as it the mind. Meditation is the best way among them as it has no bad side effects. There are many drugs which are used as analgesic ones. But they are known to have harmful side effects. In this research, the objective is to find out whether meditation can be used as an analgesic. As this research is based on meditation, I use self-experiment methods mostly used by the scientists for the experiments on medicines. I selected Nillabe Meditation Centre for taking five days resident meditation retreat and practiced different types of meditation. Pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage. In various body tissues, there are pain receptors (free nerve endings that transmit pain). These receptors respond to thermal, mechanical or chemical stimuli. When stimulated, these receptors generate an impulse which travels to the spinal cord and brain. When tissues become damaged, they release chemicals called prostaglandins and leukotrines that make the pain receptors more sensitive. These receptors then become more responsive to gentile stimuli, causing pain. By restricting the synthesis of Prostaglandins the pain is reduced. This is done by painkillers. But meditation reconstitutes the synthesis of prostaglandins and avoids transmitting pain impulses without any side effects.

Keywords: Meditation, Vēdanānupassanā, Analgesic, Biochemical, Medicines