Zusammenfassung wissenschaftlicher Studien über die Technik der Transzendentalen Meditation (TM)
(Originalmethode nach Maharishi Mahesh Yogi)

Auswahl: Metaanalysen


1) Blood Pressure Response to Transcendental Meditation: A Meta-analysis

The regular practice of Transcendental Meditation may have the potential to reduce systolic and diastolic blood pressure by ~4.7 and 3.2 mm Hg, respectively. These are clinically meaningful changes.


This study was a meta-analysis examining the effect of all published randomized, controlled clinical trials on the effects of the Transcendental Meditation program on blood pressure, comprising nine studies with 711 subjects. The Transcendental Meditation Programme was found to have a statistically significant impact of reducing both systolic and diastolic blood pressure.

Meta-Analysis: Decreased Systolic Blood Pressure

This study was a meta-analysis examining the effect of all published randomized, controlled clinical trials on the effects of the Transcendental Meditation program on blood pressure, comprising nine studies with 711 subjects. The Transcendental Meditation Programme was found to have a statistically significant impact of reducing systolic blood pressure. Among the three studies with the strongest research designs, the finding was slightly larger, giving another indication of the substantial nature of the effect.


2) Decreased Blood Pressure Among Hypertensives

This meta-analysis located in the published literature 107 studies on stress reduction and blood pressure, of which 17 studies containing 23 treatment comparisons among 960 subjects met standard criteria for well-designed randomized control trials in which there were multiple studies for each treatment category for hypertensive patients. Among these studies, only the Transcendental Meditation Programme was found to have a statistically significant impact of reducing high blood pressure among hypertensive subjects.

3) **Calmer style of physiological functioning**

A meta-analysis found that those who practise Maharishi’s Transcendental Meditation Programme, in contrast to controls, show outside of meditation a calmer style of physiological functioning, as indicated by lower levels of respiration rate, heart rate, spontaneous skin resistance responses, and plasma lactate. 

4) **Reduced alcohol, cigarette and drug abuse**

A meta-analysis of studies on reducing alcohol, nicotine, and drug consumption found that the Transcendental Meditation technique produced a significantly larger effect on stopping consumption than conventional treatment and prevention programs specifically designed to motivate people to quit. Moreover, in contrast to the time course of conventional programs, whose initial success rates drop off precipitously in the first three months following completion of treatment (and continue to decline gradually thereafter), the time course for the Transcendental Meditation technique showed that abstinence patterns were maintained or increased up to 2 years later (the longest period studied).

4.1) **Reduction of alcohol use**

A meta-analysis of all research studies on the Transcendental Meditation Programme related to alcohol use, in comparison to meta-analyses of standard alcohol treatment and prevention programmes, found a significantly greater reduction of alcohol use among those who learn the Transcendental Meditation Programme, even though this programme does not involve any guidance about change in lifestyle or habits.


![Decreased Alcohol Use](image)


4.2) **Decreased Cigarette Smoking**

A meta-analysis of all research studies on the Transcendental Meditation Programme related to cigarette smoking, in comparison to meta-analyses of standard treatment and prevention programmes for smoking, found a significantly greater reduction of cigarette use among those who learn the Transcendental Meditation Programme, even though this programme does not involve any guidance about change in lifestyle or habits.

5.) **Decreased Anxiety**

A meta-analysis published in the *Journal of Clinical Psychology* reviewed over 100 research findings, and found the Transcendental Meditation technique to produce more than twice the reduction in trait anxiety (i.e., chronic stress) than produced by any other meditation or relaxation technique.

EFFECTIVENESS IN REDUCING TRAIT ANXIETY
Meta-Analysis 146 Studies

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