

EFFECT OF PRAYERS ON HUMAN BODY AND MIND

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Abstract

Do prayers have some relevance to human life in the present scientific and technologically advanced world? People have used prayers and other spiritual practices for their own and other's health for thousands of years. Scientific interest in prayers and meditation has grown significantly over the past quarter of a century. This has occurred on the justification that science might be able to show us objectively what prayer is and what its effects are. In recent years, science has found some evidences that patients faced with chronic and terminal illness-particularly conditions like arthritis, heart diseases, cancer, high blood pressure, anxiety, depression, suicidal feelings and mental breakdown can be alleviated by prayers. Also, from the authentic books of various beliefs, we understand prayers have good effect on body, mind and soul. So in this paper the authors explore how prayers help maintain good health, peaceful mind, high standard of moral values and, above all, a process of establishing communication with the Supreme Lord from both scientific and spiritual perspectives.