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Memory is really not lost in Alzheimer's patients as memory is related to the mind which is infinite, immortal and is not limited to the body or the brain

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Alzheimer's disease is the disease of an old age characterized by short-- term memory loss or forgetfulness, disorientation, depression, aloofness and lack of motivation. There is an estimated 46.8 million people worldwide living with dementia in 2015. There are over 9.9 million new cases of dementia each year worldwide, implying one new case every 3.2 seconds. This number will almost double every 20 years, reaching an epidemic proportions if not intervened soon. To date, AD cannot be cured nor can be reversed. Current medications are often prescribed to manage its symptoms, but no medication has been shown to halt or delay the progression of the disease. It seems we are back to square one in combating this devastating disease and perhaps need to understand the disease commencement and progression from multiple angles rather than pin pointing to any specific gene, protein or genetic factor associated with AD--pathogenesis. Perhaps we need to go deeper in understanding the disease itself, which is associated with loss of memory which is connected with the mind. Scientists mistake mind as an organ or the brain, but essentially mind is not an organ nor is limited to the brain or the body. Mind is infinite, all pervasive in nature, subtle and vibrant like the limitless sky or an ocean! Mind cannot be lost as it is immortal and infinite; but appears limited and mortal due to our own limited perception of the mind dictated by five senses. The Infinite mind becomes finite after entering the body similar to the water from an ocean takes the shape of the glass when the glass is filled. Mind uses neurons for its operation and seems limited as long as it is entrapped in five senses, but can experience its infinity during deep meditation when senses are controlled. Mind is trapped inside the hollow empty chamber of the brain due to loss of synaptic connections between the neurons similar to a goods train which cannot run on broken railway tracks! It has been shown that mind and its thoughts are like wind. On stormy night the wind can destroy the house and depressive, angry thoughts and stress can cause synaptic connection loss between neurons. Meditation, Yoga and Music on the other hand restores lost connectivity between neurons and boosts immune system and improves overall health of the body and mind. Yoga training improves body flexibility, posture, bone & joint strength, improves blood flow, heart rate, lowers blood pressure, blood sugar and boosts immune function leading to relaxation of body and mind. Number of studies have shown that music enhances immune regulation, neurotransmission and renders positive effect on mental, physical and emotional states. Our brain has billions of neurons which are meticulously coordinated like symphony of orchestra. While food we eat nourishes our gross-physical body, thoughts of the mind have greater impact on both body and mind oscillating between good health and bad health based on positive or negative thoughts. Thoughts are like wind which is soothing on a cool evening breeze, yet powerful and destructive on a stormy night. Lost synaptic connections between neurons are re-wired by healing music therapy as demonstrated by world famous music therapy healer composer, yoga master; Shri. Ganapati Sachidananda Swamiji of Mysore Ashram who has composed > 5,000 musical tunes specific for each disease type. He has established 78 Music healing centers all over the world and gave thousands of meditation healing concerts. His musical tunes have helped several coma patients, autistic children and other cognitive related disorders and cancer patients. In summation: Psycho-Neuro-Immuno-Therapeutic holistic approaches involving both traditional medicine combined with Yoga-Meditation & Music seems to be more ideal, safe and effective therapeutic strategy to cure dementia related disorders.

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