

RMRC, Bhubaneswar

(Laxmi Narayan Memorial Library)

Weekly Current Awareness Service

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"Libraries were full of ideas—perhaps the most dangerous and powerful of all weapons."

— Sarah J. Maas

About Monday Morning

Monday morning is a weekly E- CAS (Electronic Current Awareness Service) of RMRC Library, Bhubaneswar which carries one Biomedical & health science news item and some useful current medical research links so that the scientists can access the articles. This E- Bulletin starts its journey from 21st Nov. 2016. In this maiden attempt we cordially invite your inputs and suggestions to improve in future.

Dr. Banamber Sahoo, Lib & Inf. Officer
Poonam Singh Deo & Ashutosh Patra (Lib. Trainee)

Benefits of yoga & meditation

Study says practising for 25 minutes can improve brain functions and thinking

TORONTO: Practicing just 25 minutes Hatha yoga and mindfulness meditation everyday can significantly improve brain function and energy levels, a study has found. Hatha yoga is one of the most common styles of yoga practiced in Western countries. It involves physical postures and breathing exercises combined with meditation. Mindfulness meditation involves observing thoughts, emotions and body sensations with openness and acceptance.

The study found that practicing just 25 minutes of Hatha yoga or mindfulness meditation per day can boost the brain's executive functions, cognitive abilities linked to goal-directed behaviour and the ability to control kneejerk emotional responses, habitual thinking patterns and actions. "Hatha yoga and mindfulness meditation both focus the brain's conscious processing power on a limited number of targets like breathing and posing, and also reduce processing of nonessential information," said Peter Hall of University of Waterloo in Canada.

"These two functions might have



Powerful solution

Additional benefits like improvement in flexibility and strength make Hatha Yoga superior to meditation according to researchers.

some positive carryover effect in the near-term following the session, such that people are able to focus more easily on what they choose to attend to in everyday life," Hall said. Thirty-one study participants completed 25 minutes of Hatha yoga, 25 minutes of mindfulness meditation, and 25 minutes of quiet reading (a control task) in randomised order. Following both the yoga and meditation activities, participants performed significantly better on executive function tasks compared to the reading task.

"This finding suggests that there may be something special about meditation — as opposed to the physical posing — that carries a lot of the cognitive benefits of yoga," said Kimberley Luu, lead author of the study. The study also found that mindfulness meditation and Hatha yoga were both effective for improving energy levels, but Hatha yoga had significantly more powerful effects.

"These include the release of endorphins, increased blood flow to the brain, and reduced focus on ruminative thoughts," she said.

1. Massive genetic study shows how humans are evolving

A huge genetic study that sought to pinpoint how the human genome is evolving suggests that natural selection is getting rid of harmful genetic mutations that shorten people's lives. The work, published in *PLoS Biology*, analysed DNA from 215,000 people and is one of the first attempts to probe directly how humans are evolving over one or two generations. For more details click on the below link.

<http://www.nature.com/news/massive-genetic-study-shows-how-humans-are-evolving-1.22565>

2. Bacterial 'aphrodisiac' sends single-celled organism into mating frenzy

Researchers have stumbled on a surprising aphrodisiac for a single-celled organism: a protein secreted by a bacterium. They suggest it's the first time that bacteria have been found to have a hand in controlling the sexual behaviour of eukaryotes — the domain of life that includes fungi, plants and animals. For more details click on the below link.

<http://www.nature.com/news/bacterial-aphrodisiac-sends-single-celled-organism-into-mating-frenzy-1.22549>

3. Endobronchial valve treatment appears to improve lung function in patients with severe emphysema

People with severe emphysema may breathe better after a minimally invasive procedure that places valves in the airways leading to diseased portions of their lungs, according to a randomized, controlled trial published online in the American Thoracic Society's *American Journal of Respiratory and Critical Care Medicine*. For more details click on the below link

https://www.eurekalert.org/pub_releases/2017-09/ats-evt090517.php

4. New treatment significantly improved bladder activity after spinal cord injury

Researchers have shown that compared to placebo, a drug treatment intended to prevent remodeling of the bladder wall and given within 48 hours after spinal cord injury (SCI) in dogs was associated with significantly higher bladder compliance. The long-term improvement seen in animals that had experienced intervertebral disc herniation. For more details click on the below link

https://www.eurekalert.org/pub_releases/2017-09/mali-nts090717.php



E- CAS (Current Awareness Service)

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