

## Prayer Power

*“Prayer is an intense longing of the heart. You may express yourself through the lips: you may express yourselves in the private closet or in the public; but to be genuine, the expression must come from deepest recesses of the heart.”*

*An excerpt from Prayer, by M K Gandhi*

Existence of constant relationship with divine is resulted from one of the act, Prayer. Human beings acquire the power of getting free from the layers of ignorance and darkness. Prayer makes a man build efforts to throw out the burdens as well as attachments and the travail towards the ultimate energy. This struggle helps the same man to maintain harmony with world by getting away from the dolorous surrounding.

Literature provides varying types of prayer in their context among which intercessory and petition prayer being the most common. Intercessory prayer includes no correlation between those who pray and the target of the prayer and vice versa defines petition prayer which happens among those with self-centeredness.

A study on influence of prayer on patients health explains intercessory prayer being commonly used more than the petition one. The results also explains the reduction of anxiety as well decrease in the level of concern, among whom who believed there is a solution to their problems and improved physical functioning of individuals who believed in prayer. Twentieth century and the twenty-first century studies show interest in examining the effect of prayer on certain health disturbances such as anxiety, depression, stress and heart disease. In a holistic view, a prayer addressing all the needs of patient by looking into all the dimensions of the needed care shall be

included in professional ethical codes and main health policies. Use of prayer, whether petition or intercessory, in clinical practice may promote different positive effects such as the reduction of anxiety and depression; better physical functioning. The belief in the power of prayer with improved good deeds comes with natural evolution and utmost compassion for us.

The hypothesis of one study was of placebo effect on clinical trials. The content of the placebo effect include instructions and contexts of the study inducing expectations among patients as well as physicians. This effect in turn gives rise to biological processes and physical changes. The study presented with results showing high significant co-relation between placebo effects and treatment response rate across diseases. This study creates again a basement on the facts that Prayer may be supported by varying degrees of faith and may therefore be associated with all the benefits that have been associated with the placebo response.

Significant increase in alpha relating power of electroencephalography in occipital and parietal regions which ultimately showed increased parasympathetic activity was explained in a study of effect of Muslim prayer on autonomic nervous system. Inhibition of frontal executive network was found because of perceived charisma among believers in intercessory prayer was resulted in a study. A study supports a hypothesis that religious subjects, who consider their God to be 'real' and capable of reciprocating requests, recruit areas of social cognition when they pray. Also mentioning that praying to God is an intersubjective experience comparable to 'normal' interpersonal interaction.

No study, for example, has examined whether prayer can result in the disappearance of medically proven tumours and metastases, reversal of traumatic paraplegia or revival from a state of brain death. From a scientific perspective, if prayer is indeed considered to work, thought should also

be given to the possibility that it may not require a deity. It may, instead, invoke some unidentified mental energy that has healing power.

*True prayer never goes unanswered. It does not mean that every little thing asked we ask from God is readily given to us. It is only when we shed our selfishness with conscious effort and approach. If the prayer came truly from heart, God's grace would surely descend upon us. It is good, therefore, to develop the daily habit of prayer.*

*An excerpt from 'Shrirampur Diary'*

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