A Comparative Study Regarding COVID-19

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Abstract: Corona virus is an infectious disease caused by SARS-CoV-2 virus. COVID-19 infection has a broad spectrum of severity ranging from an asymptomatic form to a severe acute respiratory syndrome. Most people infected with CORONA virus and experienced mild to moderate respiratory illness recovered without hospitalization and special treatment. However, some people infected seriously ill, they required medical attention. This paper deal with such a comparative study between those people who recovered with hospitalization and without hospitalization, how they recovered, what are the steps they made and also a comparison between meditators, non-meditators, vegetarians and non-vegetarians who infected with Corona virus and recovered. Current study examined whether daily practice of brief mindfulness training has a beneficial impact on effective wellbeing and mitigates the negative impact of exposure to COVID-19 news during the pandemic.

Keywords: COVID-19, asymptomatic, Meditation, SARS-CoV-2, Mental Health, Wellbeing. Chakras, spiritual evolution, healing and self-awareness

I. INTRODUCTION

In Jan 2020, WHO declared COVID-19 an international public health emergency. Designated as a pandemic by the WHO in March, 2020, the COVID-19 has led to devastating health outcomes worldwide Corona virus infects both human and animals it is belongs to the family of Corona virus caused by SARS-CoV-2 virus. The symptoms of corona virus is fever, cough, cold and shortness of breath. It can be cured with natural home remedies but some severe cases infection can cause pneumonia, severe acute respiratory syndrome and sometimes death.

The spread of the virus is completely dependent on the age and severity. The COVID-19 pandemic has had severe impact on mental health and wellbeing of the people around the world. The pandemic also increased the mental health services and raised concerns about increase in suicidal behavior. During a global pandemic, people fall overwhelmed by worry or fear. People with substance abuse may turn increasingly to whatever they can obtain to manage their own addiction. Corers may have an additional burden they loss time and support. Home hold units are living in pressured environments. Children and adolescents have lost the structure provided by school and may have their own worries and fears, with loss of support external to their own families. Olden people have been cocooned away. Financial and employment instability that is challenged. The fear and anxiety, there have been glimpses of a world an increased sense of community and kindness.

In April-2020 review of literature on COVID-19 and mental health, moderate to severe levels of depressive symptoms and anxiety 16% - 28% of general people and medical staff. Additionally, fear and worry are common, they are worried about personal infection or infection of family members, financial losses, long lasting isolation, movement restriction. So all are wanted to improve their mental health evidence based self-management strategies for improving mental health in meditation, mindfulness. These activities have been shown to be as effective as antidepressants in decreasing stress, improving mood and enhancing self-esteem.

Meditation usually refers to a formal practice that can calm the mind and enhance awareness of ourselves, our minds and our environments. Mindfulness means aware of the present moment, being aware of what is happening in the present moment. Meditation is silencing the incessant chatter of the restless mind for that we begin with the BREATH. The process of meditation is so very simple – Close your eyes and be with your normal, natural, soft, tranquil BREATH. Meditation silences the incessant restless and useless waves of the mind, thereby preserving the soul's energy leading to good health, great peace of mind and perfect wisdom in life. Meditation Procedure …

Regular practice of meditation allows individuals to react to their environment. Studies proved that those

people who have meditated over the long-time, show changes in brain concerned with stress and anxiety. The prefrontal cortex, the cingulate cortex and the hippocampus show increased activity and amygdala shows decreased activities consistent with improved emotional regulations.

Objectives

1. Examine the regional differences in mental health and COVID-19 related worry, attention to news, stress
2. Estimate the association between mental health and COVID-19 related issues and meditation.
3. Explore the mediating effect of health behavior engagement on the associations between mental health and COVID-19 related issues.

II. LITERATURE REVIEW

In the general population, Robinson et al [RDJ20], reported a small but statistically significant overall increase in mental health symptoms during March-April 2020 compared with pre-pandemic measures (standardized mean change (SMC): 0.10). This declined over time and became non-significant by May-July 2020 (SMC: 0.07). Increases in symptoms of depression and mood disorders remained significant over time (March–April SMC: 0.23 and May–July SMC: 0.20); but those for anxiety did not (March–April SMC: 0.14 and May–July SMC:0.05). Kunzler et al. also found a moderate symptom increase in the general population for depression (standardized mean difference (SMD): 0.67) and a small but significant increase in symptoms of anxiety (SMD: 0.40). Prati & Mancini found that early implementation of PHSMs in 2020 also led to small but significant increases in symptoms of anxiety and depression in the general population (Hedges' g: 0.17 and 0.15, respectively). An additional 19 meta-analyses examined mental health in the general population through cross-sectional studies; however, their interpretability is limited by their lack of baseline comparison data.

Mariana Caplan et al. [MAL13] studied yoga including Asana, Breath Control and Meditation along with Somatic psychology and trauma Yoga Psychotherapy: The Integration of Western Psychological Theory and Ancient Yogic Wisdom. They proposed that yoga and yogic techniques reduces many problems including mental and physical, improves confidence, awareness, well-being, emotional balance, concentration, self-soothe, satisfaction and mindful living and many more. The issues related to DSM-5 disorders and PTSD problems can also be reduced from yoga that is easing disorder, depression ADHD. Authors believe that sensitive yoga techniques can be created, researched and implemented by integrated yoga and psychology, in the light of trauma and offers many opportunities such as human beings become fully embodied for the consciousness and intelligence, they can work through their psychological patterns, traumas and also connecting with their body and present moment, this can allow to know more about themselves and touch with embodied of their being, emotions, unnecessary thoughts disappears and adds spiritual dimension to the life that include health, relationships, lifestyle and behaviours.

Angelica et.al [AIM+19] prepared an article entitled "Respiratory Biofeedback Does Not Facilitate Lowering Arousal in Meditation Through Virtual Reality." Anxiety and Stress leads to mental problems; an experiment was done. They divided the participants into three groups. All the groups of participants have to do guided meditation, they used three types of techniques one for each group. They set that in the respiratory biofeedback condition and control feedback placebo condition participant have to see a white cloud moving towards. In respiratory biofeedback condition, when the participant breath in the cloud moves towards and when they breath out the cloud goes away, but in feedback placebo condition the cloud move towards for 3 seconds and goes away from participants for 3 seconds irrespective of breathing and in control no-feedback condition participants only see blue background, no any clouds. Measured the stress level of these participants. They have done different comparison they found that in all the three techniques the subjective and objective arousal decreased during meditation. Finally, they conclude that respiratory biofeedback does not facilitate in lowering arousal in meditation through virtual reality, compared to control feedback placebo and no feedback.

Shian-Ling Keng et.al [SMC11] presented a paper entitled "Effects of Mindfulness on Psychological Health: A Review of Empirical Studies" This articles reviewed the effect of mindfulness on psychological health. examined behavioral and neurobiological correlates of mindfulness and psychological health, recognized that mindfulness is a miracle by which we can call back our dispersed

mind and restores it to wholeness, so that we can live each and every minute of life. The elements of mindfulness are awareness, non-judgmental, acceptance of each and every moment of experience, these elements acts as antidotes against psychological distress, anxiety, worry, fear, anger, rumination etc. identified at subjective, behavioral and neurobiological levels and induces changes in attention, awareness, emotion, reduces bilateral amygdala activation and widespread of cortical activation during an affect labeling task, and also there was a strong association between cortex and right amygdala responses to those who scored high on mindfulness, not on who scored on low mindfulness. they found that mindful meditation increased thickness in brain regions implicated in attention, interception, and sensory processing, increased activation in brain area. Mindful meditation assessed

Jenny Murfield et.al [JWA19] presented an article entitled "Mindfulness and compassion-based interventions for family carers of older". Researchers studied that taking care of old adults is very difficult task, when compared to non-care giving population, the carers getting psychological programs, depression, stress etc., because of these problems they neglect old and abuse them. This research focused on better understanding the needs of carers of older adults and self-care also important issue. From past few decades number of psychological therapies and interventions have been increased, which focus on mindfulness, acceptance, non-judgmental, awareness and compassion. All the research proved that mindfulness and compassion base interventions have some potential utility in supporting family carers in their role. They presented number of implications to help better understanding on how this intervention supports the self-care needs of family carers.

Ronald D. et.al [RoCh12] presented a chapter entitles "Wisdom and Compassion – Two Wings of Bird" The researchers done many research on mindfulness, they experimentally proved that by getting wisdom and improving the qualities such acceptance, non-judgmental, awareness, living in the present moment etc. can come out from lot of issues. Nowadays so much research has been done on mindfulness meditation. In 1985 there were only 24 peer reviewed articles where as in 2000 there were 125, in 2005 there were 364 and in 2011 there were 1760 peer reviewed articles. Gradually the number is increasing because most of the people getting benefits from meditation. Even big hospitals, lot medicines and trained doctors can not able to deal the situations, the meditation and the wisdom can able solve easily. In meditation focus on breath helps us regulate our emotions. Compassion means empathy, sympathy, love, pity, altruism, self-compassion, joy, equanimity. compassion is not just feeling with someone, but seeking to change the situation. Wisdom means knowledge, enlightenment, learning, getting knowledge from every situation is wisdom. So wisdom and compassion are considered as two wings of a bird. Researchers suggest that practice mindfulness with compassion and wisdom one can live happier, healthier and more meaningful lives.

Tim Flinders et.al [TDC+10] Translating Spiritual Ideals into Daily Life: The Eight-Point Program of Passage Meditation. The Eight-Point Program has designed to help the practitioners to manage their pressure. The eight point program of passage meditation is passage meditation, Holy Name (mantram) repetition, slowing down, one-pointed attention, training the senses, putting others first, spiritual association, inspirational reading total PM program. By practicing these eight points, the practitioners get lot of benefits like stress, compassion, caregiving self-efficacy, forgiveness and got 95% of accuracy.

III. SPIRITUAL UNDERSTANDING OF RESPIRATORY HEALTH: THE ANAHATA CHAKRA AND BREATH AWARENESS

Respiratory issues especially those affecting the lungs can be seen not only through a medical lens but also from a spiritual perspective. The recent pandemic heightened our awareness of lung health and the need to understand deeper causes behind breathing difficulties. Spiritually, such problems often reflect blockages in the Anahata (heart) chakra, which governs love, compassion, and emotional openness.

When lungs are affected, symptoms like breathlessness, coughing, and chest discomfort may indicate imbalance in this chakra. The Anahata chakra is where we experience connection and unity. Embracing someone, forging others, and offering compassion all these actions arse from the heart, not the mind. Disruptions here may arise from emotional

pain, withheld love, or unresolved issues in our relationships.

True spirituality begins at home with our closest relationships. Our family, friends, and community are the first circles where we practice patience, compassion, and understanding. A spiritual seeker carries no resentment and responds to ignorance with empathy. Correcting someone be it a child or adult should come with patience and not judgment.

To guide others toward self-awareness, meditation becomes essential. It clears inner blocks, aligns us with love energy, and helps us see challenges as growth opportunities rather than burdens. As Richard Bach beautifully said, “Opportunities come with the strength to realize them.” Every challenge, if approached with courage allows us to evolve spiritually and balance karma.

Lessons from Nature: The Air element and the Anahata Chakra:

The Anahata chakra corresponds to the air element, symbolizing movement, expansion, and freedom. Breathing is not just a physical process but a bridge between body and spirit. In spiritual science, lungs are viewed like fragile bubbles easily damaged by negative emotions such as fear, anger, or jealously. These emotions create energy blocks, reducing our life force and making us vulnerable to illness.

To protect our inner peace, we must become emotionally aware. Sarcastic remarks, harsh words, or emotional outbursts may seem harmless but can harm others deeply, like pricking an emotional bubble. Once we recognize the damage, we should change our communication habits consciously, speaking with compassion and avoiding unintentional harm.

Being mindful of our breath and speech allows us to remain in the present moment. Just as each breath is new, every moment is unique. We often miss life’s beauty by worrying about the future or clinging to the past. The Bhagavad Gita teaches us to surrender to the flow of time and live with awareness.

Spiritual Growth through Self-Reliance and Openness

In times of crisis, such as the pandemic, external plans often collapse. What remains is our inner strength. Relying too much on others weakness us. Instead, we must cultivate self-reliance, taking charge of our thoughts, actions, and energy.

Books like the power of thoughts and The Seven Spiritual Laws of Success by Deepak Chopra offer timeless guidance on building qualities like determination, patience, and creative resilience. These are essential for spiritual maturity.

We must also avoid becoming attached to one teacher, technique, or philosophy. Like a bee that moves from flower to flower, we should absorb rector from many sources. Here we are sharing the wisdom taken from Spiritual Tablets by Dr GK. If someone recommends another teachers, we welcome it. Once we have fully absorbed a lesson it’s time to grow in new directions.

The Importance of Timely Action and Listening to Nature:

The Manipura Chakra, associated with the fire element, helps us act with willpower. But it’s the Anahata Chakra (air element) that teachers us when to act like catching the wind at the right moment. Senior seekers sometimes wait endlessly for the “right time”. However, once nature signals “go”, we must move swiftly to complete the task. Working with nature is like flying a kite, we don’t control the wind, but we must act when it blows. This cooperation with nature reduces effort and brings synchronicity to our life.

Breaking free from Negative energies:

Negative energies, like viruses, are often preceded by internal energy blocks caused by fear, anxiety, or emotional clutter. By keeping our thoughts pure and hears open, we can prevent these blocks and maintain strong immunity not just physically but spiritually.

Living like a parasite, depending on others, or absorbing external negativity. Can weaken us. We must instead protect our energy, remain independent, an draw strength from within. Just as even a tiny virus can cause havoc, small negative habits can damage our peace. Self-purification through meditation helps us stay aligned with the universe’s natural rhythm.

Meditation as a Path to Healing and Transformation:

Meditation is the central tool in this journey. It offers clarity, inner guidance, and emotional healing. When practiced consistently, it allows deep transformation. I have personally experienced long meditation sessions where answers to my life’s

problems surfaced clearly, helping me move forward with courage and calmness.

IV. RESULT AND DISCUSSION

The COVID-19 pandemic was not only a physical health crisis but also a significant emotional and psychological challenge for individuals across the globe. In the current study, we examined how individuals experienced COVID-19 differently based on their meditation practice, spiritual beliefs, and alternative healing strategies. The findings offer both quantitative insights and qualitative reflections, paining a rich picture of how inner practices influenced outer health outcomes.

We conducted a survey on 80 participants. The participants of the study represented a wide age spectrum, though a majority fell within the 45-70 years age bracket. Specifically, about 40% were aged between 55-70 years, 30% were between 45-55 years and another 20% in the 35-45 range. Very few were under 35 or above 70. This demographic trend suggests that middle-aged and older individuals were more engaged in meditation or more willing to reflect on its role in their COVID-19 experience. Their inclination might stem from heightened health concerns or increased openness to spiritual practices.

In terms of gender, approximately 60% of respondents were male and 40% female. This distribution may be attributed to the survey's outreach channels or a general trend of male participants are more affecting the COVID-19 than female.

The respondents exhibited varying levels of meditation experience. About 35% had been meditating for 6-24 months, and 20% had practiced for more than two years, indicating well-established routines. Another 20% had started within the last 3-6 months, possibly influenced by the pandemic's psychological toll. Interestingly, 15% reported no meditation practice at all, offering a comparative perspective. These variations enabled meaningful comparisons between novice and seasoned meditators revealing the layered impacts of consistent practice on mental and physical resilience.

One of the most significant findings was the emotional state of meditators during their COVID-19 experience. When asked about their response, 28% described themselves as "extremely calm", 55% said they "felt clam", and 12% remained neutral, less than 5% reported anxiety or no effect, demonstrating a clear pattern: meditation appeared to enhance emotional resilience.

Respondents attributed their sense of calm to specific outcomes of their meditation practice: improved sleep, better mental clarity, reduced panic and sense of control even amidst uncertainty. These observations are consistent with established scientific research that likes mindfulness to reduced cortisol levels, better emotional regulation, and improved automatic function.

Aside from meditation, participants incorporated a variety of healing methods into their COVID-19 recovery. About 40% practiced yoga, pranayama (controlled breathing), walking, or spent time in nature. Another 15% relied on naturopathic methods like kunjal kriya or oil pulling. A significant 25% combined allopathic treatments with spiritual practices such as meditation and gaining spiritual wisdom. Notably, around 20% exclusively relied on spiritual healing, including 21-day meditative programs and virtual group practices.

These choice reflect a growing trend toward integrative healing – a synthesis of traditional wisdom and modern medicine. Many respondents explicitly noted that breathing techniques helped reduce chest congestion, increased energy, and provided psychological support during recovery.

Spiritual Insights and Transformation: A striking outcomes of the survey was the depth of spiritual insights gained through illness. Participants shared powerful realizations such as turning vegetarian, embracing silence, recognizing the fragility of life, and learning the importance of gratitude. These realizations suggest a paradigm shift from fear and victimhood to inner strength and acceptance. Such transformations align with psychological frameworks like Post-Traumatic Growth (PTG), which highlights how adversity can lead to significant personal development.

In addition to the insight, many participant reported tangible spiritual experiences during their illness. These including 25% felt pressure between eyebrows and saw lights during meditation. 15% received messages and met spiritual beings, 20% participant's thoughts became reality, got guidance to right wisdom, 30% felt energy shifts and 10% of respondents reported no strong spiritual experiences,

either because their illness was mild or they couldn't recall. Nonetheless, these accounts reveal how the meditation state may enhance subtle perception and support psycho-spiritual integration during times of physical vulnerability.

The mental health benefits of meditation were highlighted across nearly all responses. Many shared statements like "I didn't panic like others", "I accepted the situation with grace", "Meditation helped me avoid emotional breakdown". These effect are crucial. Research shows that fears and stress elevate inflammation, impair immunity, and worsen respiratory function – a critical issue in COVID-19. In contrast, participants who meditated regularly reported improvements in sleep, better respiratory rhythm, and fewer mood swings, suggesting that mindfulness functioned as a stress-buffer.

Interestingly, participants offered a broad range of interpretation for the cause of the pandemic "Because of Karmic imbalance / Disrespect of nature, it is a punishment from earth and a cosmic rest", "Spiritual Ignorance- lack of awareness and fear invited the virus", "Biological virus amplified by emotion – Just a virus, but fear made it worse". These responses highlights the interplay of science and spirituality in the way people process crisis. For many, the virus was not just a pathogen but a spiritual messenger, a wakeup call to realign with nature, simplify lifestyles, and reconnect with deeper values.

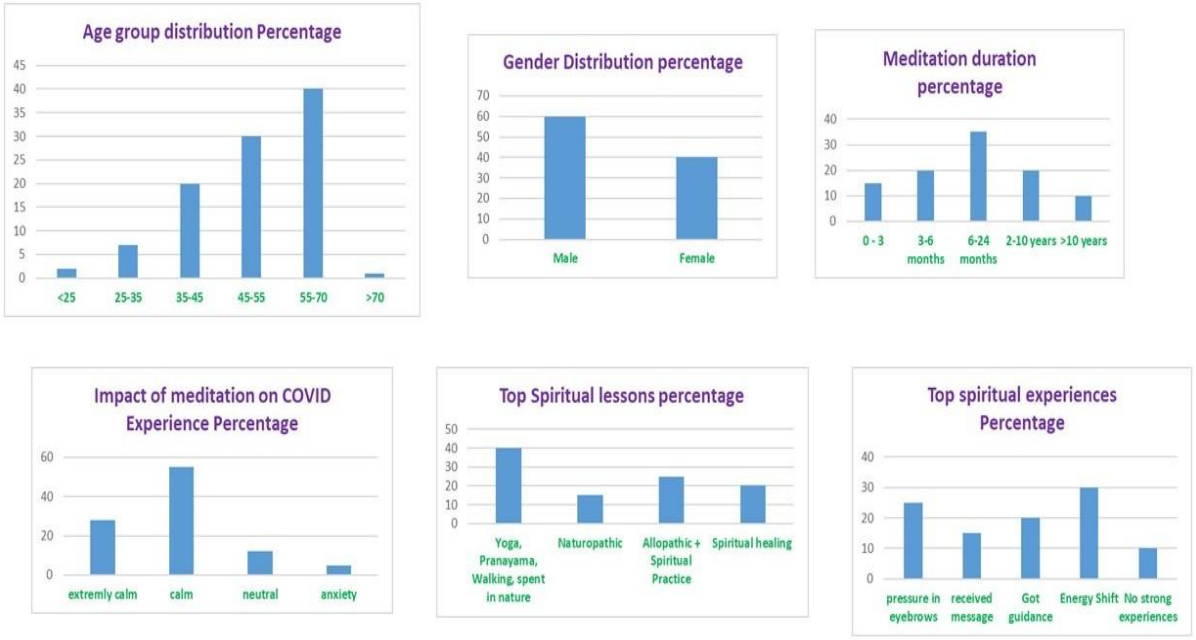

Fig 1: COVID Survey report

Discussion:

The findings of this exploration suggest that the lungs, as physical organs, are deeply interwoven with emotional and spiritual well-being, particularly via the heart chakra. While modern medicine recognizes the physiological dimensions of lung health, this research proposes a complementary spiritual understanding.

The heart chakra, associated with love, connection, and forgiveness, appears to function as an emotional regulator. When this chakra is imbalanced due to emotional trauma, strained relationship, or persistent negativity corresponding physical effects can manifest in the respiratory system. This aligns with emerging evidence in integrative medicine that links emotional suppression to respiratory conditions such as asthma and chronic bronchitis.

Moreover, the symbolic connection between breath and life in ancient scriptures reinforces the idea that conscious breathing practices can restore inner balance. Participants who practiced meditation focused of breath and cultivated a compassionate mindset reported greater emotional clarity, fewer respiratory complaints, and an overall sense of peace.

The concept of opportunities as spiritual tests, discussed in the teachings, helps frame life's challenges including health crises not as setbacks

but as growth opportunities. This understanding empowers individuals to take responsibility for their healing through inner work, rather than depending solely on external medical interventions.

An interesting insight that emerged is the metaphor of fragility comparing lungs to air bubbles or balloons. This serves as a reminder that both our breath and our emotions must be handled with care. Just as a balloon can burst under pressure, the lungs too can suffer under the weight of unresolved emotional turmoil.

Furthermore, the discussion emphasized that words carry energetic weight. Communication imbued with sarcasm, judgement or resentment can have a psychosomatic impact not only on others but also on the speaker. This reinforces the need for mindful speech and emotional regulation as part of respiratory and emotional health.

Lastly the value of non-dependence and inner strength was discussed. Relying excessively on external validation or support creates a "parasitic existence", which may weaken our energetic immunity. The message here is that true healing arises from within from personal discipline, spiritual practice, and conscious living.

V. CONCLUSION

This paper demonstrates that spiritual insights when integrated with conscious breathwork and meditation, offer a meaningful pathway for addressing not only emotional wounds but also chronic respiratory conditions. Spiritual understanding of respiratory issues, especially related to the Anahata chakra, reminds us that healing must occur at both physical and emotional levels. By observing our breath, speech, and emotions, we can protect our lung energy and expand our capacity to love and connect. Letting go of fear and embracing life with awareness is the way forward. Meditation, mindfulness, and compassionate living are the keys to transforming illness into wisdom and challenges into blessings.

The present study provides a comprehensive understanding of how meditation and spiritual practices influenced individuals' experiences and recovery during the COVID-19 pandemic. Participants who engaged in regular meditation reported significantly greater emotional stability, quicker recovery, and deeper spiritual insights during their illness. Many described transformative experiences that included heightened intuition, third eye activation, and a newfound appreciation for life, nature, and the power of breath.

Additionally, individuals practicing meditation were more likely to incorporate integrative healing methods such as pranayama, naturopathy, and yoga. The findings also revealed that many saw the pandemic not merely as a biological threat but as a spiritual opportunity to evolve in consciousness, become self-reliant, and embrace compassion and mindfulness.

These insights align with both modern psychological findings and ancient wisdom traditions, emphasizing the value of inner awareness and emotional regulation. Meditation, as a low-cost and accessible tool, holds promise for enhancing resilience and healing in the face of not only pandemics but also other life challenges

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