



## Ajrawat

Washington Pain Medicine Center Est. 1985

*Dr. Paramjit Singh Ajrawat Introduces a Breakthrough Scientific Meditation for the New Age*

### Dr. Ajrawat's Air-Pulse Meditation™

By Paramjit Singh Ajrawat, M.D.

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Dr. P.S. Ajrawat, founder of Dr. Ajrawat's Air-Pulse Meditation™ (A Khalistani Meditation for the New Age) is a pioneer and qualified physician (Fellowship Trained and Certified Pain Specialist/Algologist) in the field of Pain Management/Medicine who introduced Pain Management as a discipline to Washington Metropolitan area in 1985. He is seen below conducting a meditation session with his pain patients. Based on his training and experience in the treatment of acute and chronic pain, Dr. Ajrawat believes that being a multidimensional complex problem, pain takes toll not only the pain sufferer's body but also on the mind, the general well being as well as on the environment. The pain sufferers often become physically and mentally disabled. Patients often become depressed and suffer from loss of functionality, lack of focus and low self-esteem. These patients often become anxious and stressed. They often develop varieties of symptoms and signs, some of which include high blood pressure, increase in heart rate, loss of sleep, easy fatigability, changes in mood, mental irritability, increase in weight, depression and sometimes suicide.

Based on his experience and training, Dr. Ajrawat invented and introduced Dr. Ajrawat's Dynamic Model to evaluate and treat pain and pain-associated stress. It utilizes Biopsychosocial Model to evaluate and multi-modality treatments to treat pain, including Dr. Ajrawat's Air-Pulse Meditation™. Dr. Ajrawat works in an interdisciplinary setting along with his wife Dr. Sukhveen Kaur Ajrawat, who is a Board Certified Psychiatrist and trained in Psychiatry and Psychological aspects of pain and stress. Dr. Ajrawat's state of the art scientific meditation (cognitive therapy) can be utilized both by healthy individuals as well as the pain sufferers to improve (heal) their physical and mental state. Dr. Ajrawat also introduced Pain Management/ Medicine as new disciplines on the Internet in 1996, which also features an introduction to Dr. Ajrawat's Air-Pulse Meditation™. They can be found on the following web sites: [PainSpecialist.Com](http://PainSpecialist.Com) or [Khalistan.net](http://Khalistan.net) [Analgesia](http://Analgesia)



Dr. P.S. Ajrawat, M.D. Administering Dr. Ajrawat's Air Pulse Meditation™

### What is Dr. Ajrawat's Air Pulse Meditation™ ?

Dr. Ajrawat's Air-Pulse Meditation™ is a meditation for the new age. It is not merely a cognitive or adjunctive therapy but a very well designed scientific Technique which can help healthy individuals, the pain sufferers as well as the entire mankind, acquire a mental and physical state which is not only complementary

towards its general well being but also towards relief of pain and reduction of pain associated stress and stress as such. Being primarily a scientific technique in nature, it helps solve some of the myth and mystery surrounding meditation for centuries. It can help an individual realize his or her real self. According to Dr. Ajrawat, it can help the individual

regain the lost homeostasis (healthy state) of mind and body by subtle healing of pathological process. In addition through calm and healthy state of mind and body, it can complement any field of endeavor including one's faith. Unlike the traditional approaches it does not involve or require any particular posture (Asnas), position, mantra or knowledge of chakras to achieve the desired general and therapeutic results. It is unique in its own way as it is nondenominational unlike some ancient Indian Techniques like yoga and meditation. It is based primarily on Dr. Ajrawat's concept of improving the Quanta (energy) at cellular and sub-cellular level through the regulation of autonomic function of the body, which gets altered often in many pain, non-pain, disease and stressful states. In addition it helps the individual get in touch with one's physical, mental state and environment hence improving overall physical and cognitive function through the bidirectional biopsychofeedback with here and now approach. Through awareness and voluntary mental focus on *pulse (cardiac component), breathing (respiratory component) and*



Dr. P.S. Ajrawat performing multimodality treatment Nerve Block and Trigger Point Injections

*through tactile (touch)* sense the meditative state of mind and body is initiated and accomplished with multiple beneficial effects. The individual's ability to maintain the mental focus during and after the meditation, the ability to affect the involuntary process like heart rate and blood pressure through a voluntary process are some of the hallmarks which makes it a unique meditation. For overall improvement of mind and body, this cognitive (mental) therapy can be easily complemented by physical therapy like strengthening and stretching exercises, correction of pain perpetuating factors like short leg through the use of heel lift, use of ergonomically designed furniture and adapting to anatomically and physiologically correct postures of the body, etc.

Along with the use of other modalities, Dr. Ajrawat's Air-Pulse Meditation™ exerts a positive therapeutic effect in reversing the patho-physiologic processes, such as pain, increased blood pressure (Hypertension), increased heart rate (tachycardia), gastric irritation, increase in sweating, increase in pain levels due to anxiety, decrease in blood circulation (ischemia) to muscles and skin, development and activation of myofascial trigger points among others. Related symptoms, such as anxiety, depression and fatigue can be partially or fully reversed. Multi-system improvement can be accomplished through improved oxygenation and breaking up of spinal, somato-visceral and viscera-somatic reflexes. Also, sympathetic and parasympathetic functions can be restored.

*Effects: Based on the study and observation of patients and individuals after Dr. Ajrawat's Air-Pulse Meditation™ the following effects have been observed*

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|--|---|---|
| 1. Calm state of mind yet full alertness | 5. Improvement of mental focus            | 9. Muscle relaxation and body feeling light   |
| 2. Alleviation of anxiety                | 6. Increase in mental and physical energy | 10. Increase in skin temperature & color      |
| 3. Analgesia                             | 7. Decrease in heart rate                 | 11. Increase in self-confidence among others. |
| 4. Reduction in pain intensity           | 8. Decrease in blood pressure             |   |

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